



THE VOLUNTEER

FEBRUARY 2023

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ABOUT THE VOLUNTEER
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Cover:
A KC-135R Stratotanker from the 134th ARW takes off at McGhee Tyson ANG Base, Tennessee. (U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)

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

Body:
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 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

Features



POSITIVE!

Not always a “positive”!



Check in!

The Chaplains are here for you!



Interested in Honor Guard?

Represent the ANG & 134th ARW as a member of the Honor Guard Team!



ETMA

Join for free!

Columns



A word from your DPH

Self-sabotage



Blue Skies Airmen!

February Retirements



Rank Up!

February Promotions



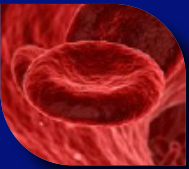
Top III & JEAA Meetings

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



Family Readiness!

Airman & Family Readiness



Medical schedule

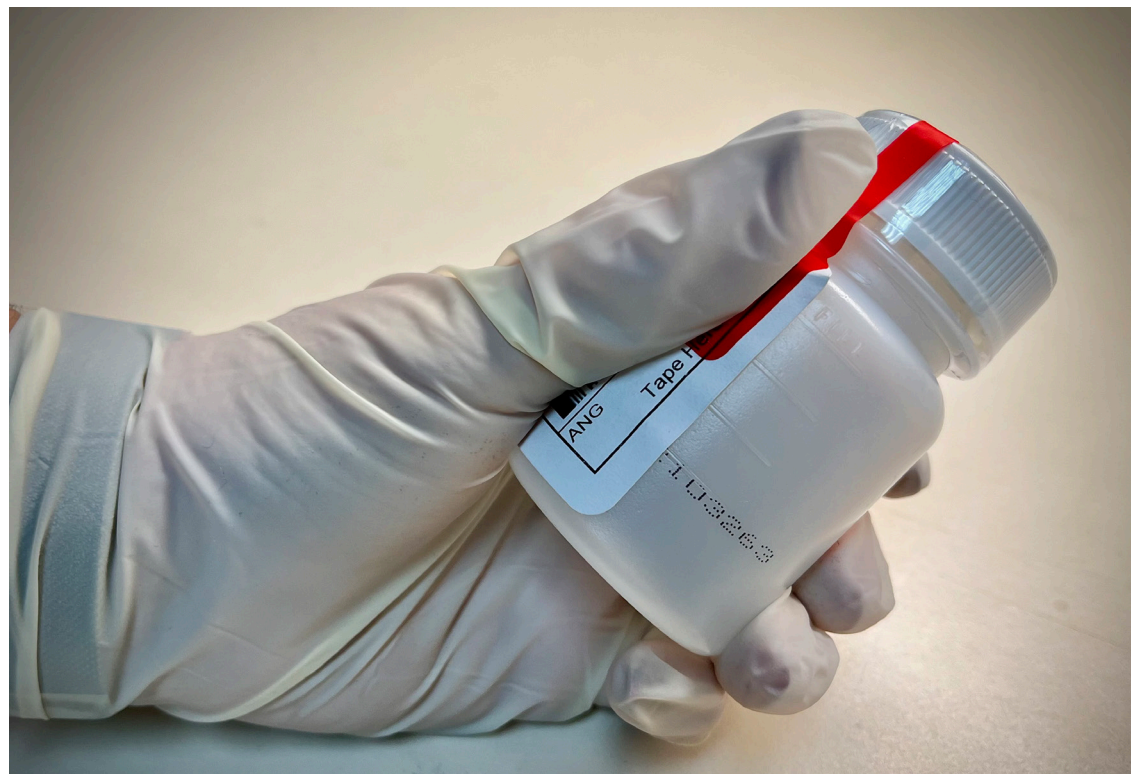
February 134th MDG Schedule

“Positive” is not always a positive

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

My typical first article of the year is about choosing your “word” for the year (such as rise, rest, push or care, etc.) based on what you hope to accomplish that year. However, the word we’ve been hearing across the Guard in medical circles is “Positive”. As in, positive urinary drug screen. Thus, this year, instead of a whimsical article about positive thinking, we will start out with a discussion of what will get a Guard member in trouble on their urinary drug screen. I believe everyone at this point has a solid grasp on the fact that illegal drugs are illegal. What we are primarily seeing are issues with prescribed controlled medications and legalized CBD products. Let’s talk about each of these and how well-intentioned Guard members find themselves facing an investigation and disciplinary measures.

Prescribed Controlled Medications – Medications that fall into this class include narcotics or opioids, benzodiazepines or nerve pills, some sleep aids and stimulants for ADD/ADHD or weight loss. All of these medications are legal when prescribed by a medical professional but can still cause an issue if found in your drug screen inappropriately. If you are prescribed one of these medications, let the Medical Group know as soon as possible and provide visit notes from your prescriber as well as a medication list from your pharmacy. This provides the means for us to help you in two ways. First, the medication will be in your med list, so that if you are tested and show positive, we can provide the med list to prove it was a legal script. Second, we can



(U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)

assess the source of the need for medication (surgery, injury, illness, etc.) for if it needs a temporary profile or waiver. These help protect both your health and your career. If a controlled medication is found in your drug screen and we do not have documented proof of it in your medical chart, this leads to an investigation and possible disciplinary actions through your command. Another option for these meds causing a service member issues is if they are not used appropriately. Even if the med was reported and documented in your record, if you take it outside of the prescribed time frame and intended use, it makes it illicit use. For example, if I am given narcotics after my c-section and the Med Group has it documented, but I have a positive UDS 8 months after the surgery, that result is now illicit. That script was only good while addressing the surgery it was written for, so 6-12 weeks max after surgery, not 8 months later when I sprained my back. Federal regulations state a controlled medication expires 6 months to the day from being filled. Remember this when you think it’s okay to take some old medication for a new problem. To recap, a controlled substance must be prescribed, reported, and documented through the Med Group and only taken as indicated, not for other conditions or passed the appropriate time frame.

CBD, hemp & THC – While CBD products have been legalized and are purported to be THC free, they are not FDA regulated and frequently have measurable levels of THC in them. For this reason, all CBD products are officially prohibited for all military members, including Guard and Reserve. This includes the newest versions such as Delta 8 THC as well as products not anticipated to include CBD/THC like Hi5 Energy and Rockstar Unplugged energy drinks. There are also vaping pens that include CBD and frank THC. While the CBD products tout themselves as safe and free of THC, this does not protect the military member if they show positive for THC on a drug screen. Since they are not supposed to contain THC, for the purposes of the drug screen, it will be assumed one is smoking/using THC itself and CBD use will not be a defense from this. Please use caution and read ingredient lists on all products you consume.

In the Medical Group, we exist to take care of each and every one of you and we take this mission to heart. We truly care about both you as a person and your readiness. Part of caring for you is being willing to lend aid when you’re found in a difficult situation. If you realize that you or your wingman are struggling with addiction of any kind, please come to us. We have resources to get you help. Self-reporting an addiction and getting help with recovery is far better for both you and your career than having an unfortunate incident (DUI, drug induced medical emergency) or unsatisfactory performance leading to a command directed intervention. Options for self-reporting include not only the Medical Group, but for complete confidentiality, the Chaplains. We have seen these situations more and more across the Guard (and in my role in my civilian practice, I can assure you it’s a societal issue too, not just military). We have processes in place to get you help and would much rather help you through recovery than respond to a tragedy. Be well and feel free to reach out to any of us at any time.

Check-in with a chaplain!

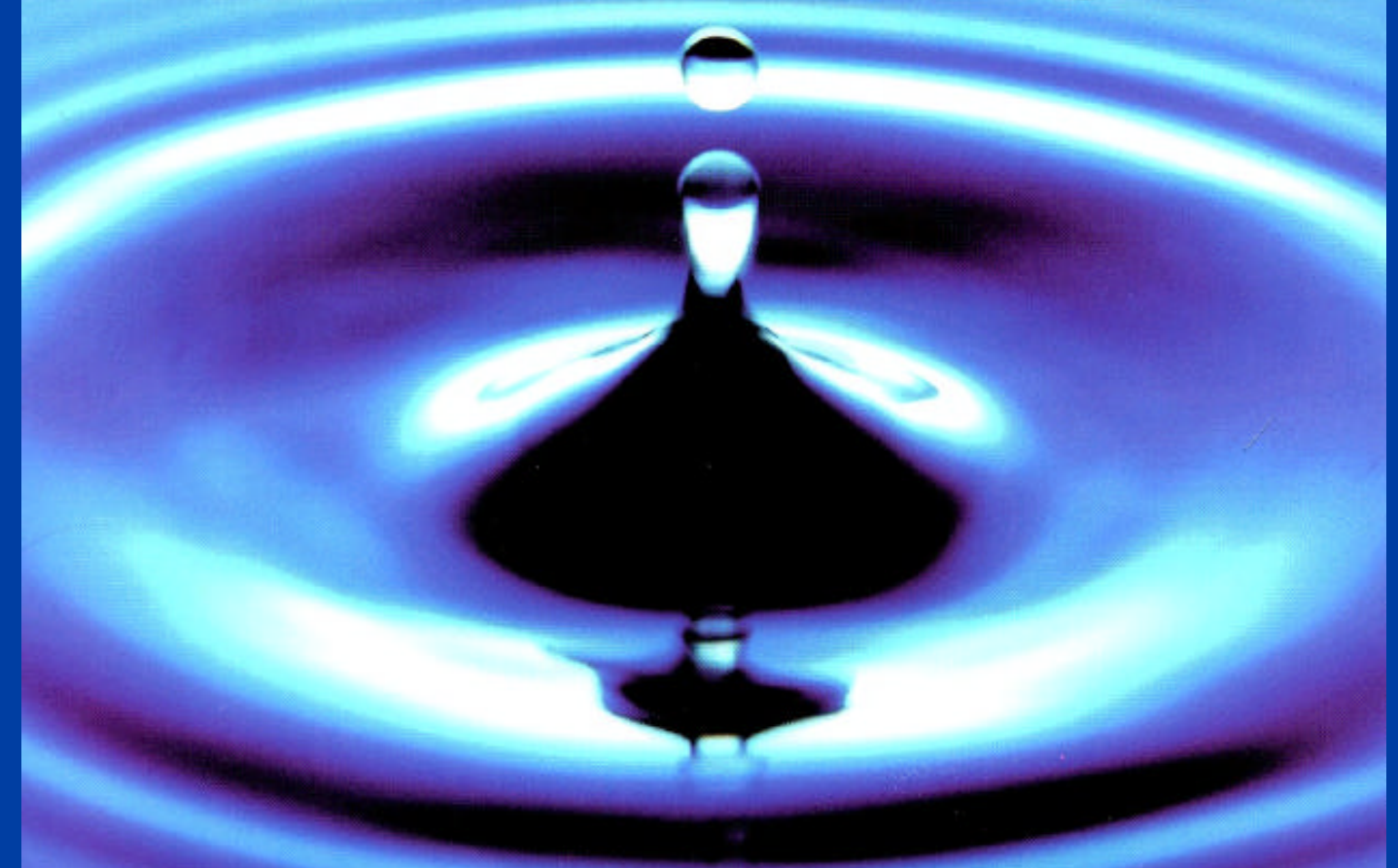
Do you have a big event in your life coming up? Weddings, surgery, job change, expecting, moving or do you want to talk? Do you need prayer? We would love to hear from you!



Scan the QR code above to send a message.

Even a small loss of sensitive data will create...

A SERIOUS RIPPLE EFFECT!



OPSEEC

OPERATIONS SECURITY

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



What do procrastination, perfectionism, lack of moderation, and self-medication all have in common? They are all methods in which we can self-sabotage. Whether we realize we are doing it or not, we can stand in our own way of meeting our own goals or changing our unhealthy behaviors. Our self-sabotaging efforts can negatively affect us at work, at home, in our relationships, and certainly they will take a toll on our mental and physical health.

Why do we self-sabotage? There are many root causes of self-sabotage including low self-esteem, fear of failure, fear of success, fear of commitment, avoidant attachment from a difficult childhood, fear of getting hurt, and struggling with cognitive dissonance (this is when we struggle trying to hold on to two conflicting beliefs/ideas at the same time).

In the BetterUp.com article [How to Stop Self-Sabotaging: 5 Steps to Change Your Behavior](#), some examples of self-sabotaging behaviors are provided:

- *Refusing to ask for help
- *Controlling or micromanaging behavior
- *Picking fights or starting conflicts with colleagues and loved ones
- *Setting goals that are too low or too high
- *Avoiding or withdrawing from others
- *Negative self-talk and extreme self-criticism
- * Making excuses or blameshifting
- * Undermining your goals and values
- * Substance abuse, overspending, or “overdoing it” in other ways
- * Constantly seeking approval
- * Reluctance to speak up for yourself

How do we stop our self-destructive behaviors? We need to be self-aware – objectively assessing our behaviors and asking ourselves if those behaviors are helping or prohibiting us from reaching our goals. For example, if your goal is to maintain sobriety, but you go to a bar that you always drank at – your behavior is not supporting your goal. If your goal is to reduce symptoms of depression, but you are not compliant with your medication or counseling appointments – your behavior is not supporting your goal.

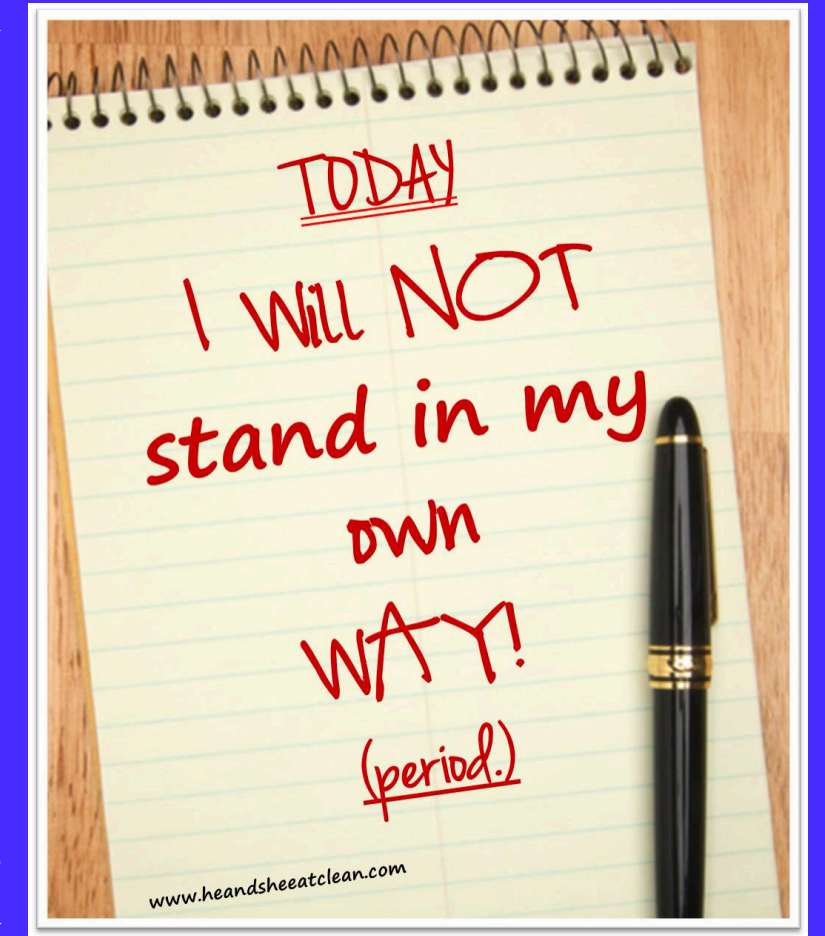
Once you’ve identified the self-sabotaging behaviors you want to change, develop a plan – even write it out – for how you will break these unhealthy patterns. A counselor or life coach can help you with this if needed.

We also need to communicate – voicing our fears to trusted people in our lives, sharing our goals with someone else to help keep us accountable, asking for help when we need it, expressing what we want and need out of our relationships.

There are many wonderful articles, books, and helping professionals if you would like to learn more about identifying and changing self-sabotaging behaviors. I am here to help you get connected with what you need, so please don’t hesitate to reach out – even if you’re “asking for a friend.”

Natalie Pankau, LCSW – Director of Psychological Health (aka DPH) – Moon Hall, Bldg 417, 2nd floor – natalie.pankau@us.af.mil ~ 865-201-8129 ~ available during the Wing work week and UTA weekends

Nothing is too small or too big to come talk about and I can answer any questions/concerns you have about confidentiality, etc before you share anything.





INTERESTED IN JOINING THE 134TH HONOR GUARD?
CALL MASTER SGT. RACHEL HARNESS AT 336-4393 OR STAFF SGT. CHAD DAVIS AT 336-4961 FOR MORE INFO





134th Airman & Family Readiness

PERSONAL FINANCIAL COUNSELING SATURDAY, MARCH 4 0830-1200

PAULA PALMER WILL BE AVAILABLE FOR FREE, PERSONAL FINANCIAL CONSULTING DURING MARCH UTA. WHETHER YOU HAVE SPECIFIC FINANCIAL CONCERNS OR WOULD JUST LIKE TO START MAKING SMARTER MONEY DECISIONS, MS. PALMER CAN HELP!

SESSIONS ARE AT AIRMAN AND FAMILY READINESS, BLDG. 92

**TO SCHEDULE YOUR SESSION, CALL/EMAIL AIRMAN AND FAMILY READINESS
AT 336-3107 OR WILLIAM.CONNER.6@US.AF.MIL**

Dining Facility Employment Opportunity

Successful missions require not only refueling the aircraft, but also refueling the Airmen! There are several positions currently available at the Rocky Top Dining Facility at McGhee Tyson ANG Base!

Food Service Worker - Pay scale: Min-\$1,892.00/month Mid-\$2,367.00/month Max-\$2,842.00/month

Cook 1 - Pay Scale: Min-\$2,083.00/month Mid-\$2,292.00/month Max-\$3,117.00/month

Contact DFAC Manager, Gary Bolden (865-336-4130) or Kaney Buchanan (865-336-4303) for more information, or visit www.tn.gov/careers



(U.S. Air National Guard photo by Master Sgt. Nancy Goldberger)

ANNOUNCEMENT OF VACANCY

MILITARY DRILL-STATUS OFFICER

POC: MSgt Clark Vincent
865-336-3242
clark.vincent@us.af.mil

POSITION: Pilot KC-135R

OPENING DATE: 26 Jan 23

AFSC: 11M3 GRADE: 2LT Thru Major

CLOSING DATE: 15 Mar 23

UNIT: 151st Air Refueling Squadron

- 1. GENERAL REQUIREMENTS AND PROCEDURES:** Rated Pilots, Prior Enlisted personnel, Commissioned Officer in the grade of Major or below (Active or Reserve) or non-prior service civilian may apply if qualified for commission as follows:
- NON-COMMISSIONED APPLICANT AGE:** Due to the length of administrative processing involved in the commissioning process, applicants must be selected by age **31** and be no more than age **33** by the start date of the board's first available **Undergraduate Pilot Training Class (UPT)**. This will allow time for **non-prior commissioned** applicants to graduate from the Officer Training School as an ANG officer prior to attending UPT. **Prior-Commissioned Applicant** must have not exceeded rank-age ceiling. Call MSgt Vincent at 865-336-3242/DSN266-3242 for eligibility clarification.
 - MEDICAL REQUIREMENTS:** Applicants must be able to pass a Flying Class 1 physical (Appointment ANG/AF Commissioning physical).
 - AIR FORCE OFFICER QUALIFYING TEST (AFOQT):** Applicants must have taken the AFOQT and qualify with a minimum score of **Verbal-15; Quantitative-10; Pilot 25; Navigator 10; Sum-50 (Sum is the minimum composite score required by adding both the scores of Pilot and Navigator.)** Applicants must meet or exceed the minimum Pilot and/or Navigator scores to qualify for appointment and attendance of Undergraduate Pilot Training (UPT).
 - EDUCATION:** Applicants require as a minimum a Bachelor's Degree from an educational institute listed in the current Accredited Institutions of Post-Secondary Education. For entry into this specialty, undergraduate degree specializing in physical sciences, mathematics, administration, or management is desired.
 - SPECIALTY QUALIFICATIONS:** Knowledge is mandatory of theory of flight, air navigation, meteorology, flying directives, aircraft operating procedures, and mission tactics. For entry into this specialty, completion of Air Force Specialized Undergraduate Pilot Training (UPT) is required. Must be able to be awarded a Top Secret security clearance.
 - PILOT CANDIDATE SELECTION METHOD (PCSM):** Must complete Test of Basic Aviation Skills (TBAS) to obtain score. **PCSM Score of 10 or higher is required.** PCSM information website: <https://pcsm.aetc.af.mil/>.
 - LETTER OF AGREEMENT:** Applicants must submit a letter of agreement to attend within one year (pending availability of school quotas) of commissioning (or assignment if prior commissioned officer) any initial formal training as listed in the Training Requirements section. **Applications are considered incomplete without this letter (see attachment 1).**
 - COMMISSION REINSTATEMENT:** Prior commissioned officers must be eligible to reinstate commission and retrain. Cross-component service officers will not be required to attend Officer Training School.
 - RATED APPLICANTS ONLY submit the following documentation:** Resume, RIP (personnel date sheet), fitness record, Aeronautical order, Promotion orders, Initial Commissioning Oath Document, AFOQT score, TBAS score and College transcripts. *Also provide a statement if you HAVE or HAVE NOT been passed over for promotion and that you agree to the SPECIAL REQUIREMENT listed in this announcement. **Please email package as one PDF attachment labeled 134th RATED to clark.vincent@us.af.mil**

Top III Council

Top III meeting will not be held this UTA
Join us when we reconvene in March!
Open to all E-7's and above!

JEAA

(Junior Enlisted Advisory Association)

Meeting will be held Sun.

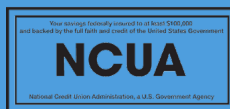
@ 1300 in the CES bldg auditorium

Open to all E-6's & below!

JOIN ETMA FEDERAL CREDIT UNION TODAY FOR FREE



We will put **\$50** in your new account if you add direct deposit!



Retirements

NO FEBRUARY RETIREMENTS

Blue Skies Airmen!

PROMOTIONS

A1C *Leslie Nelson (LRS)*
Austin Galloway (CF)

SrA *Brayden Yates (MXS)*
Harrison McNabb (119)
Zachary Jennings (AMXS)
Matthew Fowler (FSS)

SSgt *Logan Settles (SFS)*
Jared Newvine (119)
Hannah Lombard (MDG)

TSgt *William Wood (SFS)*

MSgt *Aaron Bridget (ARW)*
Matthew Hines (MDG)
Michael Fierley (CES)
Michael Romines (CES)
Johnny Hawthorne (CES)
William Gratz (ARW)
Steven Atchley (119)
Jordon Hackworth (CES)

Chaplain's Cup: "Band of Brothers"

By Maj. Seth Hammond, 134th ARW Chaplain's Corps.

One of the best books that turned into a movie series is "Band of Brothers". Author Stephen Ambrose interviewed several veterans who were members of the Easy Company, 506th Regiment, 101st Airborne. In the series, Ambrose discussed the flow of battle and events of D-Day, but mainly focused on the lives of the troops that were associated with the company. As he interviewed these soldiers, he was intrigued with the bonds that had developed among the members.



The term "band of brothers" came from William Shakespeare's historic play, Henry V. The setting was on the eve of the battle of Agincourt, which fell on Saint Crispin's Day. Henry V urges his men, who were vastly outnumbered, to imagine the glory and immortality that will be theirs if they are victorious against the French. The speech was given to motivate the troops during the Second World War. Here are some of the words from Shakespeare:

"But we in it shall be remembered—
We few, we happy few, we band of brothers;
For he today that sheds his blood with me
Shall be my brother; be he ne'er so vile,
This day shall gentle his condition;
And gentlemen in England now a-bed
Shall think themselves accurs'd they were not here,
And hold their manhoods cheap while any speaks
That fought with us upon Saint Crispin's day."

What do you think about when you hear the phrase, "Band of Brothers?" I think of troops who are united to a common cause. I think of military members who are a part of something bigger than ourselves. I think of being a part of a special group of people who press forward, no matter what the risks.

As a Chaplain, one of the consistent themes I have noticed in counseling and supporting Airmen and their families is the need for friendship. We were not designed to live alone. We were designed for being in community and relationship with others. When I attend promotion ceremonies or retirements, I often hear that Airmen are thankful for their families and their 134th family. And then I hear inspiring and funny stories about other friends they have made throughout their military career.

It is a privilege to be a part of an organization as unique as ours. It is an honor to serve with those who stand beside us, who have been through rigorous training, deployments, TDY's, and exercises. The average American cannot relate to what we do. It is a unique career that we have been called to.

If you do not have a band of brothers and sisters who you can share life's joys and sorrows with, I urge you to reach out to someone today. Like anything, friendship takes effort. It takes time and intentionality. In our busy world, it can be hard to form strong friendships. However, it is well worth putting in the effort!

We often use the phrase, "never leave an Airman behind", or "check on your wingman." I have learned that you never know what people are going through. Every one of us has something going on that is hard. Members of the 134th, I encourage each of you to reach out to someone this month from our unit and check on them. You never know what kind of friendship this could form. What better group of people to bond with than those who are "in the trenches" with us?

134 ARW MEDICAL GROUP

THURS, FRI, SAT - FEB UTA

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 - FEB 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!

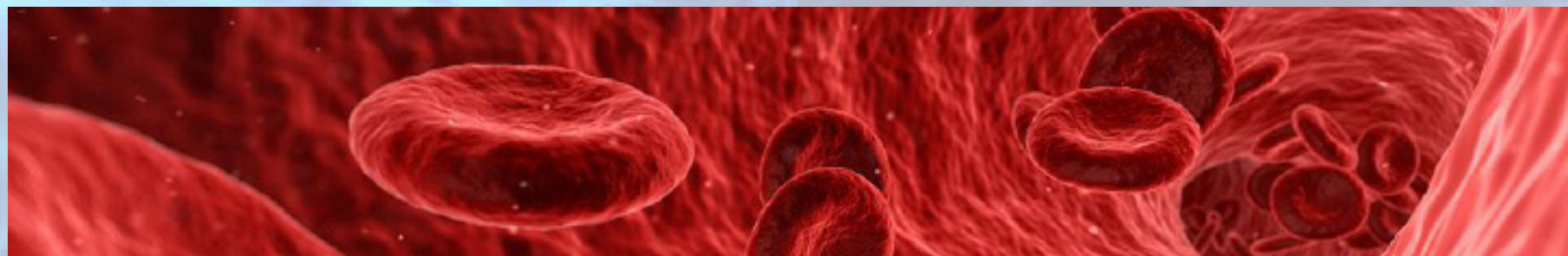
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

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.



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**



ROCKY TOP DINING FACILITY MENU

Thurs 02 Feb

Sauerbraten
Pineapple Chicken
Brown Rice
Mashed Potatoes
Roasted Veggies
Peas
Corn

Fri 03 Feb

Paprika Beef
Ham Steak
White Rice
Sweet Potatoes
Sauteed Mushrooms
Carrots
Gravy

Sat 04 Feb

Chicken Tetrazzini
Diced Pork
Rice
Mashed Potatoes
Corn
Broccoli
Gravy

Sun 05 Feb

Salisbury Steak
Fried Catfish
Mac & Cheese
Potato Wedges
Green Beans
Cauliflower
Fried Okra