



# THE VOLUNTEER

May 2020



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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.c.hurst.mil@ang.af.mil](mailto:travers.c.hurst.mil@ang.af.mil).

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Cover: An F-16 from the 169th Fighter Wing refuels as it performs flyovers for Operation American Resolve. (U.S. Air National Guard photo by Airman 1st Class Kaylee Patterson)

This page: 'Pineapple', 'Cup', and 'Covid Mona Lisa' courtesy of Pexels.com

'Gaslight' promotional poster courtesy of MGM Studios

'Resiliency Team' (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

'COVID-19 Test' and '241st EIS' (U.S. Air National Guard photos by Tech. Sgt. Teri Eicher)

'Thunderbirds' courtesy of DVIDShub.net

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

# April feature stories



## Volunteers in action

Members of the 134th have been working across the state to assist with testing Tennesseans for COVID-19.



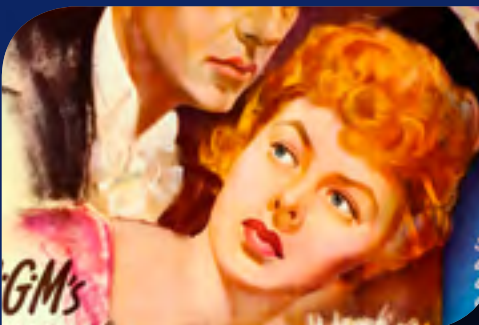
## Men at work: 241st EIS on the scene

The 241st Engineering Installation Squadron install new fiber-optic cable at McGhee Tyson.



## Get to know the 134th Resiliency Team

The 134th Resiliency Team is here for you! Find out their favorite vacation spots, foods, and other tidbits!



## Coming up: Gaslighting

Mr. Bill Conner gives you a heads up to protect yourself from post-lockdown gaslighting.

# Monthly columns



## The Chaplain's Cup

Capt. Seth Hammond gives you some pointers on waiting.



## Medical Service Hours

By appointment only



## The 2021 calendar is here

See what next year has in store for Unit Training Assemblies

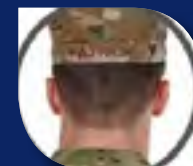


## Follow the 134th ARW on social Media



## Rank Up

Promotions for March and April!



## OCP guidance

Changes to the Operational Camouflage Pattern uniform are taking place June 1, 2020.



## Clothing Issue

Contact Clothing issue for Customer Service hours





# Always there: The 134th ARW in the community

Members of the 134th Air Refueling Wing have been working in conjunction with the Army National Guard and local health departments to provide testing in communities across the state of Tennessee.





# Men at Work

Recently, members of the 241st Engineering Installation Squadron were at McGhee Tyson Air National Guard base to install new fiber-optic cable to update communications at four key facilities on base. The process involves not only the running of cable through underground tunnels, pictured here, but also the splicing of the individual fibers to each building and ensuring the connections are strong.

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





# Your 134th Resiliency Team

The 134th Air Refueling Wing Chaplains, Director of Psychological Health, Sexual Assault Response Coordinator, and Airman and Family Readiness Manager





# Get to know the resiliency team!

Gary Dean Sinclair



Dr. Dean Sinclair

Director of Pyschological Health  
Ph # 865-201-8129  
Medical Group, Bldg 420

**Nickname:** Dean  
**Originally from:** Plano, TX  
**Favorite hobby:** Farming  
**Years served in the military:** 21 active Army  
**Original military service career:** First, I served eight years enlisted as a 62 Bravo (Construction Equipment Mechanic). I got out and went to school, then returned to the Army to serve an additional thirteen years commissioned as a 73A (Clinical Social Worker).  
**Favorite vacation spot:** St Croix, US Virgin Islands  
**Best TDY location you have ever visited:** Germany!!  
**Favorite food:** Juicy messy cheeseburger with thick steak fries  
**Pets? How many and what?:** I have two dogs, three barn cats, three cows, two horses, and seven chickens.  
**Favorite movie:** Gotcha (I love 80s comedies)

William Conner



Mr. Bill Conner

Airman and Family Readiness  
Program Manager  
Ph # 865-336-3107  
BX Parking Lot, Bldg 92

**Nickname:** Bill  
**Originally from:** Hampton, Virginia  
**Favorite hobby:** Road trips  
**Years served in the military:** 26 Air Force  
**Original military service career:** Radio and Television Broadcaster  
**Favorite vacation spot:** Paris, France  
**Best TDY location you have ever visited:** Lodz, Poland  
**Favorite food:** Everything on the menu at Rosario's Mexican Restaurant in San Antonio  
**Pets? How many and what?:** Two rescue dogs: part golden lab, part pointer, mostly spoiled rotten  
**Favorite movie:** Jaws

Terrell Patrick



Mr. Terrell Patrick

Sexual Assault Response  
Coordinator  
Ph # 865-352-9048  
Headquarters, Bldg 134

**Nickname:** Tee  
**Originally from:** Knoxville, TN  
**Favorite hobby:** Watching anything VOLS  
**Years served in the military:** 26 Army  
**Original military service career:** 11B4H Infantry Instructor  
**Favorite vacation spot:** On a cruise anywhere  
**Best TDY location you have ever visited:** Sharm El Sheikh, Egypt  
**Favorite food:** Prime Rib  
**Pets? How many and what?:** One dog, a teacup yorkie  
**Favorite movie:** Unforgiven

Derek Maurice Wakefield



Maj. Derek Wakefield

134th Chaplain  
Ph # 865-201-8129  
Headquarters, Bldg 134

**Nickname:** Chappy  
**Originally from:** Terre Haute, IN  
**Favorite hobby:** Music (Gospel, Jazz, R&B)  
**Years served in the military:** 15 this September  
**Original military service career:** 70210 (Admin. Specialist)  
**Favorite vacation spot:** Negril, Jamaica  
**Best TDY location you have ever visited:** Alaska  
**Favorite food:** S, S & S – Sugar, Starch and after 7  
**Pets? How many and what?:** None  
**Favorite movie:** Malcolm X (with Denzel Washington)



# What Comes After Stay at Home? Gaslighting

*by Bill Conner, 134th ARW Airman and Family Readiness Program Manager*

The term ‘gaslight’ comes most often from a classic 1944 movie of the same name. In the story, an abusive husband uses a wide range of lies and manipulations to make his wife believe she is losing her sanity. One of his tricks was turning the gas-powered lights brighter and dimmer, then insisting nothing ever happened. The movie was a huge hit, and from then on that type of mental abuse came to be known as Gaslighting.

As we begin to work toward some kind of a new normalcy, it’s important for us to be aware of gaslighting, not necessarily from an abusive standpoint, but certainly from one of manipulation. Articles have been published that suggest that advertisers for every imaginable product and service are working to launch campaigns to convince you that they are here to help you recover from the coronavirus pandemic.

The concept is nothing new, advertisers have long built campaigns around events and holidays. The diamond engagement ring is not a tradition, it was created by the jewelry companies. Every holiday with a three-day weekend bring massive furniture sales, and of course, it just isn’t Christmas without brand-new cars in the driveway, and they must have a giant bow on them to be legit.

This time, though, the pitch will be different. This time, you have survived a WAR. You’ve hunkered down through the toughest of times, made incredible sacrifices, and, this is important, you have gone without \_\_\_\_\_ (fill in the blank). Now is your time to get back those things you have gone without for so long. You and your family have endured so much, you better believe you deserve:

New Cars  
Expensive vacations  
Eating out... a lot!  
Season tickets to sports and concerts

Anything you gave up for a while during “stay at home”, you owe it to yourself to get back in a big way. It won’t stop with purchases, though; there will be commercials from law offices asking if you’ve been wronged in any way as a direct result of the virus. Pharmaceutical companies will have plenty of medications ready to help you with the stress and anxiety of getting back to a normal life. Advertisers will attempt to convince us we should do all of this, hoping to gaslight us all like never before.

As you take in this whole new approach to the way we’re being marketed to, please keep this one single theme in mind. They are all using prior fears and uncertainty from the pandemic to do one thing: take your money. It’s not a reward you deserve, not an entitlement you’ve earned, they all just want you to buy their stuff.

Keep that simple viewpoint, and then remember this: We are still in very uncertain times, we are by no means done with this pandemic, and maintaining solid financial readiness is absolutely critical. Rather than looking for ways to spend money on things that are largely unnecessary, it’s the perfect time to look for ways to decrease debt and even try to save money if possible. Throughout the pandemic financial experts have been talking of most lending companies reducing interest rates, lowering some premiums and being very generous in helping customers who are having trouble making ends meet. Now is the time to look into helpful options that may be available to you.

As you look for ways to improve your financial readiness, please get in touch with Paula Palmer, our Military Personal Financial Counselor. Her services are absolutely free, and she knows military finances inside and out. You can reach her at (865) 203-6074.

For any issue or situation you need a little help with, please feel free to call the Airman and Family Readiness office at (865) 336-3107 and follow us at [www.facebook.com/volreadiness](https://www.facebook.com/volreadiness).



# The Chaplain's Cup

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



Our world is in a unique time as we fight the coronavirus. Do you know what has been the most difficult thing for me during this crisis?

*Waiting.*

We can endure almost anything if we know when it will end. The problem with this pandemic is we don't know when it will end. It's the not knowing that can wear us down.

Tom Petty wrote a song called, "Waiting is the Hardest Part." *Waiting is* the hardest part. We, as Americans, have been conditioned to have it our way and to have it right away. We would rather do anything than wait.

Waiting is a normal part of life, and waiting is part of character development. We have all had to wait on something before, and now we are all waiting for things to reopen and eventually get back to normal.

***What do we do while we wait? I suggest a few things:***

**1. Reflect** – Take some time to reflect on the vision that God has placed on your life. Ask yourself this question, "What kind of impact can I make now and can I make in the future as we learn to live in the COVID-19 era?"

**2. Prepare** – Use this time to prepare for when things in our society begin to reopen. Read books and articles about your specific career field, talk with people who are in positions of leadership, and stay fit. You never know when your time will come to step up. Use this time to prepare for when the time comes for you to make a positive difference in our community and world.

**3. Reach Out to Others** – Although many of us are limited in who we can see, we are living in a time in history where people are most connected to each other than ever before. Take advantage of our digital world and reach out to those in your circles. Check in on them and encourage them.

**4. Pray** – This virus is out of our control. Ask God to give our leaders and medical professionals guidance as they are on the frontlines making major decisions impacting everyone.

I've heard it said, "Don't waste these difficult days." Instead of being discouraged during this time, use these difficult days to make a difference in the lives of others.



# Do you love the club? Or just love to draw?

The Armed Forces Club is rebranding as The Vol and would like your ideas on a design!

What’s in it for you? Well of course great notoriety... but how about a \$50 credit at The Vol, for you to re-hydrate after your exhaustive design efforts?

Submissions should be emailed to Lt. Col. Travers Hurst no later than COB June UTA.

TENNESSEE AIR NATIONAL GUARD  
134<sup>TH</sup> AIR REFUELING WING (AMC)  
134 BRISCOE DRIVE  
MCGHEE TYSON ANG BASE TN 37777-6200

SPECIAL ORDER  
M-1

24 April 2020

Under the provisions of Sec 502, Title 32, USC, Sec 206, Title 37, USC and ANGI 36-2001, all members of the 134<sup>th</sup> Air Refueling Wing and 572<sup>nd</sup> Band are hereby ordered to attend all unit training assemblies shown on this training schedule unless attending a split UTA (SUTA) or Rescheduled UTA (RUTA) January 2021 through December 2021 at McGhee Tyson ANG Base, TN. Organizational Commanders may schedule their personnel for Split Unit Training Assemblies (SUTA's) during the calendar month of the scheduled UTA's as required for their unit mission. Equivalent Training (EQT's) will not exceed four (4) per fiscal year (FY). Both SUTA's and EQT's must be scheduled and approved in advance. Duty hours for each UTA/SUTA/RUTA will be as follows: Saturday: 0800 to 1200 and 1230 to 1630, and Sunday: 0700-1100 and 1130 to 1530. Appropriate military uniform will be worn.

PRIMARY DATE	TIME	NUMBER OF UTAs	MXG ALTERNATE
09 JAN 21	0800-1630	2	NONE
10 JAN 21	0700-1530	2	NONE
06 FEB 21	0800-1630	2	NONE
07 FEB 21	0700-1530	2	NONE
06 MAR 21	0800-1630	2	20 MAR 21
07 MAR 21	0700-1530	2	21 MAR 21
10 APR 21	0800-1630	2	NONE
11 APR 21	0700-1530	2	NONE
01 MAY 21	0800-1630	2	NONE
02 MAY21	0700-1530	2	NONE
05 JUN 21	0800-1630	2	12 JUN 21
06 JUN 21	0700-1530	2	13 JUN 21
JUL- NONE (moved to 05 Nov 2020)	0800-1630	2	NONE
JUL- NONE (moved to 06 Nov 2020)	0700-1530	2	NONE
07 AUG 21	0800-1630	2	NONE
08 AUG 21	0700-1530	2	NONE
11 SEP 21	0800-1630	2	18 SEP 21
12 SEP 21	0700-1530	2	19 SEP 21
02 OCT 21	0800-1630	2	23 OCT 21
03 OCT 21	0700-1530	2	24 OCT 21
06 NOV 21	0800-1630	2	NONE
07 NOV 21	0700-1530	2	NONE
04 DEC 21	0800-1630	2	NONE
05 DEC 21	0700-1530	2	NONE

  
MARTIN L. HARTLEY, JR. Colonel, TN ANG  
Commander





# Ready to Wear?

**Be advised: Proper wear of the OCP is required for all military members. Some standards are changing June 1, 2020, so make sure you are following all requirements.**

*These are just a few of the highlights, be sure to read the entire AFI and the AFGM for complete dress and appearance instructions.*

**As of June 1, 2020:**

**The spice brown US flag will be the only accepted version**

**Airmen will only wear the coyote brown or Tan-499 t-shirt. The sand t-shirt is no longer authorized**

**Airmen will only wear the coyote brown boots. Tan boots are no longer authorized**

**Officers will only wear spice brown officer rank**

*The following standards have not changed:*

Airmen are authorized to wear previously-owned, serviceable OCPs, including the Operation Enduring Freedom-Camouflage Pattern commonly referred to as the Multi-cam.

Airmen will wear a basic configuration consisting of name and USAF tapes, U.S. Flag and rank (mandatory).

The USAF name tape, blouse name tape and rank **must be either Velcro or sewn--they must all be affixed in the same manner.** Independently, the patrol cap name tape and occupational badge may be either sewn or Velcro and do not have to match the rest of the blouse or each other in that manner.

Higher headquarters and unit patches have an optional wear date of Oct. 1 and will be mandatory on April 1, 2021. Until the mandatory wear date, current subdued versions of HHQ and/or unit patches may be worn. **Colored patches are not authorized.**

Authorized duty identifier tabs are listed in Table 5.3.

Airmen may wear other services' qualification badges, if earned and awarded, i.e. Ranger tab, Air Assault or Pathfinder. Award criteria for other services' qualification badges will be in accordance with the awarding service's directives. Sister service and joint badges can be worn in their current color configuration and will not be converted to the spice brown color criteria.

Red Horse squadrons may wear a red baseball cap with the RED HORSE emblem/symbol centered on the cap front. Combat Arms personnel are authorized to wear a red baseball type cap with the words COMBAT ARMS while performing duties on the range complex.

Airmen may wear coyote brown fleece with OCPs. Scarves, earmuffs and watch caps may be either coyote brown or black. Gloves must be sage green.

Your chain of command should be the first avenue for clarification and further guidance on local standards and policies.



## TIMELINE

### 2018

1 OCT

Serviceable OCP's may be worn with current patches/badges  
Airmen can purchase OCP's at the following AAFES locations: Aviano AB, Charleston AFB, Shaw AFB and MacDill AFB, Pentagon

### 2019

1 APR

Expansion of in-store AAFES sales locations continues

OCT

Online sales projected to be available

### 2020

1 JUN

Coyote brown boots mandatory  
Coyote brown/tan 499 T-Shirt mandatory  
U.S. Flag spice brown color criteria mandatory  
Spice brown officer rank mandatory  
DLA green socks/coyote brown socks mandatory

### 2021

1 APR

OCP Utility Uniform mandatory  
All AF patches must be converted to the spice brown color criteria

## BENEFITS

- The OCP works in all climates and across the spectrum of missions we perform
- Over 100,000 Airmen have been issued and/or are already wearing OCPs. This includes AFGENT, AFSOC and our AFGSC Defenders
- The OCP will bring back Air Force heraldry with unit patches
- The OCP celebrates our joint warfighting excellence and close ties with the Army

(Current as of Oct. 3, 2018)





# Promotions

## Lieutenant Colonel

Jennifer King                      MDG

## Captain

Shannon Gragg                      LRS

## 1st Lieutenant

Joseph Satterfield                      119th  
Zachary Bledsoe                      119th

## Master Sergeant

Chad Wallace                      MXG  
John Lain                      COMM  
Daniel Day                      SFS

## Technical Sergeant

Dylan Meade                      MXG  
Christopher Pierce                      LRS  
Cullen Babcock                      CES

## Staff Sergeant

Christopher Rogers                      MXG  
William Edwards                      MXG  
Christopher Ray                      MDG

## Senior Airman

Travis Sexton                      MXG  
Laurel Krahwinkel                      119th  
Christian Trivette                      119th  
Kaitlin Zanoni                      119th  
Matthew Hughes                      LRS  
Steven Dugger                      MXS  
Christopher Williams                      MXS  
John Salyes                      OSS

## Airman 1st Class

Logan Wagner                      LRS

## Airman

Colton Edlin                      MXG  
Christian Perez                      FSS  
Jared Newvine                      119th  
Haven Fisher                      MSG





FOLLOW US ON SOCIAL MEDIA!

Download the 134 ARW App - available on  
the App store & Google Play



Click to visit each app or website

To view the official 134th ARW website  
please go to: <https://www.134arw.af.ang.mil>

To view official DoD imagery/video/graphics  
from the 134th ARW, go to DVIDS:  
<https://www.dvidshub.net/unit/134arw>



**134th AIR REFUELING WING**  
PUBLIC AFFAIRS 865-336-3214