



THE VOLUNTEER

June 2019

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ABOUT THE VOLUNTEER

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Cover: Pfc. Leslie Foster operates a piece of heavy equipment under the supervision of 241st EIS Airmen. (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

Above: An F-22 approaches the boom of a 134th KC-135 to refuel. (U.S. Air National Guard photo by Senior Master Sgt. Kendra Owenby)

Opposite: ‘Summer’, ‘Cup’, ‘Red Leaf’, ‘Shooting’, ‘Sunglasses’, and ‘Note’ photos courtesy of Pexels.com.

‘Chief’s Coin on flag’ and ‘Joint Training’ (U.S. Air National Guard photos by Tech. Sgt. Teri Eicher)



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 stustained combat operations.

STATE MISSION
Provide personnel and equipment to protect life & property during emergency response operationsas directed by the Governor of Tennessee & the Adjutant General.

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Joint Training

The 241st Engineering Installation Squadron conducted joint training with the 230th Signal Company.

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Summer = Readiness

Military members need to always be ready to deploy. Mr. Bill Conner explains how a Personal Readiness Plan will set you up for success.

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Hold on to your faith

A tragedy reminds Chaplain Derrick Wakefield of the importance of holding onto faith.

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Medical Group hours and notes

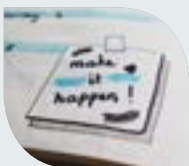
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Take Note!

PA, SFS, LRS, and Mobility hours, Rocky Top Menu, and more.

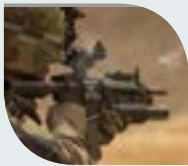
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Beat the heat

Emergency Management tips for summer heat.

JOINT TRAINING WITH THE 230TH SIGNAL COMPANY

by Tech. Sgt. Teri Eicher, 134th ARW Public Affairs





Previous: Soldiers gather around Tech. Sgt. Matthew Plaas as he instructs on operating the trencher.

Above: Pfc. Leslie Foster listens as Tech. Sgt. Matthew Plaas gives instruction on the 'demon wheel.'

Right: Tech. Sgt. Plaas gives feedback on the performance of a 230th Signal Company Soldier as he operates the machine.

(U.S. Air National Guard photos by Tech. Sgt. Teri Eicher)



A crowd of Army National Guard Soldiers gather around a giant piece of heavy equipment, as an Airman in a hard hat explains the purpose and function of the various knobs and shifters. One by one, they take turns donning hard hats and helmets, climbing into the driver's seat, and taking the machine for a spin around the field under the careful supervision of the Airman.

Tech. Sgt. Matthew Plaas from the 241st Engineering Installation Squadron is very familiar with this Vermeer RT950 trencher – he's used it to perform his duties for the length of his career with the Tennessee Air National Guard. For many of the Soldiers, mostly ranked E-4 and below, this is the first time they've received training on the machines.

1st Lt. Jason Mckelvey of the 230th Signal Company was on site training with his troops, and emphasized how important this experience was for them. "We typically don't even see this equipment until we're overseas, and we need to operate it to perform our job," Mckelvey said. "Being able to incorporate this training and getting hands on experience is invaluable to us."

Tech. Sgt. Doug Haveman, team chief from the 241st EIS, is also familiar with this problem. The 241st EIS often works joint missions with Army troops, who frequently aren't afforded these training opportunities.

"It's a really good experience," Haveman said. "I've deployed with the Army before, and we often have to train them on site. It's good for us to learn how to train other people, it helps them prepare and it helps us grow as trainers."

Col. Jason Glass, Tennessee assistant adjutant

general, air, said this type of joint training is exactly what the Tennessee National Guard leadership hopes will continue to grow. He was on site to observe the troops working together.

"One of my initiatives is to develop Airmen and Soldiers," Glass said. "Part of that is training. The 241st and 230th have the same mission set and it only makes sense to conduct joint training."

"We're working on several opportunities to get the two groups together. For example, they will be working on a project at the Tennessee Volunteer Challenge Academy. We're really trying to interlace the Army and Air National Guard and get them working together across the state."

Once the soldiers learned how to maneuver the Vermeer RT950 safely, they then received instruction on how to operate the digging functions. The machine features a rock wheel for creating a narrow trench on one side, operated from the driver's seat of the vehicle. The other side features a backhoe with its own operator seat, from which the driver could also maneuver the machine into a better position, if necessary.

The 241st worked with a new group of 230th SC Soldiers every day for a week, repeating and refining their training instruction. Plaas emphasized that the experience was just as beneficial for them as it was for the Soldiers they trained.

"I've been here all week and it's been a lot of fun," Plaas said. "I feel a natural desire to instruct, so it's been a real pleasure to share the knowledge I have with our sister service. To us it's just fun to get outside and play on the equipment so it's a great experience all around."



Above: Sgt. Shantophia Cruz operates the backhoe with instruction from Tech. Sgt. Doug Haveman.

Top Right: Tech. Sgt. Matthew Plaas inspects the trench being dug by 230th Signal Company Soldiers.

Bottom Right: 241st Engineering Installation Squadron Airmen instruct 230th Signal Company Soldiers on operation of backhoes.

(U.S. Air National Guard photos by Tech. Sgt. Teri Eicher)



Summer is here, it's time for some **READINESS!**

by Mr. Bill Conner, 134th ARW Airman & Family Readiness Manager

Congratulations, we made it to summer. We're past the inspections, school is out, and it's time to think of slowing down a bit. If we're lucky, we'll get a little time away for ourselves as well.

While we're thinking of winding down, keep in mind that you always have to be prepared for deployment. Whether you're scheduled to deploy in the near future or not, summer is a great time to take a look at your Personal Readiness Plan. If you don't have one, now is the perfect time to start.

A Personal Readiness Plan allows you to take a snapshot of just about everything going on in your life, and see where things are going great or where they could use a little work. It's important to take stock every once in a while, because when you do get called up for a deployment, rest assured that everything going on in your life will be affected. Your Personal Readiness Plan can be a checklist on paper, a computer spreadsheet, or any other method that works for you. That said, I DO NOT RECOMMEND using the various apps that allow you to track deployment countdowns and log information about the deployment itself. That type of information should not be shared on an app of any type, for obvious security reasons.

If you're building a plan on your own, here are some of the basic

needs and concerns to get you started. Feel free to add any other topics you feel are relevant, it's good to cover all the bases.

- | | |
|--------------------------|-------------------------------------|
| -Family Assistance Needs | -Family Care Plans |
| -Legal Matters | -Personal and Financial Information |
| -Develop a Budget | -Protect Personal Property |
| -Emergency Preparedness | -Address Health Concerns |
| -Update ID cards | -MilPay/LES/TSP issues |
| -Survivors Benefits | -Household maintenance |

For a great website to help you get started with a Personal Readiness Plan, check out:

<https://planmydeployment.militaryonesource.mil>

This site takes you through the preparation steps of pre-deployment, the deployment itself, and reunion and reintegration. Even if you are not deploying anytime soon, it's a great resource for tracking your level of readiness at any time.

If you have any questions about your Personal Readiness Plan, please contact me at (865) 336-3107 or william.a.conner4.civ@mail.mil. We have lots of resources available to help you every step of the way.



The Chaplain's Cup

by Major Derrick Wakefield, 134th Air Refueling Wing Chaplaincy

Recently, my extended family went through an incredible ordeal. They live in Dayton, Ohio, which was hit by several tornadoes. As I helped with the clean-up, I remembered Supermodel Petra Nemcova who was visiting Thailand in 2004 when a tsunami struck. The catastrophic wave was so immense that it killed over 200,000 people in 11 countries. Petra's life was in danger as well. In fact, she only survived the ordeal by clinging to a tree for eight hours until the water subsided and she could be rescued. She was delivered from tragedy because she held on.

We all need to learn that lesson. We often start out with great resolve, but when we begin to get tired and the challenges wear on and on, we start giving up in our hearts. We begin to think, "I might as well just let go; I can't hold out any longer." "This is probably just a waste of my time. I'm going to be defeated anyhow." "I should have known this would happen to me; I don't know why this time should be any different." "God, why did You let me down?"



We go on and on, disillusioned with life and sometimes blaming God for the horrific circumstances we are faced with. If we are not careful, we will conclude that ending it all is better than trying to make it through.

I encourage you to keep holding on! Perseverance can often bring us the comfort and healing we need, if not outright victory. For me, I hold on to my faith. Trying times are not the time to stop trying. Instead I choose to hold on to my own tree. My faith has brought me through several difficult and challenging hardships, and yet I continue to believe that my family and I will make it through every time. You can make it too; hold on and your rescuer will come.

Just in case you were wondering, the tornado hit my aunt's 2,200 square-foot home. It has no basement and windows in every room. Twelve people survived, without injury, by taking cover in a small restroom and holding on to each other. You too, can survive the storm, if you hold on.



THE CHIEF'S CORNER

by Chief Master Sgt. Steven Durrance,
Commandant, Chief Master Sgt. Paul H. Lankford EPME Center

***“Great leaders seek to fulfill their own potential, but equally seek to fulfill the potential of those who work for them.”
- Justin Menkes***

If you reflect on your military career you can probably remember a leader that inspired you; someone who embodied the leadership traits you aspire to achieve. What made this leader stand out in your memory? Does your present day leadership style embody the traits you once looked up to? Here are a few thoughts that can help you lead by example.

First, you have to get your hands dirty. By this I mean you should do the work and know the trade. As a previous maintainer on fighters, I found that many of my peers would want to follow those that didn't just talk the talk about aircraft maintenance but came off the flight line with dirty hands. Pick any military AFSC and look for those professionals that excel at their craft, and most likely these are leaders that others emulate. You don't have to be the most advanced in your trade, but you must have an in-depth understanding of your industry and your business. Leaders may have many responsibilities, but it is important to work alongside your team. This is a great way to build trust and continue to develop your own knowledge and skills.

Listen to your team. Often we become consumed with providing direction or orders and we forget to stop and listen. The feedback of your subordinates is your most valuable resource.

As a leader you are the example. You must be the one others want to follow because you do things the right way, which is not always the easy way. The greatest attribute to being a great leader can be traced directly to that leader's attitude. A line from the movie 'The Blind Side' states, "Attitude Reflects Leadership." That is a powerful statement. Does your attitude reflect leadership? Being positive is important in a position of leadership. This can be difficult during times of change or when faced with difficult life situations, but you must remember negativity breeds negativity. We all know individuals in positions of power that exude negativity. Do you want to go to that person with an issue? As Gen. (Ret.) Colin Powell states in his leadership secrets, "Perpetual optimism is a force multiplier." Leaders who whine and blame breed those same behaviors among their colleagues. Bottom line: be positive. Not only for yourself, but also for those around you.

These are just a few ways to lead by example. Remember that in order to be seen as a genuine leader, you must practice good leadership in and out of the workplace. Be the leader your subordinates will one day hope to become.

“Setting the example is not the main means of influencing others; it's the only means.” - Albert Einstein

J E A A
presents the
134th ARW

Blood Drive

Sunday

July UTA

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
- SECTION SPECIFIC/AFSC-CMRP TRAINING
1300-1530
- HEARING EXAMS/ANAM
1300-1500

SUNDAY

- FITNESS FOR DUTY EVALUATIONS
0730-0800
- FLIGHT SURGEON VISIT - MXG
1300-1500
- 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. Please
- *Mental Health Assessments will be scheduled by appointment only
- *Contact 134th Medical Group at 336-4277 to make an appointment outside listed times.



[KC-135R Pilot - Closes 26 June 2019](#)

[Public Affairs Officer - Closes 17 June 2019](#)

[Boom Operator - Closes 15 June 2019](#)

**click the listing to visit the job posting on the 134th ARW website*

134th ARW Job Openings

TAKE NOTE

PUBLIC AFFAIRS CUSTOMER SERVICE HOURS



The photo studio is open Saturday of UTA from 1230-1500 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

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 0800-1100 and 1300-11530

Saturday of UTA from 0900-1100 and 1300-1600

Sunday of UTA from 0800-1100

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



Due to the MSG change of command, the June JEAA meeting will be held SATURDAY June 1 at 1215 in the Civil Engineering Auditorium.



TAKE NOTE

ROCKY TOP MENU

Saturday:	Sunday:
Chili Pork/Lemon Pepper Fish	Roast Beef/Cordon Bleu
Grilled Chicken/Burger/Hotdog	BBQ Pulled Chicken/Pork
Rice/Sweet Potatoes	French/Sweet Potato Fries
Brussels/Cauliflower	Au Gratin/Tri Color Pasta
Lima Beans	Peas/Carrots
Tater Tots	Asparagus
Tater Tots/French Fries	Baked Beas/Chips
Baked Beans	Slaw
Chili	



LONG DISTANCE PIN NO LONGER REQUIRED

Long Distance pin 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

2019 CALENDAR NOW ON THE APP!

The 134th ARW app now has the UTA and Down Monday calendar programmed in!
It's never been easier to plan out your year. Just download the app, navigate to the Wing Calendar and tap each event to add to your phone calendar.



134TH ARW SOCIAL MEDIA

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



TOP THREE

Check with your Top Three representative for updates about this month's Top Three meeting.



Promotions

Airman First Class

Leesha Chaney

Charles Spitler

Senior Airman

Elijah Jinks

Zachary Daugherty

Staff Sergeant

Isaiah Maylott

Zachary Collins

Clinton Cobb

Technical Sergeant

Michael Edwards

John George

Stan Seiferth

Jay Vanvranken

Aaron Bridget

Michael Vann

Master Sergeant

Michael Hall

Stevie Crabtree

Michael Lindsay

Senior Master Sergeant

Marlene Newroth

James Wampler

Colonel

James Blanton



U.S. Air National Guard photo by Tech. Sgt. Jonathon Young



EMERGENCY MANAGEMENT NEWS

JUNE

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

EXTREME HEAT



What is Extreme Heat?

Temperatures that hover 10 degrees or more above the average high temperature for the region and last for several weeks are defined as extreme heat.

Extreme Heat Facts

- Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
- Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.
- Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

Know the Terms

Heat Wave - Prolonged period of excessive heat often combined with excessive humidity.

Heat Index - A number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke - A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Another term for heat stroke is sun stroke.



THE ADJUTANT GENERAL (TAG) MATCH

Marksmanship Proficiency Training Exercise

Location: Volunteer Training Site - Tullahoma
Tullahoma, Tennessee

Who's eligible: Army & Air National Guardsmen

An outstanding opportunity to train with & gain valuable skills from some of the most talented marksmen in the Tennessee National Guard



Rifle - (M16/M4)
June 27-30

Pistol - (M9/M11)
Aug 23-25

All participants must be in a duty status. Status must be No Pay/Points Only Order, Split Drill, or Pay Order.

Top Soldiers/Airmen will be contacted to participate in future Regional and National matches.

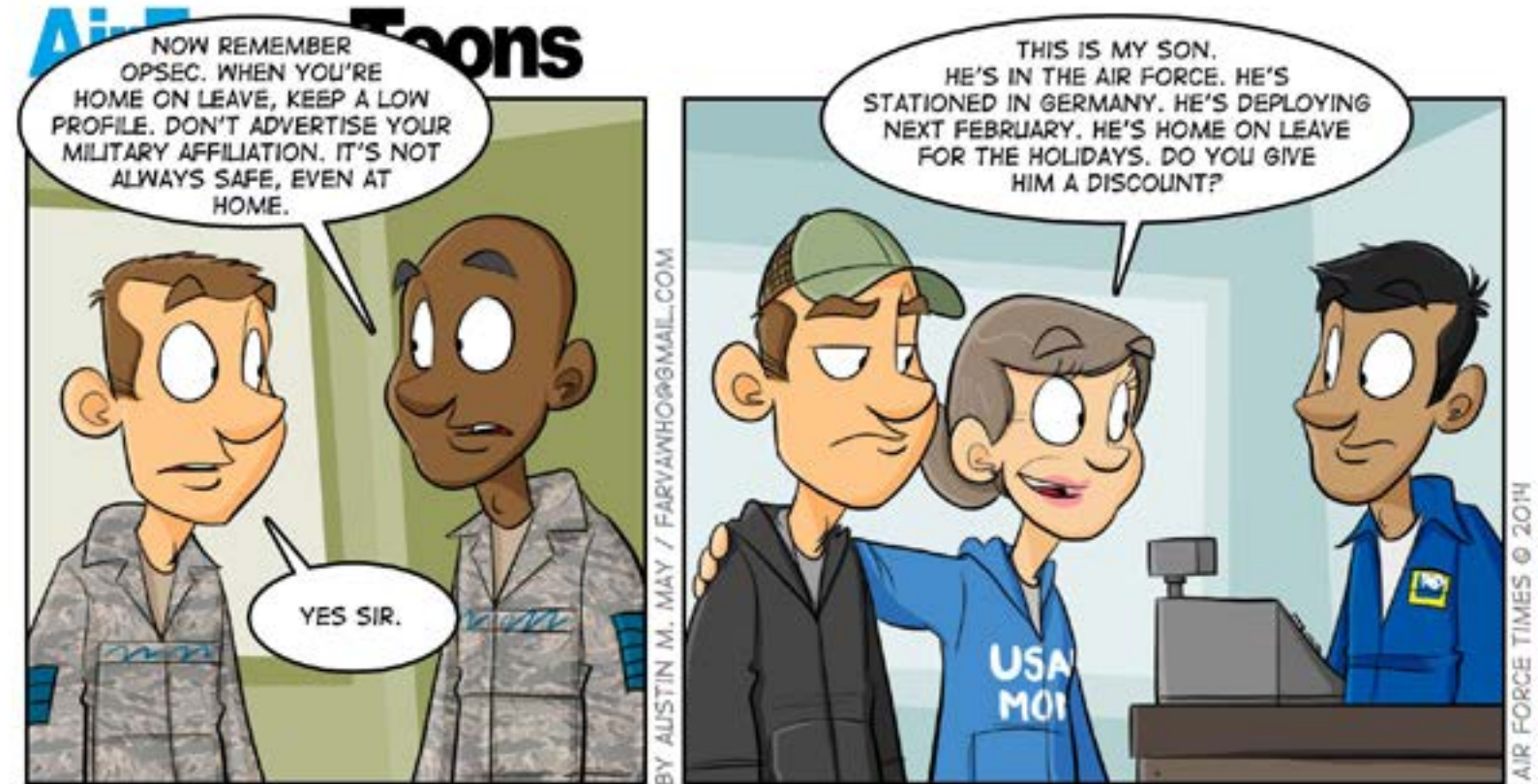
*For more info contact :
SMSgt Kendra Owenby, x3214 or TSgt Scott Carvin x4043*

CHIEF LUNCH & LEARN

MENTORSHIP

OPPORTUNITY

- Meet During UTA Lunch
- Meet @ DFAC
- One on One
- 1 Hour Session
- Career Review
- Ask Questions
- Hear from Experience



Make sure you educate your family to
THINK OPSEC

FIND A MENTOR FOR YOUR CAREER

REQUEST YOUR SESSION TODAY!

Sessions will be scheduled the UTA after your request is made. Full time personnel can be scheduled outside of the UTA schedule. If a Chief from a particular career field or unit is desired, please specify in your request. Specific time will be provided the Friday before UTA.

E-mail SMSgt Jason Graf at john.j.graf2.mil@mail.mil
To Reserve Your Session

