



THE VOLUNTEER

March 2020



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ABOUT THE VOLUNTEER

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All imagery is produced by 134th ARW Public Affairs, is public domain, or otherwise specified.

Cover: A 134th ARW KC-135 Stratotanker rests on the ramp during sunrise. (U.S. Air National Guard photo by Master Sgt. Jonathan Young)

Above: A B-52 Stratofortress completes refueling from a 134th ARW tanker during exercise Saber Guardian 19. (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

Opposite: 'Pineapple', 'Cup', and 'Chocolate Bunny' courtesy of Pexels.com

'Chief's Coin on flag' (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

'Thunderbirds' courtesy of DVIDShub.net

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

'Women's History Month' courtesy of deomi.org



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 sustained combat operations.

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

In this issue:

3



Women's History Month

March is the month we celebrate International Women's Day and all the contributions of women throughout history.

5



Like to sketch?

The Club needs a new logo and is offering a prize for the winning submission!

6



The Chief's Corner

This month's Chief is Jana Johnson from Medical Group.

7



Working or not?

The Chaplain's Cup has advice for when things aren't working.

8



134th Easter Egg Hunt

Bring the kids, it's April UTA!

9



Medical Group Hours

Medical Group hours, notes, and more

10



AGR Opening

Are you ready to advance your career?

10



Take Note!

Service hours, DFAC menu... it's all here!

11



12



Information Assurance

Two words: Cyber Threats

12



OPSEC

Snakes!

We Can Do It...

and She

DID

WOMEN'S HISTORY MONTH



Women's History Month

The month of March was designated as Women's History Month in remembrance of International Women's Day, which has been celebrated annually since March 8, 1911. Women's History Month not only provides us with an opportunity to honor the contributions of the trailblazers for gender equality throughout history, but it also reminds us of the importance of empowering the many women today who are all carrying on that legacy.

Whether on a personal or organization level, women continue to have a positive impact on American society. It is inclusion that allows women to realize their full potential, benefitting the military, our veterans, and our nation as a whole.

Source and for additional information and facts go to:

<https://www.deomi.org/human-relations/special-observances.cfm>

Are you an artist?

The 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 1530 Sunday of April UTA





The Chief's Corner



Get to know your Chief!

Featuring: Chief Master Sgt. Jana Johnson

- 1) Full name: Jana Johnson
- 2) Nickname: Chief
- 3) Years in the military: 26
- 4) I came into the military as a surgical technician
- 5) Favorite food: Spaghetti with meatballs, marinara, and lots of cheese
- 6) Pets: Ruger, a chihuahua/yorkie mix
- 7) Hobby: Anything outdoors - It's a good way to relax and get away from the world for a bit
- 8) My favorite vacation spot: Europe
- 9) Person who influenced your military career most and why? There are many! Staff Sgt. Ricardo Perez (my first supervisor at F.E. Warren AFB, Wyoming) and Staff Sgt. Dot Roy (NCOIC of Patient Administration at Patrick AFB, Florida) stand out the most. Perez taught me the importance of being in control of my training and my career from the beginning. He stressed the importance of holding not only myself accountable, but also holding him accountable when I was having difficulty learning things. When I became a new supervisor at my new duty station Patrick AFB, he gave me additional important advice. He told me to seek out someone who was the type of supervisor that I would like to be. He challenged me to ask them to mentor me. Roy was that person. I knew her through our squadron softball team, and I asked her to help me become a good supervisor. She took on that challenge and was generous enough to spend her off time with me to answer questions and give me scenarios to try to figure out. She challenged me to think outside the box. They were both very instrumental in my development in my career.
- 10) If I could give my younger self a piece of advice, I would say to invest in yourself early!

The Chaplain's Cup

by Maj. Derick Wakefield, 134th Air Refueling Wing Chaplaincy



I ran across an article in USA Today that was titled, "When Nothing You Do Seems to Work." I found the title intriguing, because I know so many people are living frustrated lives and feel that nothing works for them. But when I began to read the article I discovered it wasn't about life, it was about technology.

We live in a high-tech society and sometimes, no matter how high-tech we are, some things don't work. Most people have cell phones, computers, entertainment centers.

And even for someone technologically challenged like me, it's not too complicated to set up all the equipment because so much of it is color-coordinated: I can match the red plug to the red port, the blue plug to the blue port, and the white plug to the white port. But what happens if I follow all the instructions, and despite it all, it just doesn't work?

The USA Today article offered some pointers that are applicable for life as well as technology:

If what you are doing isn't working, stop and start over.

Don't keep doing the same thing thinking that it's going to work on the thirtieth try, even though it hasn't worked the first twenty-nine times.

Don't be afraid to call for help. Most companies offer tech support, or you may know someone who is a technical guru.

Ask for help from someone you know; it is not shameful or disgraceful to ask for assistance when you're having trouble.

Refer to the owners manual for more instruction.

All devices come with an owner's manual. As a military chaplain and civilian pastor, I often refer to what you could call my "owner's manual" to help me navigate through this thing called life: my bible. As a person with a strong faith background, I will add that you can also ask God for help. He is always willing to assist, especially when asked. Just remember: there are more resources available when what you've tried doesn't seem to work.

134th Children's Easter Egg Hunt

Bring the
kids for eggs,
animals, and
lots of
family fun!

Saturday, April 4 at 4 p.m.
Yes, that is UTA weekend!



MEDICAL HOURS

PLEASE REFER TO LISTED HOURS FOR SERVICES AT THE 134TH MEDICAL GROUP

SATURDAY

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

HEARING EXAMS/ANAM
1300-1500

SUNDAY

FITNESS FOR DUTY EVALUATIONS
0730-0800

RCP PDF LINE-AEROPORT-
BUILDING 102
0900-1100

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.

*Mental Health Assessments will be scheduled by appointment only

*Contact 134th Medical Group at 336-4277 to make an appointment outside listed times

TAKE NOTE

PUBLIC AFFAIRS CUSTOMER SERVICE HOURS



The photo studio is open Saturday of UTA from **1300-1500** 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 only** on Wednesdays from 0800-1100

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 0800-1030 and 1300-1530

Saturday of UTA from 0900-1030 and 1300-1530

Sunday of UTA from 0800-1030

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



There will be no JEAA meeting this UTA. See you in April for a special guest speaker!



TAKE NOTE

ROCKY TOP MENU

Saturday:

Honey Ginger Pork
Mustard Chicken
O'Brien Potatoes
Rice/Brussel Sprouts
Chicken Wings
Buffalo/BBQ/Asian Zing
Garlic Parmesean
French Fries
Carrots/Black Beans

Sunday:

Salmon Patties
Meatloaf/Oven-fried Chicken
Sweet Potato Casserole
Mashed Potatoes/Broccoli
Grilled Chicken
Hamburgers/Hot Dogs
Tater Tots/French Fries
Chili/Fried Okra
Baked Beans/Pinto Beans



LONG DISTANCE PIN NO LONGER REQUIRED

A long distance pin is 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



CURRENT JOB POSTINGS

Job Postings on the 134th ARW website!

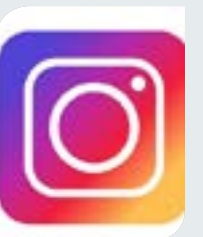
AGR Pilot Opening! Closes Mar. 9, 2020

<https://www.134arw.ang.af.mil/Resources/Job-Openings/>



134TH ARW SOCIAL MEDIA

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



TOP THREE

There will be no Top Three meeting this UTA. We will resume April UTA.





Promotions

Captain

James Barrett MDG

Technical Sergeant

Briana Lindquist OPS

Senior Airman

Zoie Godwin	SFS
Blaine Connell	MXS
Jacob Higdon	MXS
Taylor Shultz	CES
Holden Baker	SFS

Senior Master Sergeant

John Lynch	MXS
Michael Curry	SFS

Staff Sergeant

Levi Sanders	MXS
Kyle Gamache	MDG
Orrin Gregory	CES
James Reed	LRS

Airman 1st Class

Seth Moore	119th
Spencer Tatham	LRS

Master Sergeant

Guy Smith	SFS
Justin Parrott	SFS
Joseph Jones	OSS

Airman

Chantal LeBon	HQ
Levi Ables	CES



Internet Security & Home Computing:

By: TSgt Adam S. Huskey

* Publicly available Wi-Fi hotspots are often unsecure and put your private/personal data at risk. If using public Wi-Fi, do not go to sites that require entering personal data, information or passwords.

* On your home routers, enable WPA2/PSK (Strongest) or WPA/TKIP (Moderate) encryption. The "WEP" encryption is an older version (weakest) and should be avoided if possible.

* Secure your laptops and handheld devices with biometric locks such as fingerprint or facial recognition capabilities, strong passwords (more on those later), or a PIN.

* Active Duty military and civilian employees are encouraged to take part in the DISA Home Use program, which provides Anti-Virus/Anti-Spyware (AV/AS) software for use on home computers.

* For those unable to participate in the DISA Home Use program, many Internet Service Providers (ISPs) include AV/AS software as part of their service package, so check with your provider.

Information Assurance Awareness: Staying aware of today's cyber threats!

DoD Officials Emphasize Cyber Offense, Communications

27 Feb 2020

MeriTalk | By RSA Live, Mr. Jim Sullivan, various (blog)

Jim Sullivan, defense intelligence officer (DIO) for cyber at the Defense Intelligence Agency (DIA), emphasized the value of offensive operations in cyberspace to deter nation-state attackers during a panel discussion this week at the RSA security conference in San Francisco.

"The best defense is a good offense," said Sullivan, who touched on the growing capabilities of U.S. Cyber Command. "They are conducting military cyber operations going on 24/7 for 365 days a year," he said, adding, "You will see more cyber operations over time."

To create a more effective deterrence strategy, Sullivan said it's necessary to better understand nation-state adversaries, and their motivations and interests. That's easier said than done, he indicated, while also stating that playing defense against nation-states is not enough to change their attack calculus, which features the perception of minimal downside risk.

"You'll never fully get out from under network defense" if you don't understand the attackers better, Sullivan said. "If we don't impose costs" on attackers, "we will play defense for a long time and eventually become exhausted," he said.

(Article continues @ link below...)

Entire Story: <https://www.meritalk.com/articles/rsa-live-dod-officials-emphasize-cyber-offense-communications/>

134 CF Information Assurance POCs:

MSgt Dora Jennings, ext. 4924

TSgt Adam Huskey, ext. 4936

SSgt Tyler Renner, ext. 4925

LESS DANGEROUS



THAN CARELESS TALK

DON'T DISCUSS TROOP MOVEMENTS - IHP SAILINGS - WAR EQUIPMENT

THINK
OPSEC