

THE VOLUNTEER

July 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.c.hurst.mil@ang.af.mil.

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Cover: Senior Airman Chris Ray looks out over the Matanuska Glacier in Alaska. (U.S. Air National Guard photo by Staff Sgt. Darby Arnold)

Above: A B-52 Stratofortress completes refueling from a 134th ARW tanker during exercise Saber Guardian 19. (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

Opposite: 'Veterans', 'Cup', and 'Red Leaf' courtesy of Pexels.com.

'Glacier' (U.S. Air National Guard photos by Staff Sgt. Darby Arnold)

'Chief's Coin on flag' and 'AJ Thumbs up' (U.S. Air National Guard photos by Tech. Sgt. Teri Eicher)

'Shaken Fury' (U.S. Air National Guard photo by Tech. Sgt. Jonathan Young)

'Bulgarian Lift' (U.S. Air National Guard photo by Tech. Sgt. Dan Gagnon)



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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Mission: Alaska

The 134th Medical Group traveled to Joint Base Elmendorf-Richardson for training and found adventure

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Shaken Fury

The 134th ARW participated in the state-wide exercise with a joint de-fueling June UTA.

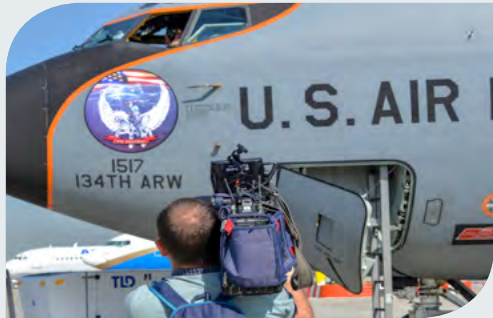
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Rank up!

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134TH MDG AIRMEN EXPLORE "THE LAST FRONTIER"

by Staff Sgt. Darby Arnold, 134th Public Affairs



When Airmen go on their annual deployment, the focus is on training. But, what do Airmen do during their off-duty hours?

Airmen from the 134th Medical Group conducted their annual deployment for training at Joint Base Elmendorf-Richardson where they trained along-side active duty members. However, during their off-duty time they had the opportunity to explore a bit of “the Last Frontier” here, June 16-29.

Airmen had the opportunity to participate in a variety of activities such as hiking, kayaking, fishing and culinary tastings in and around the city of Anchorage.

“I’m an outdoor fanatic, so I brought a lot of my hiking and water sports gear. Many of us went on about 12-15 miles worth of trails and glacier climbs,” said Senior Airman Chris Ray, 134th public health specialist. “We also kayaked in 40-degree water across an inlet carved out by a massive glacier in Whittier, Alaska.”

For some of the 134th MDG Airmen, including Ray, this was their first deployment for annual training as a group.

“These types of trips made me realize how much I didn’t know about my team. I thought I knew them relatively well when we would work together during drill, but during our off time we were able to get to know one another, discovering similarities and differences that would make us a better team when we returned home,” said Ray.

As a young Airman, I learned a lot from people who I now would call career and life mentors. They shared their past experiences with me to help me in my future plans based on their mistakes and successes. I have connected with my team more than I thought I would.”

Maj. Sarah Combs, 134th certified registered nurse anesthetist, planned the Matanuska Glacier hike during some group down time that ended up being a crowd favorite. The Matanuska Glacier is the largest glacier in Alaska and is approximately 26 miles long and four miles wide.

“My favorite part of exploring around Alaska is sharing these new experiences with my fellow wingmen,” said Combs. “The scenery is stunning and completing a challenging hike or checking off a life-long bucket list item truly unifies us as a group.”

The Airmen accomplished a lot of valuable training and honing of their skills during the trip at JBER, as well as learned some new team-building skills, making it a win-win for all.

“Spending time together enhances the camaraderie. It gives us a chance to get to know the newer members of our unit. It really builds that interpersonal relationship,” said Chief Master Sgt. Jana Johnson, 134th MDG superintendent. “If we ever have to deploy with each other, these activities help to build and establish trust beforehand since they are having to work with each other as a team.”

Developing relationships and creating stronger bonds helps Airmen to become “Volunteer Ready” by making teamwork a core component in their lives.



Top: Members from the 134th Air Refueling Wing participated in a guided hiking tour of the Matanuska Glacier, the largest glacier in Alaska.

Bottom: Members from the 134th MDG took to the water for a six-mile deep sea kayaking trip in Whittier, Alaska.

EXERCISE SHAKEN FURY FUELS JOINT CAPABILITY IN TENNESSEE

by Tech. Sgt. Jonathan Young 134th ARW Public Affiars



(U.S. Air National Guard photo by Tech. Sgt. Jonathan Young)

Soldiers and Airmen of the Tennessee National Guard participated in the Federal Emergency Management Agency-led exercise Shaken Fury June 1 at McGhee Tyson Air National Guard Base.

Airmen of the 134th Air Refueling Wing, along with Soldiers of the Tennessee Army National Guard's 1/230th Assault Helicopter Battalion Detachment 2 E Company, worked together to offload 7,000 pounds of fuel from a KC-135 Stratotanker to an Army fuel truck as part of the joint exercise.

“In a domestic operation situation it don't matter if it's the Air or the Army, the public needs us to come as one team with one fight and to help relieve whatever situation is going on,” said Deputy Adjutant General Maj. Gen. Tommy Baker, of the Tennessee National Guard. “So this is why we do this. You don't want to wait until game day to practice together.”

The fuel transfer was one component of the overall Shaken Fury exercise, which simulated a catastrophic earthquake along the New Madrid Seismic Zone (NMSZ) near Memphis. In a real world scenario the KC-135 would fly to an affected area to offload needed fuel to Army trucks that each hold approximately up to 15,000 pounds of fuel.

Tech. Sgt. Ryan Knouff, a crew chief with the 134th Air Refueling Wing and the non-commissioned officer in charge of the training, said how this training is helpful for both Air and Army to be able to understand how to work together.

“It opens up your mission capability. Not only is it our mission, it's their mission,” he added.

Both Airmen and Soldiers worked together to accomplish their mission for the day. They compared notes and briefed Baker on how everything works and the capabilities of the equipment. The purpose of the exercise was to examine and improve the community's response to a “no-notice” earthquake, recognize shortfalls in resources and develop a coordinated recovery strategy plan.

“That's why we're doing this now to get ourselves ready, so when the real thing happens, we'll be ready to go,” Baker said.

Previous: Spc. Kevin Quintana, a fuel supply specialist with the 1/230th Assault Helicopter Battalion Detachment 2 E Company, measures the amount of fuel being offloaded to his truck during exercise Shaken Fury.

Top: Spc. Kevin Quintana, measures the amount of fuel being offloaded to his truck during exercise Shaken Fury.

Bottom: Master Sgt. Glen Weaver, fuels superintendent with the 134th Air Refueling Wing, and Sgt. Tyler Hollingsworth, a fuel supply specialist with the 1/230th Assault Helicopter Battalion Detachment 2 E Company, disconnect the fuel hose during exercise Shaken Fury.



PILOT FOR A DAY AJ 'CUCKOO' CUCKSEY

Wednesday, July 10th, the 134th Air Refueling Wing welcomed our first 'Pilot for a Day' AJ 'Cuckoo' Cucksey. After AJ was fitted for his flight suit and helmet, he inspected one of our KC-135R Stratotankers and marshaled it onto the flight line. He then practiced air refueling in the boom operator simulator system before conducting an interview at the Training and Education Center's TV studio. AJ wrapped up his day with a visit with Aircrew Flight Equipment, Security Forces Squadron and the base fire hall, followed by a presentation ceremony where he was coined and received a certificate declaring "mission accomplished". AJ was nominated for the program through a partnership with East Tennessee Children's Hospital.

Thank you to everyone who helped make this a special day for Cuckoo, and to Mr. Bill Conner from the Airman Family & Readiness Center for helping to launch this program at the 134th ARW.

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



Bulgarian media invited for KC-135 orientation flight

by Tech. Sgt. Daniel Gagnon, 134th Public Affairs



Bulgarian media representatives from Military TV Channel, Free Europe Bulgaria, Capital Weekly, Nova TV, bTV and Bulgaria National Television participated in two media orientation flights during air refueling missions. The participants flew aboard a KC-135R Stratotanker refueling aircraft, assigned to the 134th Air Refueling Wing, Tennessee Air National Guard, June 14 and 21 in Bulgaria during exercise Saber Guardian 19.

The refueling flights began at Sofia Airport, Bulgaria, and flew over Romania, where media were able to view the refueling of a C-17 Globemaster III, assigned to

the 204th Airlift Squadron, 154th Wing, Hawaii Air National Guard, June 14. During the second media flight, June 21, they were able to witness the refueling of F-16C Fighting Falcons assigned to the 457th Expeditionary Fighter Squadron, 301st Fighter Wing, Naval Air Station Joint Reserve Base Fort Worth, Texas.

Exercise Saber Guardian is a multi-national exercise under U.S. European Command's Joint Exercise Program. It enhances joint and combined interoperability across a variety of mission sets between Bulgaria, Hungary, Romania, the U.S., NATO allies and Partnership for Peace nations.

The combined training opportunities that the exercise provides greatly improve interoperability among participating allies and partners.

"This is an opportunity to invite the Bulgarian media onto a Tennessee KC-135 on a refueling platform," said Lt. Col. John T. Rojas, bilateral affairs officer, U.S. Embassy. "One particular flight just happens to be fueling F-16s, and currently Bulgaria is considering purchasing the F-16 as a multirole fighter in order to meet their NATO commitments."

The flights promote regional stability and security, while increasing readiness, strengthening partner capabilities and fostering trust.

"We promote strengthening of our partnership capabilities and highlighting Tennessee and Bulgaria's 26-year state partnership, while also providing the media access to a United States Air Force refueling operation," said Master Sgt. Bo Rogers, boom operator with the 134th ARW.

Tennessee and Bulgaria are "sister states" in the joint Department of Defense State Partnership Program. The State Partnership Program, which is managed by the National Guard, links a state's National Guard with the partner nation's military in a cooperative, mutually beneficial relationship.



Tracking a family member's military records

by Bill Conner - 13th ARW Airman and Family Readiness Program Manager

One of the great joys of this job is that I get asked a lot of questions. I mean, a LOT of questions. Sometimes, I even know the answers. Usually, though, these questions give me a great opportunity to learn something new about my job, our wing, or a service that can assist someone in the 134th or its extended family.

Many of us here at the 134th have family members who served in the military at some time. You probably have friends who also come from a military background. It doesn't take long in any military conversation to hear of someone who has lost all their service records, and they don't even know where to begin looking for new copies. A close friend of mine recently told me this exact story, her father served during the Vietnam era and they have no record of it. As it turns out, we have assistance available right here at the wing.

The Tennessee Department of Military has a War Records Division, and if your family member has any records available, there is a chance they'll have it. A form can be filled out at the Force Support Squadron, submitted to the War Records Division, and if any records are found they'll be faxed back in a surprisingly short amount of time. My friend's father now has a DD214 he didn't know he had, and he's thrilled. Why is it important to find these records? Many of our veterans are eligible for benefits and assistance they earned as a military member. A

DD214 form is a critical piece of information in obtaining any support from the veteran's administration and other agencies. With a DD214 a veteran can meet with the Veterans Services organizations in the area, they in turn can pursue benefits and assistance on the veteran's behalf.

For more information about locating records and reaching out to the Veteran's Services organization in the area, please contact me at (865) 336-3107 or william.a.conner4.civ@mail.mil.



photo courtesy of pexels.com

The Chaplain's Cup

by Capt. Nathan Tarr, 134th Air Refueling Wing Chaplaincy

On the Saturday of last drill, my son turned 13-years old. I now have two teenagers, with three more close behind. At this stage in their life a frequent topic of conversation with my children is responsibility. “Growing up” means more than your shoes getting too small or blowing out more candles on your cake. Growing up means you can be trusted to take on responsibility. For children, it means you do your homework without having to be reminded, or see what needs to be done around the house without having to be asked. It means that you follow through on what you say you will do. None of us do this perfectly, of course, but responsibility moves us in this direction.

Another name for growing up is maturity. In his book *A Failure of Nerve*, Edwin Friedman defines maturity as, “The willingness to take responsibility for one’s own emotional being and destiny.” A mark of maturity – growing up – is the willingness to take responsibility for yourself.



But here is the thing: Taking responsibility for ourselves does not mean that we have to do everything for ourselves. I don’t expect my 13-year old son to do everything for himself, even if he could. What I do expect as he continues to grow up is that he will take responsibility for himself – and often that will mean reaching out for help when he needs it.

If he doesn’t understand the play he can ask a teammate or the coach to explain. If he is struggling with a math problem he can ask a classmate or the teacher. If he doesn’t know how to handle a relationship he can ask a counselor or a parent. The worst thing he could do when he needs help is to keep it to himself.

By the time we serve in the military the middle school years are (thankfully) behind us, but the same principle still applies. Maturity doesn’t mean self-sufficiency, and asking for help isn’t a sign of weakness. Reaching out for help is a mature act of taking responsibility. The Air Force does not expect you to handle life on your own. Help is available for you in your shop, through your first sergeant, the Family Readiness Center, the Department of Public Health and the Chaplain’s Office. If you have a question or need to talk something through, we would love to see you.



THE CHIEF'S CORNER

*by Chief Master Sgt. Greg Jennings,
134th Aircrew Flight Equipment Superintendent*

Recently, it was a typical summer day for my 14-year old son. I'm guessing he awoke at the crack of 10 am and planned his day of tournament PlayStation games and social media posts, all while brainstorming excuses for why he didn't accomplish his household chores (Okay, I am already digressing).

At any rate, the evidence suggests his day was too busy to effectively execute his prior meal planning. That is to say, when I went to prepare my lunch for the next day I found my favorite low-carb wraps were gone (I'm an old, crusty Chief making every effort to NOT become the old, crusty, and FAT Chief)! The last wrap had been sitting on a paper plate for what appeared to be several hours. As you can imagine, my previously buttery-soft wrap gained the rigidity of a rock as my son enjoyed his carefree day of summer irresponsibility. In other words, it was stale. Therefore, it was useless.

Why am I sharing my most recent "first world problem?" Well, I'm glad you asked. This traumatic event occurred to me as a parallel to what happens to effective leaders if they do not practice what they preach to Airmen in continuing personal development. Failure to develop and execute a fresh approach will inevitably precipitate a "stale" leader.

When leadership grows stale, likewise do the results of our teams and other leaders with whom we work. The simplest of tasks or processes subsequently seem to require more and more effort as our energy is drained rather than strengthened. The fruits, or lack thereof, of neglecting our own development is that we simply maintain legacy skills and experiences yielding bland offerings of advice and little inspiration.

I recently had the opportunity to deploy for a 6-month tour. While I was well out of the comfort zone I have come to appreciate here at the 134th ARW, and certainly missing my friends and family, the benefits and experiences I gained were of immeasurable value in freshening my perspective both personally and professionally.

While deployed I managed a team from multiple active duty units consisting of an extraordinarily wide range of demographics. We supported multiple weapon systems with which I had no prior experience. The challenges were intense and many. However, the adversity simply amplified the team's successes over the course of the deployment.

The positive relationships I formed with Airmen in my charge, as well as my deployed commanders, proved immensely satisfying. Further, the evolution of extraordinarily positive team synergy validated that, through continual development of skills and abilities, leaders can absolutely mitigate the potential of growing stale.

While this is my own recent experience of positive development, my hope is that all of us will continually seek out opportunities to broaden our horizons, thereby preserving our relevance in successfully leading today's Airmen. By making this choice, we are making a very conscious commitment to motivate, lead, and inspire versus the pitfall of merely pointing, blaming, and complaining.

In all of our interactions, we are either the fountain or the drain. By keeping our leadership experiences and skills fresh, we remain relevant. Subsequently, our teams will reap the benefits and will infectiously be the fountains in the organization.

J E A A
presents the

Blood Drive

Sunday

July 14th

From 1000 to 1630! 15-minute slots

---> Sign up here <---

MEDICAL HOURS

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

SATURDAY

FITNESS TESTING EVALUATIONS
0800-0900

PHYSICAL HEALTH ASSESSMENTS (PHA)
0815-1130

FITNESS FOR DUTY EVALUATIONS
0830-0900

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

SECTION SPECIFIC/AFSC-CMRP TRAINING
1300-1530

HEARING EXAMS/ANAM
1300-1500

SUNDAY

FITNESS FOR DUTY EVALUATIONS
0730-0800

EXPEDITIONARY SKILLS RODEO
0730-1230

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

MEDICAL INFORMATION

* Report all new medications to Medical Group ASAP

*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.

*Mental Health Assessments will be scheduled by appointment only

*Contact 134th Medical Group at 336-4277 to make an appointment outside listed times

Combat Dining In: FAQ

What is the difference between a 'Dining IN' and a 'Dining OUT?' Where does the 'combat' part come in?

- Dining In is military members only
- Dining Out includes friends and family
- **Combat dining in** = military only + fun!

What is the purpose of this event?

- Social occasion for members to meet at a semi-formal military function (combat = fun)
- Enhances esprit de corps of units, lightens the load of demanding work schedules
- Gives commanders opportunities to interact socially with subordinates
- Enables members to create bonds of friendship

What is going to happen during the Combat Dining In? Why should I come?

- There will be toasting, dinner, water gun shenanigans, and a grog bowl (alcoholic and non-alcoholic)
- Bring your water guns!
- It will be outside



E6 and below

= \$15

E7 and above

= \$20

Get tickets from your first sergeant

What should I wear?

- Any combination of any issued military utility uniform (NO BLUES except rank or name tag), past or present
- You must have your last name and current rank displayed somewhere on your person
- Hats and hair standards are optional
- Face paint, wigs, bald caps, tutus, Darth Vader masks = all acceptable!
- Have fun with it, dress and appearance standards do not apply - but keep it modest!

What should I NOT do?

- DO NOT post things to social media that will reflect negatively on the Guard and the Air Force - remember, appearances and perception matter!

You can read all about it in AFPAM 34-1202 if you want more information, or use the mighty "Google" to search Combat Dining In!

photo courtesy of DVIDShub.net

INTERESTED IN JOINING THE 134TH ARW HONOR GUARD?



CALL SENIOR MASTER SGT. BILL HARNESS AT 336-3438 OR STAFF SGT. CHAD DAVIS AT 336-4961

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



Due to the Blood Drive, JEAA will not be meeting in July. Please come donate with us Sunday, July 14, from 1000-1630!



TAKE NOTE

ROCKY TOP MENU

Saturday:

Blackened Fish/Braised Beef
Grilled Chicken/Burger/Hotdog
Brown Rice/Egg Noodles
Okra/Corn
Green Beans
Chili
Tater Tots/French Fries
Baked Beans

Sunday:

Ribs/Huli Huli Chicken
Grilled Chicken/French Dip
French/Sweet Potato Fries
Mac Salad/Islander Rice
Broccoli/Carrots
Fried Cabbage
Baked Beans/Chips
Au jus



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



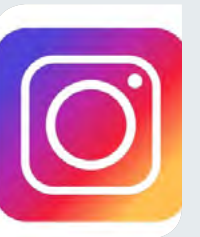
2019 CALENDAR NOW ON THE APP!

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 Instagram!
Follow us at 134_ARW



TOP THREE

Top Three will be meeting at 1300 on Sunday, July 14, in the HQ conference room.



Promotions

Airman First Class

Hannah Austin
Jonathan Thompson
Quentin Wright
Connor Smith

Staff Sergeant

Jesse Souza
Owen Hargraves

Senior Airman

Dalton Kirkland

Technical Sergeant

Nicholas Clark
Torrick Turner
Matthew Scott
Michael Bean

Master Sergeant

Stephanie Justus
Michael Wood



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



EMERGENCY MANAGEMENT NEWS

July

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 lightning is
seen before the
thunder is heard
because light
travels faster than
sound.

Thunderstorms
need three things:
Moisture-to form
clouds and rain.
Unstable Air-
relatively warm air
that can rise
rapidly.

THUNDERSTORMS & LIGHTNING



WHAT IS A THUNDERSTORM?

A thunderstorm is formed by a combination of moisture, rapidly rising warm air, and a force capable of lifting the warm air. Typically these forces are warm or cold fronts, sea breeze, or air forced over mountains.

What is Lightning?

Lightning is an electrical discharge that results from the buildup of positive and negative charges within a thunderstorm. When the buildup becomes strong enough, lightning appears as a bolt. If you can hear thunder, you are close enough to the storm to be struck by lightning.

Thunderstorm and Lightning Facts

Thunderstorm Facts

- Thunderstorms may occur singularly, in clusters, or in lines.
- Thunderstorms are classified severe if they produce hail at least $\frac{3}{4}$ of an inch in diameter, have winds of at least 58 miles per hour or higher, or if they produce a tornado.
- All thunderstorms contain lightning. The rapid heating and cooling of air near the lightning causes thunder.

Lightning Facts

- A bolt of lightning reaches a temperature approaching 50,000 degrees Fahrenheit in a split second.
- It is a myth that lightning never strikes twice in the same place. In fact, lightning will strike several times in the same place in the course of one discharge.
- Lightning kills 75-100 Americans each year and thousands more world-wide.

Danger Zones

- While thunderstorms and lightning can be found throughout the U.S., they are most likely to occur in the central and southern states.



THINK OPSEC

