

THE VOLUNTEER

May 2019



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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.churst1.mil@ang.af.mil.

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Cover: 134th Airmen pose with Cathy Powers. The Airmen have previously completed the Mountain Man Memorial March in honor of her son, Senior Amn. Bryce Powers. (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

Above: An F-35 approaches the boom of a 134th KC-135 to refuel. (U.S. Air National Guard photo by Senior Master Sgt. Kendra Owenby)

Opposite: 'Lightbulb', 'Cup', 'Shooting', and 'Note' photos courtesy of Pexels.com.

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



134th Air Refueling Wing Volunteers

VISION Volunteer Ready

FEDERAL MISSION
Support rapid global mobility and sustainment by providing world-class personnel, vital air refueling and airlift capabilities for contingency response and sustained combat operations.

STATE MISSION
Provide personnel and equipment to protect life & property during emergency response operations as directed by the Governor of Tennessee & the Adjutant General.

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A NEW DEFINITION OF 'FAMILY'

by Tech. Sgt. Teri Eicher, 134th ARW Public Affairs

Staff Sgt. Benjamin Klar has lived his entire life in Knoxville, Tennessee as an only child. After being adopted at the age of four months from South Korea, Klar grew up knowing his background made him different from other children.

Klar's parents knew another couple who had adopted a child from Korea, and the two grew up as close as siblings. In fact, Klar refers to his best friend, Alex, as his brother. He acknowledges that at times their unique background made it difficult to relate to other kids.

"I understood early that I was different," Klar said. "Kids always point those things out, but I grew up here. I love baseball and apple pie. But other than my best friend Alex, I always felt really out of place. I knew I was adopted but there really wasn't a large Asian community here."

While taking college classes, Klar decided to enlist in the Air National Guard to cultivate a second opportunity for his future. That opportunity came in the form of a full-time position with the 134th Security Forces Squadron, which Klar accepted and still works ten years later.

Because he was adopted, Klar was unable to answer questions about familial medical history. Prompted by the suggestion that he could discover potential medical issues down the road, he decided to take a DNA test. Klar took advantage of an advertised sale, took the test and didn't think about it again until he received a notification in his email.

At first, Klar scrolled through the notification, reading about the genetic factors the test revealed about his physical wellbeing. Finally he reached a section that mentioned potential relatives. Listed there was a person named Jeff Malin, who the test indicated was Klar's half-brother.

(Continued on page four)





Previous: Staff Sgt. Benjamin Klar, 134th Security Forces

Above: Staff Sgt. Klar sits with his half-brother, Jeff Malin, during the filming of Jeff and Pickler, the TV show that brought them together for the first time.

Right: Staff Sgt. Klar and his brother, Jeff Malin, pose outside a restaurant in Nashville, Tenn.

All photos courtesy of Staff Sgt. Benjamin Klar.



“When I was younger my parents would ask me if I wanted a brother or sister,” Klar said. “As a kid I said no, but it was kind of like an adult dream come true to find out a quarter of the way through my life that I have a brother.”

At first Klar didn’t know how to respond. He put his phone away and went back to what he was doing prior to receiving the email. However, he soon pulled his phone out again to read more about this brother he never knew existed.

The company didn’t reveal a lot of information, only that Jeff Malin was his half-brother and lived in Michigan. Klar decided to reach out to Malin and see if he was interested in meeting.

As it turns out, Malin had taken the test several years earlier and for much the same reason as Klar. He wasn’t searching for relatives and certainly hadn’t expected to find a sibling. The two were amazed at the coincidence that they had both chosen to use the same DNA-testing company. If either had used a competing company they would not have come up as a match. They found a talk show willing to bring them together to meet for the first time in Nashville, and the date was set.

Klar described the entire experience as being a whirlwind. In addition to wardrobe changes and hustling from room-to-room, he was still struggling to wrap his head around how drastically his world changed in such a short time. He didn’t know what to expect from this stranger, and the show kept them apart so their first meeting would be on camera. The filming of the show was all lights and flash, and Klar said it didn’t sink in until the show was over and they had time to themselves.

“After the show,” Klar said, “when we finally got time together alone... I can’t describe the feeling, there are no words.”

The brothers quickly discovered that, despite being raised apart, they were indelibly similar. From a shared hatred of mushrooms to a similar love of small cars, they were delighted to find a kindred spirit in a stranger. Klar found out that the show had made him change his wardrobe because both he and his brother had shown up for filming with the same shirt. This small anecdote, one of dozens the men discovered over the weekend, cemented their relationship.

Klar was quick to explain that even though they found each other because of a DNA test, their definition of family is not just about blood.

“It’s broadened my definition of family,” Klar explained. “Now I have a whole other set of family - my brother’s extended adoptive family is now my family, and my best friend Alex’s family is my family, too.”

Now, of course, their lives are moving forward together. They keep in touch regularly and travel to visit each other as time and money allow. Klar said that this whole experience has changed him.

“This is a journey in process,” Klar said. “We did say it would be funny if they updated our DNA and we found out we weren’t actually related. Jeff said, ‘I’d still call you my brother,’ and I said, ‘Yeah, me too.’”

GOLD STAR RESILIENCY

Gold Star mom Cathy Powers visited the 134th Air Refueling Wing Friday, April 26, to speak about resiliency and present the Wing a wreath. Powers is on a mission to run over 1,000 miles in all fifty states to raise awareness of Wreaths Across America, an organization that places wreaths on the graves of fallen service members. After the presentation, Powers and dozens of Wing members ran a 5k onto the flightline, marking off her 14th state since beginning her race in January.

Powers struggled when her son, Senior Airman Bryce Powers, died during active service. It wasn't until she witnessed members of the 134th ARW marching in his honor that she realized she wanted a more active role in memorializing him. She participated in the march the following year and has lost over 140 pounds since beginning her journey to recovery.



Above: Cathy Powers speaks to members of the 134th ARW about her struggles with resiliency after losing her son.

Left: Powers runs on the flight line with members of the 134th ARW. She was first introduced to the Wing when 134th ARW Volunteers marched in honor of her son, Senior Airman Bryce Powers, during the Mountain Man Memorial March.

Right: Powers poses on the flight line next to a KC-135.

U.S. Air National Guard photos by Tech. Sgt. Teri Eicher.

THE 12TH ANNUAL MOUNTAIN MAN MEMORIAL MARCH

Saturday, April 27th, members of the 134th Air Refueling Wing participated in the 12th-annual Mountain Man Memorial March, or MMMM. The march originally began in 2007 with University of Tennessee ROTC cadets marching in honor of their fallen comrade, and has grown ever since that first year. The MMMM now includes a traditional marathon, half-marathon, and 10k, in addition to team and individual marches with or without a 35-lb rucksack. Marchers carry the image of a fallen service member, in remembrance of their loss.





THE CHIEF'S CORNER

by Chief Master Sgt. Gary Ornduff, 134th MSG Superintendent

In a scene from the 1987 movie, "The Untouchables", Chicago Police Department officer Jimmy Malone asks Elliott Ness, "What are you prepared to do?" Today I pose the same question: what are you prepared to do?

We are the 134th Air Refueling Wing. We are the Tennessee Air National Guard. We are the United States Air Force. We have families, friends, neighbors and civilian jobs. We have all been (or will be) through basic training and technical school. During that training, we were taught tasks that applied to our specific jobs. We were also taught things that may have been outside our specialties, such as Self Aid and Buddy Care (SABC) and CPR. These can prove to be valuable skills not just in the military, but also at home or at our civilian workplace. Hopefully, you are still prepared to step in and make a difference, if necessary.

Sometimes, I think we tend to become complacent. We get comfortable with the status quo. We watch the news and all it seems to be about is politics, crime and weather. But if you dig a little deeper, you'll find that we live in a dangerous world. You can look behind the headlines in any of the open source media outlets and find the tensions between the United States and Russia are growing. In 2014, Russia invaded a portion the sovereign nation of the Ukraine, known as Crimea (they called it an "annexation"). China is building man-made islands off their coast in an attempt to project their territory further from their mainland, threatening freedom of navigation of ships and aircraft. And who knows what North Korean Dictator Kim Jong-un is up to? He's met with President Trump twice and he's been to China and Russia to meet with their leaders. Then there's the Middle East where terrorists still launch rockets and suicide bombings are a regular occurrence. Any one of these situations could lead members of the 134th ARW to be activated and shipped out.

We also face potential state missions, such as natural disasters, that could put us to work in our own back yard.

I'm not writing this to scare everyone, but just to ask: **What are you prepared to do?**

I know that joining our Wing comes with a LOT of great benefits such as educational assistance and travel. But, I hope you also joined to help defend our nation and our way of life.

So, what are you prepared to do? If that's too big of a question, let's start here: Is your upgrade training up to speed? Have you finished your applicable Professional Military Education (PME)? How about that SABC and CPR training? Could you save a life today? When was the last time that you put on your Chemical Protective Overgarment (CPO) or inspected your M50 mask? How's your fitness level?

If you're an Airman, don't wait on someone to tell you to do these things. When you have even five or ten minutes, ask your supervisor to work on these important items. Volunteer to take the lead! If you're an officer or noncommissioned officer, ask yourself what you and your people are prepared to do. Are you all prepared to do your job in any environment? Are you prepared to step outside your career field and help someone else? Can you treat any injury or help move a heavy object? Supervising people is a sacred trust. If you are not prepared to do everything possible (obviously within reason; you won't see me working on a jet engine!), what's your plan to get there?

Go over one thing from the old Airman's Manual each UTA (ex: sign/countersign). Go over one SABC item (ex: controlling bleeding). Do pushups before that coffee break. Use your imagination.

Also, are you prepared (or preparing) to promote? If you are a supervisor, are you preparing more than one person to take over your position? If not, that's a potential single point of failure.

Again, I'm not trying to scare anybody and I'm not throwing rocks, I'm just asking a question I try to ask myself every day. One more question: When you leave after a UTA weekend, is your unit better off and are your family, friends, neighbors and coworkers better defended? No matter your answer, the truth is we can ALL do better!

None of us know when the phone might ring. What are you prepared to do?

Are YOU and your people Volunteer Ready???

Air National Guard Innovation Project

We need your ideas! Please contact your unit representative with your ideas that could improve the unit, your squadron or your job. We have a tight timeline so don't hesitate, bring us your ideas and research NOW. Be ready to execute!

134th ARW Innovations Project Representatives:

Operations - Lt. Col. Glen Beam, Lt. Col. Hiram Williamson, Tech. Sgt. Joe Jones, Staff Sgt. Tara Kidwell, or Master Sgt. Tyler Ott

Maintenance - Lt. Col. Bart Wilder, Master Sgt. Samantha Jorgensen, or Master Sgt. Bethany Hill

Medical - Tech. Sgt. Elizabeth Ferguson

Mission Support - Lt. Col. Todd Pinkard, Senior Master Sgt. James Cutshaw, Master Sgt. Jeff Hurst, Chief Master Sgt. Richard Lusby, Staff Sgt. Lisa Maxwell, Lt. Col. Art Douglass, Senior Master Sgt. Joey Hungate

Headquarters - Master Sgt. James Palmer

Example Projects

Alert Route Lighting System 121 ARW

A wirelessly controlled Alert Route Lighting System, controlled by Command Post - using off the shelf technology - for about \$400 per light. Installed system for less than \$15,000, compared to systems designed by contractors at \$1.5M +

Automated Bench Stock & CTK Locker 134 ARW

Stand-alone cabinet that creates a timestamp when accessed; pre-designate who can access the cabinet at what time; CAC access; RFID reader with network access to reports; 24 Hour Tool Control

The Chaplain's Cup

by Capt. Seth Hammond, 134th Air Refueling Wing Chaplaincy

Learn
Evaluate
Act
Delegate
Serve

Throughout your career in the military, you will have many different opportunities to lead. No matter what rank you are, we should constantly be looking at ways for personal advancement. Below I have listed 5 ways a leader leads.

1) A Leader *Learns*.

I have heard it said that, "A leader is a learner. Once you stop learning, you stop leading." Leadership is developed daily, not in a day. To be able to lead, you must continue to feed your mind to gain more knowledge.

You never know when the next promotion might happen, and it is critical to learn as much as you can so you will be as fully prepared as you possibly can be.

2) A Leader *Evaluates*.

To become a better leader, you must be willing to face and embrace reality regardless of how discouraging or embarrassing it might be.

Recently I began video-taping my speeches. As hard as it is to evaluate myself, I have discovered that in order for me to become a better speaker, I must be willing to closely evaluate myself and see where I can improve. I also ask others for constructive criticism. If I didn't evaluate myself, I would never know what kinds of bad habits I have to overcome.

3) A Leader *Acts*.

A leader has the courage to act. It takes bravery to make tough decisions, and there are times in the military or even in life where you must take initiative and act.

It's important to analyze as much as you can before making an important decision, but too much analysis can lead to paralysis. When the time comes to make a decision, we must not hesitate to make that decision. We must act.

4) A Leader *Delegates*.

Mark Twain said, "Great things can happen when you don't care who gets the credit." It's important to surround yourself with people who are gifted in areas where you are not and to encourage them to excel in those areas. Your weakness is someone else's opportunity.

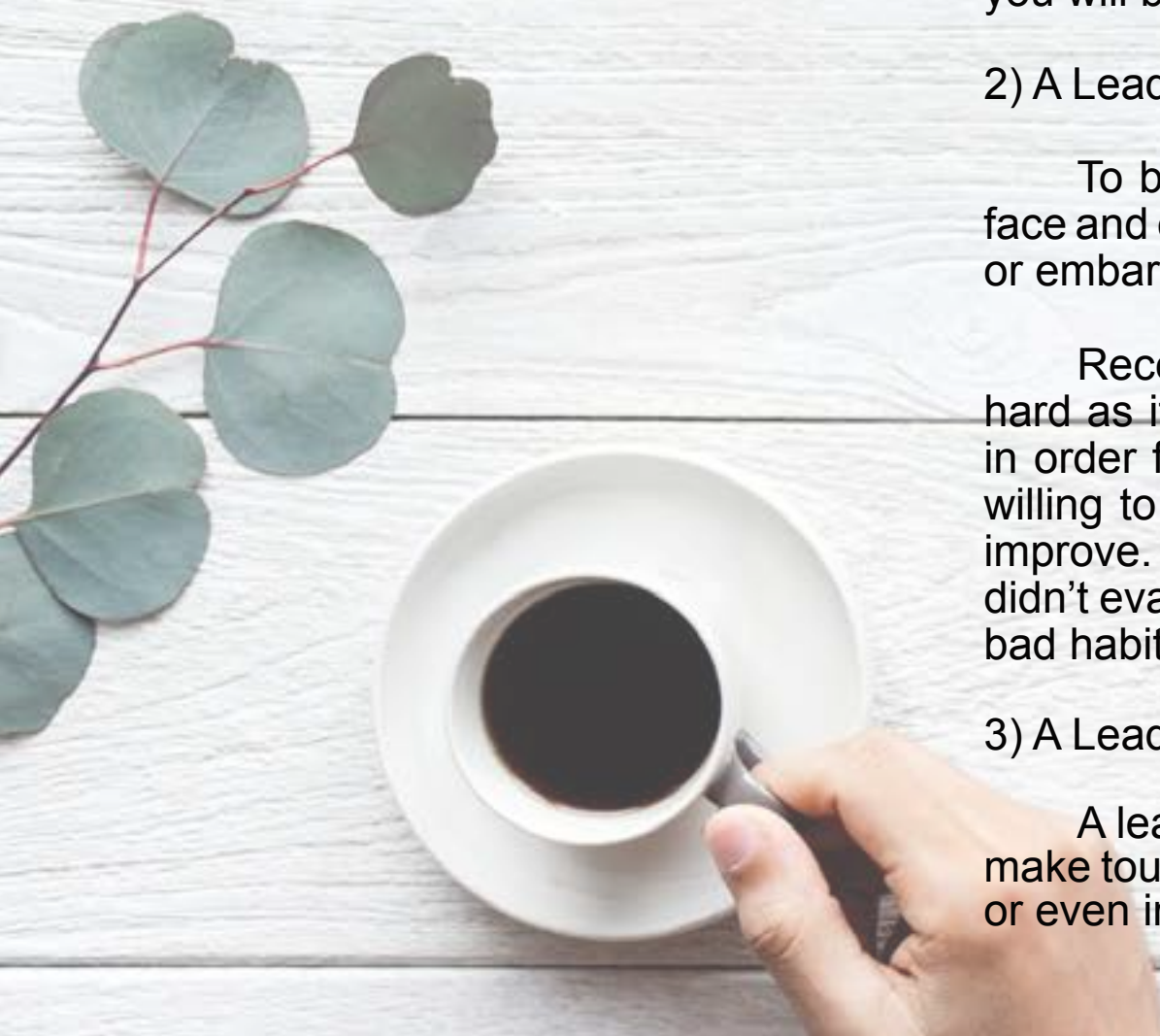
If we try to do it all, we will not be nearly as effective. Doing all the work ourselves will lead to our burn-out and to frustration for those with whom you work.

5) A Leader *Serves*.

"Service Before Self" is something we say a lot in the Air Force. Jesus said, "The greatest among you will be your servant." A true leader serves people. A true leader is selfless. To be selfless does not mean you think less of yourself, but that you think of yourself less. A selfless person is too busy thinking about others.

It's critical that a leader serves not only those in authority but also those under their authority. If you create an atmosphere of service, then others around you will be more eager to work with you.

If you want to grow in your leadership skills, remember that a good leader *LEADS*.





TENNESSEE AIR NATIONAL GUARD

*** DRILL-STATUS OFFICER VACANCY ANNOUNCEMENT ***

Opening Date: 1 May 2019 **CLOSING DATE:** 17 Jun 2019 NLT 1600 COB

POSITION: Public Affairs (Traditional, Non-Flying)

TITLE: Public Affairs (DAFSC: 35P)

AUTHORIZED GRADE: Maj/ 0-4(Prior commission not required) **UNIT:** 134 ARW Wing Staff

DUTY STATUS: This is a Drill Status Guard (DSG) position, NOT full-time employment. Applicants are expected to meet all Unit Training Assemblies and Annual Training requirements annually.

Eligibility Requirements:

Must be a citizen of the United States. To be eligible for an original appointment the applicant must be at least 18 years of age and not reached his/her 40th birthday. Previous military service will be accounted for to adjust the age to over 40, adjusted age must not be over 50 and must be able to complete 10 years commissioned service before retirement.

AFSC – 35P

AFOQT Scores: Verbal: 15 Quantitative: 10

Knowledge: Knowledge is mandatory including electronics theory, information technology, telecommunications and supervisory and control systems including cryptography, vulnerability assessment and exploitation techniques. Additionally knowledge will include operational planning, governing cyberspace operations directives, procedures and tactics.

Experience: Knowledge of the following core competencies is mandatory: Force Development, Career Development, Force Management, Civilian Employee Management, Requirements Determination, Organization Principles, Performance Management, Manpower Resource Allocation, Customer Support, Readiness, Food Operations, Fitness Operations, Lodging Operations, Recreation, Protocol, Resource Management, Mortuary Affairs, Casualty, SAPR, EO,

Resiliency and Quality of Service Programs..

Education: *Tier 1*-Communication, Journalism and Related Programs. *Tier 2*- International Relations and National Security Studies, Political Science and Government, Marketing. *Tier 3*- Any degree is permitted.

Physical Requirements: Must be in good physical condition and be medically qualified in accordance with applicable Air Force and Air National Guard regulations. Must meet Air Force and Air National Guard weight and fitness standards.

AIRCRAFT MAINTENANCE– AFSC: 31PX POSITION VACANCY ANNOUNCEMENT

Location: 134th SFS

MILITARY POSITION VACANCY (DRILL STATUS O1-O4)

OPENING DATE: 05 Apr 19

CLOSING DATE: 20 May 19

Position Description:

Leads, manages, and directs SF personnel. Protects nuclear and conventional weapons systems and other resources. Plans, leads, and directs SF deployments. Directs integrated defense functions including control and security of terrain inside and immediately adjacent to military installations, and defense of personnel, equipment and resources. Leads and directs individual and team patrol movements, tactical drills, battle procedures, convoys, military operations other than war, antiterrorism duties, and other special duties. Directs employment and operation of communications equipment, vehicles, intrusion detection equipment, crew served-weapons, and other special purpose equipment. Leads and organizes SF operations. Enforces standards of conduct, discipline, and adherence to laws and directives. Oversees police services, security, military working dog, combat arms, and confinement operations. Carries out SF incident command function. Oversees and evaluates unit performance. Develops SF plans, policies, procedures, and instructions. Assesses installation or deployed location vulnerabilities. Establishes programs, plans, and policies to protect Air Force combat capabilities. Formulates standards and policies to implement DoD, Air Force, and higher headquarters programs and policies. Programs and budgets actions for initial acquisition, modification, and replacement of SF facilities, vehicles, equipment, and other resources. Develops and manages force protection and antiterrorism programs and training.

Required Application Documents: (Only send required Docs.)

1. Officer Questionnaire
2. AF Form 24
3. Resume
4. Letter of Intent (why you feel you have the desire and skills to become a Security Forces Officer)
5. Official College Transcript
6. RIP (print one from vMPF)
7. Copy of current Physical Fitness Test
8. Letters of Recommendation (3 max)
9. AFOQT scores

Mandatory Qualification Requirements for 31P:

- Must be able to obtain a Security Clearance
- Must be able to pass Commissioning Physical
- Must have a minimum of a Bachelor's Degree
- Must have taken the AFOQT and qualify with a minimum score of **Verbal-15** and **Quantitative- 10**

To apply for the position, please scan all required documents into **ONE** PDF file named 134th Security Forces. Officer and email to **MSgt Aaron Sawyer** at **Aaron.j.sawyer2.mil@mail.mil**. You can also hand deliver or mail the application to Atten: MSgt Aaron Sawyer, 134 Briscoe Dr, Louisville, TN 37777.

TRADITIONAL GUARD MEMBER (DSG) CYBERSPACE OFFICER VACANCY ANNOUNCEMENT	
TENNESSEE AIR NATIONAL GUARD 134th Airlift Wing 134 Briscoe Dr Louisville TN 37777	ANNOUNCEMENT #:19-01
	OPENING DATE: 27 April 2019
	CLOSING DATE: 16 Jun 2019
UNIT: 134TH COMMUNICATIONS FLIGHT	AFSC: 17DX (Any AFSC eligible to apply)
AVAILABLE GRADE: 2LT THRU MAJ (O1 – O4)	AREA OF CONSIDERATION: Statewide Candidates may apply who meet the basic qualification for the position. Open to O1-O4 and those eligible for commissioning in the TN ANG.
POSITION TITLE: Cyberspace Operations Officer	
SPECIALTY SUMMARY The Cyberspace Operations Officer executes cyberspace operations and information operations functions and activities. Plans, organizes and directs network operations and related information operations. Serves as a strategic advisor to the commander on issues related to the operations covering the mission areas within the cyberspace domain. Coordinates preparation and management of budget estimates and financial plans based on operational requirements and resources.	
QUALIFICATIONS AND SELECTION FACTORS <ul style="list-style-type: none">Selection for this position will be made without regard to race, religion, color, creed, gender, or national origin.Applicants are subject to review by the Force Support Squadron to ensure mandatory requirements are met as outlined in applicable regulations. Applicants must meet an Interview Board.	
GENERAL REQUIREMENTS, PROCEDURES AND MINIMUM QUALIFICATIONS (IAW AFI 36-2113): <ul style="list-style-type: none">Must be O1 through O4 or eligible for commissioning in the TN ANG.Must have or have qualifications to obtain 17DX AFSC at time of interview.Any AFSC will be considered; prior 3DXXX experience preferredApplicant must have a current fitness test and be within Air Force fitness standards as outlined in AFI 36-2905 at time of interview.NON-COMMISSIONED APPLICANT AGE: Due to the length of administrative processing involved in the commissioning process, applicant must be 18 years or older and commissioned prior to their 40th birthday. Call MSgt Aaron Sawyer at (865)336-3242 /DSN266-3242 for eligibility clarification.MEDICAL REQUIREMENTS: Applicant must pass an Appointment ANG/AF Commissioning Physical.AIR FORCE OFFICER QUALIFYING TEST (AFOQT): Applicant must have taken the AFOQT and qualify with a minimum score of Verbal - 15; Quantitative - 10.EDUCATION: Applicant must have, at a minimum, a bachelor's degree from an educational institute listed in the current Accredited Institutions of Post-Secondary Education.	
The following education is required for entry into AFSCs 17DX as indicated: <ul style="list-style-type: none">In accordance with Air Force Officer Classification Directory (AFOCD), Appendix A, 17D/17S CIP Education Matrix, the military entry requirements for the 17DX AFSC are defined. While applicants with Tier 1 or 2 degrees are optimal, an applicant with a non-STEM degree will not automatically be denied. It is based on the background and experience of the member.For those that do not have a STEM degree experience in the (communications/cyber field, military and/or civilian) will be considered. Common use of products or applications on a computer is not the intent of this requirement.	

ANNOUNCEMENT OF VACANCY	
MILITARY DRILL-STATUS OFFICER	
POC: MSgt Aaron Sawyer 865-336-3242 Aaron.J.Sawyer2.mil@mail.mil	
POSITION: Pilot KC-135R	OPENING DATE: 15 Apr 2019
AFSC: 11M3 GRADE: 2LT Thru Major	CLOSING DATE: 26 Jun 2019 1630 HOURS
UNIT: 151 st Air Refueling Squadron	
SPECIALTY DESCRIPTION: (SEE ATTACHED JOB DESCRIPTION FOR DETAILS)	
1. GENERAL REQUIREMENTS AND PROCEDURES: Prior Enlisted personnel, Commissioned Officer in the grade of Major or below (Active or Reserve) or non-prior service civilian may apply if qualified for commission as follows: <ul style="list-style-type: none">NON-COMMISSIONED APPLICANT AGE: Due to the length of administrative processing involved in the commissioning process, applicants <u>must</u> be selected by age 31 and be no more than age 33 by the start date of the board's first available Undergraduate Pilot Training Class (UPT). This will allow time for non-prior commissioned applicants to graduate from the Academy of Military Science as an ANG officer prior to attending UPT. Prior-Commissioned Applicant must have not exceeded rank-age ceiling. Call MSgt Sawyer at 865-336-3242/DSN266-3242 for eligibility clarification.MEDICAL REQUIREMENTS: Applicants <u>must</u> pass a Flying Class I physical (Appointment ANG/AF Commissioning physical).AIR FORCE OFFICER QUALIFYING TEST (AFOQT): Applicants <u>must</u> have taken the AFOQT and qualify with a minimum score of Verbal-15; Quantitative-10; Pilot 25; Navigator 10; Sum-50 (Sum is the minimum composite score required by adding both the scores of Pilot and Navigator.) Applicants must meet or exceed the minimum Pilot and/or Navigator scores to qualify for appointment and attendance of Undergraduate Pilot Training (UPT).EDUCATION: Applicants <u>require</u> as a minimum a Bachelor's Degree from an educational institute listed in the current Accredited Institutions of Post Secondary Education. For entry into this specialty, undergraduate degree specializing in physical sciences, mathematics, administration, or management is desired. Applicant must have attained the degree prior to the UPT Class start date.SPECIALTY QUALIFICATIONS: Knowledge is mandatory of theory of flight, air navigation, meteorology, flying directives, aircraft operating procedures, and mission tactics. For entry into this specialty, completion of Air Force Undergraduate Pilot Training (UPT).PILOT CANDIDATE SELECTION METHOD (PCSM): Must complete Test of Basic Aviation Skills (TBAS) to obtain score. PCSM Score of 10 or higher is required. PCSM information website: https://pcsm.aetc.af.mil/.LETTER OF AGREEMENT: Applicants <u>must</u> submit a letter of agreement to attend within one year (pending availability of school quotas) of commissioning (or assignment if prior commissioned officer) any initial formal training as listed in the Training Requirements section. Applications are considered incomplete without this letter (see attachment 1).COMMISSION REINSTATEMENT: Prior commissioned officers must be eligible to reinstate commission and retrain. Cross-component service officers will not be required to attend the Academy of Military Science.	

MEDICAL HOURS

PLEASE REFER TO LISTED HOURS FOR SERVICES AT THE 134TH MEDICAL GROUP

SATURDAY

PHYSICAL HEALTH ASSESSMENTS (PHA)
0815-1130

FITNESS FOR DUTY EVALUATIONS
0800-0900

IMMUNIZATIONS
0830-1130

QNFT TESTING
0830-1130

DEPLOYMENT PROCESSING/ANAM TESTING
0830-1100

NEWCOMER'S BRIEF
0930-1000

LUNCH
1130-1230

WAIVER/MEDCON/LOD APPS W/DOCS & PAS
1300-1500

HEARING EXAMS/ANAM
1300-1500

SUNDAY

FITNESS FOR DUTY EVALUATIONS
0730-0800

MEDICAL IS CLOSED FOR
TRAINING ON SUNDAY WITH
THE EXCEPTION OF THE LISTED
HOURS.

CONTACT MEDICAL GROUP
To make an appointment outside
of listed times call 336-4277

MENTAL HEALTH ASSESSMENTS
MHAs will be scheduled by
appointment only.

REPORT ALL NEW MEDICATIONS TO MED GROUP

* Individuals requiring lipid tests must fast for 14 hours prior to physical examination.

* Individuals are not to consume any alcohol for at least 72 hours prior to physical examination.

* If you wear glasses you must bring them with you for physical. Please do not wear contact lenses for exam.

* If you are deploying, please check with the clinic well in advance of departure date for immunization requirements.

* DNA testing will be conducted from 0830-1100 Saturday. Please have your personnel report at the scheduled time.

TAKE NOTE

PUBLIC AFFAIRS CUSTOMER SERVICE HOURS



The photo studio is open Saturday of UTA from 1230-1500 for official photos and passport photos.

ISOPREPs are now handled by the Intelligence Flight at 336-4417.

The photo studio also offers photos by appointment

SECURITY FORCES CUSTOMER SERVICE HOURS



134th Security Forces Squadron offers customer service hours Monday-Friday from 0800-1100 and 1200-1600.

CLOTHING ISSUE CUSTOMER SERVICE HOURS



Clothing Issue is open for customer service:

Friday from 0800-1100 and 1300-11530

Saturday of UTA from 0900-1100 and 1300-1600

Sunday of UTA from 0800-1100

MOBILITY CUSTOMER SERVICE HOURS (BLDG 264)



Mobility is open for customer service:

Saturday of UTA from 0900-1100 and 1300-1600

Sunday of UTA 0800-1100

JUNIOR ENLISTED ADVISORY ASSOCIATION



There will be no JEAA meeting during May UTA.

May the Fourth be with you.



TAKE NOTE

ROCKY TOP MENU

Saturday:

Jerk Chix/Orange Pork
Grill Chix/Burgers/Hotdogs
Rice/Mashed Potatoes
Okra Squash
Red Beans
Tater Tots
French Fries
Baked Beans
Chili

Sunday:

Ginger soy fish/beef bulgogi
Tacos w/ chicken, beef, or fish
Fried Rice/Lo Mein/stir fry
Egg Rolls
Spanish Rice
Refried Beans
Taco toppings
Salsa



LONG DISTANCE PIN NO LONGER REQUIRED

Long Distance pin no longer required to make long distance calls from a base phone.

*Dial 134 and wait for dial tone
*Dial 1, then 10-digit number (including Area Code)

Call Comm. Focal Point at 336-4357 for more information



2019 CALENDAR NOW ON THE APP!

The 134th ARW app now has the UTA and Down Monday calendar programmed in!
It's never been easier to plan out your year. Just download the app, navigate to the Wing Calendar and tap each event to add to your phone calendar.



134TH ARW SOCIAL MEDIA

The 134th ARW is on Social Media!
Follow our Facebook page for news stories and Wing events.

Catch us on Instagram at 134_ARW!

Search 134 ARW on YouTube for our videos!

The 134th ARW official webpage is: www.134arw.ang.af.mil



TOP THREE

Look for updates about this month's Top Three meeting.



Civilian Employee Information

Update Your CEI

The Civilian Employer Information (CEI) website has been redesigned with a more streamlined and fluid interface.

You must update your CEI by the following URL to navigate to the CEI website:
<https://www.updatecei.org>

Follow the instructions to enter your personal details and your employment details, then click the Update button. Note that you are no longer required to register or login to JSS to complete the CEI.

Once the CEI has been updated, a confirmation message will be emailed to the address you have listed in your personal details. Print out the email as proof of your compliance.

Please be aware that updating the Civilian Employer Information is mandatory.

THE ADJUTANT GENERAL (TAG) MATCH

Marksmanship Proficiency Training Exercise

**Location: Volunteer Training Site - Tullahoma
Tullahoma, Tennessee**

Who's eligible: Army & Air National Guardsmen

An outstanding opportunity to train with & gain valuable skills from some of the most talented marksmen in the Tennessee National Guard



**Rifle - (M16/M4)
June 27-30**

**Pistol - (M9/M11)
Aug 23-25**

All participants must be in a duty status. Status must be No Pay/ Points Only Order, Split Drill, or Pay Order.

Top Soldiers/Airmen will be contacted to participate in future Regional and National matches.

*For more info contact:
SMSgt Kendra Owenby, x3214 or TSgt Scott Carvin x4043*

Promotions

Airman

Joshah Fulbright

Senior Airman

Eric Adams

Technical Sergeant

Lisa Maxwell

Michael Bowers

Master Sergeant

Regina Trivette

Nathan Groce

John Ewing

Senior Master Sergeant

Roxanne Pilgrim

Tony Berry

Major

Paul Defay

Lieutenant Colonel

Joseph Ogle



U.S. Air National Guard photo by Tech. Sgt. Jonathon Young



EMERGENCY MANAGEMENT NEWS

MAY

Information
EM OFFICE:
865-336-3219

Contact the EM
Office with any
questions about this
newsletter or any
other EM issues.

IN CASE OF EMERGENCIES

BDOC:
865-336-3091

FIRE:
865-336-3315

COMMAND POST:
865-336-4371

**The State of TN
requires a burn
permit from October
15 through May 15,
anyone starting an
open-air fire within
500 feet of a forest,
grassland, or
woodland must by
law secure a burning
permit from the
Division of Forestry.**

FLOODS



WHAT IS A FLOOD?

A flood is an overflow of an expanse of water that submerges land. All floods are not alike. Some can develop slowly during an extended period of rain, or in a warming trend following a heavy snow. Others, such as flash floods, can occur quickly, even without any visible signs of rain.

Flood Facts

- Floods are the most common and widespread of all natural disasters outside of fire.
- Ninety percent of all presidential-declared U.S. natural disasters involve flooding.
- Flooding caused more than \$4 billion a year in losses and 2,200 deaths in the U.S. during the 1990's.
- There is a 26 percent chance of experiencing a flood during the life of a 30 year mortgage (more than 6 times the likelihood of a fire).
- Even minor flooding can cost thousands of dollars in losses and repairs, and flood damage is virtually never covered by standard homeowners insurance.
- Florida residents and businesses hold more than 40 percent of all flood insurance policies in the nation.

Know the Terms

Flood Watch - Flooding is possible. Tune in to NOAA Weather Radio, local radio or television for information.

Flash Flood Watch - Flash flooding is possible. Be prepared to move to higher ground; listen to the NOAA Weather Radio, local radio or television for information.

Flood Warning - Flooding is occurring or will occur soon. If advised to evacuate, do so immediately.

Flash Flood Warning - A flash flood is occurring. Seek higher ground on foot immediately

- Floods occur within all 50 U.S. states (they can occur anytime, anywhere).
- Communities particularly at risk are those in low lying areas, coastal areas, or downstream from large bodies of water. Even a very small stream or dry creek bed can overflow and create flooding.



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





Password Security- Pt.1:

By: TSgt Adam S. Huskey

If possible, always use 2-factor authentication when logging into accounts on commercial sites. For example, an email or bank account that not only requires a password, but a code to be entered that is texted to a cellphone or displayed on a printable, single use pad.

*Try to use different passwords or passphrases for each account. There are several tools available online to assist with generating and managing your personal passwords and passphrases. We recommend researching and choosing the one that best meets your personal needs.

*Strong passwords have the following features:

1. Are a minimum of 8 characters long and include at least one number, one capital letter, one lower case letter and one special character. Also, they avoid use of keyboard progression patterns such as "123\$QWEr"
2. Do not contain names or words that can be found in any dictionary (including foreign languages) or on your social media.
3. Do not contain your user name, real name or company name.
4. Are significantly different from previous passwords.

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

Goodbye, Jeff and Tina: Cyber Awareness Challenge Ditches Corny Characters

16 Apr 2019

Stars and Stripes | By Caitlin Doornbos

There's something -- or a few someones -- missing from the 2019 Cyber Awareness Challenge, the Department of Defense's annual computer security training.

Lovable sweater-vested narrator Jeff, misguided co-worker Tina and other characters are absent from the new challenge, which casts its user in the role of virtual superhero in a race to prevent a future cyber attack.

The characters became the subject of many tweets, gifs, memes and Halloween costumes over the years. But in the updated program, the cartoons are all but gone, traded for live actors.

Launched late last year, the new Cyber Awareness Challenge "offers a completely new look and feel," the Defense Information Systems Agency (DISA) wrote in the product description of the program. While the challenge retains its game-like quality, its concept is turned on its head.

"It starts with a message from the future describing serious vulnerabilities resulting from decisions in the present," DISA said in the description. "The learner is asked to help prevent these incidents by making proper cybersecurity decisions about events from the evidence provided. Through this process, the user learns proper cybersecurity practices."

(Article continues @ link below...)

Entire Story: <https://www.military.com/daily-news/2019/04/16/goodbye-jeff-and-tina-cyber-awareness-challenge-ditches-corny-characters.html>

134 CF Information Assurance POCs:

MSgt Dora Jennings, ext. 4924
TSgt Adam Huskey, ext. 4936
SSgt Tyler Renner, ext. 4925



134TH AIR REFUELING WING COMPREHENSIVE AIRMAN FITNESS RESOURCES

WHAT IS COMPREHENSIVE AIRMAN FITNESS?

The goals of Comprehensive Airmen Fitness (CAF) are:

Airmen taking care of Airmen
Embracing the Wingman concept
Airmen and families maintaining a lifestyle of comprehensive fitness

WHAT IS THE COMMUNITY ACTION BOARD?

This board is comprised of senior leadership and helping agency representatives, and is chaired by the Wing Commander. The Community Action Board (CAB) takes a strategic, cross-functional look at quality of life, personnel readiness, and community issues to formulate long-term solutions. The CAB approach to community problem-solving takes a broad perspective to integrate and synergize efforts to address community concerns. The installation CAB identifies individual, family, installation, and community concerns.

WHAT IS THE COMMUNITY ACTION TEAM?

The Community Action Team (CAT) functions as the action arm of the CAB and develops a comprehensive, coordinated plan for integrating and implementing community outreach and prevention programs (e.g., financial management, fitness resources, Strong Bonds, violence awareness, tobacco cessation, etc.). The CAT improves the delivery of human service programs by establishing a seamless system of services through collaborative partnerships and coordinated activities.

134TH ARW HELPING AGENCIES
SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)
865-336-3206
24/7 RESPONSE LINE: 865-352-9048

WING DIRECTOR OF PSYCHOLOGICAL HEALTH
865-336-4017
CELL: 865-201-3217

134TH CHAPLAIN'S OFFICE
865-336-3217

AIRMAN AND FAMILY READINESS
865-336-3107

INSPECTOR GENERAL
865-336-4444

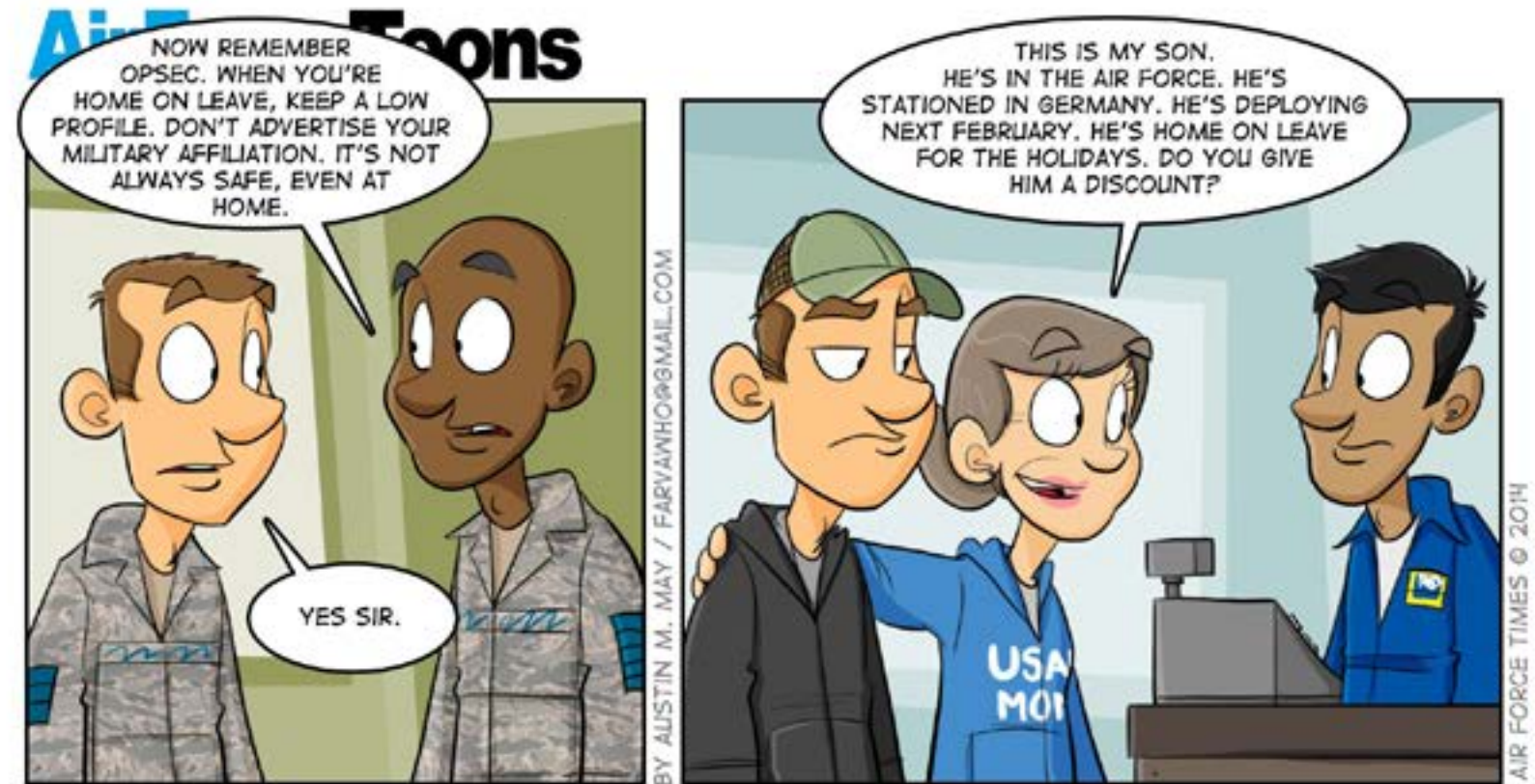
ADDITIONAL RESOURCES:
GUARD YOUR BUDDY APP - AVAILABLE ON APPLE AND ANDROID PLATFORMS
MILITARY ONESOURCE: 800-342-9647

CHIEF LUNCH & LEARN

MENTORSHIP

OPPORTUNITY

- Meet During UTA Lunch
- Meet @ DFAC
- One on One
- 1 Hour Session
- Career Review
- Ask Questions
- Hear from Experience



Make sure you educate your family to
THINK OPSEC

FIND A MENTOR FOR YOUR CAREER

REQUEST YOUR SESSION TODAY!

Sessions will be scheduled the UTA after your request is made. Full time personnel can be scheduled outside of the UTA schedule. If a Chief from a particular career field or unit is desired, please specify in your request. Specific time will be provided the Friday before UTA.

E-mail SMSgt Jason Graf at john.j.graf2.mil@mail.mil
To Reserve Your Session

