



THE VOLUNTEER

APRIL 2023

THE VOLUNTEER MAGAZINE IS PUBLISHED MONTHLY BY:

134th ARW Public Affairs
134 Briscoe Dr
Louisville, TN 37777
(865) 336-3214

CHIEF OF PUBLIC AFFAIRS:

Lt. Col. Travers Hurst

PUBLIC AFFAIRS OFFICER:

2nd Lt. Maggie Nave

PUBLIC AFFAIRS SUPERINTENDENT:

Senior Master Sgt. Kendra Owenby

PUBLIC AFFAIRS SPECIALISTS:

Master Sgt. Nancy Goldberger

Master Sgt. Jonathan Young

Tech. Sgt. Teri Eicher

Staff Sgt. Justin Lillard

Staff Sgt. Melissa Dearstone

Staff Sgt. Brandon Keys

Staff Sgt. Kaylee Patterson

Airman First Class. Ben Cash

ADMIN:

Senior Airman Christa Pellham

ABOUT THE VOLUNTEER

This magazine is an authorized publication for members of the U.S. military services. The content is edited, prepared, and provided by the McGhee Tyson ANG Base Public Affairs Office. The contents of THE VOLUNTEER are not necessarily the official views of, or endorsed by, the U.S. Government, DOD, or the Department of the Air Force.

THE VOLUNTEER welcomes any articles and ideas that will help improve the content. If you have questions or comments, please contact Lt. Col. Travers Hurst, CCE/PAO at extension 336-3205, or travers.hurst@us.af.mil.

All imagery is produced by 134th ARW Public Affairs, is public domain, or otherwise specified.

Cover:

KC-135R Stratotankers sit on the tarmac at Joint Base Elmendorf-Richardson, Alaska, awaiting the next mission. (U.S. Air National Guard photo by Staff Sgt. James Fusaro)

This page:

KC-135R Stratotanker image by Senior Master Sgt. Senior Master Sgt. Kendra M. Owenby

Body:

Chaplain's cup, Dietary Supplements, Medical schedule, flags, Rocky Top DF Menu page food photos, prescription drug photo & red blood cells images courtesy of Pixabay.com

Air Force Thunderbirds' photo courtesy of DVIDShub.net



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 Focused Lethality
AFSC & Readiness Focused Training
Developing Multi-Capable Airmen
Intentional Use of Airman's Time
Wrapped in a Culture of Safety*

Features



Graduates!

Wear your military pride!



Easter Egg Hunt!

The Easter Bunny is just around the corner!



Chaplain's Cup

Be Ready!



National Denim Day!

Show your support of ending sexual violence

Columns



A word from your DPH

Alcohol Awareness Month



Rank Up!

April Promotions



Blue Skies Airmen!

April Retirements



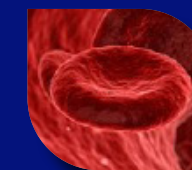
OPSEC

Uncle Sam says "you need it!"



Top III & JEAA Meetings

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



Medical schedule

April MDG Schedule



134th Airman & Family Readiness

GRADUATES!

Wear your military pride!

Do you have children graduating from high school or college?
Are YOU a 2022 college graduate?

The 134ARW and Airman & Family Readiness want to recognize your accomplishment with a military Honor Cord!

These cords are intended for wear at graduation ceremonies. The red, white, and blue cord is worn by military members earning their college degree. The purple cord is for military family members earning a high school or college degree. Most colleges encourage the wearing of the military cord but most high schools DO NOT allow cords from organizations outside of school.

Check with your school for their rules concerning military cords.

Stop by the Airman & Family Readiness office, building 92, to pick up a cord for you or your family member.

There will be a Class of 2023 photo shoot during the June UTA, details TBA!

Questions? Call Bill at Airman & Family Readiness, (865) 336-3107.

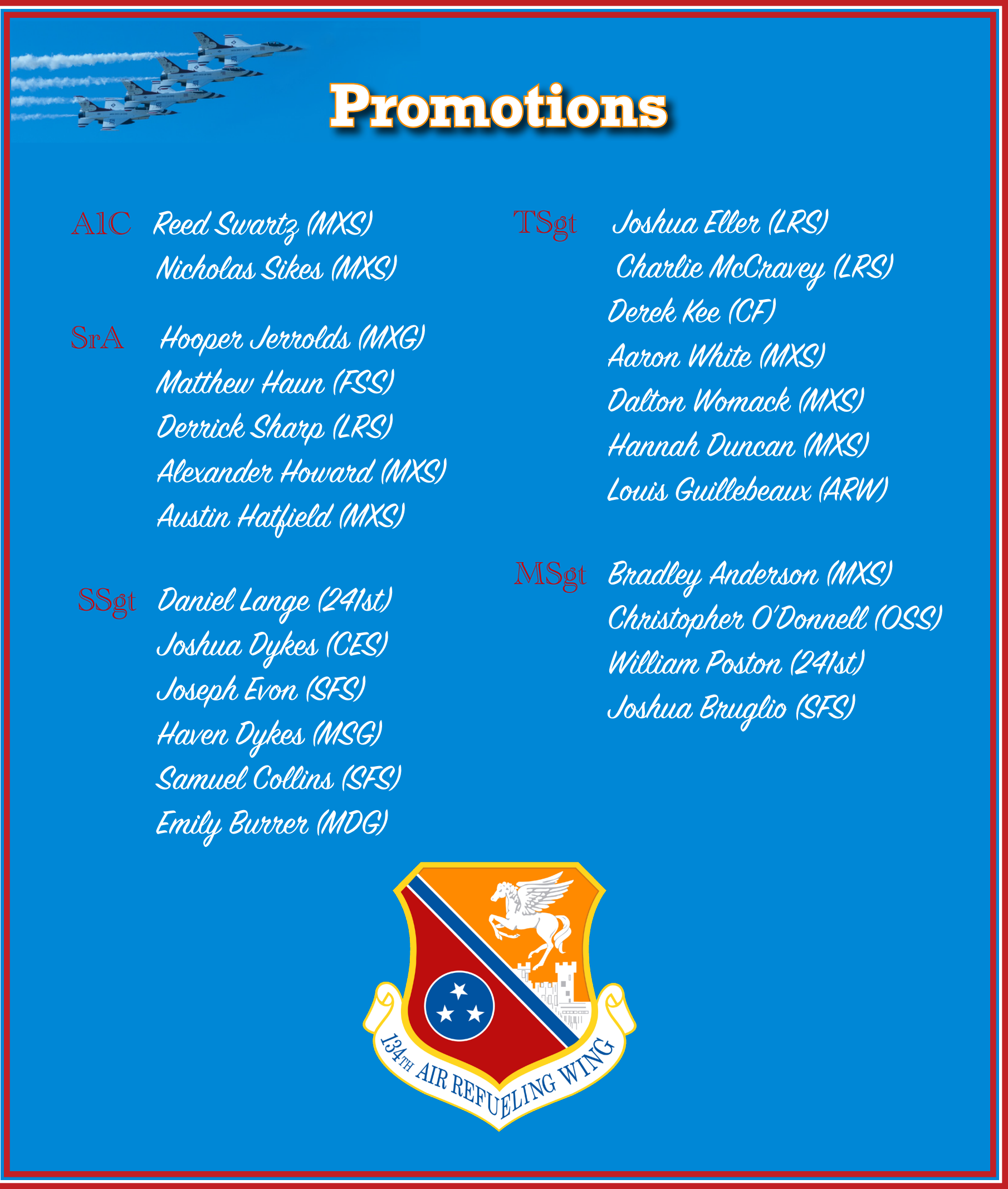
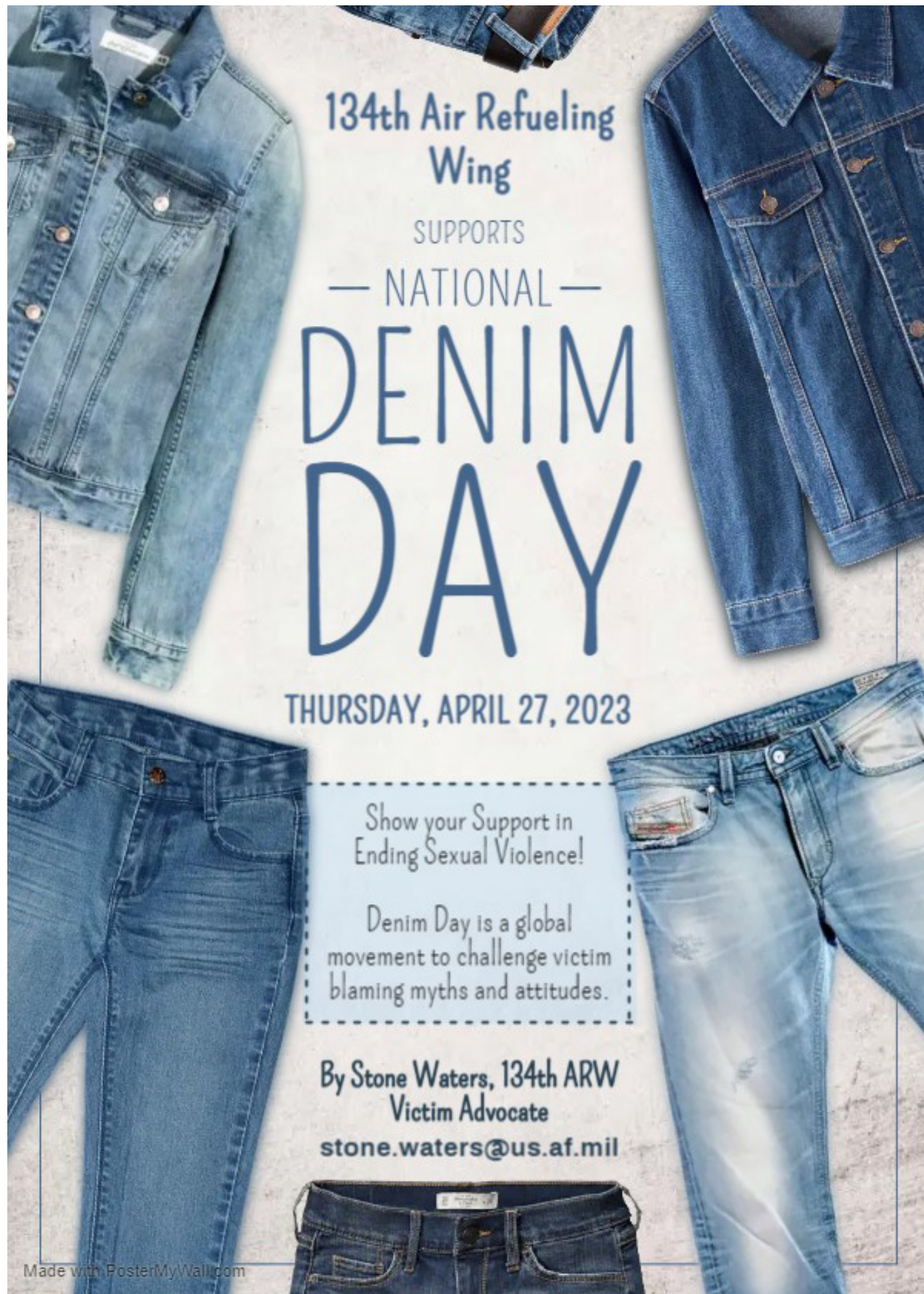




Easter Egg Hunt

Saturday, April 8th
Location: Base Track
Time: Noon

Prizes, eggs, candy, and a special appearance from the Easter Bunny himself!



Promotions

A1C *Reed Swartz (MXS)*
Nicholas Sikes (MXS)

SrA *Hooper Jerrolds (MXG)*
Matthew Haun (FSS)
Derrick Sharp (LRS)
Alexander Howard (MXS)
Austin Hatfield (MXS)

SSgt *Daniel Lange (241st)*
Joshua Dykes (CES)
Joseph Evon (SFS)
Haven Dykes (MSG)
Samuel Collins (SFS)
Emily Burrer (MDG)

TSgt *Joshua Eller (LRS)*
Charlie McCravey (LRS)
Derek Kee (CF)
Aaron White (MXS)
Dalton Womack (MXS)
Hannah Duncan (MXS)
Louis Guillebeaux (ARW)

MSgt *Bradley Anderson (MXS)*
Christopher O'Donnell (OSS)
William Poston (241st)
Joshua Bruglio (SFS)



Chaplain's Cup: "Being Ready"

By Chaplain Christopher Hodge, 134th ARW Chaplain's Corps.

Friends, it's good to be home. As I write this brief article, I'm newly returned from a six-month tour with our active-duty brothers and sisters at Scott Air Force Base. Most of you have experienced this, but I'll remind us all again – the mountains look even better when you haven't seen them in a while. I'm happy to be back at this place with you people and this view.

It's easy to take a lot of things for granted. Repetition is indeed the mother of all learning, but learning's younger sibling is often complacency. My brief stint at the home of Air Mobility Command Headquarters impressed upon me, more than ever, that complacency isn't really an option anymore (if it ever was) in the Guard. We haven't been on the B-team in a generation and that's not likely to change. Our leaders here have been banging this drum for a while as well. You only have to "pick your poison" of news outlet to see that the times are changing. We have responsibilities to family, country, our state, and others that we need to meet as things continue to change. That means being ready.

Being ready can mean a lot of things, but more than anything, it's an anti-complacency that actively looks forward to prepare for what is next. While we might not know exactly what tomorrow has in store, we know with certainty that it's coming. The good news is that God not only knows the future, but is in control of it. I have a guess at what the next five years of my life looks like, but I'm also old enough to know that I'm bad at guessing. Knowing that God knows those things frees us to not take things for granted – life is too short and the things we hold dear are too precious. Don't neglect your spiritual readiness!



(photo courtesy of pixabay.com)

Retirements

Lt. Col. Chad Cheatwood (151st ARS)
SMSgt Gregory Southmayd (134 MXS)
MSgt David Knable (134 ARW)

Blue Skies Airmen!

134th Force Support Squadron

ID Card & DEERS Office – UTA Hours



Saturday – 0900-1100 & 1300-1530
Sunday – 1300- 1500

**For new ID Cards bring two forms of state
or federal ID
(Drivers License, Social Security Card,
Birth
Certificate, Handgun Carry Permit,
Passport, etc.)**

**To add new dependents please bring
Birth Certificate, Social Security Card,
and Marriage Certificate.**

**ALL DOCUMENTS
MUST BE THE ORIGINAL COPIES**

**For questions please call
865-336-3255 or 865-336-3256**

April is
Sexual Assault
Awareness Month



We own it...

We'll solve it...

Together.

Sexual assault has no place in our military.
Let's work together during April...and every
day of the year...to prevent and respond
to this crime.

Our Service Members deserve nothing less.



For more information:

Stone Waters
865-405-2828



(U.S. Air National Guard photo by A1C Ben Cash)

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



Happy Spring Everyone! April is here and while that means spring showers, longer days and flower blooms – it also means that it is Alcohol Awareness Month. The DoD developed a campaign called Own Your Limits and you will see informational posters up around the base about it. I would encourage you to check out the website: www.ownyourlimits.org. There are numerous articles, resources, facts and even calculators for money spent on alcohol, blood alcohol level, and calories in a drink. There is also an anonymous “Drinking Habits” quiz that can provide you with helpful insight.

If you have concerns about your alcohol use, or the alcohol use of a friend or family member, please come talk with me so we can get you the resources and support that you or your loved one may need.

As always, I am here for YOU! Please don't ever hesitate to contact me for any concern, big or small. I am available during the 134th work week and UTA schedule. You can reach me by phone 865-201-8129, email: Natalie.Pankau@us.af.mil, or come by my office in Moon Hall, Bldg 417, 2nd floor.

WHAT'S YOUR RELATIONSHIP STATUS WITH ALCOHOL?

Do you ever worry that your relationship with alcohol is heading in the wrong direction? That might mean it's time to change your relationship status (with alcohol).

ASK YOURSELF IF THESE SITUATIONS SOUND FAMILIAR:



IN MY SOCIAL LIFE I...

- Rely on alcohol to have a good time
- Use alcohol as a social outlet with buddies
- Choose alcohol over friends or family



IN MY FINANCES I...

- Have less cash because it all gets spent at the bars
- Spend my savings on alcohol instead of special purchases
- Use my hard-earned cash to pay off the cost of a DUI



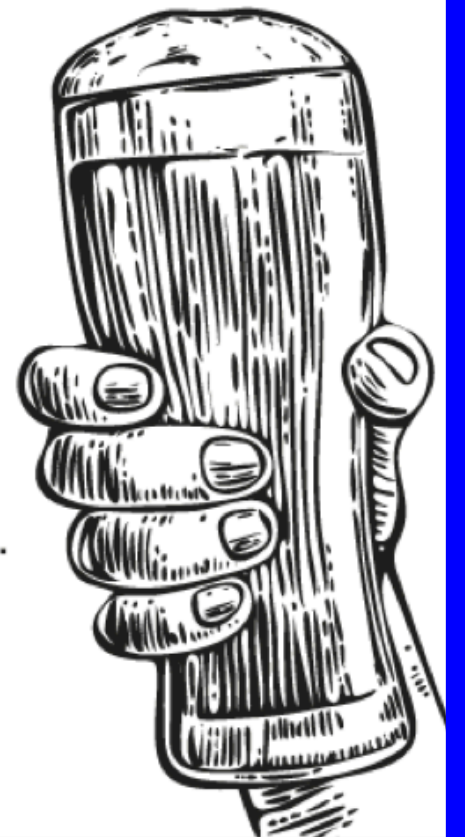
IN MY CAREER I...

- Run late for PT or my shift
- Miss work because of drinking over my limit
- Find it difficult to perform my job after a night out



IN MY PERSONAL TIME I...

- Get drunk by myself
- Find any reason to grab a beer with my buddies
- Use alcohol as a reward for ending the week



If you can relate to at least one of these situations, consider changing your relationship with alcohol by following these steps:

1

Visit the [Own Your Limits' Check Your Drinking](#) page

2

Get started by taking the [anonymous Drinking Habits Quiz](#)

3

Commit to owning your limit



April is the Month of the Military Child!

Since 1986, the Department of Defense has honored the sacrifice and strength of children in our Military families.

Military children exemplify courage as they face continual challenges with deployments, various moves, and unique circumstances surrounding family life in our armed forces. We are grateful for their support and thank those children of our service members for sharing their loved ones with us.

To find out more about how the 134 ARW takes care of our families, please visit the McGhee Tyson Airmen and Family Readiness Program page at:

<https://www.134arw.af.mil/Resources/Airman-Family-Readiness/>

Top III Council

****Top III meeting will NOT**
be held this UTA
Will reconvene May UTA**

JEAA

(Junior Enlisted Advisory Association)

Meeting will be held Sun.

@ 1300 in the CES bldg auditorium

Open to all E-6's & below!

134 ARW MEDICAL GROUP

SAT - APR UTA

- 0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 417)
- 0830-1130 HOURS PHYS HEALTH ASSESSMENTS (PHAs) /IMMUNIZATIONS (Bldg 246)
- 0830-1100 HOURS QNFT TESTING (Bldg 246)
- 0930-1000 HOURS PRIOR SERVICE INPROCESSING BRIEF (Bldg 246)
- 1000-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING (Bldg (246)
- 1130-1230 HOURS LUNCH
- 1300-1430 HOURS HEARING EXAMS/ANAM (Bldg 246)
- 1300-1500 HOURS IMMUNIZATIONS (Bldg 246)
- 1300-1500 HOURS WAIVER/MEDCON/LOD APPS w /DOCs & PAs (Bldg 246/ 417)

SUNDAY - APR UTA

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

*****ALL FLU DOCUMENTATION NEEDS TO BE TURNED IN PRIOR TO JAN UTA. MEMBERS WHO DO NOT HAVE DOCUMENTATION MUST REPORT TO BLDG 246 AT 0830 FOR THEIR VACCINE.*****

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

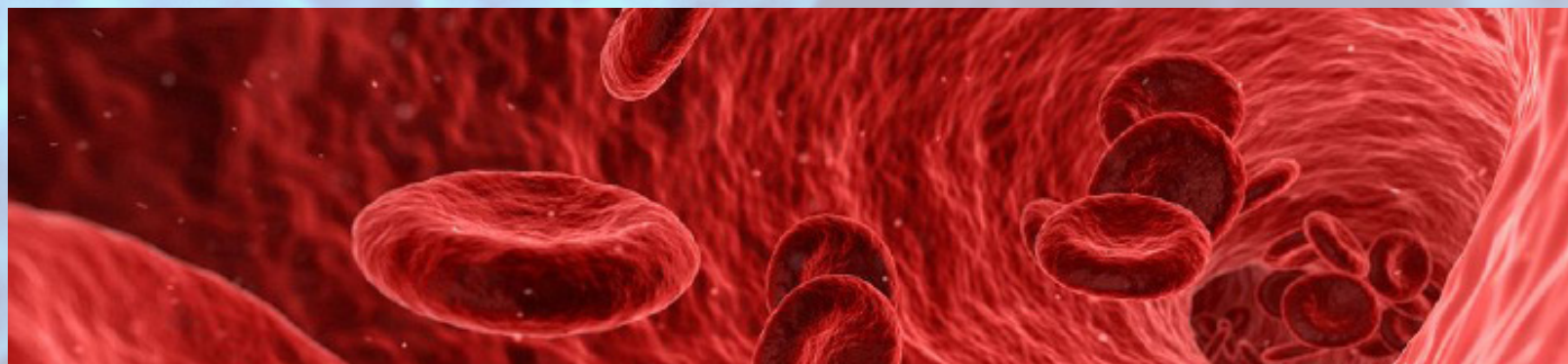
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

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.



Check-in with a chaplain!

Do you have a big event in your life coming up? Weddings, surgery, job change, expecting, moving or do you want to talk? Do you need prayer? We would love to hear from you!



Scan the QR code above to send a message.



ROCKY TOP DINING FACILITY MENU

Sat 01 Apr

Hamburger Steak With Gravy
Mediterranean Chicken
Mashed Potatoes
Confetti Rice
Roasted Broccoli
Great Northern Beans
Sloppy Joes
French Fries

Sun 02 Apr

Baked Ham
Salmon Patties
Scalloped Potatoes
Lemon Rice Pilaf
Corn
Creamed Spinach
Carrots
Grilled Chicken
Tater tots