



THE VOLUNTEER

August 2021

EDITORIAL

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:
Capt. Jonathon LaDue
PUBLIC AFFAIRS SUPERINTENDENT:
Senior Master Sgt. Kendra Owenby
PUBLIC AFFAIRS SPECIALISTS:
Master Sgt. Jonathan Young
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Staff Sgt. Darby Arnold
Staff Sgt. Justin Lillard
Senior Airman Kaylee Patterson
Mr. Ben Cash
ADMIN:
Airman 1st Class Sarah Costen
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Cover:
Aircraft maintainers pause during the duty day in front of a KC-135R Stratotanker from the 134th Air Refueling Wing. (U.S. Air National Guard photo by Staff Sgt. Darby Arnold)

This page:
F-16 mid-air refueling image by Master Sgt. Daniel Gagnon

Body:
Fitness' image courtesy of Pixabay.com
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Air Force Thunderbirds' photo courtesy of DVIDShub.net

Rocky Top Dining Facility Menu Page food photos, prescription drug photo & red blood cells photos courtesy of Pixabay.com



134th Air Refueling Wing Volunteers

VISION "Volunteer Ready"

FEDERAL MISSION

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

STATE MISSION

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

PRIORITIES

- Mission/Readiness Focused Activities
- AFSC Focused Training
- Developing Airmen
- Saving Airmen's Time
- Wrapped in a Culture of Safety



Oklahoma AFT

134th CES build homes for the Cherokee Nation



North to Alaska!

134th FSS conduct AFT at JBER



134th Airman & Fam Readiness

Check out these Quickseries guides!



New DPH at the 134th

Welcome Mrs. Pankau!

Columns



Chaplain's Cup The sound of victory!



Cybersecurity

119 COS participates in national exercise



Promotions & Retirements

August Promos & Farewells



Medical schedule

August 134th MDG Medical Schedule



Social media links

Follow the 134th ARW @134_ARW & Facebook



134th Civil Engineer Squadron Builds Homes for Cherokee Nation

The 134th Civil Engineer Squadron deployed 35 Airmen for a two week deployment for Training to Tahlequah, Oklahoma as part of the Innovative Readiness Training (IRT) program. The IRT program is a US military volunteer training opportunity providing training and readiness for military personnel while addressing public and civil society needs. The 134th Civil Engineer Squadron efforts supported the Housing Authority of the Cherokee Nation (HACN) where they trained in their AFSC specialties. Their actions supported a multi-phased/multi-unit project with a 2021 goal of turning

unimproved HACN land into 7 single family residential dwellings. The project provided many individual training opportunities including survey, dirt work, road construction, utility line installation, and all phases of constructing single family homes from the ground up. Lt. Col. Jay Ferguson, the 134th CES Deputy Commander, explains why these types of trips are important. “The bottom line is we get real world training while mobilizing and exercising our specific AFSC skills while also leaving behind a positive service, impact, and reputation that continues to support communities with specific needs.”

The finished product will be used by the HACN to provide affordable housing to eligible Cherokee veterans and their families.

“This trip was extremely challenging with the heat and humidity we encountered while working long, labor intensive days,” said Ferguson. “Our team faced challenges along the way but never faltered with their professional, positive, can-do attitude. I am extremely proud of the quality work that our members executed and I enjoyed being part of the professional and personal growth within our squadron.”

Back to school, back to work, back to Covid

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

We thought we were over the hump. We had a great summer with no masks, very little restrictions on anything, looking forward to our kids going back to school and even getting to attend concerts, festivals and sports once again.

Unfortunately, that's not what's happening. The Delta variant of the Covid virus has taken an upswing, hospitals are filling up again as new Covid cases increase, and to many it feels like we're going backward instead of forward in our battle with the pandemic.

I'm not a medical dude, and there's nothing clinical about the services provided by Airman and Family Readiness. But a large part of my job involves keeping an eye on the general "pulse" of the 134th, and right about now folks are starting to feel a little stressed about "what's next".

It's understandable and very natural to be feeling a bit stressed, but let's not forget that this time we have all the tools to get a handle on the stressors before they get out of control. To begin with, we know what to do and I don't mean go buy all the toilet paper you can. Frequent hand-washing and

sanitization is smart anytime, so being more mindful of keeping ourselves, our homes and our workplace as clean as possible is a great start. Your 134th Medical Group professionals will keep you up to speed on all Covid issues as they relate to our personal and workplace lives. For tackling the stressors, there is an endless supply of apps, resources and training available to help manage stress levels before they get out of hand. If you haven't already checked them out, I recommend these:

- Mindfulness Coach/Covid Coach: These free apps were developed by the Veterans Administration, they're widely used by folks in and out of the military.
- Chill Drills: Another free app, this one comes from Military OneSource
- Breathe to Relax: From the Defense Health Agency, this app focuses on breathing practices.

In addition, a new supply of Quickseries guides have just arrived here at the office, focusing on topics like Healthy Sleep, Personal Wellness, Weight Management and Managing Stress. Feel free to stop by and pick up a few copies, they are concise, action-driven guides and can be very helpful.

Finally, please remember that you have an entire Resilience Team that is here to offer assistance anytime. Your Chaplains, Director of Psychological Health, SARC, HR Chief and Airman and Family Readiness are here through the week and on UTAs. We're always ready to visit with your unit, works sections and with you individually, please let us know whenever we can be of help.

Stay vigilant, stay safe, stay Volunteer Ready!



134th Force Support Squadron go north to Alaska for training

By Senior Airman Kaylee Patterson, 134 ARW Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska - 45 Airmen from the 134th Air Refueling Wing's Force Support Squadron recently traveled to Alaska for annual field training. The Airmen were able to participate in a focused training environment and hone their skills. During this time they trained in multiple areas, learned the process for conducting retirements, re-enlistments, Single Pallet Expeditionary Training (SPEK) training, and processing formal training requests, among other break-outs that focused on each specific work center - Personnel, Services and Force Development.

"This trip is really important for camaraderie and also to get away from the daily grind of drill weekends and home station, because our folks need to peel out of the office so that they can focus on getting trained themselves so that they can provide excellent customer support to all the members of our installation," said 134th Force Support Squadron Commander Lt. Col. David Barrett.

During their down time after the duty day, the FSS Airmen had the opportunity to build relationships with one another by participating in a burger burn and various group outings.

Airman First Class Hunter Carter, 134th personnelist, says he enjoyed the opportunity to be able to build bonds with his fellow Airmen.

"Socially, we don't get a lot of time to interact," said Carter. "It was really great spending so much time just getting to know each other and I think that helps as far as being better at our work as well."

During their weekend off, the Airmen took the opportunity to explore the local area, by taking advantage of some great hikes, going deep sea fishing with new friends in the Alaska Air Guard , and going white water rafting.

With their TDY spanning the 4th of July holiday weekend, the squadron also made time to volunteer at a local urban farm. The volunteers worked hard for several hours, clearing weeds, tearing down and repurposing a fence and laying mulch, in support of local refugees and low income members of the community.

Staff Sergeant Chad Hood, 134th services craftsmen, said it brought joy to the team to be able to do the work.

"Coming from Tennessee, the Volunteer state, we wanted to do something like this on our annual field training," said Hood. "We called multiple place's and found this one that helps people also."

The 134th Force Support Squadron is a young squadron, recently gaining over 20 new Airmen. This trip was an opportunity for them to bond, learn more about their jobs, and give back to the local community in Anchorage.

"To see them, to see their energy, to see what they are capable of and what they bring to the fight, is just really inspiring," said Barrett.



(U.S. Air National Guard photos by Senior Airman Kaylee Patterson)



ALASKA 2021



Mission/Readiness Focused Activities
AFSC Focused Training
Developing Airmen
Saving Airmen's Time
Wrapped in a Culture of Safety



Are YOU
Volunteer Ready?

Welcome to the new 134th ARW Director of Psychological Health!

By Mrs. Natalie Pankau, 134 ARW Director of Psychological Health

For those of you I have not had the pleasure of meeting yet, my name is Natalie Pankau and I am your new DPH. For those of you I have had the opportunity to meet, thank you very much for being so kind and welcoming. I am very happy and grateful to be here.

Me in a nut shell – born and raised in Champaign, IL, second oldest of 4 girls, my husband, Derek, and I have two kiddos – Walter, who is 13 and Evelyn, who is 10. We just moved from Champaign to Knoxville in mid-June – so yeah, if you see me staring in awe at the mountains, you'll understand why. I am a licensed clinical social worker and for the last (almost) 15 years, I worked for a health system in the outpatient setting to help patients with a wide range of issues/concerns, providing brief supportive counseling and case management/problem solving/connection to resources.

Now, I have the great honor and privilege to be here at the 134th ARW with all of you. I have already received some questions about what a DPH is and what do they do. DPH stands for Director of Psychological Health, but please think of me as a social worker because that is what I am (and am proud to be). I am here to be a supportive resource for YOU – to talk about stressors you or your spouse/significant other/family may be facing; to get you connected with counselors/treatment providers outside of the wing if needed; to listen to you and hear your needs and concerns so that we can work together towards a plan to address them.

My office is located at Moon Hall, Bldg 412-A, 2nd floor. If you go up the stairs on the side of the building that faces building 420, my office is the first one on the left on the 2nd floor. My desk phone is 865-336-4017 and my email is natalie.pankau@us.af.mil. I welcome and encourage you to call, email, text, courier pigeon, or stop by if you would like to set up an appointment – or I am always happy to meet on the spot if I am not already scheduled with someone else. I will also be out and about to visit all over the wing so that I can meet you. When you see me out and about, please don't hesitate to introduce yourself and share with me what you do here at McGhee Tyson.

Nothing is too big or too small to talk about. If you are facing any stressors or hard times, please don't wait until things feel overwhelming to come talk about them. If we can talk about things when they are small – then we have a chance to address them before they become big. If they already started off big – please come right away – you don't have to face it alone, whatever it may be. So let's talk.



The Chaplain's Cup: - The sound of victory

By Lt. Col. Derick Wakefield, 134th ARW Chaplains Office



(photo courtesy of Pixabay.com)

A few years ago, the University of Wisconsin Badgers football team was playing against Michigan. This was in the day that Michigan was a powerhouse football team. It was a home game for the Badgers, but Michigan was slaughtering the Badgers throughout the entire game. The game ended with a score of 40-7. Wisconsin was defeated. During the entire game, however, the Badger fans continued to cheer, clap and celebrate even when they were losing.

The sportscasters were even asking, “Did they see the same game we saw?” What they later found out was that the Milwaukee Brewers, the Major League Baseball team, was playing a playoff game in another venue at the same time, and many of the Badger fans came in the stadium with their radios so they could hear the Brewer’s game. They were watching the Badgers lose their game, but they were listening to the Brewers and cheering them on while they were winning their game.

We can be—we need to be—so tuned into God that, even though we see what’s going on and how bad a situation looks, we can still keep rejoicing and have a sense of hope, because we know God has already won the victory. If we aren’t on the same frequency with God, we may look around us and think He is losing because of what we see. Yet, if we hear His voice and listen to His Word, we will know that our God will emerge victorious. Faith does not deny reality but it can/will defy reality. In the midst of my struggle, I can still hear the sound of victory.



Promotions

Technical Sergeant

Bryan Morelock 134 MSG
Joseph Lofty 241 EIS
Anthony Rodefer 134 MXS
Timothy Faulkner 134 MXS
Zachary Collins 134 MXS
Kelly Spangler 134 AMXS
Brandon Smith 134 MXG
Joseph Wooten 241 EIS
William Frosell 134 CES

Senior Airman

Isaiah Potter 134 MXS
Hayden Venoy 134 AMXS
Wesley Wheaton 241 EIS
Caleb Plantholt 241 EIS
Micheal Minnick 241 EIS
James Fusaro 134 MXS

Senior Master Sergeant

Bethany Hill 134 MOF

Master Sergeant

David Knable 134 ARW
Lisa Fingland 134 MSG

Staff Sergeant

Steven Dugger 134 MXS
Brittany Sales 241 EIS
Brandon Tipton 119 COS
Kelvin McConnell 134 CES
Nicholas Golding 572 BAND

Airman First Class

John Nelson 119 COS
Janda Atchley 119 COS

**** Congratulations to all! ****



Web Sites & Internet Security:

By: MSgt Adam S. Huskey

* Surf securely. Ensure URLs (web addresses) begin with HTTPS:// and display a locked padlock symbol or the type of encryption at the top of the browser window.

* Unless absolutely certain you know where the link will take you, avoid websites with foreign domain designations such as ".cn" or ".ru" or ".ir"

* When selecting security questions for personal accounts, think "outside the box" and avoid using information that can be easily traced back to you such as your mother's maiden name, a former street address, etc.

* Ensure you are using the security features in your web browser by enabling "SSL" and "TLS" in the Settings options.

* Type with care. Hackers often register "misspelled" domains such as "answre.com" versus "answer.com" or "micrOsoft.com" versus "microsoft.com" to infect unwitting web surfers.

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

Tennessee Guard joins national cybersecurity exercise

30 July 2021

By: SSgt Tyler Renner | Ref:

<https://www.16af.af.mil/News/Article/2701107/tennessee-guard-joins-national-cybersecurity-exercise/>

NASHVILLE, Tenn. – Members of the Tennessee National Guard are participating in the nationwide cybersecurity exercise, Cyber Shield, July 10-24 at Joint Force Headquarters in Nashville.

The annual exercise is designed to increase response capabilities and preparedness by simulating cyberattacks on infrastructure elements in the United States.

Tennessee's Defense Cyber Operations Element, 119th Cyber Operations Squadron, and Detachment 2, 175th Cyber Protection Team, are testing themselves as a team during the two-week exercise.

"Participating in a training event like this is a real benefit to all of us," said Maj. Ryan Henry, deputy chief of the Defense Cyber Operations Element. "Over the course of these two weeks, we will be graded and we will get a real idea of where we stand so that we can prepare our strategic training plan going forward."

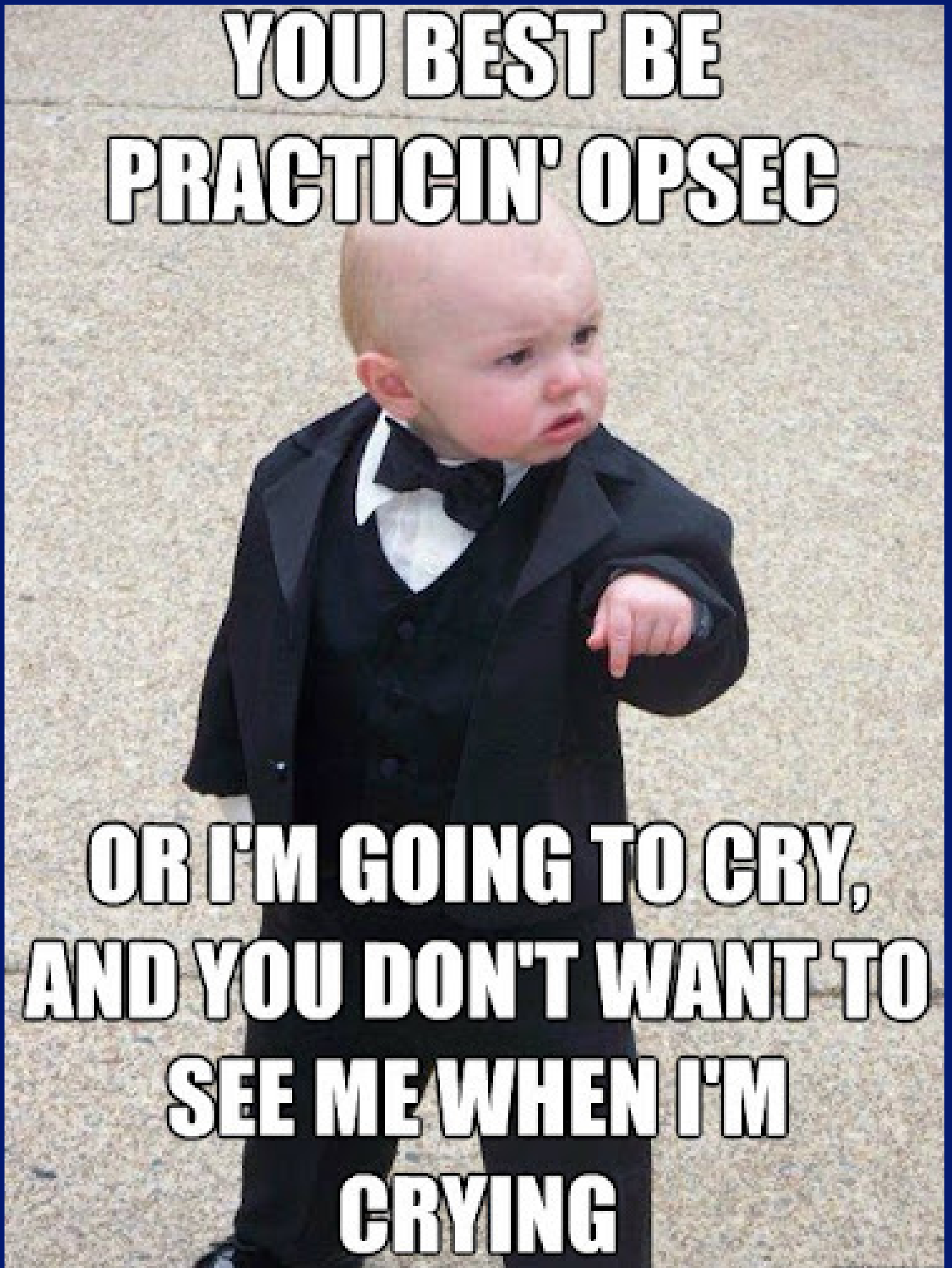
The exercise is being administered by a team of cyber professionals out of Camp Williams, Utah. Most participants, including those from the Tennessee National Guard, are conducting this training virtually.

"We have a resilient team that can take on any challenge," said Henry. "Virtually participating in Cyber Shield will have no impact on the training event and what we can gain from it."

More than 750 Army and Air National Guard members from across the country are participating, as well as local, state and federal government agencies. This year, for the first time, members from 11 countries are taking part in the exercise as part of the National Guard's State Partnership Program. The SPP was created over 25 years ago and connects a state's National Guard with the armed forces from a partner country in a mutually beneficial relationship.

The Williamson County Emergency Management Agency is also participating in Cyber Shield 2021, working alongside the Tennessee National Guard to test the interagency capabilities of both organizations.

****More info available from 134 ARW / CFP 336-4357**



RETIREMENTS

CMsGt Raymond Browning - 119 COS
MSgt Crystal Thomas - 134 FSS

CONGRATULATIONS
& BLUE SKIES!

BASE SHRED DAY



THURSDAY, 12 AUGUST 2021
0900-0930 hOURS

134 ARW HEADQUARTERS PARKING LOT

UNCLASSIFIED PAPER
& CD MATERIALS ONLY

POC: MSgt Regina Trivette
COMM (865)336-4981 / DSN 266-4981
regina.trivette.2@us.af.mil

TENNESSEE AIR NATIONAL GUARD
134TH AIR REFUELING WING (AMC)
134 BRISCOE DRIVE
MCGHEE TYSON ANG BASE TN 37777-6200

SPECIAL ORDER
M-1

13 July 2021

Under the provisions of Sec 502, Title 32, USC, Sec 206, Title 37, USC and ANGI 36-2001, all members of the 134th Air Refueling Wing and 572nd Band are hereby ordered to attend all unit training assemblies shown on this training schedule unless attending a split UTA (SUTA) or Rescheduled UTA (RUTA) January 2022 through December 2022 at McGhee Tyson ANG Base, TN. Organizational Commanders may schedule their personnel for Split Unit Training Assemblies (SUTA's) during the calendar month of the scheduled UTA's as required for their unit mission. Equivalent Training (EQT's) will not exceed four (4) per fiscal year (FY). Both SUTA's and EQT's must be scheduled and approved in advance. Duty hours for each UTA/SUTA/RUTA will be as follows: Saturday: 0800 to 1200 and 1230 to 1630, and Sunday: 0700-1100 and 1130 to 1530. Appropriate military uniform will be worn.

PRIMARY DATE	TIME	NUMBER OF UTAs	MXG ALTERNATE
08 JAN 22	0800-1630	2	NONE
09 JAN 22	0700-1530	2	NONE
05 FEB 22	0800-1630	2	NONE
06 FEB 22	0700-1530	2	NONE
05 MAR 22	0800-1630	2	12 MAR 22
06 MAR 22	0700-1530	2	13 MAR 22
09 APR 22	0800-1630	2	NONE
10 APR 22	0700-1530	2	NONE
*30 APR 22 (May UTA)	0800-1630	2	14 MAY 22
*01 MAY 22 (May UTA)	0700-1530	2	15 MAY 22
04 JUN 22	0800-1630	2	NONE
05 JUN 22	0700-1530	2	NONE
*JULY-None moved Sep	0800-1630	2	09 JUL 22
*JULY-None moved Sep	0700-1530	2	10 JUL 22
06 AUG 22	0800-1630	2	NONE
07 AUG 22	0700-1530	2	NONE
08 SEP 22	0800-1630	2	NONE
09 SEP 22	0700-1530	2	NONE
*10 SEP 22 (Jul)	0800-1630	2	NONE
*11 SEP 22 (Jul)	0700-1530	2	NONE
01 OCT 22	0800-1630	2	NONE
02 OCT 22	0700-1530	2	NONE
05 NOV 22	0800-1630	2	NONE
06 NOV 22	0700-1530	2	NONE
03 DEC 22	0800-1630	2	NONE
04 DEC 22	0700-1530	2	NONE

- *May UTA is scheduled for 30 Apr and 1 May
- *There is no July UTA. It is moved to the Super UTA on Sep 10-11.
- *September is a Super UTA. Dates are 8,9,10,11 Sep.

MARTIN L. HARTLEY, Jr, Colonel, TN ANG
Commander

HEADQUARTERS
134TH AIR REFUELING WING
OFFICIAL
M-1 (22) 134

Fitness - preparation is the key!

By Lt. Col. Jennifer King, 134th ARW Medical Group

Greetings! With the PT Test starting back up last month and many of us approaching our first test in over a year it seems a fitting time to once again address fitness preparation and maintenance, as well as introduce some of the new changes (don't worry...they're good). In scavenging through previous articles on prep and maintenance, I realized that next month will be 10 years from my first Health Promotions article, which was also about...you guessed it...fitness. That September 2011



article discussed former Air Force Chief of Staff, General Moseley's, concept of "Warrior Ethos" within the Airman's Creed and that our fitness routine should be more about health and readiness than about passing the PT test. Ten years later this still rings true. With many versions of fitness programs under my belt in the past decade, I continue to find new ways to stay engaged in exercise, from low impact workouts like PiYo and Barre Blend during periods of recovery from surgery, illness or injury; to bodyweight programs like P90X3 and CrossFit; to high intensity cardio like TurboFire and Spin. While none of these programs specifically speak to the PT Test components themselves, they all address various aspects of fitness that enable us to stay on top of the test rather than panicking each time it comes around.

While this is all well and good during the years we stay on top of our fitness, what about the chaos that was 2020 and COVID and the extra 10lbs most of us can admit to putting on? What if we haven't gotten back into the swing of things and find the PT test is only 6-8 weeks away and we are not quite ready? First, compare where you are now and where you need to be. As long as you are in a healthy enough state to go do a mock test without injuring yourself or risking your health, go do one as soon as possible. Don't push so hard you create injury, yet push hard enough for an honest assessment that doesn't leave room for overly hopeful "I'll do better on test day" wishes. Then, compare the results with what you need for the test and divide the improvement required into achievable goals. For example, if you have to do 50 push-ups in a minute and you're currently at 37 and have 6 weeks left, aim for adding 3 push-ups a week. To do this, go all out to 37, rest ten seconds and push out another 5. Within a week, you should be able to go all out to 40. Keep this up every day (or every other day, depending on your recovery time) and 50 should be achieved between weeks 4 and 5 and maintained by repeating three times a week through to the test on week 6. Same for sit-ups. With the run, it helps to alternate between interval training and all out pushing. Once you know how much time you need to take off per minute, start by using your current speed as a baseline for three minutes, then add sprinting for 5 seconds every 30 seconds, maintaining the base speed between sprints. Do that for a minute and a half, then run your base speed for three minutes. Then, do another set of sprinting intervals. In a few days, do a normal run without the intervals, then back to the interval run in another day or so. Over a few weeks, your base speed should increase to where it needs to be and the sprints will help your body get accustomed to being pushed.

Now, for the changes to the scoring mentioned above. As of July 2021, new standards went into effect for the division of points between components as well as the point values assigned (yes, new optional components are in the works, but they DO NOT apply yet and will NOT apply to this round of testing). While the run remains worth 60 points, the waist measurement no longer obtains points and the push-ups and sit-ups have increased from 10 points to 20 points each. The 5 year age brackets have returned and the point values assigned by performance have changed. While I must admit I am not familiar with the previous male charts or the under 30 female charts, from what I can tell, the new point values are helpful. Be sure to look up your new standards at <https://www.afpc.af.mil/Career-Management/Fitness-Program/> (click on the "fitness charts" tab - I think you'll be pleased). In the meantime, it is my hope that every one of you finds yourself in good enough health to be able to at least attempt a PT test at any time without endangering your health. However, if you have concerns about this, please come speak with myself or one of the other clinic providers as soon as possible. For those without concerns, now is the time to please take responsibility for your physical health as well as the upcoming test before you find yourself in a crunch. For those that are ready now, please make it a goal to maintain this readiness at all times. Part of our duties as an Airman are that we need to be able to perform not only the PT Test, but also our jobs and additional duties in strenuous conditions, without endangering ourselves, others or the successful completion of whatever mission we are tasked with. With this in mind, it's easier to overcome inertia and get to a level of fitness where the test is just another day of exercise. May we all find ourselves in this place next year and every year thereafter.

134 ARW MEDICAL GROUP

SATURDAY - 07 AUG

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

0900-1130 HOURS - PHYSICAL HEALTH ASSESSMENTS (PHAs) /

IMMUNIZATIONS (Bldg 246)

1000-1100 HOURS - DEPLOYMENT PROCESSING/ANAM TESTING (Bldg (246)

0830-1100 HOURS - QNFT TESTING (Bldg 246)

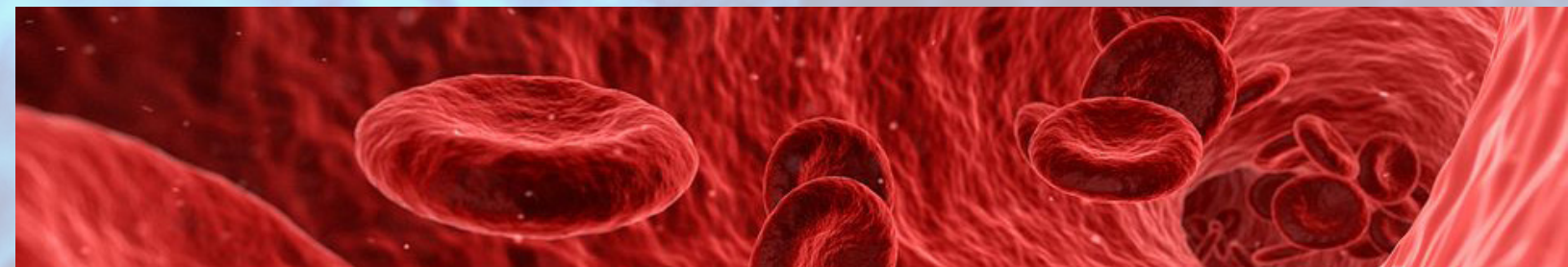
0930-1000 HOURS - PRIOR SERVICE INPROCESSING BRIEF (Bldg 246)

1130-1230 HOURS - LUNCH

1300-1500 HOURS - IMMUNIZATIONS (Bldg 246)

1300-1500 HOURS - WAIVER/MEDCON/LOD APPS

w /DOCs & Pas (Bldg 246/412A)



SUNDAY - 08 AUG

0730-0800 HOURS - FITNESS FOR DUTY EVALUATIONS (Bldg 412A)

0800-1000 HOURS - COVID VACCINATION (Wilson Hall)

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.

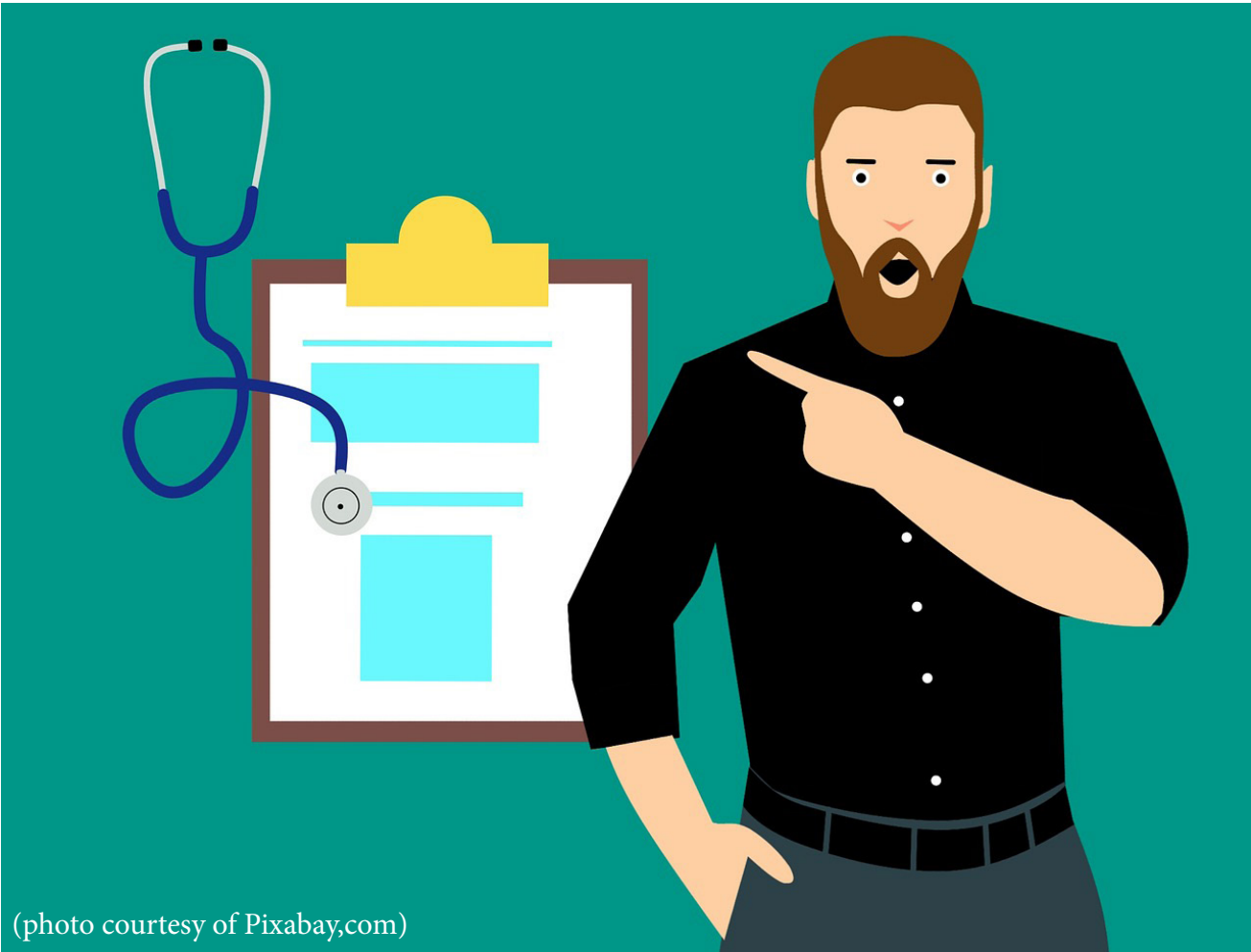
Best Practices for Keeping Your Medical Records Up to Date

By Col. Patrick O'Brien, 134th ARW Medical Group

Last update, I told you about the change to scheduled prescriptions being good for six months. Now I want to help you keep your military medical records up to date with less work. Per DAFMAN 48-123, we as ANG members have 72 hours to get our medical records updated when we seek care in the civilian health-care system. This includes getting prescriptions. So if you get care from a primary care or specialty provider on some regular basis, I strongly suggest you give that provider a release of information so that the notes can come into the MDG for scanning into your military medical record. This applies to pharmacies also.

So get a DD Form 2870 and fill it out with the return to the 134 Medical Group, 420 Post Avenue, McGhee Tyson ANGB, TN 37777 with phone # 865-336-4277 & fax # 865-336-4273. Check the continued medical care box and say it is for all provider notes or all medication lists if your pharmacy. Put down an expiration of at least one year from the date you sign it and send it to your provider(s) or pharmacies. Then when you go in for care or get a new refill, remind them that you filled out a release and to send in the information. This way, you are covered for future drug screens and to allow the MDG to pursue waivers or profiles as needed. Remember, we are here for you to help with your medical needs and want it to be as painless as possible. If you have questions, give me a call at 865-336-4015. I am active duty so I'm here whenever you need me to help. Thanks for your attention and have a great Air Guard day!

Col. Pat O'Brien, USAF, MC, FS
Chief, Aerospace Medicine/SGP
Chief Medical Review Officer, Drug Demand Reduction Program, NGB/SGOH



(photo courtesy of Pixabay.com)



ROCKY TOP DINING FACILITY MENU

Saturday 07 Aug
Grilled Chicken Breast
Meatloaf
Mashed Potatoes
Broccoli
Fried Rice
Corn
Gravy
Dinner Roll

Sunday 08 Aug
Pork Loin
Oven Fried Chicken
Steamed Rice
Fried Potatoes
Vegetable Medley
Gravy
Dinner Roll