

# THE VOLUNTEER

December 2019





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134 Briscoe Dr  
Louisville, TN 37777  
(865) 336-3214

CHIEF OF PUBLIC AFFAIRS:

Lt. Col. Travers Hurst

PUBLIC AFFAIRS OFFICER:

1st Lt. Jonathon LaDue

PUBLIC AFFAIRS SUPERINTENDENT:

Senior Master Sgt. Kendra Owenby

PUBLIC AFFAIRS SPECIALISTS:

Master Sgt. Jonathan Young

Tech. Sgt. Daniel Gagnon

Tech. Sgt. Teri Eicher

Staff Sgt. Melissa Dearstone

Staff Sgt. Darby Arnold

Staff Sgt. Treven Cannon

Airman 1st Class Kaylee Patterson

ADMIN:

Airman 1st Class Christa Pelham

Airman Basic Sarah Costen

ABOUT THE VOLUNTEER

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Cover: F-16s rest on the ramp next to a 134th KC-135R during exercise Amalgam Dart. (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

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: 'Christmas Cup' courtesy of Pexels.com

'F-16 on ramp' and 'Canned food delivery' (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

'Official portrait' courtesy of Chief Master Sgt. Paula Shawhan

'Thunderbirds' courtesy of DVIDShub.net

'Shots' (U.S. Air National Guard photo by Master. Sgt. Jonathan Young)

'Christmas Tree' and 'Family Tradition' (U.S. Air National Guard photos by Senior Master Sgt. Kendra Owenby)



# 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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## 134th delivers on food drive

Logistics Readiness Squadron won the JEAA annual food drive.

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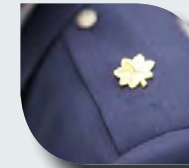
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## December OPSEC

Fa-la-la-la-la-Spies!



# LRS WINS JEAA FOOD DRIVE WITH UNPRECEDENTED DONATION

*by Master Sgt. Jonathan Young, 134th ARW Public Affairs*



The holiday season is in full swing and once again Airmen from the 134th Air Refueling Wing have embraced their volunteer heritage during this year's food drive for the Blount County Veterans' Pantry.

The annual food drive is a base-wide competition organized by the 134th Junior Enlisted Advisory Association.

"It's incredible how the Airmen of the 134th ARW have gone above and beyond any expectations we had for this drive," said Tech. Sgt. Teri Eicher, president of JEAA. "134th Volunteers are such genuine and caring individuals, and the JEAA is proud to represent them to our veterans and the community."

Although all the squadrons around base contributed, the Logistics Readiness Squadron did most of the heavy lifting, both literally and figuratively. In addition to contributing more than the rest of the units combined, the members of the 134th LRS assisted with transporting and delivering the food to the Blount County Court House.

Staff Sgt. Corey Palmer, a transportation specialist with the 134th LRS, said it started when members of the Security Forces Squadron were joking that they had given over 400 items last year, which was more than LRS donated despite being half the size. This motivated Airmen from LRS to make sure they did more than Security Forces, so they set a goal of 600 items.

Friendly competition can be a powerful motivator, and in less than a month LRS collected 3,853 items for the food drive.

Palmer and Airman Basic Cody Purdy, a supply specialist with the 134th LRS, went around to each shop in the squadron and briefed them on the food drive. Palmer also said he felt it would be helpful if each squadron had a representative to help spread the word in their work area.

"We hope this brings more attention to the Blount County Veterans Affairs Office," Palmer said.

Eicher said the JEAA donated a total of more than 5,000 items on behalf of Airmen of the 134th ARW.

"It's important to remember that people on a fixed income don't necessarily have enough to get by, particularly during the holiday season," Eicher said. "For a lot of veterans this pantry helps make ends meet year-round. I hope our food drive continues to grow and help more local veterans every year."

The Blount County Veterans Pantry is operated by the Blount County Veterans Affairs Office, located in the Blount County Court House in Maryville.



*(U.S. Air National Guard photos by Master. Sgt. Jonathan Young and Tech. Sgt. Teri Eicher)*





# Amalgam Dart



The Amalgam Dart 20-4 live-fly training exercise took place at McGhee Tyson Air National Guard Base, Tenn., Nov. 20, 2019. Amalgam Dart 20-4 is a North American Aerospace Defense Command live-fly exercise designed to test NORAD's ability to deploy its Integrated Air Defense System (IADS) and execute its aerospace warning and aerospace control missions at a non-designated air control alert facility. The training scenario replicated airborne intercepts of aircraft that violated temporary flight restricted airspace over the greater Knoxville area. For more than 60 years, NORAD aircraft have identified and intercepted potential air threats to North America in the execution of the command's aerospace warning and aerospace control missions.

*(Air National Guard photos by Senior Master Sgt. Kendra Owenby and Tech. Sgt. Teri Eicher)*







# An Airman's family tradition

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



As most are braving crowded stores and the hustle and bustle of Christmas shopping for the holiday season, one 134th Air Refueling Wing Airman's family is at home, selflessly working to complete a very special project that is near and dear to their hearts.

Master Sgt. Troy Verbowski, a crew chief with the 134th Aircraft Maintenance Squadron, his wife Lynne, and their youngest daughter Andreanne have established a family Christmas tradition of giving back. In true "Volunteer Spirit" they cheerfully spend countless hours each year to hand-make and deliver thousands of delicious Christmas treats to the Airmen at the 134th Air Refueling Wing.

With the holidays quickly approaching, the Verbowski's kitchen has been transformed into an assembly line of goodness where a seemingly endless supply of Christmas treats are being produced. By the time all of the work is done, they will have crafted over 6,000 homemade cookies and festive goodies... and they do it all in the name of giving.

"Nothing brings a family together like baking cookies," said Lynne. "We feel as a family that it's such a small sacrifice for what the troops do to keep this country safe. Bringing cookies to them is an important tradition for us. I will continue this tradition with my kids in the future."

The tradition started as a way to say "thank you" to the maintainers who worked with Master Sgt. Verbowski while the family was stationed at Mountain Home Air Force Base, Idaho. Today it has expanded into a much larger volunteer baking operation for the Airman of the 134th. The family sees this wonderful act of kindness through from start to finish as they graciously purchase all ingredients out of pocket, prepare the goodies for transport and

personally deliver them.

"It is amazing and heartfelt that they dedicate that amount of funds and personal time into indiscriminately giving back to the members of our 134th family," said Master Sgt. Trevor West, fellow crew chief with the 134th Aircraft Maintenance Squadron.

This year, Master Sgt. Verbowski, Lynne and Andreanne are joined by their daughter Cassie and her husband Tyler. Together they prepared chocolate-dipped red velvet Oreo balls, old-fashioned peanut butter cookies and marshmallow peanut butter fudge—just a few of the delicious treats on the list. Traditionally it takes 2-3 weeks to produce in total, so the family follow a strict schedule to make sure they meet their deadlines. Even so, they complete the work with smiles.

"I feel very blessed to have the opportunity to give back," said Cassie.

2019 marks the 20th year the Verbowski's have been creating wonderful goodies for the Airmen, and delivering them adorned with festive Santa hats and smiles. The family's tradition of giving back is very much enjoyed, anticipated, and appreciated by the Airmen of the 134th Air Refueling Wing.

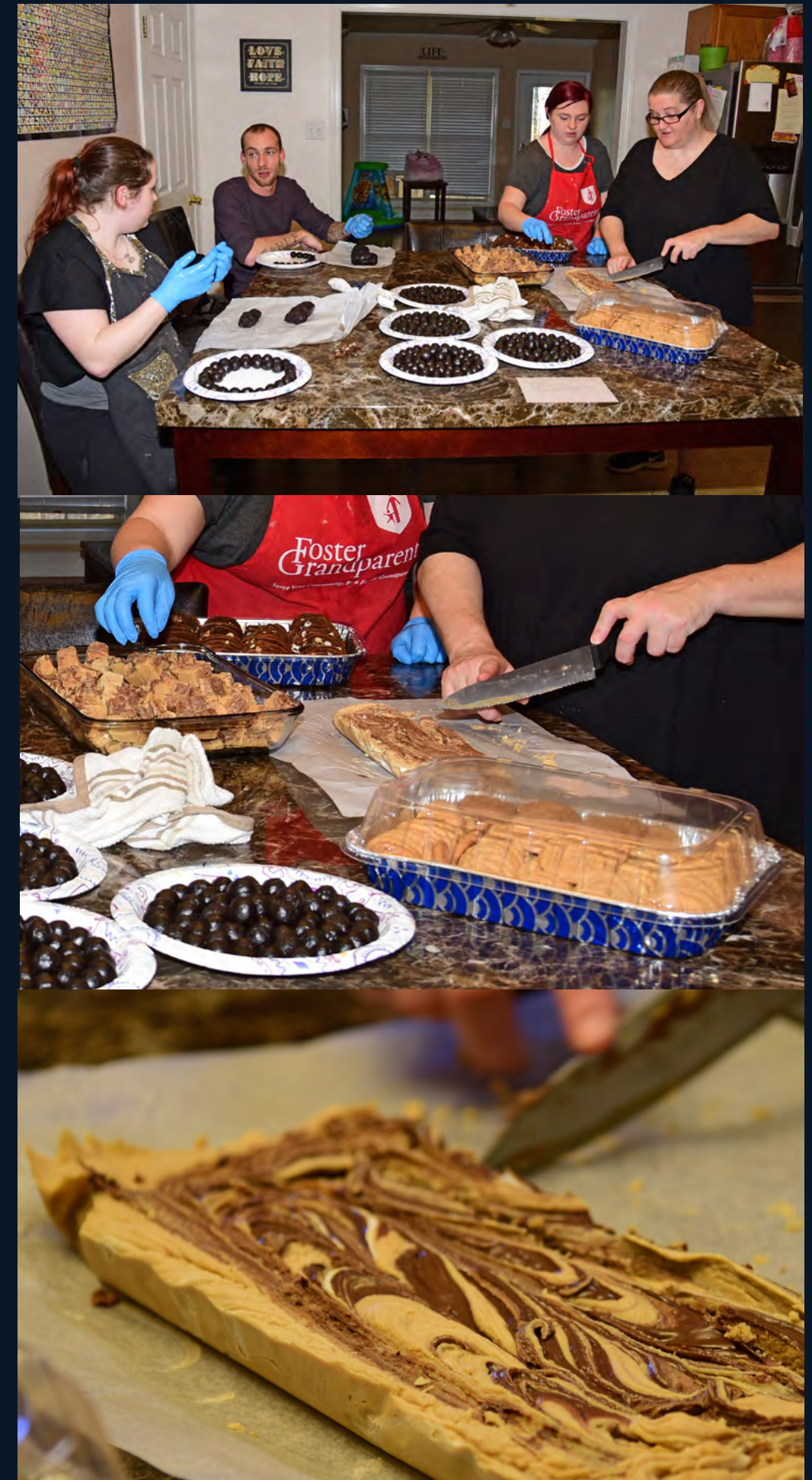
"Seeing the smiles that the cookies and treats bring to the hard-working men and women who serve make all the hours of baking worth it," said Lynne. "The 134th has been a part of this family since 2003. We have been blessed by the service my husband has been able to perform."

*Top: The Verbowski family (from left to right, Andreanna, Tyler, Cassie and Lynne) preparing homemade treats.*

*Middle: Cassie and Lynne Verbowski prepare homemade treats.*

*Bottom: Homemade marshmallow peanut butter fudge awaits cutting.*

*(U.S. Air National Guard photos by Senior Master Sgt. Kendra Owenby)*





# The Chaplain's Cup

by Capt. Seth Hammond, 134th Air Refueling Wing Chaplaincy

Becoming a leader doesn't happen overnight – it's a process of development. Leadership is essential for being in the military. So, how do we become effective leaders?

In his book 3D Leadership, Harry Reeder talks about who he believes is the greatest leader of all time, Jesus. He describes how in His teenage years, Jesus began to develop into a great leader. In Luke 2:52 we read that "Jesus increased in wisdom and in stature and in favor with God and man." From this passage, we learn there are 4 things we need to focus on to develop into great leaders.

## 1. **Growing in Wisdom – Intellectual Formation**

The first thing we see is that Jesus grew in wisdom. Wisdom does not mean that you simply grow in intelligence. Wisdom means that you understand who you are as a person and what purpose you have in this life. Wisdom is learning from your mistakes and being able to bounce back from them. Wisdom is the lifelong experience of growing as a person. Wisdom comes from above, and is gentle, open to reason, full of mercy, impartial, and sincere.

## 2. **Growing in Stature – Physical Formation**

In order to be good leaders, we must take care of ourselves. That means we need a regular regimen of rest, exercise, and diet. If we are running ragged all the time, we don't do anything well. We must take time to get the proper sleep we need, the proper food we need, and the proper exercise we need to stay physically fit to keep the pace of a busy military schedule. Jesus was very busy in His life, and if He took the time for physical formation, so should we.

## 3. **Favor with God – Spiritual Formation**

In the Air Force, we talk about resiliency, and spiritual resiliency often comes up in our discussions. Spiritual resiliency means that when tough times come, we know who we can turn to for help. Spiritual resiliency means that we have done some soul-searching, and we know our purpose and meaning in life. Jesus took the time to pray. A true leader takes the time to search his soul and knows his purpose in life.



## 4. **Favor with Man – Relational Formation**

Our relationships with people need to be genuine, loving, and respectful. We must take the time to invest in those closest to us. We all need friends who care about us and want what is best for us. To have good friends you must be a good friend. If you are married and have children, remember the greatest thing a parent can do for their children is to love their spouse well. If you are single, take the time to invest in your close friends and family members. Having healthy relationships help us be effective leaders.

Before becoming a leader, you must be developing as a leader. So, take the time to grow...

*In wisdom.  
In stature.  
In favor with God.  
In favor with man.*





# THE CHIEF'S CORNER

*by Chief Master Sgt. Paula 'Chrystie' Shawhan  
134th Chief of Airman Development*



1) Full name: Paula Christine Shawhan—My mom wanted a “junior” when she had me.

2) Nickname: Chrystie to friends and family, Shawshank to those who aren't.

3) Years in the military: 25 years total; 12 with Reserves and 13 with the ANG.

4) I came into the military as a Medical Technician. I was told by my recruiter that I could be anything but a mechanic. That worked out well... I can't even eat a meal without spilling on myself.

5) Favorite food: A really good lobster bisque.

6) Family: I have 2 kids. Trinity is eight (my mini-me and the best thing I never knew I ever wanted.) and Samuel is three (the sweetest boy who also knows how to test me to my limits.) We also have an eight-year-old English Pointer named Harley.

7) I have two main hobbies: First, my husband and I have gotten into wood turning thanks to a scholarship opportunity at Arrowmont Arts and Craft School in Gatlinburg. We have enjoyed learning and making things from a simple piece of wood. I am still learning but have mastered making saw dust, if anyone needs any. Second, since 'hobby' is defined as an activity done for pleasure or relaxation, another hobby would be “juggling”; but not like you think. Juggling being a working mom, Airman, and good friend—and keeping my sanity.

8) My favorite vacation spot: Anywhere my family and friends are. We don't have just one

spot, we are still exploring and building the memories. We do enjoy playing tourist in Pigeon Forge and Gatlinburg for stay-cations. Nashville for the adults has been a great time.

9) Person who influences your military career most and why?

a. The foundational answer is my mom, Col. (ret) Paula Penson. She enlisted right after high school and served on active duty until after my youngest sister was born in 1981. Right before Desert Storm, she wanted back in and joined the Reserves. That is where I really saw her LOVE what she was doing. She worked her full-time job and took care of us but when she put on that uniform, it was like a superhero putting on her cape. I joined the Reserves on Aug 8, 1994 and I have never looked back. Even though she retired in 2014 after 42 years of service, I still seek her guidance on an idea or conviction.

b. Most recently, I was 20 years in and working a job that I loved, but Chief Master Sgt. Ed L. Walden, Sr., the 14th Commandant of the Chief Master Sgt. Lankford EPME Center came in and helped me see I could be more. It all comes down to teamwork, and finding someone whose opinion you respect. Sometimes its hard to accept that you didn't handle something the best way. He and I could fight it out, but at the end of the day, those talks made me the Chief I am today.

10) One lesson I would like to tell my younger self: Shut up and listen! I have always had the passion for serving, I love the core values and I bleed blue. But there were so many times earlier in my career that I would advocate too strongly for my own opinion on how things were, instead of asking questions to understand someone else's view. It has taken a lot of growing to get here and to truly respect that we are so much better as a collective group than individual parts of the puzzle. I just wish I would have listened sooner.



# December Wing Events

## Saturday:

1000 Base Orientation Flight - OPS building

1500 Senior Master Sgt. Graf promotion to Chief - Wingman Hall

1600 Base Christmas Party - Base Club

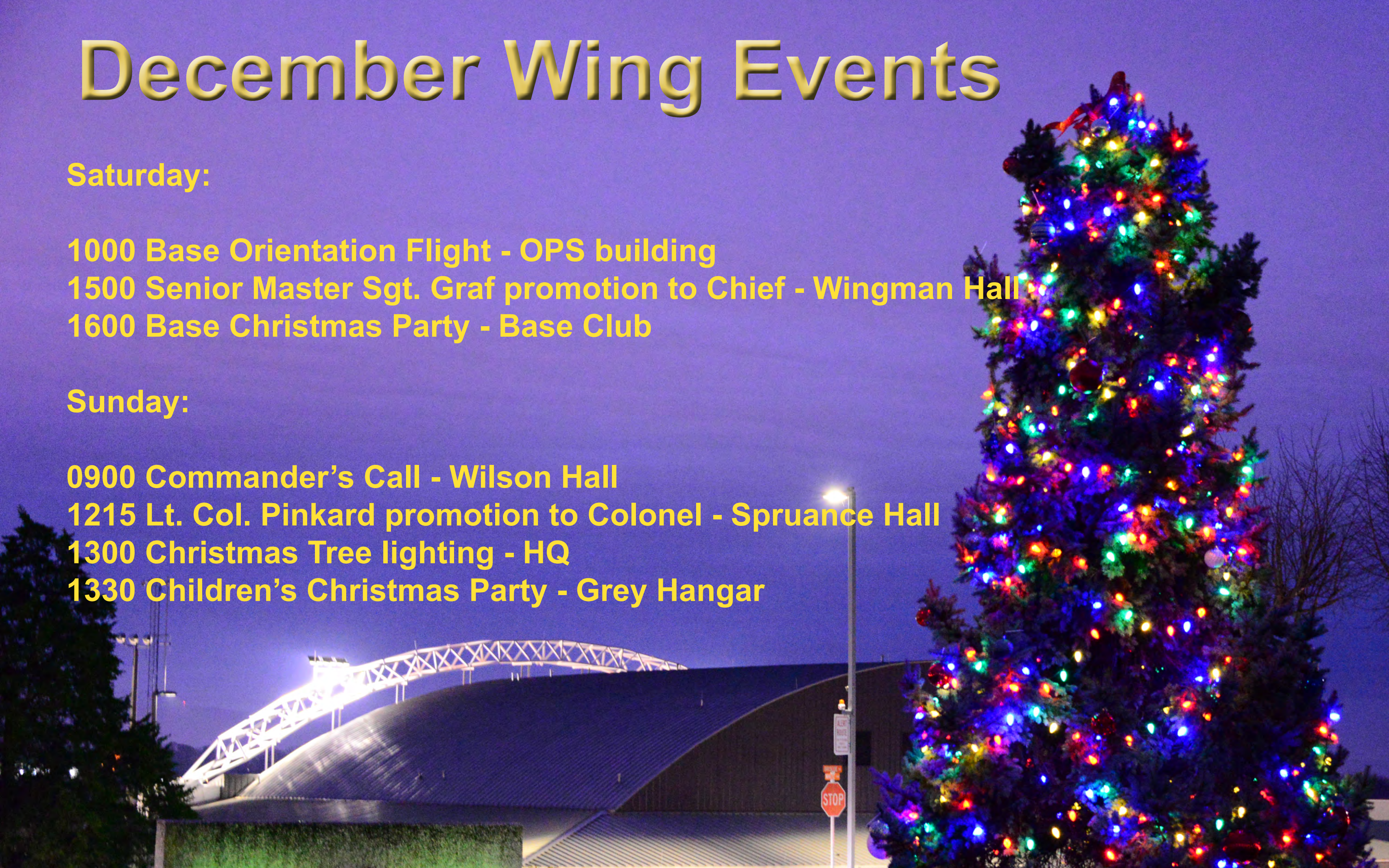
## Sunday:

0900 Commander's Call - Wilson Hall

1215 Lt. Col. Pinkard promotion to Colonel - Spruance Hall

1300 Christmas Tree lighting - HQ

1330 Children's Christmas Party - Grey Hangar





# 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

HEARING EXAMS/ANAM  
1300-1500

## SUNDAY

FITNESS FOR DUTY EVALUATIONS  
0730-0800

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

### FLU SHOTS

#### SATURDAY

0800-0900

BAND @ MDG  
COMM/MSG @ COMM  
MXG @ MXG

1000-1100

HQ/FSS @ HQ

1300-1400

LRS @ LRS  
119TH @ 119TH  
CE @ CE

#### SUNDAY

0730-0830

151ST/OPS @ OPS

## 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



TAKE NOTE

PUBLIC AFFAIRS CUSTOMER SERVICE HOURS



The photo studio is open Saturday of UTA from **1300-1500** 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 only** on Wednesdays from 0800-1100

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 0800-1030 and 1300-1530

Saturday of UTA from 0900-1030 and 1300-1530

Sunday of UTA from 0800-1030

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



**Plan ahead for the JEAA blood drive February UTA!**



TAKE NOTE

ROCKY TOP MENU

Saturday:

Honey Garlic Chicken  
Santa Fe Fish  
Grilled Chicken/Burger/Hotdog  
Brown Rice  
Oven-browned Potatoes  
Brussel Sprouts  
Squash /Black Beans  
Tater Tots/French Fries  
Chili Baked Beans

Sunday:

Ham  
Roast Turkey  
Steamship Round  
Mashed Potatoes  
Glazed Sweet Potatoes  
Dressing  
Grean Bean Casserole  
Cream Corn  
Broccoli Casserole



LONG DISTANCE PIN NO LONGER REQUIRED

A long distance pin is 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



CURRENT JOB POSTINGS

**Job Postings on the 134th ARW website!**

Medical Group First Sergeant  
KC-135r Pilot  
Force Support Squadron Officer  
Logistics Readiness Officer  
<https://www.134arw.ang.af.mil/Resources/Job-Openings/>



134TH ARW SOCIAL MEDIA

**The 134th ARW is on Instagram!  
Follow us at 134\_ARW**



TOP THREE

**See your Top Three representative for this month's meeting information.**







# Promotions

## Master Sergeant

Crystal West	OSS
Jonathan Young	HQ
John Spence	AMXS
Chadwick Conner	MXS

## Technical Sergeant

Henry Queen	CES
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## Senior Airman

Tanner Newton	SFS
Jeremy Smith	SFS

## Staff Sergeant

Chadwick Hood	FSS
Carol Dempsey	Band





'Twas the week before Christmas  
and all through the neighborhood  
thieves were out prowling  
they were looking for goods!

Uncollected newspapers  
and grass two feet high --  
Indicators the owner was not home  
and this caught the thief's eye

Now their home is empty  
the rooms are all bare  
If only they had remembered  
to be **OPSEC** Aware!

