

# THE VOLUNTEER

October 2019



THE VOLUNTEER MAGAZINE IS PUBLISHED MONTHLY BY:

134th ARW Public Affairs  
134 Briscoe Dr  
Louisville, TN 37777  
(865) 336-3214

CHIEF OF PUBLIC AFFAIRS:

Lt. Col. Travers Hurst

PUBLIC AFFAIRS OFFICER:

1st Lt. Jonathon LaDue

PUBLIC AFFAIRS SUPERINTENDENT:

Senior Master Sgt. Kendra Owenby

PUBLIC AFFAIRS SPECIALISTS:

Tech. Sgt. Jonathan Young

Tech. Sgt. Daniel Gagnon

Tech. Sgt. Teri Eicher

Staff Sgt. Melissa Dearstone

Staff Sgt. Darby Arnold

Airman 1st Class Kaylee Patterson

ADMIN:

Airman 1st Class Christa Pelham

Airman Basic Sarah Costen

ABOUT THE VOLUNTEER

This magazine is an authorized publication for members of the U.S. military services. The content is edited, prepared, and provided by the McGhee Tyson ANG Base Public Affairs Office. The contents of THE VOLUNTEER are not necessarily the official views of, or endorsed by, the U.S. Government, DOD, or the Department of the Air Force.

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).

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

Cover: 134th Volunteers fly over Neyland Stadium. (U.S. Air National Guard photo by Staff Sgt. Melissa Dearstone)

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: 'Flood' courtesy of Pexels.com.

'Deployers', 'Shovels', 'SFS' and 'Tanker' (U.S. Air National Guard photos by Tech. Sgt. Teri Eicher)

'TAG match' courtesy of the Tennessee National Guard

'Staff Sgt. Dakota Ray' (U.S. Air National Guard photo by Staff Sgt. Darby Arnold)

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



# 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



## A fond farewell

134th members gathered at the East Tennessee State Veteran's Cemetery to say goodbye to one of our own.

4



## Are You Prepared?

Tech. Sgt. John Romines lays out some simple ways you can be better prepared for disaster.

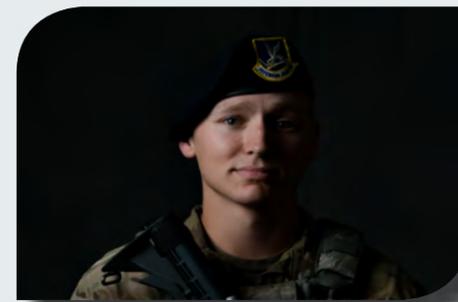
5



## Hangar Groundbreaking

Members from the 134th Air Refueling Wing joined community leaders and state representatives to break ground on our new maintenance hangar September 23rd.

6



## Tactical Games

Staff Sgt. Dakota Ray, 134th Security Forces Airman, talks about participating in the 2019 Tactical Games.

7



## Deployers Return

The 134th ARW welcomed home deployed Airmen September 23rd

8



## What's New?

Important dates and times of upcoming events

9



## Combat Dining In is here!

Free tickets, t-shirts, and more!

10



## Medical Group Hours

Medical Group hours and notes

11



## Take Note!

Service hours, menu, job postings... it's all here!

12



## It's your planet

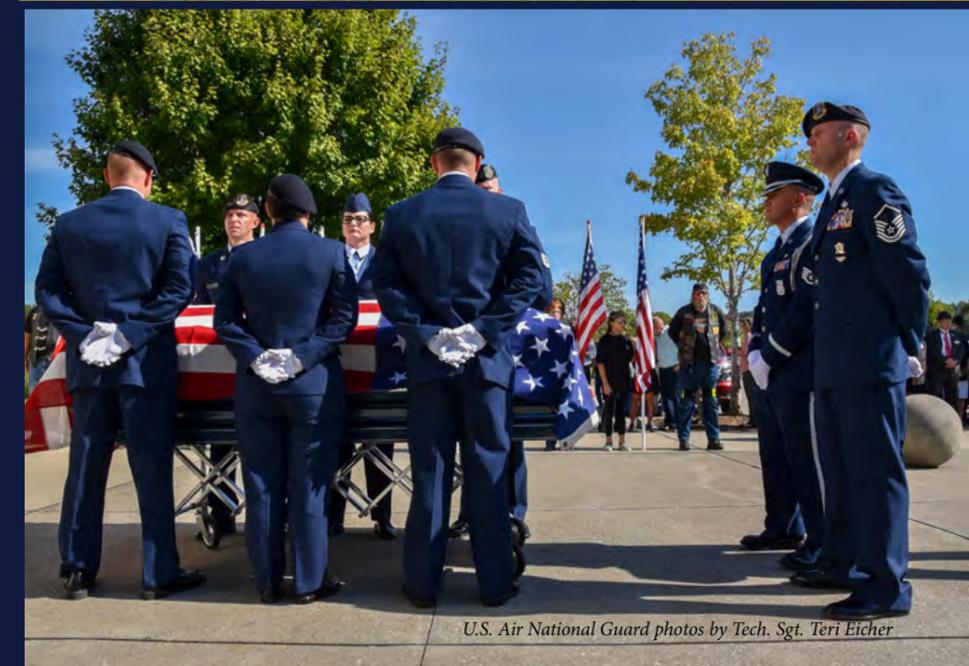
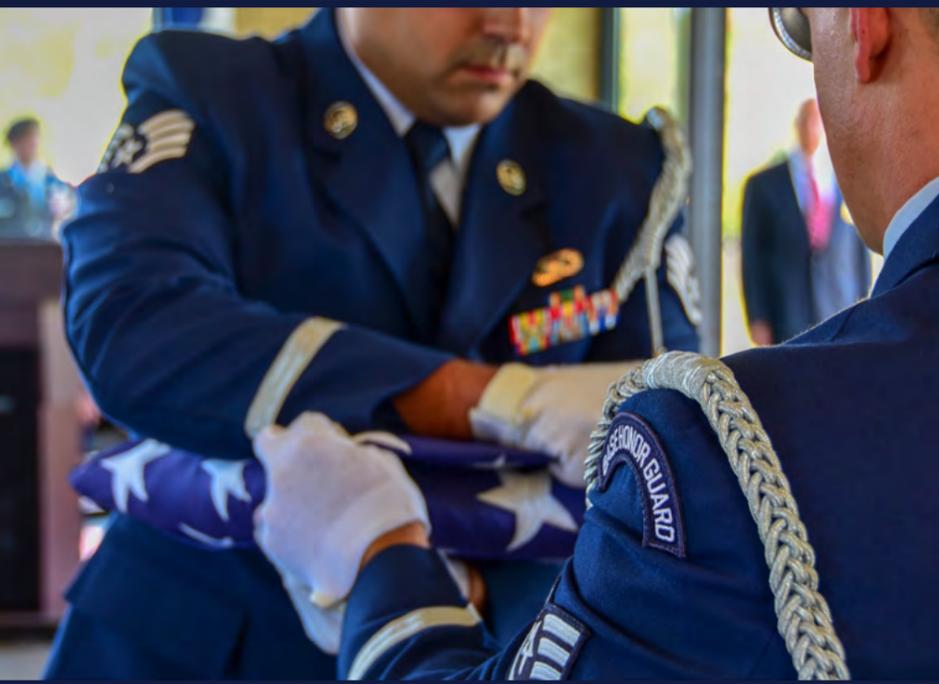
134th Bio-Environmental newsletter

13



# In memory of Master Sgt. Gabriel Griffin

Gabriel Wayne Griffin, loving father, husband, and patriot, passed away on October 4, 2019 at age 39. Gabe joined the United States Air Force in 1999 and completed four tours of duty in support of Operation Iraqi Freedom along with multiple state-side secret service missions. Gabe trained and partnered with his loyal Military Working Dog (MWD) Zasko. After serving on active duty for six years, Gabe's passion to serve his country was fulfilled by joining the Tennessee Air National Guard 134th Security Forces Squadron where he completed an additional tour of duty in support of Operation Iraqi Freedom. Gabe continued to serve honorably in multiple senior leadership roles. Gabe's legacy will live in the Security Forces family through the defenders he mentored.



# LESSONS FROM NATIONAL PREPAREDNESS MONTH

*by Tech. Sgt. John Romines, 134th Emergency Management*



September has come and gone, and we are well into October. No matter the month, we know all too well that an irate Mother Nature can devastate lives and property. Earthquakes and fires can occur at a moment's notice. On the brighter side, people can lessen their vulnerability to complete disaster through preparation. Since 2004, September has been designated as National Preparedness Month.

A concerted effort spearheaded by FEMA, the primary goal is to encourage year round personal and community preparedness for natural and man-made disasters. Be Prepared, Not Scared. The month is broken down to weekly action points.

**Week 1: Save Early for Disaster Costs.** Are you financially prepared for a disaster? How will you pay your bills? Most insurances don't cover flooding. The Federal Reserve estimates that 40% of Americans don't have \$400 in savings. Go ahead and take out flood insurance. It takes 30 days to take effect. Put a small amount of each paycheck into a savings account. Have cash on you since ATMs and card readers aren't always available.

**Week 2: Make A Plan.** Have a fire escape plan and have a fire drill twice a year. Contact utility companies to get on a "priority reconnect service" list if you or a family member rely on electric powered medical equipment. Learn how to turn off natural gas to your home. Download a group texting app so everyone can stay in touch before, during, and after an emergency.

**Week 3: Youth Preparedness.** Teach children what to do in an emergency if they are at home or away. Help them know how to communicate during an emergency. Update school records. Add school social media accounts. Include favorite board games, stuffed animals, and books in an emergency kit to help comfort them.

**Week 4: Get Involved In Your Community's Preparedness.** Take classes such as CPR/AED and first aid. Join a local CERT (Community Emergency Response Team). They prepare for types of disasters your community may face. Be a good neighbor and see how you can help before or after a storm. Identify transport options for evacuation or getting to a hospital for the disabled.

More information can be found at [fema.gov](http://fema.gov), [FloodSmart.gov](http://FloodSmart.gov) and [ready.gov](http://ready.gov).



# HANGAR GROUNDBREAKING

Members of the 134th Air Refueling Wing were joined by members of the community to celebrate the ground-breaking of the 134th's new hangar on September 23rd.

Noted attendees included Congressman Tim Burchett, Knoxville Mayor Glenn Jacobs, and Brig. Gen. Thomas Cauthen.

*(U.S. Air National Guard photos by Senior Master Sgt. Kendra Owenby and Tech. Sgt. Teri Eicher)*



Tennessee Air National Guard  
134th Air Refueling Wing  
PSXE999132 Replace KC-135  
Maintenance Hangar & Shops



Messer  
We Are Building.

BURNS & McDONNELL

# 134th SFS Airman participates in 2019 Tactical Games

*by Staff Sgt. Darby Arnold, 134th ARW Public Affairs*



*Staff Sgt. Dakota Ray placed 12th out of 90 contestants in the 2019 Tactical Games. (U.S. Air National Guard photo by Staff Sgt. Darby Arnold)*

Being in the military takes both mental and physical toughness. Staff Sgt. Dakota Ray, a 134th Air Refueling Wing member, used that training to participate in the 2019 Tactical Games from August 10-11.

Ray said his skills and discipline as a Security Forces Airman prepared him for the competition.

“In the military, specifically Security Forces, we should be prepared to resolve any type of issue that may arise,” said Ray. This type of competition required a good deal of preparation. Ray spent months leading up to the event working out and getting himself ready for the difficult task.

“I did a lot of functional fitness style workouts, focusing on working out at a high tempo with an extremely elevated heart rate,” said Ray. “Once I got more comfortable in my fitness training, I started incorporating firearms into my workouts. One of my workouts, for example, involved a circuit of dragging a weighted sled two-hundred yards, farmers walks with heavy dumbbells, and hill sprints followed by shooting at fifty yards with my pistol. I feel this style of training is paramount for being competitive at these events.”

Ray didn’t just get physical aspects out of the competition, he also made friends along the way.

“Aside from actually competing, the camaraderie of The Tactical Games was the best part,” said Ray. “Everyone is friendly, willing to help each other, and rooting for everyone’s success. It’s truly a one of a kind experience!”

Ray placed sixth out of 32 contestants in his division, and twelfth out of 90 contestants overall.

“In today’s climate, it’s unknown where the next threat might come from,” said Ray. “Training for, and competing in, The Tactical Games helped me stay prepared and be more proficient in doing my job in the Air National Guard.”

The Tactical Games is designed to test tactical athletes throughout the continuum of combat-related tasks, while under time constraints, and under physical duress.

For more information on the Tactical Games, visit [www.thetacticalgames.com](http://www.thetacticalgames.com).



# Welcome home

On September 23rd, members of the 134th Air Refueling Wing gathered with friends and family to welcome back deployers. Dozens of joyful reunions reminded us all that no matter what amazing things we may see in the world, there's no place like home.

*(U.S. Air National Guard photos by Senior Master Sgt. Kendra Owenby and Tech. Sgt. Teri Eicher)*



# Wing Events

- October 19: 1400 Force Support Squadron Assumption of Command
- October 19: 1530 Security Forces Squadron Change of Command
- October 19: 1700 Combat Dining In
- October 20: 1100 Lt. Col. Patrick O'Brien promotion to Colonel
- October 20: 1300 Maintenance Group Change of Command
- October 26: 1630 Children's Halloween party



# Combat Dining In: This Weekend!

## JEAA still has Wingman Tickets!

### What does this mean?

E-6 or below members who have already purchased a ticket to attend should contact Tech. Sgt. Eicher in PA (x3214) to request a FREE Wingman ticket courtesy of JEAA! These tickets include dinner and a whole bunch of fun, and are available on a first come, first-served basis. Limit one free ticket per ticket purchased... if you've already received a free ticket with your purchase, please allow someone else to bring their wingman.

### But what will I wear?

Tech. Sgt. Eicher also has some Combat Ready shirts on hand for sale. A limited number of Medium, Large, and XL shirts in coyote brown and a few Large in 'Tennessee' orange are available for \$20, and \$1 from the sale of every shirt goes to Santa Cops.



### T-shirt design

E6 and below  
= \$10  
E7 and above  
= \$15

### So what's the big deal?

This event is going to be so much fun, you don't want to miss out. Even if it's last minute, you can still purchase a ticket from your first sergeant and attend! The only requirement is to have your last name and rank somewhere on your person, and at least one uniform item on. Beyond that, the sky is the limit!

You can read all about it in AFPAM 34-1202 if you want more information, or use the mighty "Google" to search Combat Dining In.

Look forward to an evening of fun, camaraderie, esprit de corps!

# 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  
1115-1215

WAIVER/MEDCON/LOD APPS W/DOCS & PAS  
1345-1500

HEARING EXAMS/ANAM  
1345-1500

## 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 McKinley Hall. Please join us!**



**TAKE NOTE**

**ROCKY TOP MENU**

Saturday:

- Etouffee
- Apple Pork
- Grilled Chicken/Burger/Hotdog
- Rice/Scalloped Potatoes
- Carrots/Squash
- Fried Okra/Northern Beans
- Chili/Green Beans
- Tater Tots/French Fries
- Chili Baked Beans

Sunday:

- Italian Chicken/Chili Mac
- Grilled/Fried Buffalo Chicken
- Grilled/Fried Chicken
- Oven-browned potatoes
- Zucchini/Cauliflower
- Cabbage
- Brown Rice
- French Fries
- Baked 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!**

Current openings:

- Medical Group First Sergeant
- Financial Management and Comptroller Craftsman
- Production Recruiter
- FSS Officer



**134TH ARW SOCIAL MEDIA**

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



**TOP THREE**

**Check with your Top Three representative for the time and date of this month's meeting.**



## Is it Hot Enough for You?

The past five years have been the five warmest since record-keeping began in the late 1800s. The Earth has experienced 42 straight years (since 1977) with an above-average global temperature, according to the National Oceanic and Atmospheric Administration. (NOAA National Centers for Environmental Information, State of the Climate: Global Climate Report for June 2019, published online July 2019, retrieved on October 15, 2019 from <https://www.ncdc.noaa.gov/sotc/global/201906>)

Based on five separate data sets that keep track of the Earth's climate, the global average temperature for the first 10 months of 2018 was about 1.8 degrees above what it was in the late 1800s. That was when industry started to emit large amounts of greenhouse gases into the atmosphere.

The atmospheric carbon dioxide level for March was 411.97 parts per million and continue to rise. It has now reached levels in the atmosphere not seen in 3 million years.

That's an increase of 46% from just before the Industrial Revolution in the 1800s, when CO2 levels were around 280 parts per million. Levels

began to rise when humans began to burn large amounts of fossil fuels to run factories and heat homes, releasing CO2 and other greenhouse gasses into the atmosphere. Scientists say to keep a livable planet, we need to cut the level to 350 parts per million.

There's a 99.9999 percent chance that humans are the cause of global warming, a new study published in the peer-reviewed journal Nature Climate Change.

The USAF has acknowledged climate change impact (<https://media.defense.gov/2019/Jan/29/2002084200/-1/-1/1/CLIMATE-CHANGE-REPORT-2019.PDF>) Additionally, DoDI 4715.21 Climate Change Adaptation and Resilience as assigned responsibilities to many levels to incorporate climate considerations into planning for infrastructure and operation to manage risk with impacts of a changing climate.

You can make a difference; turn the lights off, drive less, recycle more, use less hot water, check your tires, adjust your thermostat, plant a tree, and educate yourself.

## Why is Carbon Dioxide a big deal?

So why is Carbon Dioxide (CO2) a big deal when we talk about human impact on our environment and climate? It has to do with its production when burning fossil fuels and how it behaves in the atmosphere after it's produced.

2018 was a record year for CO2 production at a whopping 37.1 gigatons. Over half of the CO2 in the atmosphere was released in the last 40 years. The current global CO2 average is 407ppm, a level that is higher than has been observed in the last

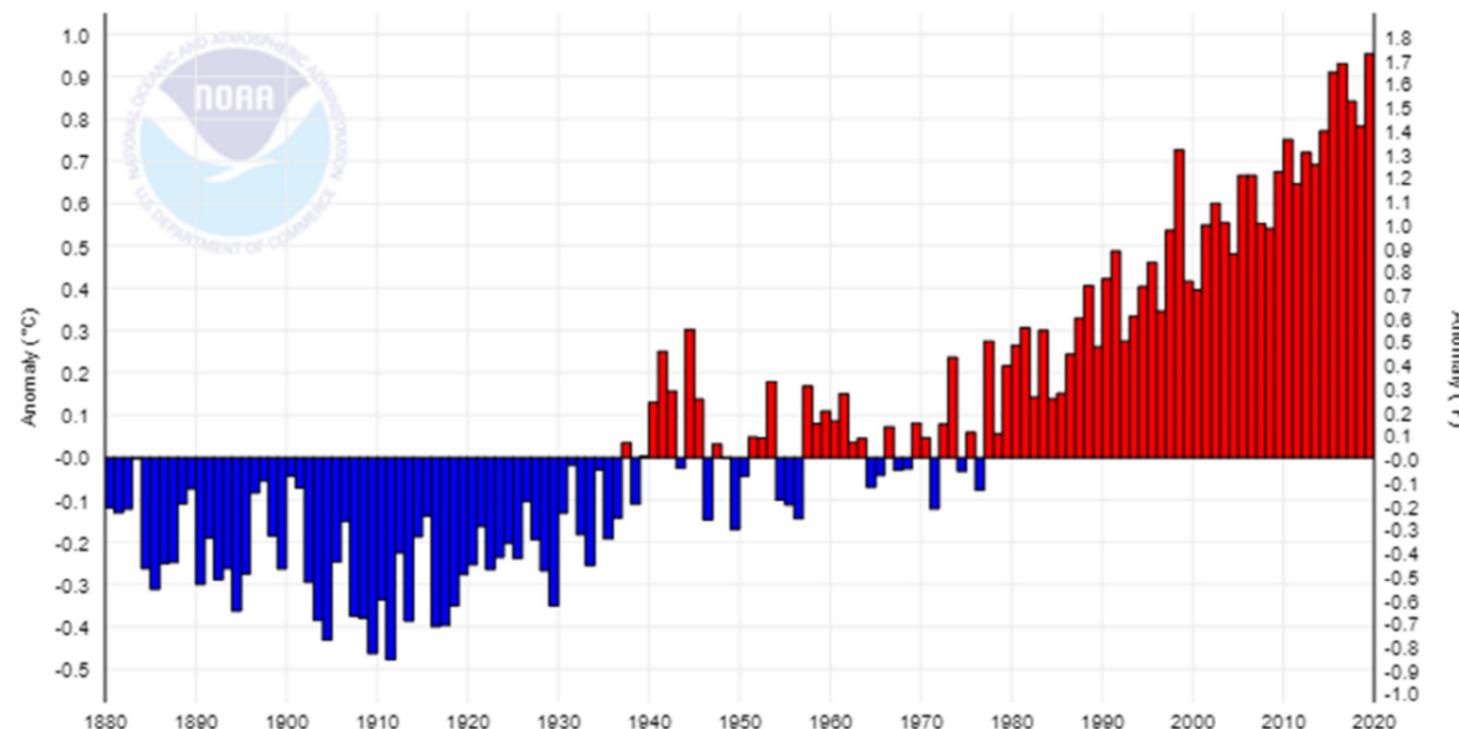
800,000 years through paleoclimatology studies (<https://www.ncdc.noaa.gov/paleo-search/study/6091>).

The second half of the equation is how CO2 behaves in the atmosphere. CO2 absorbs infrared heat. Sunlight passes through the atmosphere, then striking the earth and converts to infrared (heat) radiation. CO2 absorbs the infrared radiation, retaining solar generated heat. A little heat retention is good, but too much can cause adverse environmental impacts.

→ **Virtual Environmental Management SharePoint Site (VEMO):**

→ <https://intelshare.intelink.gov/sites/vemo/knoxville/layouts/15/start.aspx#/SitePages/Home.aspx>

Global Land and Ocean Temperature Anomalies, June



## What is PFOS/PFOA?

Per- and polyfluoroalkyl substances (PFAS) are a group of man-made chemicals that includes PFOA, PFOS. PFAS have been manufactured and used in a variety of industries around the globe, including in the United States since the 1940s. PFOA and PFOS have been the most extensively produced and studied of these chemicals. Both chemicals are very persistent in the environment and in the human body – meaning they don't break down and they can accumulate over time. There is evidence that exposure to PFAS can lead to adverse human health effects.

PFAS can be found in food packaging, stain/water resistant fabrics, non-stick products, fire-fighting foams (esp. near military bases). Since 2010, use and production of certain PFAS has been phased out.

On May 19, 2016, EPA established health advisories for PFOS and PFOA (70 parts per trillion) based on peer-reviewed science for Public Water Systems to take appropriate action to protect their residents.

PFAS are important because they can be found in a wide range of consumer products and can

accumulate in the body. There is evidence PFAS can lead to adverse health outcomes such as low birth weight, immune system effect, cancer and thyroid disruption.

Drinking water on Base, supplied by City of Alcoa has tested the water supplied to the base and PFOS/PFOA has been determined to be non-detect.

<https://www.epa.gov/pfas/basic-information-pfas>

# Promotions

## Senior Airman

Blake Teston  
Joseph Tarr  
Camryn Parrish  
Wesley Mann  
Justin Zanoni  
Kayla Paradis

## Staff Sergeant

Myranda Hutson  
Rodney King  
Timothy Niemeyer  
Eric Weigel  
Samuel Stovall  
Tilda Taylor  
Misti Red Horse  
Calum McCroskey  
Ryan Tell  
Kenneth Johnson  
Sean Locklear



## Technical Sergeant

Joshua Hance  
Joshua Giles  
Nicholas Brown  
Wesley Mills  
Niki Hammontree  
John Ford  
Christopher Dill

## Master Sergeant

Timothy Vallejo

## Colonel

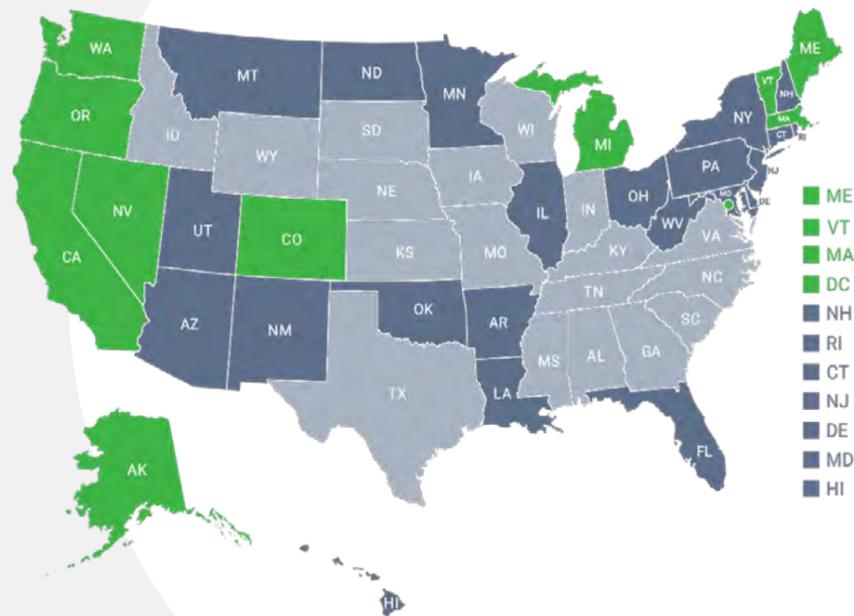
Patrick O'Brien



# 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?



Key:  
 Light Blue: All forms of marijuana are illegal  
 Dark Blue: Medical marijuana is legal  
 Green: Recreational & medical marijuana are legal



### 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.ncr.comm.mbx.prevent-substance-misuse@mail.mil](mailto:dha.ncr.comm.mbx.prevent-substance-misuse@mail.mil)

Information current a/o: July 2019

# Loose-talk costs lives

In taxis  
 On the phone  
 In clubs and bars  
 At football matches  
 At home with friends  
**Anywhere!**

**Whatever you say-  
 say nothing**



# THINK OPSEC