



# THE VOLUNTEER

January 2020



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:

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

This magazine is an authorized publication for members of the U.S. military services. The content is edited, prepared, and provided by the McGhee Tyson ANG Base Public Affairs Office. The contents of THE VOLUNTEER are not necessarily the official views of, or endorsed by, the U.S. Government, DOD, or the Department of the Air Force. THE VOLUNTEER welcomes any articles and ideas that will help improve the content. If you have questions or comments, please contact Lt. Col. Travers Hurst, CCE/PAO at extension 336-3205, or [travers.c.hurst.mil@ang.af.mil](mailto:travers.c.hurst.mil@ang.af.mil).

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

Cover: Santa waves to the crowd during the Children's Christmas party in December. (U.S. Air National Guard photo by Master. Sgt. Jonathon Young)

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: 'Flu', 'Cup', 'Paper Heart', and 'Snowflake' courtesy of Pexels.com

'Santa Cops' (U.S. Air National Guard photo by Staff Sgt. Melissa Dearstone)

'Thunderbirds' courtesy of DVIDShub.net

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



# 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.

# In this issue:

3



## The 18th annual Santa Cops

Volunteers returned to the East Tennessee Children's Hospital to spread holiday cheer December 3rd.

4



## 241st EIS wins award

The 241st EIS received the Meritorious Unit Award in a ceremony December 8th.

5



## Yes, it's flu season

Maj. Jennifer King explains the ins and outs of the flu, and how best to protect yourself from catching it.

6



## Christmas Party

The 134th Air Refueling Wing celebrated the season with our annual party for Wing members and family.

7



## The Chief's Corner

Meet  
Command Chief  
Master Sgt.  
Mike Johnson

8



## The Chaplain's Cup

What do you  
value?

9



## JEAA Blood Drive

Have a heart,  
give blood  
Feb UTA!

10



## Medical Group Hours

Medical Group  
hours, notes,  
and more

11



## Take Note!

Service hours,  
DFAC menu...  
it's all here!

12



13



## Winter Safety

Emergency  
Management  
tips for winter  
weather



# SANTA COPS SPREAD CHEER AT EAST TENNESSEE HOSPITAL

*by Staff Sgt. Melissa Dearstone, 134th ARW Public Affairs*



Knoxville Airmen kicked off the holiday season by delivering gifts to over 65 children at the East Tennessee Children's Hospital.

Members from the 134th Security Forces Squadron accompanied Santa and Mrs. Claus as they visited children and their families.

This year Santa Cops raised over \$10,000 to use towards gifts for the children and their siblings.

"The Santa Cops process begins at the beginning of the year when Airmen start hosting fundraisers, and collecting donations base-wide in order to fulfill the children's wish list during the holiday season," said Senior Master Sgt. Joey Hungate, superintendent of the 134th SFS.

This year's event held even more special meaning than in the years past. The 134th SFS Airmen endured the unexpected loss of one of their own, Master Sgt. Gabriel Griffin, and the loss of the young daughter of Staff Sgt. Tyler Brown. With Santa Cops, they were able to remember those Airmen and their families. While traditionally played by Wing members, this year Griffin's pastor and the pastor's wife played Santa and Mrs. Claus.

Also honored was Brown's young daughter, Braylee, who passed away earlier this year.

"SSgt. Brown's daughter was named Braylee, and everyone used to call her Braylee 'Bee,'" said Hungate. "In honor of her, we are passing out stuffed bees to patients on behalf of the Brown family."

Cheryl Allmon, ETCH director of volunteer services and programs, said the event brings the spirit of Christmas to life throughout the hospital.

"It's an incredible event," said Allmon. "A lot of times the children here are so sick and they don't want visitors, but suddenly there's Santa and all these fellows in camouflage bringing gifts and the kids just light up."

Santa Cops not only brings joy to the children and their families, but also to the volunteer Airmen.

"My favorite thing about Santa Cops is being able to give back and make the kids and their family's day," said Staff Sgt. Cody Watson, member of the 134th SFS.

"The difference the defenders and the Wing make for patients, siblings, and parents is hard to put into words," said Maj. Matthew Bailey, commander of the 134th SFS. "It is truly a humbling experience that will forever be engraved in my heart."

The 134th Air Refueling Wing would like to thank the East Tennessee Children's Hospital, as well as the local community, for the opportunity to volunteer and support the community.

*(U.S. Air National Guard photos by Staff. Sgt. Melissa Dearstone)*



# 241st EIS receives unit award

by Tech. Sgt. Daniel Gagnon, 134th ARW Public Affairs

The 241st Engineering Installation Squadron, a geographically separated unit of McGhee Tyson ANG Base located in Chattanooga, was awarded the Meritorious Unit Award Dec. 8, 2019.

The 241st EIS distinguished itself by exceptionally meritorious conduct in the performance of outstanding service to the United States in direct support of combat operations at the United States Central Command Area of Responsibility Jan. 1 to Dec. 31, 2018.

The MUA is awarded to Air Force active duty, reserve, and guard units for exceptionally meritorious conduct in the performance of outstanding achievement or service, in direct support of combat operations, for at least 90 continuous days during the period of military operations against an armed enemy of the United States on or after Sept. 11, 2001.

“It is hard to put into words how proud I am for the Airmen of the 241st EIS. They never cease to amaze me in their efforts to be the best,” said 241st Commander Lt. Col. David Moss. “Our Airmen receiving this prestigious award, normally given to Group level or above, does not surprise me because I have the privilege to see their work every day, whether it be home-station, CONUS bases, or in contingency areas of responsibility.”

The 241st is one of six units to receive the MUA in 2019, and the only non-flying unit. The 241st EIS has six Air Force Outstanding Unit awards, but this is the unit’s first MUA. This year they have also received the General Mark Welsh III Award and the Air Force Association TNANG Unit of the Year.

“This is the first Engineering Installation

organization, that I know, that has received the MUA. It’s incredible and the Airmen of this organization make that happen each and every day,” said Tennessee Assistant Adjutant Gen., Air, Col. Jason Glass. “It’s the Airmen that get out there, work the austere environments and do the hard work that lay the infrastructure that allows the Air Force to be able to do their flying mission.”

During a deployment, the unit aggressively responded to demand signals in two combat theaters, completing an unprecedented number of highly-complex cyberspace projects essential to counter-terrorism operations. Their relentless efforts facilitated early tactical to enduring conversion of key base communication infrastructure while enabling the expansion and acceleration of OPERATION INHERENT RESOLVE objectives.

To receive this award a unit must display such outstanding devotion and superior performance of exceptionally difficult tasks as to set it apart and above other units with similar missions. The degree of achievement required is the same as that which would warrant award of the Legion of Merit. Superior performance of normal mission will not alone justify award of the MUA. Service in a combat zone is not required, but service must be directly related to the combat effort. Squadrons, groups, and wings may be recommended for this award.

*Top: Lt. Col. David Moss salutes Tennessee Assistant Adjutant Gen., Air, Col. Jason Glass, after receiving the Meritorious Unit Award.*

*Middle: Col. Jason Glass places the streamer for the MUA on the 241st EIS guidon.*

*Bottom: Members of the 241st EIS listen to Col. Jason Glass as he speaks about the importance of their achievements.*

*(U.S. Air National Guard photos by Tech. Sgt. Daniel Gagnon)*





# Happy New Flu... er, Year!

*by Maj. Jennifer King, 134th Medical Group*

## Happy Flu Season!

Once again, the misery that is influenza is ramping up, and social media is exploding with controversy and misinformation. What is not controversial is how to prevent yourself and your loved ones from contracting the flu and how to treat it should you fall ill. Starting with the basic characteristics of our viral adversary, it is in fact a virus, meaning antibiotics do NOT treat it and thus, prevention and symptomatic support are key. Flu is highly contagious, meaning it is easy to spread from person to person via respiratory droplets. The typical flu involves fever, chills and body aches, plus respiratory and or gastrointestinal symptoms (runny nose, cough, congestion and/or vomiting, diarrhea). Symptoms typically start 1-4 days after exposure and the ill person is able to spread the virus to others from 1 day prior to onset of symptoms to 4-5 days after symptom onset (kids can actually spread it up to a week or so).

## How can we protect ourselves and our loved ones?

Obviously, we have all had the flu shot, but make sure your family gets it as well. Having your immune system pre-programmed to recognize and fight the virus from the get-go helps. The respiratory droplets that spread the virus are released into the air up to 6 feet away when we talk, cough or sneeze. These droplets are either inhaled into our lungs or remain alive on our clothes or on surfaces such as counters and door handles for 2-8 hours. We then touch these surfaces, followed by touching our eyes, nose or mouths, we transport the virus into our bodies. Thus, if ill individuals remain home, “quarantine” themselves, wash their hands often and cover their mouth and nose with a mask while in public, the virus is less likely

to go anywhere. From the other side, if healthy individuals wear a mask and wash their hands frequently when around known illness, they are less likely to contract it. This advice is great for known illness, yet the most contagious time is before people realize they are ill and this is where behavioral changes have the greatest effect. As with all viral illnesses (stomach bug too), one of the biggest changes you can make to protect yourself is to wash your hands with soap and water before eating, after using the bathroom and after touching public surfaces (shopping carts, door handles, electronic signature pens, etc). Hand sanitizer works, but is also very drying, so use it only when soap and water are not available. The other biggie is to STOP TOUCHING YOUR FACE! I just screamed this in caps because I need someone to yell it at me too! Even when the germs are on your hands, if you don’t touch your face and you wash your hands before you eat, they don’t get in. This one is HUGE!

## What if you are already sick?

Eat well, push fluids, get quality rest and monitor your symptoms. How do you know the difference between a cold, the flu and a life threatening process? In recent years, some of the typical flu symptoms have been lacking, making it harder to say “This is the flu,” or “This is just a virus.” Thus, if you feel sick, just go to your doctor and let them run the flu test (it’s a simple nose swab that feels weird, but isn’t painful). We have anti-viral medications that can shorten the course and lessen the severity, but they need to be started as soon as possible or they won’t work. Whether you take these meds or not, and whether you have the flu or some other illness, the same principles apply for when it’s time to seek advanced medical care. Any fever that will not break with Tylenol/Motrin, any trouble breathing

(don’t assume it’s “Just the flu”), dehydration (trouble keeping fluids down, decreased urination, fast heart rate or impressive weakness) and getting suddenly worse or getting worse again after you were starting to feel better needs to be seen immediately.

The above-described conditions: over-functioning of the immune system, respiratory distress, dehydration and secondary bacterial infection are what lead to higher death rates from the flu. When caught early, they can be treated much easier and with more success than when treatment is delayed. Do NOT try to tough it out if you have these symptoms. Seek medical care sooner rather than later, and have a safe and happy new year.







# Christmas Party

Families joined 134th Air Refueling Wing members for a Christmas party during December UTA. Here are just a few of the photos from the event.







# THE CHIEF'S CORNER

**Get to know your Chief!**

**Featuring: Command Chief Master Sgt. Michael Johnson**



- 1) Full name: Michael Morgan Johnson
- 2) Nickname: I have two: the first is "Mikie", the second is "New Guy"
- 3) Years in the military: 28
- 4) I came into the military as a Crew Chief.
- 5) Favorite food: Eggs and Steak
- 6) Family: I have been married for 21 years to my wife, Michelle. We have four children: Mattie is 17, Maggie is 16, Michael is 14, and Mollie is 13.
- 7) My hobby is woodworking.
- 8) My favorite vacation spot: Big Canoe, Georgia
- 9) Person who influences your military career most and why? Col Jason Brock: For the last 15 years or more he challenged, mentored and supported me beyond what I ever thought was possible. His work ethic and dedication inspired me through the many positions and responsibilities that I found myself in.
- 10) One lesson I would like to tell my younger self: Stay the course, do the right thing, and learn as much as you can.



# The Chaplain's Cup

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



2020

Life is short.

Take the time to value what  
is right in front of you.

Years ago, the Washington Post wrote a story about what we value. One morning, in the middle of rush hour, the Washington Post placed Joshua Bell, one of the world's greatest violinists, on a subway platform, dressed in casual clothes. Into his skilled hands they placed a \$3.5 million violin designed by Antonio Stradivari in 1713. He then proceeded to play the most complicated, amazing arrangements of music. Can you guess how many people paused during their commute to take in a concert that would normally cost hundreds of dollars in one of the world's greatest concert halls? The answer is seven.

More than a thousand people passed Bell as he played, and only seven people stopped to listen. Authors Ori and Rom Brafman, in their book *Sway*, said of this story, "As they passed by Bell, most subway riders didn't even glance in his direction. Instead of hearing an outstanding concert, they heard street music."

Here he was, a world-class musician playing a free concert, and people were too busy to take the time to notice the excellence that was in front of them.

What are the valuable things in your life that you are too busy to notice? Is it your spouse, your children, a sibling, or a friend? In a fast-paced and hectic world, we are often so busy looking ahead at what's next that we do not stop for a moment to see what is right in front of us.

For 2020, I encourage you to take some time to look around you and see all the valuable things in your life and thank the Lord for them. Make sure to stop and embrace what is valuable and don't be in such a hurry worrying about what is coming next. Life is short. Take the time to value what is right in front of you.



**J E A A**  
**presents the**

# **Blood Drive**

## **Saturday**

**Feb. 15th**

**From 1000 to 1600! 15-minute slots**

**Group with the most donations (percent) wins**



# MEDICAL HOURS

PLEASE REFER TO LISTED HOURS FOR SERVICES AT THE 134TH MEDICAL GROUP

## SATURDAY

PHYSICAL HEALTH ASSESSMENTS (PHA)  
0815-1130

FITNESS FOR DUTY EVALUATIONS  
0830-0900

FLU SHOTS  
0830-0930

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

RCP PDF LINE-AEROPORT-  
BUILDING 102  
0900

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

## 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



**JEAA will be meeting in McKinely Hall, room 104, at 1215 Sunday, January 12. See you there!**



TAKE NOTE

ROCKY TOP MENU

Saturday:

Cilantro Lime Chicken  
Steak and Gravy  
Mashed Potatoes  
Rice Pilaf  
Grilled Chicken  
Burgers/Hotdogs  
Carrots /Beans  
Tater Tots/French Fries  
Chili Baked Beans

Sunday:

Savory Herb Pork  
Mustard Dill Fish  
Brown Rice/Sweet Potatoes  
Peas/Collard Greens  
Grilled Chicken  
Philly Cheese Steak  
Peppers & Onion  
French Fries  
Wedges



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!**

KC-135r Pilot  
Force Support Squadron 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

**Top Three is meeting in the Maintenance conference room at 1400 on Sunday, Jan 12.**







# Promotions

## Colonel

Bart Wilder                      MXG

## Captain

Aaron Hamby                      LRS  
Scott Brock                      CPTF

## Chief Master Sergeant

Jason Graf                      HQ

## Senior Master Sergeant

Andrew Schneider                      LRS  
Justin Hughes                      AMXS

## Master Sergeant

Jason Parris                      FSS

## Technical Sergeant

Lyndsie Viola                      MXG  
Joshua Eidson                      OSS  
Matthew Cross                      OSS  
Thomas Phegley                      MDG  
Micah Manuel                      CES  
Elisha White                      HQ  
Chad Humphrey                      AMXS  
Chad Beeler                      AMXS

## Staff Sergeant

Kristin Byrum                      OSS  
Hayden Chandley                      CES  
Laural Reagan                      FSS

## Senior Airman

Alexander Stewart                      119th  
Abigail Jones                      LRS  
Jeremy Johnston                      CES

## Airman

Donald Watson                      LRS  
William Purdy                      LRS



EMERGENCY MANAGEMENT NEWS  
JAN 2020

Information  
EM OFFICE:  
865-336-3219

Contact the EM  
Office with any  
questions about this  
newsletter or any  
other EM issues.

IN CASE OF  
EMERGENCIES

BDOC:  
865-336-3091

FIRE:  
865-336-3315

COMMAND POST:  
865-336-4371

The State of TN  
requires a burn  
permit from October  
15 through May 15,  
anyone starting an  
open-air fire within  
500 feet of a forest,  
grassland, or  
woodland must by  
law secure a burning  
permit from the  
Division of Forestry.

WINTER STORMS &  
EXTREME COLD



WHAT IS A WINTER STORM?

A severe winter storm is a storm that drops four or more inches of snow during a 12-hour period, or six or more inches during a 24-hour span

Winter Storm Facts

- All winter storms are accompanied by low temperatures and blowing snow which can severely reduce visibility.
- A winter storm can range from moderate snow over a few hours to blizzard conditions with blinding wind-driven snow that lasts several days.
- Elderly people account for the largest percentage of hypothermia victims. Many older Americans literally "freeze to death" in their own homes after being exposed to dangerously cold indoor temperatures, or are asphyxiated because of improper use of fuels such as charcoal briquettes which produce carbon monoxide.

Know the Terms

**Winter Storm Watch** - Indicates that severe weather may affect your area.

**Winter Storm Warning** - Indicates that a winter storm is occurring, or will occur in your area.

**Freezing Rain** - Rain that freezes when it hits the ground creating a coating of ice on roads, walkways, trees, and power lines.

**Sleet** - Turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

**Wind Chill** - Calculation of how cold it feels outside when the effects of temperature and wind speed are combined.

**Blizzard Warning** - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow are expected for a period of three hours or longer.

**Frost/Freeze Warning** - Below freezing temperatures are expected.

**Heavy Snowfalls** - Snow accumulation of four inches in a 12- hour period or six inches in a 24-hour period.

**Ice Storms** - Occur when freezing rain falls from clouds and freezes immediately when it touches the ground.



THINK OPSEC