



THE VOLUNTEER

JUNE 2023

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ABOUT THE VOLUNTEER
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Cover:
A KC-135R Stratotanker preps for takeoff during an exercise at McGhee Tyson ANG Base, Tennessee (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

This page:
The minuteman statue stands ready, with flags waving in the background, at the entrance to McGhee Tyson ANG Base, Tennessee (U.S. Air National Guard photo by Senior Master Sgt. Senior Master Sgt. Kendra M. Owenby)

Body:
Chaplain's cup, Dietary Supplements, Medical schedule, flags, Rocky Top DF Menu page food photos, prescription drug photo & red blood cells images courtesy of Pixabay.com

Air Force Thunderbirds' photo courtesy of DVIDShub.net



134th Air Refueling Wing

Volunteers

VISION

“Volunteer Ready”

FEDERAL MISSION

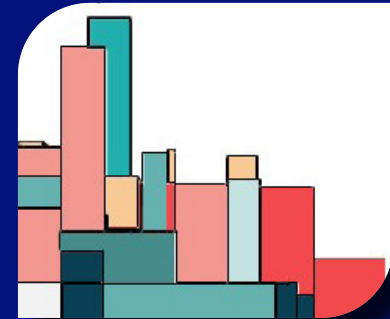
Support rapid global mobility & sustainment by providing world-class personnel, vital air refueling & airlift capabilities for contingency response & sustained combat operations

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 Focused Lethality
AFSC & Readiness Focused Training
Developing Multi-Capable Airmen
Intentional Use of Airman’s Time
Wrapped in a Culture of Safety*



Features

Volunteer Ready!

Building Multi-Capable Airmen!

Personal Financial Counseling

Get smarter with your \$\$\$

Graduates!

Join the class of ‘22/’23 Photo Shoot!

Got a Resume?

Employment & Career Counselor on-site this weekend!

Columns

A word from your DPH

PTSD Awareness Month



Rank Up!

June Promotions



Blue Skies Airmen!

June Retirements



THINK OPSEC!!!

Your adversaries are watching!



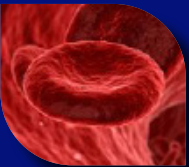
Top III & JEAA Meetings

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



Medical schedule

June MDG Schedule





VOLUNTEER READY!

134th Airmen from different career fields, including Maintenance, TMO, Logistics Readiness Squadron, and Aerial Support, took part in the first Multi-Capable Airmen (MCA) training May 7. The goal in the new training is for Airmen to gain proficiency in expeditionary skills such as, forklift driving, pallet building, and cargo tie down, and being capable of accomplishing tasks outside of their core Air Force specialty. This allows for Airmen to become more diverse and MISSION READY!



PERSONAL FINANCIAL COUNSELING

SATURDAY, JUNE 3 0800-1300

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

SESSIONS ARE AT MILITARY AND FAMILY READINESS, BLDG. 92

**WALK-INS WELCOME, CALL/EMAIL MILITARY AND FAMILY READINESS
AT 336-3107 OR WILLIAM.CONNER.6@US.AF.MIL FOR DETAILS**

The TOP III Council Presents:

Speed Mentoring

When: 3 June 2023

1300-1400

Where: BLDG 102, Conference Room

All JEM & JEAA Members, and any TSgts and
below are invited to attend!

Featuring Special Guests:

Mr. Bill Conner, Family Readiness Manager

Chief Bertie Wiggins, Force Development

Superintendent

Ms. Natalie Pankau, 134th ARW DPH

Major Seth Hammond, Chaplain

We hope to see you there!

Promotions

A1C *Tevin Tipps - 134th CES*

Travis Ferrell - 134th CES

Joshua Kay - 119th COS

SSgt *Conner Smith - 134th MXS*

Christopher Hayes - 134th MDG

TSgt *Kayla Roe - 134th MDG*

William Roberts - 134th CES

Brad Watts - 134th MOF

SrA *Mattie Johnson - 134th AMXS*

Austin Meadows - 134th AMXS

Sebastian Whittle - 134th LRS

MSgt *Robert Chance - BAND*

Melissa Dodson - 134th MDG

Natasha Hoffman - BAND

Stephen Sullivan - 134th FSS

Brandon Hill - 134th LRS





GRADUATES!

Join the Class of '22/'23 Photo Shoot!

**Are YOU a Fall 2022/Spring 2023 college graduate?
The 134ARW and Military & Family Readiness want to
recognize your accomplishment with a class photo!**



Saturday, June 3, 1100 at the Airpark

Don't forget your cap and gown, and any other regalia you've earned!
We'll have extra red, white, and blue military graduate cords available.

Questions? Call Bill at Military & Family Readiness, (865) 336-3107.

Retirements

CMSgt. Kevin Trostle - 134 COMM
SMSgt. Thomas LaRue - 134 LRS
SMSgt. Freddie Franklin - 134 LRS
MSgt. David Hesson - 119 COS
MSgt. Charles Choat - 134 SFS
MSgt. Frank Dell - 134 LRS
MSgt. James Buchanan - 241 EIS
TSgt. Edward Kiely - 134 MXS

Blue Skies Airmen!

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**

THINK OPSEC!

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



Welcome to June and its warmer weather, longer days, beautiful flowers, and (hopefully) some time off to rest and relax. June is also Post Traumatic Stress Disorder (PTSD) Awareness month. I wanted to take the opportunity to highlight that there are several evidence-based, effective treatments available. As we continue to work on breaking down barriers and stigma around mental healthcare, it is imperative that everyone knows that you can get help and treatment to reduce symptoms and FEEL BETTER!!! You DESERVE to have the highest quality wellbeing, so if you are experiencing PTSD symptoms please read on to learn about some possible treatment options (for the sake of article length, this is not an exhaustive list).

Eye Movement Desensitization & Reprocessing (EMDR) – this treatment is available with EMDR-certified therapists in person or via telehealth, or there's also VirtualEMDR.com, which is an online program you work through on your own. This article does a great job explaining the treatment and theories behind what is happening in the brain that makes the treatment so effective: <https://psychcentral.com/health/emdr-therapy#how-does-it-work>

Prolonged Exposure Therapy – this is a type of cognitive behavior therapy that is completed with a trained provider (psychologist, clinical social worker, professional counselor). The idea behind it is that by avoiding things that remind us of a traumatic experience, we reinforce the fear of the experience – so if we are guided and gradually exposed (imagined and/or in real life) to those triggers, we can overcome the fear attached to them, thereby decreasing symptoms of PTSD.

Medications –Per the American Psychological Association, current evidence is strongest to support sertraline (Zoloft), paroxetine (Paxil), fluoxetine (Prozac), and venlafaxine (Effexor) as medications for PTSD treatment.

I am more than happy to help find you treatment providers who are in network with your insurance, accepting new patients, and accessible where you live if you want to see someone in person. Please don't hesitate to contact me and let me know if you would like information or resources, or if you have any questions. I am here for YOU!

FREE therapy is also available at the Vet Centers and McNabb Military Services, as well as at the VA Medical Clinic, for those who qualify for VA services.

Check out the VA's website to learn about ways that you can learn and spread awareness about PTSD: <https://www.ptsd.va.gov/PTSD/understand/awareness/index.asp>. PTSD Coach is just of many free apps offered by the VA. Natalie Pankau, LCSW ~ 865-201-8129 ~ Moon Hall, Bldg 417, 2nd floor ~ natalie.pankau@us.af.mil





134th Airman & Family Readiness

EMPLOYMENT & CAREER COUNSELOR ON-SITE THIS SUNDAY, JUNE 4

COME VISIT KARENA LOLLIS, OUR TENNESSEE NATIONAL GUARD
EMPLOYMENT & CAREER TO DISCUSS YOUR JOB-HUNTING NEEDS!

RESUMES JOB PLACEMENT INTERVIEWING SKILLS

SUNDAY, JUNE 4, 0900-1300 AT BUILDING 92,
MILITARY & FAMILY READINESS

CONTACT KARENA LOLLIS AT (423) 430-6548 OR BILL CONNER AT (865) 336-3107 FOR DETAILS





Resources:

134th Wing Director of Psychological Health
Natalie Pankau
(865) 336-4017 or (865) 201-8129

134th Sexual Assault Response 24/7 Helpline
(865) 405-2828

Knoxville Vet Center
(865) 633-0000 or after hours at
1-877-927-8387

Military One Source
1-800-342-9647

Sexual Assault Center of East TN
(865) 558-9040 or Crisis Line (865) 522-7273

Special Victims Counsel (SVC)
1-844-468-4917

Chaplain
(865) 742-7642

Restricted Report	Unrestricted Report
<p><u>Who can a victim tell:</u></p> <ul style="list-style-type: none">Sexual Assault Response Coordinator (SARC)Victim Advocate (VA)Healthcare (Behavioral Health and Medical)Special Victims’ Counsel (SVC)ChaplainCommander-expanded eligibility, mandatory reporter	<p><u>Who can a victim tell:</u></p> <ul style="list-style-type: none">CommanderLaw EnforcementStaff Judge AdvocateIGSexual Assault Response Coordinator(SARC)Victim Advocate (VA)Healthcare (Behavioral Health and Medical)
<p><u>Limitations:</u></p> <ul style="list-style-type: none">Healthcare, Chaplains and SVC – cannot file a report, but information shared remains confidentialVictims are eligible to file a Restricted Report, providing they did not personally report the sexual assault incident to law enforcement	<p><u>Limitations:</u></p> <ul style="list-style-type: none">More people will know about the sexual assaultAn investigation may require discussion of personal matters<u>Cannot change to a Restricted Report</u>



134th SAPR

Victim Advocate:

Stone Waters

24/7 Helpline:

(865) 405-2828

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org

877-995-5247

Thinking About Retirement?

Come talk to us.



Retirement Briefings are held every UTA
Saturday at 1500 in the FSS Breakroom at HQ.

We Cover:

- How to apply
- Tricare
- Survivor Benefits
- Retiree ID's
- Transition Assistance
- Best practices

Contact MSgt Charles for more information
865-336-3255 or email at clint.charles.3@us.af.mil



ONLINE UNIFORMED SERVICES ID CARD (USID) RENEWAL

USID CARDS

- Issued to retired and reserve uniformed Service members, dependent family members, and other eligible individuals in accordance with DoD policy
- Used for access to benefits, privileges, and DoD facilities

CURRENT RENEWAL PROCESS

- ❌ Must be done **in person** at a RAPIDS site
- ❌ Often requires an appointment scheduled in advance
- ❌ No opportunity to renew online



WHAT'S CHANGING?

- ✅ Sponsors can request card renewals online, from anywhere
- ✅ Cards will be mailed to the cardholder via US mail
- ✅ No in-person requirement for most renewals



REQUIREMENTS

- Sponsor must be a CAC holder and requesting a renewal of an active USID card
- Sponsor and Cardholder must have email addresses listed in DEERS that they have authorized DoD to use for contacting them
- Sponsor's personnel status must extend at least 30 days in the future from the renewal request date
- Cardholder has a photo saved in DEERS taken in the last 12 years
- Cardholder's mailing address is present in DEERS and is in United States
 - USID cards cannot be shipped to PO Boxes

FOR MORE INFORMATION

See ID Card Office Online (IDCO): <https://idco.dmdc.osd.mil/idco/>



134 ARW MEDICAL GROUP

SAT - JUN UTA

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

0830-1130 HOURS PHYS HEALTH ASSESSMENTS (PHAs) /IMMUNIZATIONS (Bldg 246)

0830-1100 HOURS QNFT TESTING (Bldg 246)

0930-1000 HOURS PRIOR SERVICE INPROCESSING BRIEF (Bldg 246)

1000-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING (Bldg (246)

1130-1230 HOURS LUNCH

1300-1430 HOURS HEARING EXAMS/ANAM (Bldg 246)

1300-1500 HOURS IMMUNIZATIONS (Bldg 246)

1300-1500 HOURS WAIVER/MEDCON/LOD APPS w /DOCs & PAs (Bldg 246/ 417)

SUNDAY - JUN UTA

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

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

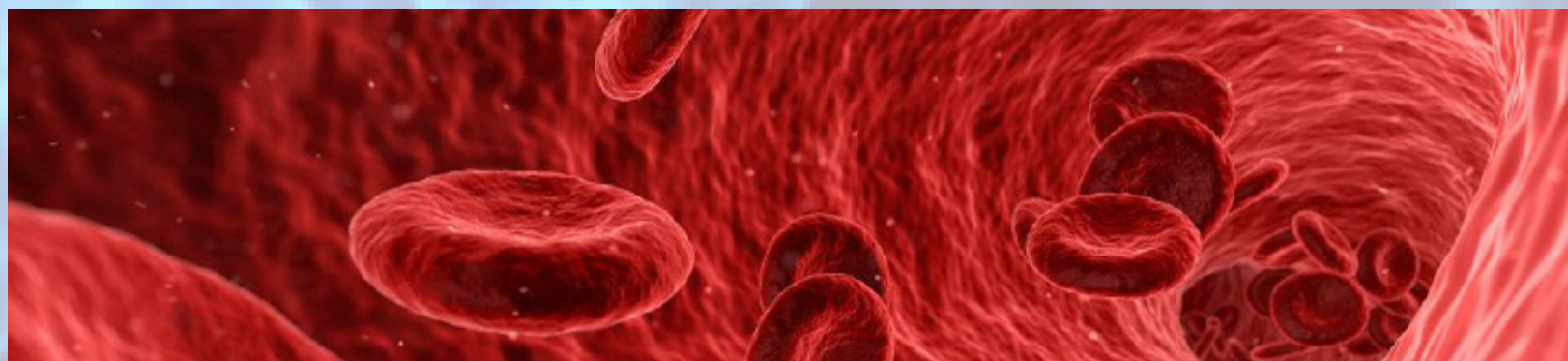
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

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.



Top III Council

Top III meeting - **SPEED MENTORING**
event for E-6's and below!

Sat. @ 1300 in Bldg. 102, Conf. Room
Open to all E-7's & above!

JEAA

(Junior Enlisted Advisory Association)

Meeting - Sunday @ 1300 in CES Conf. Room Open
to all E-6's & below!



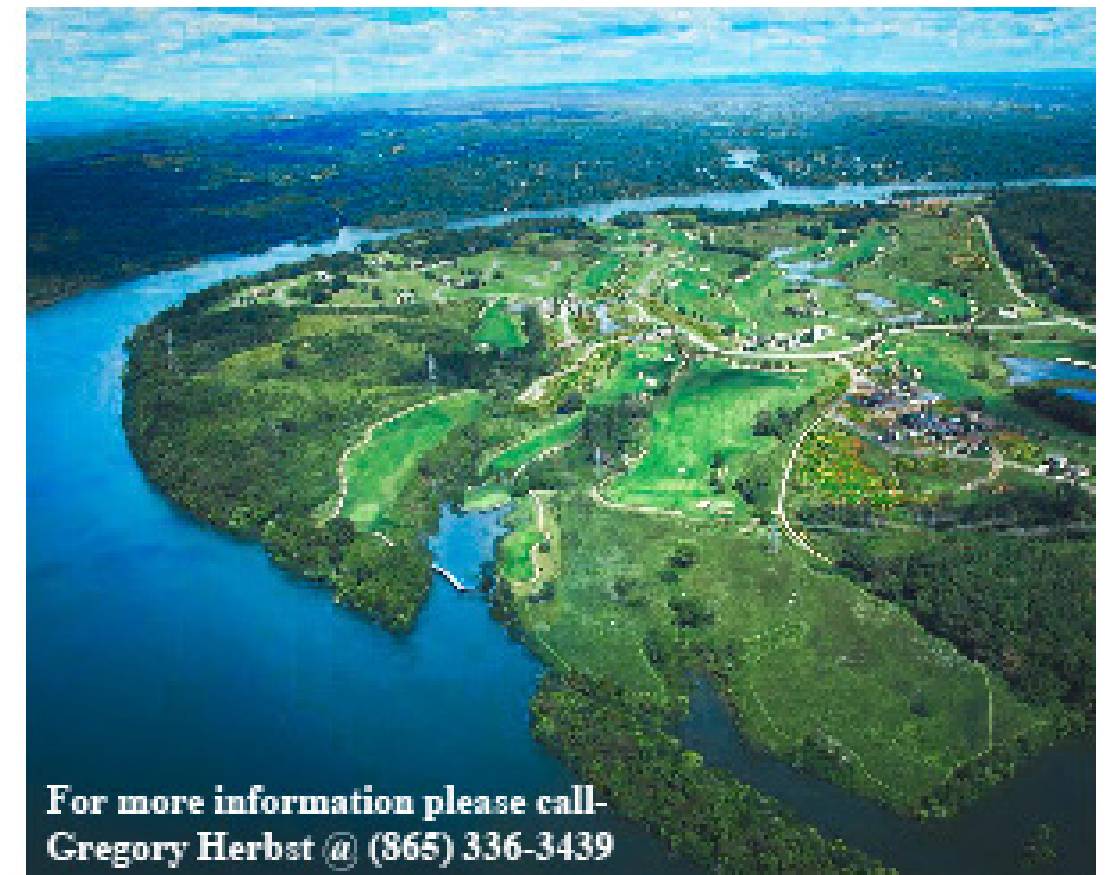
venmo

Inaugural Santa Cops Golf Tournament and Fundraiser

0800 October 2nd 2023 Tennessee National Golf Course



TENNESSEE
NATIONAL
MARINA RESORT VILLAGE GOLF



For more information please call-
Gregory Herbst @ (865) 336-3439

Details: \$480.00 entry fee per team. This includes 1 Mulligan Bag and lunch after the round. Spots will be limited to the first 18 teams. 4-person team best ball (scramble style) tournament. There will be four division winners based on score. Also, prizes for closest to the pin and longest drive. Team registration form and money due NLT 15 Sept. 2023.

For more info on registration, contact Master Sgts. Gregory Herbst, Rachael Harness or Travis Pruett. Registration/check-in will begin at 0700 with 0800 tee times. There will also be a raffle during the lunch prizes TBD (tickets will be \$1.00 each or 6 for \$5.00).



Team Member 1. _____
Team Member 2. _____
Team Member 3. _____
Team Member 4. _____

Team POC phone number _____

*Rated a Top 10 Golf Course in Tennessee by Golf Digest

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.



ROCKY TOP DINING FACILITY MENU

Sat – Jun UTA

Chili Lime Pork
Lemon Pepper Fish
White Rice
Roasted Sweet Potatoes
Brussel Sprouts
Cauliflower
Lima Beans
Hotdogs/Chili/Tater Tots

Sun – Jun UTA

Roast Beef
Chicken Cordon Bleu
Au Gratin Potatoes
Tri Color Pasta
Peas
Carrots
Asparagus
Grilled Chicken
Hamburgers/French Fries