

THE VOLUNTEER

November 2019



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ABOUT THE VOLUNTEER

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Cover: 134th Volunteers fly over the East Tennessee State Veteran's Cemetery. (U.S. Air National Guard photo by Senior Master Sgt. Kendra Owenby)

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: 'Cup' and 'Cans' courtesy of Pexels.com

'A1C Minnick' (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

'Skateboards' courtesy of Mr. Bill Conner

'Combat Dining In' (U.S. Air National Guard photo by Staff Sgt. Darby Arnold)

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

'Christmas Tree' and 'Deployers return' (U.S. Air National Guard photos by Senior Master Sgt. Kendra Owenby)



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.

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October OPSEC

They're listening!

241ST EIS AIRMAN RECEIVES “FIRST AIRMAN” AWARD

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



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

Airman 1st Class Michael Minnick, from the 241st Engineering Installation Squadron, departed for Basic Military Training like every other recruit: Nervous, but hopeful he had done enough to prepare for the challenge.

“I definitely hit the pavement a lot, running,” Minnick said. “I went to the gym a lot too, working on pushups and sit-ups. The big thing was consistency, particularly sticking after it on the days I didn’t feel like it. Sometimes those were the best days, the ones I forced myself to get out and go do it.”

In addition to physical training, Minnick took advantage of his family connections to prepare mentally. His father recently retired as a senior master sergeant from the 241st EIS and was able to help.

“I talked to him and asked a lot of questions about rank structure and how military life is,” Minnick added.

At BMT, Minnick took advantage of study time. He worked with other trainees, building flashcards and highlighting important information in his study guide.

As it turns out, Minnick was well-prepared for military life. After being told he had achieved Honor Graduate, which is only awarded to the top 10 percent of BMT graduates, Minnick learned he ranked 1st of 753 Airmen in his class.

“It was kind of scary, knowing I’d have to be up in front of all of those people; It definitely was intimidating, but it felt good, too,” Minnick said about the graduation. “I don’t think my dad could have smiled any wider. He was definitely proud, and it made me happy to make him proud because I’ve always looked up to my dad.”

Minnick is waiting for a technical training date for his Air Force career and currently attends college for electrical engineering. He is certain his experience with the military will benefit him for the rest of his life.

“I think the discipline is a big part of it; it helps me in my classes to not procrastinate as much,” Minnick said. “Knowing that if I hammer down on things now and get them done earlier it’s going to help relieve some anxiety. I would say in the future that discipline is what’s going to translate to anything else I do.”

Overall, Minnick was humbled by the overwhelming show of support and encouragement he’s received in response to the award.

“The one word I could say to describe my experience would be Pride; pride in myself, but also in my country that I’m getting to serve and the fact that I get to be out here with all these great men and women; it’s truly a blessing.”

All active duty, national guard, and reserve Airmen attend BMT at Lackland Air Force Base in San Antonio, Texas. In 2019, Lackland is set to graduate over 40,000 Airmen, of which only 0.1 percent will receive the distinction of “First Airman”.



Welcome home deployers





What makes you priceless?

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

My family and I recently had an amazing opportunity come our way: we donated a part of our family history to the National Museum of American History at the Smithsonian Institute. And this incredible historical artifact? A skateboard. How the board ended up there is another story, but the *why* is pretty easy to follow.

About 40 years ago I put a skateboard together as a gift to my dad for Father's Day; he was about 55 years old, I was around 15 and we rode together quite a bit. Somehow this board stayed in the family, even as many other skateboards came and went over time. The board still rides perfectly and is still in great shape. Fast-forward to present day, I'm now 56 and my son is 15, and he learned to skateboard on his grandfather's board. This board is definitely a cherished part of our family history.

However, if you had seen this board at a yard sale and really weren't into skating, you would expect this "old relic" to sell for 20 or 30 bucks. If you invested a little time and looked it up on eBay you'd find it is a real collector's item that sells for around \$500. When I spoke to the curator at the Smithsonian, she said that the history, the *story*, was what made the board a valuable addition to their collection. She told me there are many collectable skateboards out there, but the age of the board, the condition it is in, and the three-generation family story combined are what make the board *priceless*.

I spend a great deal of time thinking about Resilience and Mindfulness these days, especially with the emphasis being placed on getting to know one another during the Resilience Tactical Pause. Driving back from Washington DC, I thought about the different ways that old skateboard could be viewed, and how similar it is to the ways we see the people around us.

When we move into a new job, sign up with a new unit, or meet any

new group of people, we don't initially see anyone's unique qualities, or their particular value; at this point everyone is a yard-sale skateboard. With time and effort, a few connections will take place, from similarities in backgrounds or interests, or maybe just getting along with certain people more than others.

Those connections help increase the value of the relationships that are forming. Over time those relationships will lead to trust and bonds that allow you to help with their problems, and allow others to help you. The experiences shared and the stories that go with them lead to those rare friendships that most of us would like to have.

As we press on after our Resilience Tactical Pause, where we took the time to get to know the people around us a little better, ask yourself: What are you doing *now* to learn about the true value of those around you? You may just find the beginnings of a real connection with a true friend. And *that* is priceless.



(Photo courtesy of Bill Conner)



2019 Combat Dining In

U.S. Air National Guard photos by Tech. Sgt. Jonathan Young and Staff Sgt. Darby Arnold

The Chaplain's Cup

by Capt. Nathan Tarr, 134th Air Refueling Wing Chaplaincy

The ABC's of mental toughness

As we enter the heart of the college football season, a word that we hear in almost every half-time, post-game, and after-practice interview is “adversity.” A key player was injured. The team plane was delayed. A rain-storm blew in. The other team got off to a quick start. Whatever it is, coaches and players collect it all under the category of “adversity.” These examples of adversity, and others like them, are challenges that could cause the team to get dispirited and start making excuses for their performance.

The other option, of course, is that coaches and team captains leverage these challenges into opportunities—opportunities to grow together as a team, to call younger players to step up, to get creative in finding new ways to tackle old problems. When adversity is approached in this way, challenges can stimulate growth and serve the long-term strength of a team instead of crushing their hopes and creating despair.

The common bit in sports interviews about adversity illustrates what Albert Ellis calls the ABCs of mental toughness. He points out that B stands right there between A and C! And that is important because it means that adversity (A) isn't connected directly to the consequences (C) of an event. Instead, those eventual consequences are a result of our beliefs (B) about the adversity we are experiencing.

To keep going with the football example, an injury to our starting quarterback doesn't necessarily or automatically result in the consequence that the rest of the season is ruined. It all depends on how the team responds. Do they rally around the second-string guy and play a little harder? Or do they mail it in? Or an office example: two co-workers are let go, and while one updates her resume the other is paralyzed by fear of the future.

At the root of this difference is what we believe about our failure. Does it define us (“I was fired because I am a failure”) or does it refine us (“I know what I will do differently next time”)? If adversity comes to define us, it is easy to spiral down into deep discouragement. But if our perspective is that adversity only refines us by giving us opportunities to grow, then we exhibit the kind of resiliency that we admire on the football field, as well as in the more important areas of life.

So the next time you hear an 18 year-old in a jersey talk about adversity, remember the ABCs of mental toughness. Adversity will come. But the Consequences of that challenge are not guaranteed. What makes the difference is right there in the middle—my Belief whether this failure defines me, or is only allow to refine me. That is a hopeful perspective for those of us wearing another kind of uniform as well.



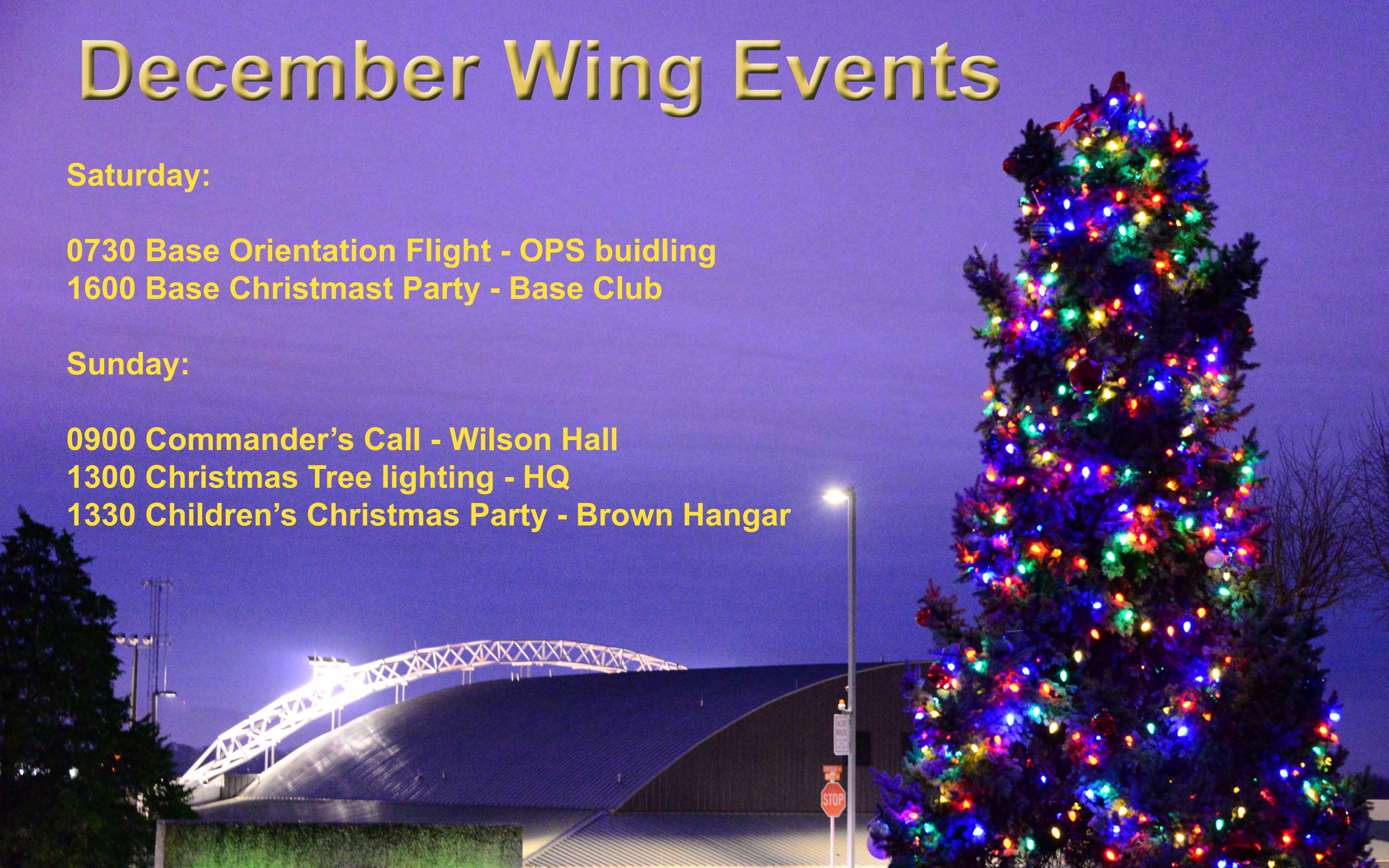
December Wing Events

Saturday:

0730 Base Orientation Flight - OPS buidling
1600 Base Christmast Party - Base Club

Sunday:

0900 Commander's Call - Wilson Hall
1300 Christmas Tree lighting - HQ
1330 Children's Christmas Party - Brown Hangar





JEAA Update!



- * The Canned Food Drive ends Sunday! Get your items in and notify Tech. Sgt. Eicher of your box location before Sunday's meeting so your donations can be collected and counted
- * Spring Scholarship applications are due Sunday! Get **all required documentation** to your first sergeant or bring it to the JEAA meeting Sunday!
- * Christmas Tree decorating is soon, get your name on the committee list to help out!
- * We have a limited number of the 'Combat Ready' shirts left, contact Tech. Sgt. Eicher if you'd like one
- * Got an idea you'd like to get in front of command? Bring it to JEAA!

November's JEAA meeting is Sunday at 1215 in McKinley Hall

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

HEARING EXAMS/ANAM
1300-1500

SUNDAY

FITNESS FOR DUTY EVALUATIONS
0730-0800

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



JEAA will be meeting Sunday from 1215-1315 in Room 110 of McKinely Hall. Please join us!



TAKE NOTE

ROCKY TOP MENU

Saturday:

Lemon Garlic butter Fish
Swedish Meatballs
Grilled Chicken/Burger/Hotdog
Egg Noodles
Rice
Broccoli/Black-Eyed Peas
Chili/Green Beans
Tater Tots/French Fries
Chili Baked Beans

Sunday:

Ham
Roast Turkey
Mashed Potatoes
Sweet Potato Casserole
Dressing
Glazed Carrots
Green 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!

Medical Group First Sergeant
Financial Management and Comptroller Craftsman
Force Support Squadron Officer
Logistics Readiness Officer

<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

Top Three will be meeting at 1230 on Sunday in the Headquarters conference room.



Promotions

Airman

Logan Wagner

Airman 1st Class

Michael Morgenstern

Senior Airman

Justin Walker
Dawson Biddle
Logan Bates

Staff Sergeant

Alex Cripps
Alexander Dailey
Joshua Fulbright

Technical Sergeant

Nathanael Holbrook
Taylor Brand
Michael Romines

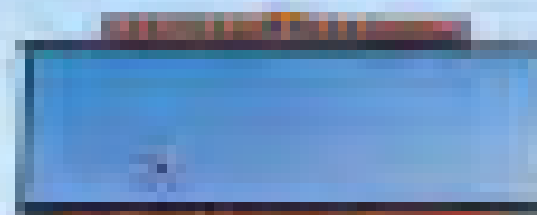


Captain

Russell Van Tuyl

Lt. Colonel

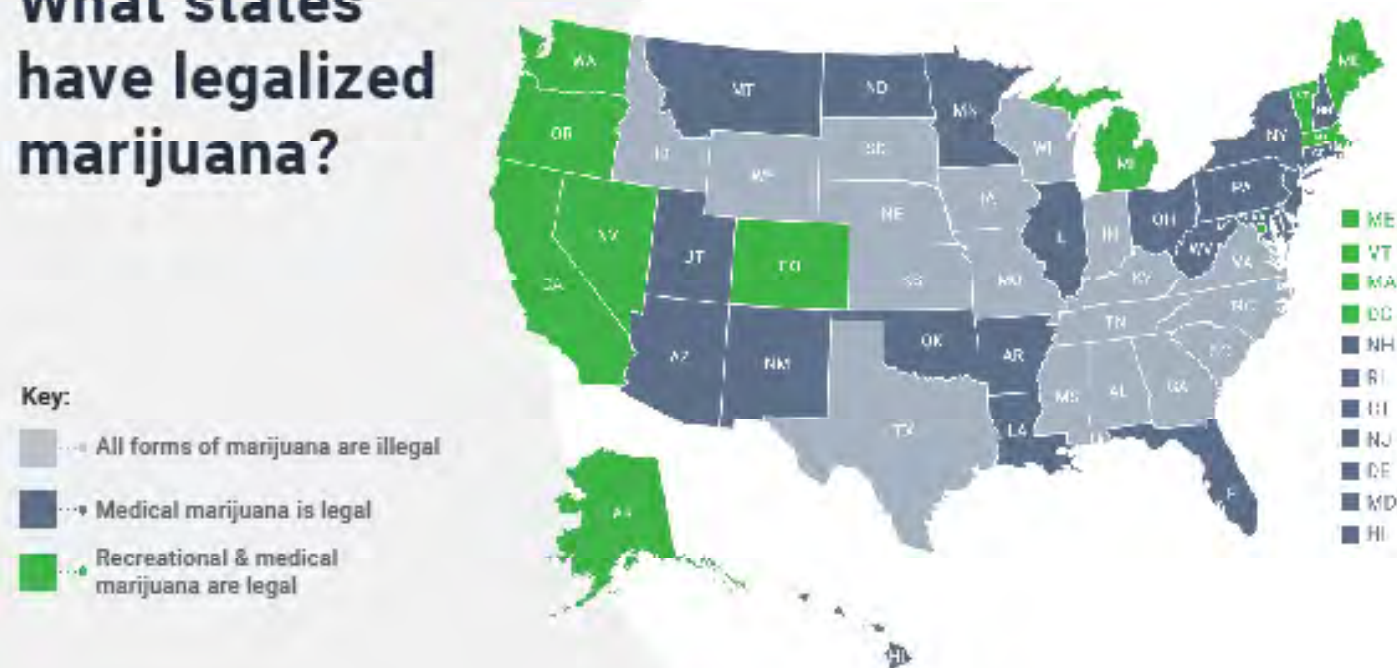
Patrick McNabney



WHAT MARIJUANA LEGALIZATION MEANS FOR YOU

As an **ACTIVE DUTY, RESERVE OR ACTIVATED GUARD SERVICE MEMBER**, IT'S **ILLEGAL** to possess or use marijuana - even if it's legal in your area.

What states have legalized marijuana?



BE AWARE!

Know what products are sold in your area that might contain marijuana so that you don't accidentally ingest them.



PROTECT YOUR CAREER

No matter where you are stationed, PCS or visit – possessing, distributing, or using marijuana (recreational, medical or otherwise) is prohibited and punishable under the Uniform Code of Military Justice (UCMJ) 912a. Article 112a.



DID YOU KNOW?

If you are a civilian dependent of a Service member, it is illegal to possess marijuana anywhere on the installation, including on-base housing.

Remember that no matter where you are stationed, marijuana is illegal for Service members.



Contact Us: dha.nor.comm.mbx.prevent-substance-misuse@mail.mil

Information current a/o: July 2019



LOOSE TALK

CAN COST LIVES