



THE VOLUNTEER

Force Support Squadron completes AFT at Air Force Academy

By Senior Master Sgt. Bertie Wiggins, 134th Force Development

53 Airmen from the 134th Force Support Squadron recently traveled to the United States Air Force Academy (USAFA) in Colorado Springs, CO, where they completed their annual field training. Each flight participated in AFSC-specific training and hands-on work related to their sections.

Hosted by Executive Chef, and retired Chief Master Sgt., Jaime Kuzio, the 134th Sustainment Services Flight provided daily meals to over 1,200 incoming freshman during their Basic Cadet Training at Jack's Valley. This site replicated a forward deployed location. Additionally, services personnel served meals to upper class cadets at the Academy Dining Facility, Mitchell Hall. The facility supports summer sports and aviation programs to include pilot training, gliders, sky diving, etc.

The 134th Military Personnel Flight completed training on DD214's, Case Management System cases, Personnel Deployment Functions and Casualty Response. They were joined by members of the 134th Mission Support Group Commander's Support Staff and Joint Force Headquarters personnel.

The 134th Force Development Flight completed training on the school request process, workday guidance, Mission Essential Skills Training, Staff Assisted Visits, and Community College of the Air Force advising/education updates. They were also joined by JFHQ staff.

Both the 134th Military Personnel and Force Development Flights were able to tour the Air Reserve Personnel Center (ARPC) in Denver, CO, which provided valuable insight and networking opportunities. All flights received Sexual Assault Prevention Response and Suicide Prevention Training from Mr. Bill Conner, 134th Family Readiness Manager.

While in Colorado Springs, the 134th FSS gave back to the community by volunteering at the local Habitat for Humanity Re-Store. Members cleaned and sorted through several warehouse storage bays to make room for new inventory, significantly impacting the organization's ability to support the community's needs.

Dusty Dawn, Habitat for Humanity Coordinator, spoke to the Airmen after their tasks were complete. "Your help today makes a huge impact on our community. What you've done is to help families, especially children, to have a safe place they can call home. I can't thank you enough!"

During their off-time, the FSS Airmen were able to take in some local culture and sights with a hike through the Garden of the Gods and to the top of Pike's Peak. They also had the opportunity to fish, whitewater raft, go horseback riding and take a ride in a hot air balloon.

The annual field training provided the Airmen with some unique training opportunities. "We grew closer as a unit and FSS family!", stated Senior Airman Preston Vann.

(Photos by Senior Master Sgt. Bertie Wiggins, 134th Force Development)





JEAA
Golf Tournament

\$4000 was raised for
SANTA COPS!

**Thank you to all
who participated!**



Chaplain's Cup: Aiming Lower

By Capt. Thaddeus Davis, 134th ARW Chaplain's Corps.

This summer a few of the blockbusters at the box office have shown off Hollywood's special effects. While Thor's hammer delivered some intense action sequences, his humor shared sarcastic puns. In the skies, Maverick's ego still crowds out the rest, young guns included. But overall there is something to be said of their clever wit and intuition to outsmart opponents. Hollywood has once again delivered thoughtful, reflective heroes, whose pride we might overlook for more practical creativity in tough situations. Both characters show their true depth, past the mental game to the heart level. That is the place where real smarts take root, not just in our heads (ego deflating as that might be) but also aiming a little lower, eighteen inches below our thick skulls in our hearts. When we aim lower, we see where our deeper desires, motivations, hopes, dreams, care, compassion and affections are anchored.

Ancient wisdom literature in a prayer Moses wrote, preserved for us in Psalm 90:12, documents the idea of aiming for our hearts in what we learn in the school of life experience. Moses prayed, "Teach us to number our days that we may get a heart of wisdom." He is suggesting that we need to aim for a wise heart and that we get there by taking stock of both the past and future.

He suggests numbering days gone past. There is something to enduring hard days, counting the past days of toil and trouble in order to get to better ones. But Moses, of all imperfect examples, seems to do more with days gone by than simply endure. His reflection guides action, learning from failure, reconciling with siblings and others, seeking healing for hurts, and restoring broken relationships with God and others.

Looking to the days we hope to have in the future can help us prioritize. No, we can't see in a crystal ball that there will be exactly 4,392 days left on our life-calendar, but we can consider each day a gift and see priorities establish new plans, while pushing out clutter and stuff in life that just isn't worth wasting time on.

Wisdom is the goal of so much ancient literature. Being wise usually boils down to practical living based on the truth of reality, or having insightful guidance for hard situations. In this context Moses, known for his practical ideas and insightful guidance over his many years, aims to learn wisdom not solely in his mental acuity, but also in depth of his heart.

So as summer comes to a close, school starts, schedules fill, vacation joys dim, hopes for the future deepen, and regrets from the past surface, aim lower. See where past reflection and future planning can redirect our thoughts and desires, mind and heart. Look to what is motivating our priorities, not just how feasible those plans might be. Wisely building toward the future can help guide perspectives on past regrets and present joys.



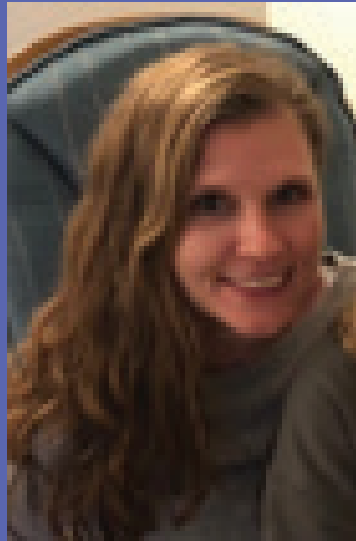


SPRING SPRINT 5K



A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



In case you have not yet heard, I wanted to share the news that as of July 16, 2022, the Crisis Line can now be reached by simply dialing 988. The 1-800-273-8255 number also still works, but 988 is much easier to remember. Veterans can dial 988 and press 1 for the Veterans Crisis Line. Veterans can also text 838255 or go to www.veteranscrisisline.net for online chat.

The crisis phone line, text line, and online chat are available 24/7/365 for confidential crisis support. You do not have to be at risk of harm to call – you can call/text/online chat anytime you need to talk with support right away. And while we are talking phone numbers – please add mine to your contacts so you will always have it handy if you need to talk or if you need to encourage someone else to. I am in Moon Hall, Bldg 417, 2nd floor. I am available during the work week and during drill weekends. I am here for YOU! Nothing is too small or too big to come talk about. Natalie Pankau, DPH – cell 865-201-8129.



Think
OPSEC



KEEP CALM AND USE A LIFE COACH

**Contact Bill Conner at
(865) 336-3107 or at
william.conner.6@us.af.mil**



Retirements

Col James Blanton
CMSgt Joey Hungate
SMSgt William McDonald
MSgt Stevie Crabtree
MSgt David Grugin
TSgt John Ratledge
TSgt Christopher Veler

Blue Skies!



Promotions

Amn Reed Swartz (MXS)

SrA Elizabeth Hall (MSG)
Nathan Braden (CPTF)
Watson Cole (AMXS)
Mikayla Thostle (CPTF)
Carlos Garcia-Rodriguez (CPTF)
Johnathan Holcombe (AMXS)
Timber Williams (OSS)
Taylor Webb (MXS)
Jackson Reppe (MXS)
Charles DeFranco (OSS)
Ryan Doolittle (MXS)
Grace Elikins (MXS)
Breanna Glenn (241)
Carter Andrews (119)
Andrew Lawrence (CES)
Gabriel Stimpson (CES)
John Nelson (119)
Christian Weaver (CES)

SSgt James Dilling (MXS)
Braden Cole (MDG)
Spencer Tatham (SFS)
Noah Cope (CES)
Alexander Halcomb (MXS)
Anthony Belgarde (FSS)
John Sayles (OSS)
Brandon Wright (MXS)

Micah Dupeire (MXS)
Daniel Miller (MXS)
Michael Minnick (241)
Cody Williams (LRS)

TSgt Ryan Smith (MOF)
Austin Hamilton (MXS)
Kayla Csanady (LRS)
John Chamberlin (MXS)
Jacob Whitten (151st)
Richard Checcin (151st)
William Bush (151)
Hobert Davis (MXS)
Sean Miller (LRS)

MSgt Joshua Strobel (MDG)
Frank Dell (LRS)
Richard Harris (MXS)
Keith Brown (CF)
Todd Morse (CES)

1Lt Kimberly Collins (MDG)
Jesse Buckner (151)
Derrick Dirmeyer (151)
Micheal McNabney (MDG)
April Perry (FSS)
Daniel Simmons (MXS)

Top III Council

Top III meeting will be held at 1030 Sat.,

Aug. 6 at the Air Park

(alt. location is MXS conf. room)

Open to all E-7's and above!

JEAA

(Junior Enlisted Advisory Association)

Meeting will be held Sun. 1300

@ bldg. 102 Conference Room

Open to all E-6's & below!

Report to the DoD Inspector General...



Mission:

To provide a confidential, reliable means to report violations of law, rule, or regulation; fraud, waste, and abuse; mismanagement; trafficking in persons; serious security incidents; or other criminal or administrative misconduct that involve DoD personnel and operations, without fear of reprisal.



HOTLINE

Department of Defense

dodig.mil/hotline | 664.8799 (DSN)

800.424.9098 (TOLL-FREE) | 703.604.8799 (COMMERCIAL)



6.4.2019

MILITARY ★ CIVILIAN ★ CONTRACTOR

Tennessee National Guard

Linking YOU to Helpful Resources

Centerstone's Military Services

A look at our work with veterans & military families



- Counseling for Service Member and Dependents
- 12 FREE sessions, per issue
- No insurance required

Centerstone's Local Provider Network

1-877-HOPE123 (1-877-467-3123) | centerstone.org | [f](#) [t](#) [v](#) [in](#) [ig](#)

In **Tennessee**, Centerstone's Military Services provides mental health services and supports for veterans, active duty service members including members of the National Guard and Reservists, and military families at our community mental health clinics located throughout the state. Our Tennessee-based provider network includes 248 licensed clinicians.

Possible services include: individual counseling, couples and family counseling, employment counseling, online support groups, classes, and workshops.

Additional TNNG Support Services

- Tennessee Crisis Line: (855) 274-7471; Crisis Text Hotline 741741
- Veteran Crisis Line: (800) 273-TALK (8255) (PRESS 1)
- Psychological Health Director, Army: (615) 267-7472
- Psychological Health Director, Air (118th): (615) 660-8055
- Psychological Health Director, Air (164th): (901) 291-7158
- Psychological Health Director, Air (134th): (865) 201-8129
- TNNG Full-time Support Chaplain: (615) 313-0746
- Soldier and Family Readiness Specialist - Lead, Army: (615) 313-0682
- Risk Reduction Coordinator (Substance Abuse), Army: (615) 313-067
- Suicide Prevention Coordinator, Army: (615) 313-0688
- Guard Your Buddy (App/Website): <http://guardyourbuddy.com/>
- National Resource Directory - <https://nrd.gov/>
- Give an Hour (Pro Bono Counseling) - <https://giveanhour.org/>
- Military OneSource - <https://www.militaryonesource.mil/>
- Regional VA Hospitals/Vet Centers



***In an emergency, call 911 or seek assistance from your local Emergency Room (ER)**

134 ARW MEDICAL GROUP

SATURDAY - 06 AUG

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 - 07 AUG

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

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

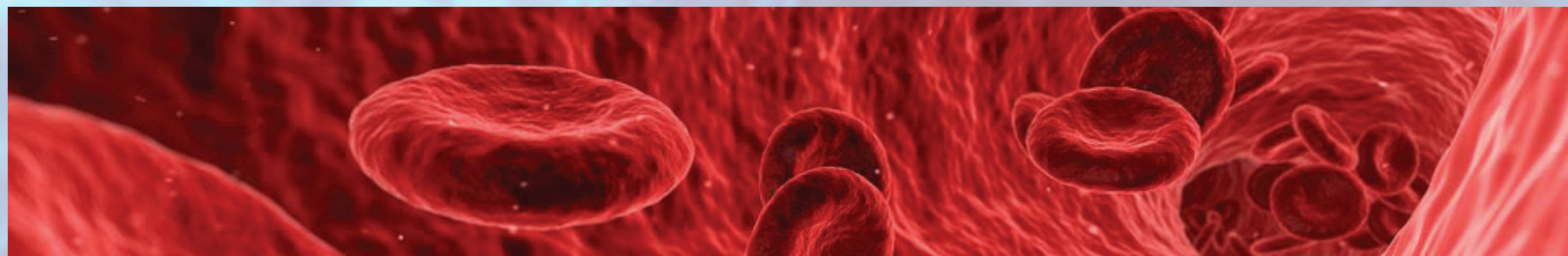
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

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.





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



ROCKY TOP

DINING FACILITY MENU

Saturday 06 Aug

Meatball Stroganoff
Citrus Glazed Pork Loin
Rice Pilaf
Mashed Potatoes
Green Peas
Spinach
Hamburgers
French Fries

Sunday 07 Aug

Sweet & Sour Pork
BBQ Glazed Chicken
Steamed Rice
Roasted Potato Wedges
Beets
Roasted Carrots
Italian Beef Sandwich
Sweet Potato Fries



Smoky Mountain Air Show

Know Before The Show



Air Show Schedule

Thursday Standard Reporting Time

Show Time NLT 0630 (Fri - Sun)

* Your section supervisor will contact you regarding the time you should be in place

0700 : Parking areas open

0800 : Gates open

1100 : Show begins with Clydesdales

1109 : Golden Knights jump to open aerial acts

1153 : Koontz Decathlon

1206 : War Birds Flybys

1246 : Younkin, Beech 18

1312 : Koontz Comedy

1330 : A-10 Demonstration Team

1347 : War Bird Aerobatics

1425 : KC-135

1435 : Aeroshell Show

1500 : Blue Angels, Fat Albert then Super Hornets

1615 : End of Flying

0800 – 1700 : Static displays, vendors, exhibits, kids area and music stage

1700 : Gates close

Important Numbers

Non-Emergency Line

Air Show Operations Center: 865-336-5150

Emergency Line

Emergency Control Center: 865-336-3275



Air Show Website

(includes FAQ)



Air Show Map

For Screening Purposes

PROHIBITED ITEMS

- Tents, including pop-ups or awnings, campers or RV's (NO tailgating in parking areas)
- Umbrellas, Coolers, Backpacks (of any size)
- Glass containers, aluminum cans, camelbacks or open/unsealed liquid containers
- Chewing gum
- Barbecues or cooking equipment
- Outside food, snacks, or beverages
- Pets (with the exception of licensed service animals, not emotional support animals)
- Due to safety reasons, personal golf carts, scooters, segways, hover boards and other motorized conveyances (excludes medical transportation devices)
- Skateboards, roller skates, scooters and bicycles
- Beach balls, balloons, signs and banners
- Horns, whistles and other loud items
- Laser pointers
- Drugs/drug paraphernalia
- Alcohol (alcohol will be available for purchase on site with valid ID)
- Smoking (which includes chewing tobacco and e-cigarettes) is not permitted inside the gate.
- Weapons of any kind including firearms, blades (including pocket knives) and blunt objects. NO CONCEALED CARRY. Items restricted by federal law or which, in the judgment of Air Show/Open House officials, may create a safety risk or reduce the enjoyment of the event for other guests.
- Radio scanners
- Unmanned aircraft

Permitted Items

- Hearing protection
- Reusable water bottle
- Sunscreen, chapstick, hats and sunglasses
- CLEAR, small purses and fanny packs (not to exceed 8 in. X 8 in.)
- Small diaper bags (not to exceed 14 in. X 14 in.) when accompanied by an infant *Note: all bags will be searched
- Strollers
- Baby related items including: bottles (may be glass), food (may be glass), snacks and necessities
- Rain ponchos
- Cell phones, cameras and camcorders
- Camera bags smaller than 1 cubic foot
- Binoculars
- Folding chairs and blankets
- Wheelchairs



Smoky Mountain Air Show

Know Before The Show



General Information

Airshow Meal Plan

8/9 Sept (Thursday & Friday) - Breakfast, Lunch, and Dinner will be served in the DFAC for dine-in and carryout within the normal hours of operation.

10/11 Sept (Saturday & Sunday) - Breakfast will be dine-in or carry out. Lunch and Dinner will be Box Lunches for carry out only.

Normal Hours of Operations are:

Breakfast 0545 - 0800 hrs
Lunch 1045 - 1300 hrs
Dinner 1645 - 1800 hrs

UDM's must submit AF Form 79s to SMSgt Anderson and MSgt Finrock in advance to coordinate pick up times.

Additional Information

The USO will have a trailer in Building 113, serving limited snacks and refreshments to Airmen in uniform.

Keys To Success

- Carpool, if possible
- Arrive Early
- Be Patient
- Cooperate with traffic control
- Think about who we are doing this for - let your actions show it
- Be considerate of your fellow Airmen
- Represent the TN Air National Guard at all times!
- Be prepared for long days

Talking Points

- We're proud to partner with Metropolitan Knoxville Airport Authority for the 2022 Smoky Mountain Air Show and we've been working hard to ensure we provide an enjoyable and safe experience for everyone.
- The Smoky Mountain Air Show is an opportunity for patrons to view historic and modern aircraft, meet aviation enthusiasts, and interact with Airmen from the Tennessee Air National Guard.
- We are extremely proud that all proceeds from the Smoky Mountain Air Show will go to 2nd Harvest Food Bank and the Boy and Girls Club of East Tennessee.
- For more information, visit smokymountainairshow.com. We hope to see you all Sept 10 and 11 at McGhee Tyson.

Mandatory Items

- Backpack (AFI Compliant)
- Fillable Hydration Source
- Sunscreen/Bug Spray
- Lunch/Dinner/Snacks
- ID Card
- Hearing Protection
- Reflective Belt (for hours of darkness)

Suggested Items

- Phone charging cord and portable charger
- Know Before The Show info
- Lip balm

Safety Tips

- HYDRATE, the day of is not the day to increase your water intake. Be sure to begin hydrating days in advance.
- Apply sunscreen every two hours
- Avoid alcohol in the days leading up to the event
- Get a good night's rest
- Leave in plenty of time to get to McGhee Tyson. Traffic will likely be bad

Professionalism

The days will be long and likely hot. You may deal with disgruntled patrons. How you conduct yourself during moments of frustration can be documented and disseminated.

Remember – as a member of the USAF, you are always 'on record' and must represent the AF core values.

DAFI 1-1 2.15.3. You must avoid offensive and/or inappropriate behavior on social networking platforms and through other forms of communication that could bring discredit upon the Air Force or you as a member of the Air Force, or that would otherwise be harmful to good order and discipline, respect for authority, unit cohesion, morale, mission accomplishment, or the trust and confidence that the public has in the United States Air Force.