



# THE VOLUNTEER

JUNE 2022



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Cover:  
*The brand new 134th Air Refueling Wing aircraft maintenance hangar basks in the early morning sunlight at McGhee Tyson Air National Guard Base, Tennessee. The new addition has the necessary space for the new KC-46 Pegasus refueling aircraft that will eventually replace the KC-135R Stratotanker currently flown at the unit. (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*



# 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*



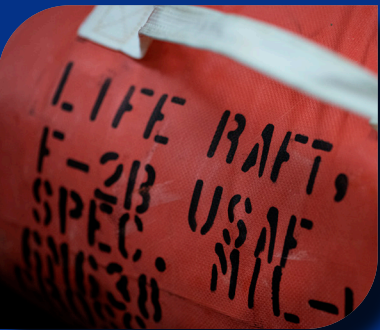
### Grand Opening!

New maintenance hangar open for business!



### Aircrew to the rescue!

Ops Airmen awarded for assistance in roadside emergency situation



### AFE

"Saving lives, one mission at a time"



### Spring Sprint 5K!

All proceeds go to Santa Cops!

# Columns



### A word from your DPH

Post Traumatic Stress Disorder



### Rank Up!

June Promotions



### Blue Skies Airmen!

June Retirements



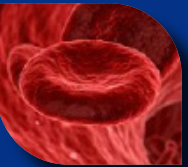
### Airman & Family Readiness

"You just never know!"



### Top III & JEAA Meetings

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



### Medical schedule

June 134th MDG Schedule





*Welcome to the new 134th Maintenance Hangar!*





# 151st ARS Airmen receive Tennessee Adjutant Gen. valor award for rendering aid

By Senior Master Sgt. Kendra M. Owenby, 134th ARW Public Affairs

Seven Airmen were awarded the Tennessee National Guard Adjutant General's Ribbon of Valor on May 1 for their courageous actions after witnessing a vehicle accident in Gulfport, Miss, Aug. 16, 2021.

At aprox. 4:20 p.m. local time on the evening of Aug. 16, Maj. Matt Davis, Maj. Brian Shutt, Capt. Caleb Jackson, 1st Lt. Whit Mahan, Tech. Sgt. Josh Eidson, Staff Sgt. Wesley Taylor, and Staff Sgt. Richard Checchin were returning to their hotel. The 151st ARS aircrew had just completed their duty day at the Gulfport Combat Readiness Training Center where they were conducting routine training while on temporary duty. While waiting at a stoplight, they witnessed a catastrophic collision at the intersection, involving two SUV-type vehicles.



(U.S. Air National Guard photo by Tech. Sgt. Darby Arnold, 134th Public Affairs)

parties ultimately survived the accident.

Maj. Shutt reiterated a well-known fact - Tennessee guardsmen have an undeniable "volunteer spirit" and are always willing, at a moment's notice, to assist when the need arises.

"What stood out to me was how quickly everyone jumped out of our van to go help out", stated Maj. Shutt. "It took just a second or two to process what happened, then everyone just got out and ran to help. It's at the core of what we do - we help those in need."

The Airmen were each awarded the Tennessee Adjutant General's Ribbon of Valor during a commander's call held at Wilson Hall, May 1. Col. Jason Glass, Assistant Adjutant Gen., Air, was on hand to present the awards to each of the aircrew and thank them for their courage and honorable actions.

The first vehicle had apparently jumped the median and was traveling southbound in the northbound lane of traffic. The second vehicle was attempting a left turn from the eastbound lane to the northbound lane. The Airmen witnessed the two cars collide at a high rate of speed.

While trying to process what they just witnessed, the Airmen's self-aid buddy care training kicked in as they exited their vehicle immediately and ran to the accident site to provide assistance. They contacted 911 to request emergency responders and then proceeded to render aid.

"There was no questioning what had to be done. Everyone immediately ran to help wherever they could," said Maj. Brian Shutt, KC-135R Stratotanker pilot.

One vehicle was occupied by only the driver, who had injuries to the extremities but was conscious and responsive. The other was occupied by a family of five - a mother and four children, one of whom was a toddler. The mother was pinned in the driver's seat and the children were strewn throughout the vehicle.

The Airmen moved the children from the vehicle to a safe area, rendered first aid to those who required it, and worked to calm the other extremely distraught children until emergency responders arrived. Upon paramedics' arrival, they continued to provide aid and assisted the paramedics in preparing the victims for transport. Though at least two of the victims had life-threatening injuries, all



# Aircrew Flight Equipment – Saving Lives, One Mission at a Time

By Tech. Sgt. Darby Arnold, 134th ARW Public Affairs

Aircrew Flight Equipment Airmen at the 134th Air Refueling Wing work to ensure equipment is readily available at a moment's notice. AFE, a component of the 134th Operations Support Squadron, is responsible for inspecting, maintaining, and repairing flight and safety equipment used by the aircrew.



“Primarily, the equipment we maintain would be used by the aircrew in an emergency or survival situation,” said Staff Sgt. Tara Kidwell, 134th ARW KC-135 AFE technician. “We are responsible for a variety of equipment to include oxygen equipment, flotation equipment, survival equipment, and aircrew chemical protective equipment. We also work with the Maintenance Group by scheduling and completing inspections, installing, and removing of aircrew flight equipment on the aircraft.”

AFE completes a lot of training in order to maintain safety standards with the large amount, and various types of equipment.

“We train aircrew on the proper operation and use of the aircrew flight equipment they use,” said Kidwell. “Many Airmen in our shop have had the opportunity to attend various survival schools and we assist Survival, Evasion, Resistance, and Escape (SERE) skills with continuation training for the aircrew. We also dedicate a large part of our training to the Aircrew Contamination Control Area (ACCA), where we practice mitigating contamination of an aircrew member if involved in a chemical warfare situation.”

Kidwell mentioned that the career field is very hands-on, which is why she was initially attracted to the job.

“My favorite part about the career field is that it doesn’t require you to sit behind a computer all day, every day. You spend your days inspecting, troubleshooting, and sometimes repairing equipment,” said Kidwell. “We also have the opportunity to spend time each week on the flight line performing monthly inspections, installing, and removing AFE equipment on each aircraft.”

Tech. Sgt. Briana Lindquist, 134th ARW KC-135 boom operator, said AFE’s mission could mean the difference between life and death.

“I can fly with confidence knowing that my fellow Airmen are keeping me safe,” said Lindquist.

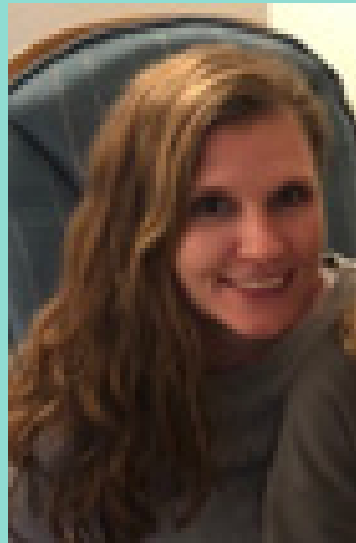
For more information on the AFE career field, visit <https://www.goang.com/careers/aircrew-equipment-and-protection/aircrew-flight-equipment.html>.

(U.S. Air National Guard photos by Ben Cash, 134th Public Affairs)



# A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



*June is here! Yay! Did you know that June is Post-Traumatic Stress Disorder (PTSD) Awareness Month and also Gun Safety Awareness Month? As such, I wanted to take the opportunity to share some information about PTSD symptoms and evidence-based treatment options, as well as remind/inform you that I have tons of gun locks available, so please holler at me or stop by my office anytime if you would like any.*

*Every year on your PHAQ, you answer items that assess you for possible PTSD symptoms. The DSM-5 lays out the criteria for the diagnosis of PTSD as such (condensed):*

*\*Exposure to actual or threatened death, serious injury, or sexual violence in one or more of the following ways: Directly experiencing the event; witnessing the event in person as it occurred to others; learning that the event occurred to a close family member or close friend (if actual or threatened death the event must have been violent or accidental); or experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g. first responders, child abuse investigators, police, etc).*

*\*Presence of one or more intrusion symptoms associated with the traumatic event, like intrusive distressing memories or dreams; dissociative reactions (like flashbacks) when it feels the event is happening again; psychological distress or marked physiological reactions from exposure to internal or external reminders of the event.*

*\*Persistent avoidance of memories/thoughts/feelings associated with the traumatic event(s) and/or avoidance of people/places/activities/situations/etc that are associated with the traumatic event(s).*

*\*Negative alterations in cognitions and mood associated with the event(s).*

*\*Marked alterations in arousal or reactivity associated with the traumatic event(s), like angry outbursts, exaggerated startle response, sleep disturbance, problems with concentration, hypervigilance, self-destructive behavior.*

*Symptoms have to be present for more than 1 month and they have to cause clinically significant distress or impairment in social, occupational, or other important areas of functioning. Sometimes, the onset of symptoms can be delayed.*

*If you are experiencing PTSD symptoms – please know that there are many evidence-based treatment options available that have been successful in reducing symptoms. You don't have to just accept these symptoms and continue to push yourself through every day while experiencing them. Scan this QR code to read about some treatment options:*

*You can also go to <https://www.ptsd.va.gov/apps/aboutface/> to hear Veterans share their stories and how treatment helped them heal and decrease their PTSD symptoms.*

*I am here for YOU, so please don't hesitate to contact me if you would like to talk, have any questions or if you need any resource information. I'm located in Moon Hall, Bldg 417, 2nd flr. Work cell # 865-201-8129. [Natalie.Pankau@us.af.mil](mailto:Natalie.Pankau@us.af.mil). (Image from usba.com)*







# *Retirements*

***CM Sgt Lisa Cope  
MSgt Scott DeBusk  
TSgt Timothy Holcomb***

# *Blue Skies!*



## Promotions

*Master Sgt. - Joshua Strobel  
Senior Airman - Jesse Farley*



A KC-135R Stratotanker sits on the tarmac awaiting the next mission as a storm blows over McGhee Tyson ANG Base, TN. (U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)





# “You Just Never Know”



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

We’ve all heard it before, applied to a million different situations. “You just never know” is as tired of a phrase as it gets, but also happens to be some of the best career advice I’ve ever received.

When I was with the 149th Fighter Wing at Lackland AFB, my career was winding down on a predictable path. I was less than 2 years from retirement, maxed out on promotion opportunities, and starting to think about the TAP program and whatever was coming up next. Senior Non-Commissioned Officer’s (SNCO) Academy was a required, but neglected part of my training that was nowhere on my radar. My wing commander knew it because I popped up each month on his “overdue” reports. I had already pleaded my case to a number of folks, and I assumed I was cleared for bypassing SNCO Academy on my way out the Air National Guard door.

One afternoon I looked up from my desk to find Col. John Kane standing in my doorway. He was smiling, thank goodness, but I still wasn’t really prepared for a house call from the wing commander. Of all the things I could think of him needing from the Public Affairs shop, I couldn’t imagine he wanted to talk about SNCO Academy. I went through the whole story - I was going to retire, college is done, blah, blah, and he listened to everything I had to offer on the matter. Then he dropped that old phrase on me. “Bill, I get what you’re saying and you might be right, but the fact is, you just never know. As much as we try to plan, as much as we think we have it figured out, we never really know what’s coming around the corner. Who knows. Maybe you won’t ever need SNCO Academy, but I would really hate to see you miss an opportunity because you didn’t have a box checked for one course.”

Trust me, when your commander takes the time to talk with you with that much thought about a situation, you tend to put some extra thought into your situation as well. I was grateful for the conversation and as you can imagine, I enrolled in SNCO Academy and banged it out without a hitch.

Fast-forward about a year and a job opportunity pops up for the Air National Guard Training and Education Center (TEC) as a Continuing Education instructor. I see it as an incredible “bonus round” for my career, and the perfect situation for moving permanently to Tennessee. As I’m scanning through all the requirements, my eyes stop on one line that made me laugh out loud: “Must have completed all eligible Professional Military Education”.

That one line, and the fact that I listened to Col. Kane and was compliant, started a ball rolling that brought me to the TEC as an instructor, leading ultimately to the opportunities that now allow me to be your Airman and Family Readiness Program Manager.

“As long as you are here, we are here for you” is a slogan I adopted for the program soon after I arrived here. The intent is that no matter what status you’re in, as long as you are at the 134th in any capacity, we’re here to help. The slogan could just as easily be, “Because you just never know.” When you look at the services provided by this office - life skills, financial counseling, employment assistance, transition assistance and life coaching, to name just a few, it’s easy to see that most of the services are intended to help you prepare for your future in some way. As you look into your military life and your future plans, whether it is job stress today, education over a few years, or another career after you retire, we’re here to help you every step of the way. You can reach me weekdays and UTA’s at 336-3107 or [william.conner.6@us.af.mil](mailto:william.conner.6@us.af.mil). No matter how much you think that you have it all covered, and you knew that I was going to say this...“you just never know”!



# Top III Council

Top III meeting will be held at 1115 Sat.,  
Jun. 4 at the CES auditorium  
w/ANG command chief  
Open to all E-7's and above!

## JEAA

Junior Enlisted Advisory Association  
Meeting - 0935 Sat., Jun. 4 @ CES classroom  
Open to all E-6's & above!



# Inaugural Santa Cops Golf Tournament and Fundraiser

0730 July 25<sup>th</sup>, 2022 Tennessee National Golf Course



**venmo**



— TENNESSEE —  
**NATIONAL**  
MARINA RESORT VILLAGE GOLF

For more information please call-  
Gregory Herbst @ (865) 336-3439

**DETAILS: \$440.00 entry fee per team.** Spots will be limited to the first 18 teams. 4-person team best ball (Scramble style) tournament. At least one Military member per team. There will be four division winners based on score, also prizes for closest to the pin, longest putt, and longest drive. **Team registration form and money due NLT 15 July 2022.** Registration form and entry fee can be mailed to Gregory Herbst 787 Sunset Bluff Lane, Friendsville TN, 37737 (Make checks payable to the 134<sup>th</sup> ARW TOP 3), dropped off to the fuel shop in Hangar 111, or can be taken by any Top 3 Council Member (Top 3 Council: Gregory Herbst, Dana Joyce, Rachael Harness, or Travis Pruett), or you can pay with venmo or credit card by scanning the appropriate QR code. Registration/check in will begin at 0700 with 0800 tee times. Mulligan Bags will be available for purchase at the time of registration. There will also be a raffle for autographed Tennessee Vols memorabilia (tickets will be \$1.00 each or 6 for \$5.00).

Team Member 1. \_\_\_\_\_  
Team Member 2. \_\_\_\_\_  
Team Member 3. \_\_\_\_\_  
Team Member 4. \_\_\_\_\_

Team POC phone number \_\_\_\_\_

\*Rated a Top 10 Golf Course in Tennessee by Golf Digest

Presented by the 134<sup>th</sup> Top 3 Council, JEA, & JEM



**Think. Protect. OPSEC.**  
**[www.ioss.gov](http://www.ioss.gov)**

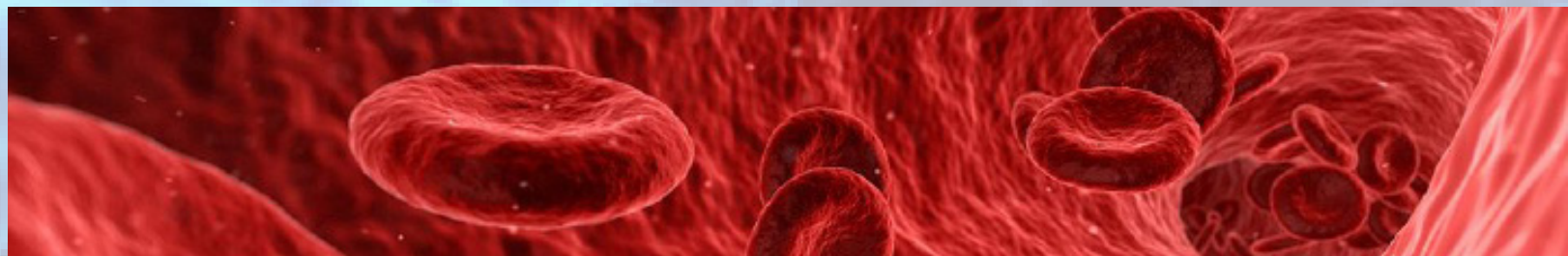




# 134 ARW MEDICAL GROUP

## SATURDAY - 04 JUN

- 0800-1200 HOURS COVID VACCINATIONS (Army Aviation Drill Hall)
- 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 - 05 JUN

- 0800-1200 HOURS COVID VACCINATIONS (Army Aviation Drill Hall)
- 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.**





McGhee Tyson ANGB  
Spring Sprint



# 5K RUN & WALK

**Saturday,  
June 4th, June UTA  
@0700**

**T-SHIRT PROVIDED FOR THOSE  
WHO PRE-REGISTERED.**

T-Shirts. Door prizes. Trophies.

**\*ALL PROCEEDS BENEFIT  
SANTA COPS\***

FOR MORE INFORMATION  
CALL (865) 336-4031



## ROCKY TOP

### DINING FACILITY MENU

#### **Saturday 04 Jun**

Chili Lime Pork  
Lemon Pepper Fish  
White Rice  
Roasted Sweet Potatoes  
Brussel Sprouts  
Cauliflower  
Lima Beans

#### **Sunday 05 Jun**

French Roast Beef  
Chicken Cordon Bleu  
Au Gratin Potatoes  
Tri Color Pasta  
Peas  
Carrots  
Asparagus