



THE VOLUNTEER

MARCH 2023

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ABOUT THE VOLUNTEER
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Cover:
Airmen participate in an early morning “fun run” morale run at McGhee Tyson ANG Base. (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:
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



Gas! Gas! Gas!
Airmen hone skills in CBRN training



Get to School!
College Fair on base this weekend!



Chaplain’s Cup
Choose Action!



Dietary Supplements
Let’s Review the Basics

Columns



Rank Up!
March Promotions



A word from your DPH
Gaming is a thing!



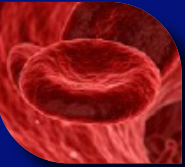
Blue Skies Airmen!
March Retirements



Family Readiness!
Airman & Family Readiness



Top III & JEAA Meetings
E-7’s and above welcome!
E-6’s and below welcome!



Medical schedule
March 134th MDG Schedule

Airmen hone skills in CBRN defense training

By Staff Sgt. Brandon Keys, 134th ARW Public Affairs

Nine Seconds. That's all the time an Airmen has to take their mask from its carrier and apply it during a chemical attack. That brief time may seem fast, but so much can happen. With time at a premium and pressure building, Airmen must clear the interior and check for a tight seal on their masks before anything else. That is why the United State's Air Force emphasizes Chemical Biological Radiological and Nuclear (CBRN) defense training around urgency, readiness and confidence.

A total of 480 Airmen from the 134th Air Refueling Wing at McGhee Tyson Air National Guard Base, were trained over a 4 day period on how to respond to CBRN attacks quickly and efficiently. Airmen from the 164th Airlift Wing provided instruction on implementation of Mission Oriented Protective Posture or MOPP gear knowledge, before discussing diagnosing various chemical agents on how to respond.

"This is all about being ready," said Civil Engineering Squadron Senior Master Sergeant Steven Breeden. "We need to make sure they feel comfortable in the suit. We have to give our Airmen all the tools they need to operate in any environment. This training is all a part of getting that done."

As the training evolved, Airmen quickly applied trousers, boots, gloves, jackets and other protective gear while diagnosing gases and nerve agents in various training lanes simulating combat scenarios. Instructors preached reliance on what Airmen have learned to manage stress and eliminate the threat from causing further damage.

"This is all about perspective. We're here to provide a different view of how this can be handled and that will help this group long term," said 164th Airlift Wing Staff Sergeant Justin Reed. "We have been able to train more people on multiple scenarios and that can make all the difference when you're faced with these kind of attacks."

Without experience in these simulated combat scenarios, confidence wanes and responses to emergencies like chemical, biological, nuclear and environmental hazards can become even more disastrous. While understanding what threat you're facing is vital, it's also crucial to have adequate knowledge of your gear and use it properly when responding to a CBRN attack.

"The most important part of this training is how to wear your gear correctly in a contaminated environment so you'll survive," said Airmen First Class Hunter Mims. "They learn that this gear will protect them, decontaminate techniques to use and how to read distinctive signs of a CBRN attack."

Thanks to training like this, Airmen are focused and better prepared to tackle any CBRN threat, at home or abroad.



COLLEGE FAIR

McGhee Tyson Armed Forces Club

SATURDAY
4 MARCH
1030 - 1300

Belleuve
Lee University
King University
Maryville College

East TN State University

Tusculum
University of TN
Pellissippi State
Carson Newman

Sponsored by the 134th Force Development Office

PROMOTIONS

A1C Joseph Galea (FSS)

Jason Rasori (MXS)

Jacob Gornto (119)

SrA Cole Duty (SFS)

Colby Thurmond (SFS)

Joseph Allen (MXG)

Cody Schneider (MXG)

Caleb Walker (MXG)

Benjamin Moyers (MXG)

Zach Stott (MXG)

Alyssa Smithson (MXG)

Dylan Cole (AMXS)

Wyatt McKee (AMXS)

Samantha Gurule (FSS)

Shelby Hoogenboom (241)

Hunter Mims (CES)

TSgt Jesse Contreras SFS)

Chelsea LaFlamme (SFS)

Justin Walker (MXG)

Keenan Tate (LRS)

Christopher Jones (SFS)

Lowell Fox (119)

Joshua Ruff (FSS)

MSgt Bobby Cruze (AMXS)

Brian Biddinger (MSG)

SMSgt Lacey Simpson (MDG)

Yolanda Garner (MDG)

SSgt Alex Weaver (LRS)

Charles Davis (119)

William Beverly (MXS)

Christopher MacDonald (241)

Kylie Gates (MXG)

Kailyn Johnson (MXG)

Chase Shaffer (MXS)

Michael Tauchen (CES)

William Purdy (LRS)

CMSgt William Ammons (241)



A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



Forgive me if you already know about this, but I was pleasantly surprised to learn that there is an Air Force gaming community. This community was advertised on the Air Force Resilience website (see below), which made me curious to learn about the mental health benefits of gaming. I found numerous articles citing various research studies that have consistently found positive mental health benefits of moderate gaming, including:

- **Distraction from pain * Stress relief * Socialization * Improved memory & decision-making skills ***
- **Increased emotional intelligence * Positive mood from sense of accomplishment * Relaxation ***
- **Mental stimulation * Improved mood from sense of control over environment ***
- **Obviously, too much gaming can be a detriment to your mental health and many other areas of your life, so moderation is key.**

Kaiser Permanente (a major health care entity) and Cloud9 (an esports organization) collaborated to create Presence of Mind, aimed to promote mental health in the gaming community through a series of interactive videos. Check it out - <https://findyourwords.org/presence-of-mind/> .

CONNECTION IS KEY TO RESILIENCE— JOIN 25K AIRMEN & GUARDIANS TO CONNECT & COMPETE!

COD Warzone 2v2 ** Rocket League 3v3 ** Valorant 5v5

Learn more at: <https://airforcegaming.com>

As always, I am here for YOU! Please don't hesitate to contact me if there's ever anything I can do to help and/or support you. Nothing is too small or too big to talk about. I am available during the 134th ARW work week and drill weekends. Natalie Pankau – 865-201-8129 – Natalie.Pankau@us.af.mil – Moon Hall, Bldg 417, 2nd floor.



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**



The background of the poster is a vibrant pink. It is decorated with numerous Easter eggs of various colors and patterns, including solid colors like blue, purple, pink, and orange, as well as patterned eggs with polka dots, stripes, and geometric shapes in colors like yellow, blue, and orange. The eggs are scattered around the central text area.

Easter Egg Hunt

Saturday, April 8th
Location: Base Track
Time: Noon

Prizes, eggs, candy, and a special
appearance from the Easter Bunny
himself!



134th Airman & Family Readiness

So, how is your 2023 financial plan working out so far? Help is here!

We're into the third month of the new year, and I can safely say that so far my resolutions have gone pretty much...nowhere. It seems like when spring approaches, however, many of us take a second look at some goals we'd like to achieve, and finally start making a real effort. Maybe it's the warmer, sunnier days. Maybe we get motivated because we just feel better when we get past the winter months. How motivated are you to set a few goals concerning your finances? Most of us probably have a few reasons for looking into our financial situations, not the least of which is maintaining our military security clearances. Whatever the reason, now is a great time to look at some of your financial goals, plans, or changes you'd like to tackle. So, let's add in a few helpful techniques that could improve your chances of success.

First, see if your goal passes the "SMART" test. SMART stands for Specific, Measurable, Attainable, Relevant, and Timely. If you have an idea for something you would like to work on or improve upon, and it meets most of the SMART model, then you probably have a solid goal. If you find you're reaching too far, too quickly, or if the goal just isn't rational, the SMART test will point that out to you.

If someone says their goal is to pay off their credit card debt, well, that sounds wonderful and is a great personal goal. But if they intend to pay off \$5,000.00 of debt in a few months, they'll quickly find that the goal is impractical, and they'll be discouraged when the goal isn't met. Instead, they can apply the SMART model to build a practical plan, and it could look like this:

Specific: Pay off \$5,000 of debt

Measurable: Determine they can afford an additional \$200.00 a month in payment.

Attainable: At \$200.00 a month they'll pay \$2,400.00 a year and in theory they'd pay it off just over 2 years. I say, in theory, because the interest will keep adding to the amount owed, so part of making this step attainable is speaking with a finance professional for guidance on lowering interest rates, etc.

Relevant: Reducing debt is always relevant.

Timely: It will take some time. Certainly more than a few months, but with planning and discipline it is possible to see this goal through to completion.

If you have plans, resolutions, or even just some wish you'd like to start putting some action into, your regional Personal Financial Counselor, _____ is here on Saturday, March 4 from 0830-1200 to discuss your particular financial needs. She'll be in the Airman and Family Readiness office, in building 92.

I'm here during normal weekday duty hours as well as UTA weekends, call me at 336-3107, or email me at william.conner.6@us.af.mil. For the March UTA I'm available most any time on Saturday. Let us know how we can help!

ST. PATRICK'S DAY CELEBRATION!



When: March 4th 5 PM - close



Where: McGhee Tyson Armed Forces Club



Why: Event hosted by JEAA to raise money for future events, trophies/awards, retirements, scholarships and Santa Cops.

Karaoke starts at 6 PM



\$4 Green Beer
(Busch Light/Miller Lite)



Happy
St. Patrick's
Day



Retirements

Col. Patrick O'Brien (MDG)
MSgt. Derrick Seals (MDG)
MSgt. David Bentley (MXS)
TSgt. Misti Red Horse (MDG)

Blue Skies Airmen!

Chaplain's Cup: Choose Action!

By Chaplain Austin Davis, 134th ARW Chaplain's Corps.

On July 2, 1863, at the well-known battle of Gettysburg, the extreme left position of the Union Army line at Little Round Top was being ravaged by the Confederate soldiers. Lt. Colonel Joshua Chamberlain and the 20th Regiment Maine Volunteer Infantry faced these repeated assaults from the Confederates. The 20th of Maine's strategic position for the Union line needed to hold or else the Union Line would be flanked by the Confederates. Chamberlain and the 20th of Maine held against attack after attack, push after push. Running low on ammunition and greatly outnumbered by the oncoming attacks. Chamberlain was left with a choice. Understanding the importance of the position and armed with the resolve to fight for what was right, Chamberlain led a charge from their strong position and won Little Round Top. The 20th of Maine heard the words of Chamberlain, "fix bayonets... Charge!" The sudden attack surprised the Confederates resulting in the retreat of the Confederates and the Union line held.



In a moment of dire circumstances and seemingly no hope Chamberlain chose action rather than inaction. Chamberlain chose to not dwell on the circumstance, the past, and what the 20th of Maine did not have, but chose to move forward and fight with what they had, which were bayonets. His determination and choice to act led to victory even in the face of likely defeat.

In Philippians 3 the Apostle Paul says, "But one thing I do: Forgetting what is behind and reaching forward to what is ahead." Chamberlain, a school teacher from Maine, became a Medal of Honor recipient because of this character trait that had been developed in his life. He was a man of action, not inaction. That is not to say that every decision he made was right, but left with the option of doing nothing or doing something, Chamberlain chose to do something.

Author Andy Andrews in *The Travelers Gift* comments on the mindset and actions of Chamberlain and the 20th of Maine by saying, "I am a person of action. Beginning today, I will create a new future by creating a new me. No longer will I dwell in a pit of despair, moaning over squandered time and lost opportunity... I will create a habit of lively behavior. I will walk with a spring in my step and a smile on my face... I must move forward. Many people move out of the way for a person on the move; others are caught up in his wake... A person who moves neither left nor right is destined for mediocrity. When faced with a decision many say they are waiting on God. But I understand, in most cases, God is waiting on me... I do not fear failure, for in my life, failure is a myth. Failure exists only for the person who quits. I do not quit. I am courageous. I am a leader. I seize this moment. I choose now."

In a world of complaints, cynicism, laziness, and virtue signaling. Let's be men and women who are like Joshua Chamberlain, the Apostle Paul, and Jesus. Let's be men and women who say, I choose to be a person of action!

(photo courtesy of pixabay.com)

Top III Council

Top III meeting will be held Sat. @ 1030

Location: MT Armed Forces Club Patio

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!

Dietary Supplements

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

Happy March everyone! It's time for our annual review of the DoD guideline on the use of Dietary Supplements. As mentioned last time, while it is not regulation and does not address supplements comprehensively, it is very informative on the process of choosing Dietary Supplements (referred to as DS for the rest of this article). I continue to be an advocate of natural medicine as the first line of defense against disease and highly value DS when used appropriately, both as an individual and a medical provider. Yet, just because something is natural, does not mean it is healthy, or even safe, and this is why choosing your DS wisely is important.



Let's go back and review the basics. A DS is a product containing one or more dietary ingredients intended to supplement ones diet, including macronutrients, vitamins, minerals, amino acids, herbs and "other" dietary substances. These can be in the form of a capsule, powder, softgel, gelcap, tablet, liquid, etc. Essentially, if it's not a food and it's not a drug, it's a DS and while food and drugs are highly regulated by the government for safety, supplements are not. Thus, a supplement could be 100% what it claims, 0% what it claims or tainted with dangerous ingredients. The DoD guidelines advise us to ask the following about a DS we are considering. What is in this DS? What does this DS actually contain (not just what does it claim to treat)? Are there multiple ingredients? Does it have an ingredient already found in another DS I am taking that may raise the total amount above a safe level? Does the label conform to FDS rules (state that it is a supplement, name and place of manufacturer/packer/distributor, and complete list of ingredients)? Does it have a seal from a third party verification program showing it has been evaluated and certified for quality (ie – US Pharmacopeia (USP), NSF International, Informed-Choice, HFL Sport Science, ConsumerLab.com)? Is it safe? Have credible professional organizations expressed concerns? Does it make sense? Is the claim consistent with

current knowledge of exercise physiology and nutrition? Does it work? Is there evidence? What is the recommended dose and is the active ingredient the same quality/quantity of the ones used in studies showing effectiveness? Does it reach its target? Is it found naturally in food and does this form reach the target tissues better than the dietary form? Why take it? Remember, supplements cannot take the place of exercise, training or overall dietary adequacy, so they need to add something that healthy habits do not already cover.

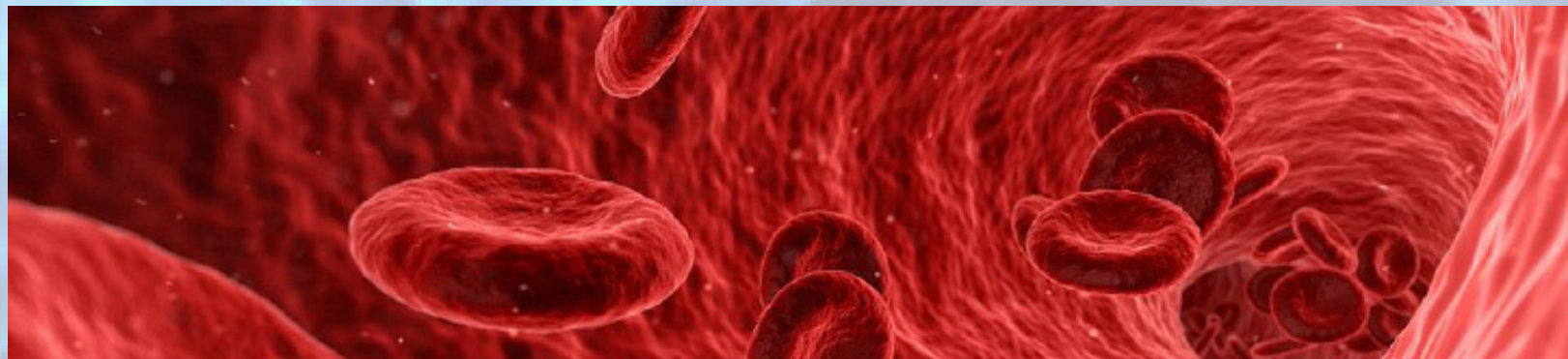
Very importantly for our military careers is the question "Are we allowed to take it?" Generally, if a supplement is not banned or recalled by the FDA, FTC or DEA, it is not banned by the DoD at large. However, DoD, each service and each base/command/unit has the authority to issue guidance on specific supplements and/or categories of supplements so check to see if your base/command/unit has a DS policy in effect. Check the risk – Keep in mind that certain products tend to be more high risk for dangerous ingredients. Most commonly, body building, sexual enhancement, weight loss and diabetes products. If you have a specific product in mind, check it out on the Natural Medicines Comprehensive Database (NMCD). The NMCD rates commercial products based on safety, effectiveness and quality. They rate them on a 1-10 scale with 10 being the best. It's wise to stick to those rated 7 and above. You can also consult the Human Performance Resource Center, Office of Dietary Supplements, FDA, PubMed, Google Scholar (NOT normal google) and WorldCat.

As always, the best way to assure the safety and efficacy of any DS is to discuss it with your PCP, as they can compare it to any meds you are taking or conditions you have to ensure its safety. A list of questionable ingredients can be found in the DoD guidelines. The following website classifies DS based on expected risk and potential benefit...<http://hprc-online.org/dietary-supplements/dietary-supplement-classification-system-1#.UDP8no4Qh5g>.

134 ARW MEDICAL GROUP

SAT - MAR 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 - MAR 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.

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 04 March

Honey Ginger Pork
Mustard Baked Chicken
Rice Pilaf
Brussel Sprouts
Roasted Carrots
Navy Beans

Sun 05 March

Meatloaf
Chicken Casserole
Mashed Potatoes
Broccoli
Fried Okra
Pinto Beans