



THE VOLUNTEER

JANUARY 2023

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ABOUT THE VOLUNTEER

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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.hurst@us.af.mil.

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Cover: The F-86 Sabre jet static display in the 134th ARW air park sits covered in frost on a cold winter morning. (U.S. Air National Guard photo by Airman First Class Ben Cash)

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



2023 is here!

Happy New Year!



Delta 8

Illegal to military members!



Interested in Honor Guard?

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



Chaplain's Cup

Battle Rhythms of Resilience

Columns



A word from your DPH

The importance of boundaries



Blue Skies Airmen!

January Retirements



Rank Up!

January Promotions



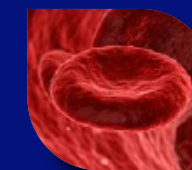
Top III & JEAA Meetings

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



It's 2023. Where y'at?

Airman & Family Readiness



Medical schedule

January 134th MDG Schedule



134TH AIR REFUELING WING

MCGHEE TYSON ANG BASE

KNOXVILLE, TENNESSEE



HAPPY NEW YEAR!

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



I hope you all enjoyed wonderful holidays, and I wish you an amazing year ahead! As you think about things you want to do this year, I encourage you to evaluate your boundaries. An odd sounding request, I know, but the boundaries that we establish and enforce in our lives are so important to our overall well-being. Boundaries help us to define appropriate behaviors and limits so that we feel safe, respected, and comfortable. Without boundaries (or without enforcing boundaries that we have set) we can feel resentful, hurt, anxious, angry, or violated – none of which helps us to maintain our well-being.

There are many types of boundaries, but I want to highlight three:

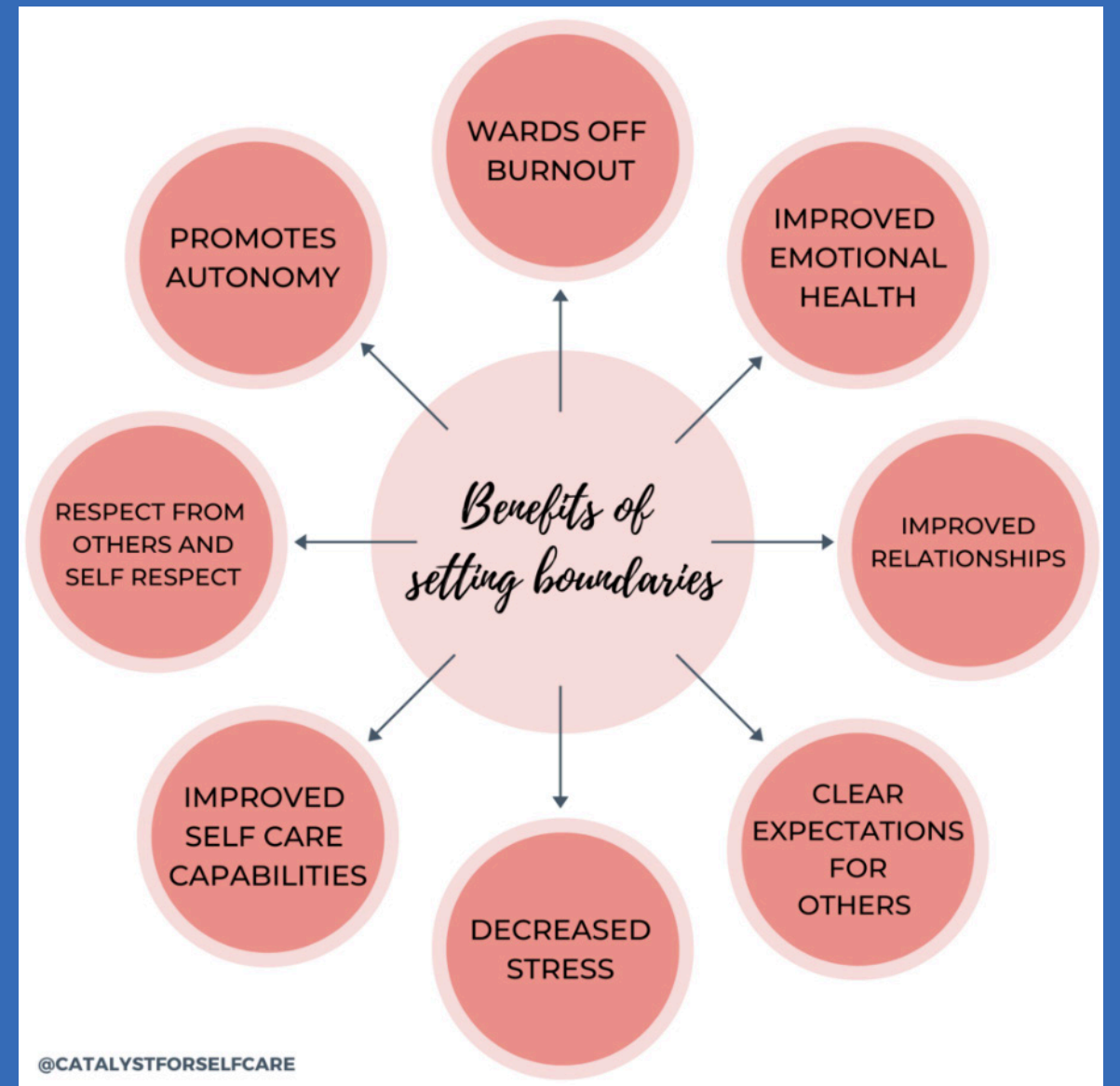
Time – setting boundaries with our time helps us to feel organized, in control and prevents us from taking on more that we are able to do. This often requires the ability to say “no”, which is quite challenging and uncomfortable for many. However, with practice, it gets easier.

Resources/Finances – setting boundaries with your spending (aka - a budget) can also help you feel in control and organized, as well as reduce stress and worry. Boundaries with your resources can also be helpful. For example, if you have a friend who regularly borrows your stuff but never returns it, set a clear boundary with that friend before they ask to borrow anything else.

Relationships – boundaries in relationships of all kinds (intimate, family, and work) help to clearly identify where one person ends and the other begins, as well as help to ensure that both parties feel seen, heard, and understood. Privacy, personal time & space, give-and-take, and mutual respect are just a few of the areas where boundaries are important in relationships.

There are many books and articles available to help you learn more about boundaries and how to set and enforce healthy ones, as well as to identify unhealthy boundaries. Learning skills and building your confidence to address boundary violations directly will promote your overall well-being by reducing stress, anxiety, anger, irritation, and resentment.

As always, I am here for YOU! Please don't hesitate to contact me if there's anything on your mind that you would like to discuss, or if there are resources or information that you need. I am happy to help! I am available during the week and on drill weekends. You can reach me by phone (865-201-8129) or via email (Natalie.Pankau@us.af.mil). My office is located in Moon Hall, Bldg 417, 2nd floor.



Did you see the billboard that promotes Delta 8 on the interstate?

That's Delta 8 THC, which is prohibited to be used by all service members! Remember to be wise and avoid anything that can curb your career!

If you have a question, please do not hesitate to get some advice from your Wing Drug Demand Reduction Program (DDRP) manager, Mrs. Jodi Carr, or from providers at the 134th ARW Medical Group. We are here for you and want to minimize any disruption to your service. We need each and every one of you to get the job done!

Col Pat O'Brien, USAF, MC, SFS
Chief Medical Review Officer, NGB DDRP
Chief of Aerospace Medicine/SGP



(Photo courtesy of Pixabay)

Retirements

Lt. Col. Brian Martin (ARW)
CMSgt. Robert Belcher Jr. (241st)
MSgt. Bill Rawls (MDG)
MSgt. Glenden Weaver (LRS)

Blue Skies Airmen!

PROMOTIONS

SrA Emma Ullius (AMXS)
Alleyah Lynch (SFS)
Robert Baker (SFS)

TSgt Stone Waters (FSS)
George Burr (MDG)

SSgt Chantal LeBon (ARW)
Ethan Steele (241st)
Colton Edlin (151st)
Christopher Wilkes (MXS)
Heather Aufderheide (MDG)
Stacy Clark (CES)

MSgt Eric Norman (CES)

1st Lt Rodney King (119th)
Jessica Vincent (CPTF)

It's 2023. Where y'at?

By Bill Conner, 134th ARW Airman & Family Readiness Manager



If you've spent any time in New Orleans, you might have heard locals saying "Where y'at?" when they greet each other. I love this phrase, because they're not asking where someone is physically located, they're asking how they're doing, and where they are emotionally and mentally. "Where y'at?" is a bit like the buddy-checks we try to keep up with in the military, it just sounds a lot cooler.

As we get rolling into 2023, the new year is a perfect time to ask ourselves "where we're at". Yes, I know we're starting off this year very committed to eating better and working out more and by summer we'll all look like Avengers, but outside of our New Year's fantasy resolutions, how often do we start a year by assessing "where we are"? Are we where we want to be in terms of our health, our family lives, our careers, our education, our finances? Chances are pretty good that there are areas where you'd like to make some changes and see some improvements. That's fine, if you can see where the opportunities are for making the improvements and deciding when and where to make them happen.

Sometimes, though, you might not be able to see how you're going to make the changes. If that sounds familiar, ask yourself if it's you, the situation, or could it be your location? Could it be, literally, "where y'at?" A bottle of water at a grocery store is 50 cents, from a vending machine it's 2 bucks and at a sporting event or concert it's somewhere between 10 and 100 dollars. It's the same bottle of water but in a different situation and location things change dramatically.

Similarly, my daughter is graduating from college this year, her GPA is around 3.8. She works hard but she will be the first to tell you she is not inherently academic. The difference is that since her first semester she's been surrounded by friends who have a similar work ethic, and instead of goofing off and scraping by, she and her friends have all done great with their courses. The proximity to one another, the location, is playing a large role in her success as a student.

As you look at your goals and resolutions this year, also look to see if you're located in your best places for success. Talk to your friends and your mentors about their successes and how they got there, and don't hesitate to ask about shortfalls and what you can do to avoid making the same mistakes. As a professional Life Coach, I'm happy to work with you on developing goals that have real action plans attached to ensure you best chances for success. Let's work together in 2023 to make sure that "Where y'at" is exactly where you want to be. Happy New Year!



Top III Council

Top III meeting will be held Sat. UTA
@ 1045 in Bldg 102 (briefing room)
Open to all E-7's and above!

JEAA

(Junior Enlisted Advisory Association)

Meeting will be held Sun. UTA
@ 1300 in Bldg 320 (CES) briefing room

Open to all E-6's & below!

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.



OPSEC

IT DOESN'T PAY, TO LOOK THE OTHER WAY



**KNOW WHAT CRITICAL
INFORMATION TO
PROTECT**

**CALL
CAPABILITIES
ACTIVITIES
LIMITATIONS
INTENTIONS**

Chaplain's Cup: Battle Rhythms of Resilience

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

In December 1903, after many attempts, the Wright brothers were successful in getting their “flying machine” off the ground. Thrilled, they telegraphed this message to their sister Katherine: “We have actually flown 120 feet. Will be home for Christmas.” Katherine hurried to the editor of the local newspaper and showed him the message. He glanced at it and said, “How nice. The boys will be home for Christmas.” He totally missed the big news--man had flown!

Christmas time is a time for us to rest, recharge, and reset. It's a time where most of us will be with family, take time off work, and enjoy a break. There are a lot of great things about this season that make it “the most wonderful time of the year”: the lights, the carols, the presents, and the food. It would be easy for us to get caught up with all the festivities of Christmas that we forget the big news of why we celebrate Christmas as a national holiday.

On the night Jesus was born, we learn from Luke 2:10-11:

And the angel said to the shepherds, “Fear not, for behold I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.”

The people of God thought a King was coming to deliver them from the Roman oppression they were under, but this King would not bring war, He would bring peace on earth. He would come to offer forgiveness of our sins and would bring peace to our troubled souls.

Many of us today are filled with anxiety and stress. All the “aches” in life get to us from our heartaches, headaches, backaches, and bellyaches. One doctor said, “You don't get stomach ulcers from what you eat, you get ulcers from what is eating you.”

If the difficulties of this life are weighing you down, I would encourage you to remember the reason for the season. Remember there is a King who brings peace for our souls and peace for our struggles. Find hope in the Lord and focus on your spiritual resiliency this season. Don't allow all the fun things of Christmas to drown out the most important. Don't miss the big news!





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



134 ARW MEDICAL GROUP

SATURDAY UTA - 07 JAN

- 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 UTA - 08 JAN

- 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!

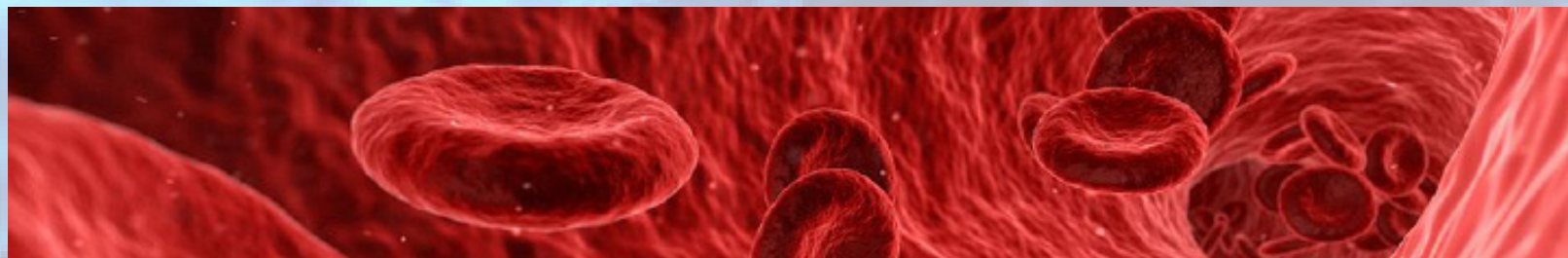
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

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

Saturday 07 Jan

Cilantro Lime Chicken
Salisbury Steak w/Gravy
Mashed Potatoes
Rice Pilaf
Asparagus
Carrots
Pinto Beans
Hamburgers
French Fries

Sunday 08 Jan

Savory Herb Pork Chops
Mustard Dill Pollock
Brown Rice
Sweet Potatoes
Roasted Carrots
Hoppin' John
Greens
Grilled Chicken
Tater Tots