



THE VOLUNTEER



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134TH AIR REFUELING WING

SEPT 2011

Wing Welcomes New Command Chief

By Tech. Sgt. Jack West, 134 ARW Public Affairs

134th Air Refueling Wing command chief responsibilities were transferred from Chief Master Sgt. Jimmy Long to Chief Master Sgt. Steve Payne

with one word.

“Wow,” said Cauthen. “Everything that Chief Long touched was improved immediately, and we were pretty good before he got here.”

Cauthen took a few minutes to describe what it is that he believes made Long a good command chief.

“He has great rapport with commanders”, said Cauthen. “He has great interaction with the enlisted force. He is a trusted advisor on enlisted issues to commanders, and I value his judgment and experience. I think we’ve made great strides as a result of his leadership.”

Long is known for a saying he likes to use, “Achievement is where preparation meets opportunity.” Payne’s appointment to the command chief position is a good example. He could not have been appointed to the position when the opportunity presented itself if he hadn’t done what was necessary to earn the rank of Chief Master



Chief Master Sgt. Steve Payne speaks to a crowd during his promotion ceremony to Chief. (USAF photo by Tech. Sgt. David Knable, 134 ARW Public Affairs)

at an informal ceremony held in Wilson Hall here Aug. 7.

Long is scheduled to retire in November after having held the senior enlisted position for the Wing since 2006.

Col. Thomas S. Cauthen, 134 ARW Wing Commander, summed up the job Long had done

Sergeant.

Cauthen says he looks forward to working with the new command chief.

“Chief Payne is going to be an outstanding command chief for us,” said Cauthen. I look forward to seeing your leadership, how it’s going to evolve, and the unique capabilities that you bring.”



Photo by Master Sgt. Kendra M Owenby, 134 ARW Public Affairs

“The Mission of the 134th Air Refueling Wing is to project Global Reach and Global Power in the interest of our National Defense by providing vital Air Refueling and Airlift for rapid deployment, sustained combat operations and effective training as directed by the Secretary of Defense.”

The Deadline for Article Submissions for the Oct Volunteer is Oct 13th

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*134th Air Refueling Wing
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(Operations)

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COMMAND CHIEF MASTER SGT LONG PASSES THE TORCH

By Tech. Sgt. Jack West, 134 ARW Public Affairs

Chief Master Sgt. Jimmy Long passed command chief responsibilities to Chief Master Sgt. Steve Payne during a change of responsibility ceremony held during the wing commander's call in Wilson Hall here, Aug. 7.

Long recently expressed his thoughts on what he had accomplished and his upcoming retirement after 29 years of military service.

Long said he had several goals when he became command chief in June 2006.

We wanted to enhance the first sergeant corps, said Long. We wanted to make sure our enlisted personnel were educated and professional, and able to seize the opportunities they had before them.

"We were already at a great level performance-wise," said Long, "we wanted to take a step forward for the opportunities for promotion. We wanted them to be able to compete for EPP and deserving airman.

Long said the wing has a reputation that is well known, but he felt wing members might be overlooked without somebody advocating for them.

"I wanted to raise the bar," said Long. "Our wing is well known for our performance as a wing, for our flying, for our professional standards. The wing has an impeccable reputation Guard-wise and Air Force-wise. I felt it was important for me to be there at the table, at the different conferences and meetings, and at the selection boards, with the other Chiefs, to stand up and take my people's part, to push my people forward,

because even though they could be shining stars, if they didn't have the right advocacy, if they didn't have someone blowing their horn, those shining

stars could get overlooked.

I felt like it was my responsibility as their command chief, to be there and take their part, to push and make sure they were in view of everybody.

As Long comes to the end of his career, he said he's looking forward to retirement, but he's also dreading it a little.

"I love the Air National Guard," said Long, "I love the 134th. The friendships have become more like family. There's a lot of folks out here I'm going to miss dearly. I've appreciated the friendships, the caring, the involvement that I've had with them

over the last 21 years. They'll be dearly missed."

As Long closes this chapter of his life, he said he still has plenty to keep him busy.

"I've got a 3-month old grandbaby," said Long, "and I'm still at the sheriff's department."

Long said he intends to spend more time with his family and singing solo and with the choir at his church. He said he also intends to be involved with the East Tennessee Military Affairs Council.

"I will continue to support the military even though I'm not an active part of it," said Long.

An official retirement ceremony and celebration of Long's career is scheduled for Nov. 5.



Outgoing Command Chief Master Sgt. Jimmy Long, 134 ARW Commander, Col. Tommy Cauthen, and incoming Command Chief Master Sgt. Steve Payne stand for a photo during Commander's Call on 07 Aug. 2011. (USAF photo by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)

151ST REFRESHES ON WATER SURVIVAL TRAINING

By Tech. Sgt. Jack West, 134 ARW Public Affairs

Personnel from the 151st Air Refueling Squadron participated in a water survival refresher training on Fort Loudon Lake in Tellico Village, Tenn., Aug. 7.

The class was taught by personnel from the

on training of this type are few and far between.

“This is the rare occasion,” said Allen, “where we actually break everything out. We’re revealing the mysteries; we’re opening up the survival kits, bringing everything out so that they know more about the kits than what they see on the aircraft, which is basically a boxed-up kit. This is their opportunity to see what’s inside the kit itself.”

Allen said the students would be receiving refresher training at four stations. The stations would go over items such as land navigation utilizing a GPS, survival kit contents, survival vest contents and surviving until rescue arrives, and



Tech. Sgt. John Crawford and Staff Sgt. Jennifer Wood, (above), Aircrew Equipment Specialists, demonstrate how to properly wear the Aircrew Eye Respiratory Protection (AERP) mask. Chief Master Sgt. Jim Quagliana (right) climbs up the ramp to the twenty-man life raft and Master Sgt. Tim Cross (below) goes over the specs on GPS operation during Aircrew Water Survival Refresher Training at Tellico Lake on Aug 7th. (USAF photo by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)



151st ARS Aircrew Flight Equipment section.

“We give them a chance to recall what they’ve learned academically,” said Tech. Sgt. Jama Allen, a 151st ARS aircrew flight equipment specialist, “then we give them the opportunity to get hands-on and perform operations with the actual survival equipment, so that they’re not just memorizing what to do. They’re relating that to actual hands-on training to where it becomes automatic for them.”

Allen said the opportunities to perform hands-



water survival including hands-on with a 20-man life raft and life preservers.

Capt. Ben Brooks, a pilot assigned to the 151st ARS, said it was a good refresher of the initial training he’d received.

“In the unfortunate event we’d have to use the equipment, we’d know how to do it,” said

Brooks. “We’d know how to use the equipment and know how to keep us alive in a survival state.”

“Everything represented today would be the equipment utilized during either a ditching situation in the water, or...what you’d do during

(Water Survival, cont. on pg. 5)

(Water Survival, cont. from pg. 4)

a rapid decompression,” said Allen. “Everything here today is on the KC-135 aircraft.”

Allen explained that all aircrew members and aircrew flight equipment personnel go through initial training at Fairchild Air Force Base in Washington. Periodic refresher trainings are meant to remind the aircrew members of what they’ve learned.

Allen said the goal of the training is to make things automatic for the aircrew members should they encounter an emergency situation. “In a stressful situation, instead of having to run through the checklist that you’d have before you, you’d just be able to react,” said Allen. You’d know what you have on the aircraft and what you’re supposed to do with it, without having to review any kind of notes. You just want to know innately what to do.”

Because of the hands-on nature of the training, Allen said she thinks the aircrew members are more likely to remember what they’ve been taught.

“This is probably the favorite training that they do,” said Allen. We’re very fortunate to live where we do to provide this kind of training. It’s very important for the hands-on portion, not just hearing us talk about the equipment or showing them a



Tech. Sgt. Jama Allen (left), Aircrew Equipment Specialist, demonstrates how to properly use the survival equipment that is issued. Jonathan Hutcherson (above) swims to the twenty-man life raft during Aircrew Water Survival Refresher Training at Tellico Lake on Aug. 7th. The twenty-man raft (below) used properly can save lives. (USAF photos by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)

power point slide, but they are interacting with the equipment. They are actually performing the functions the equipment is supposed to perform.”

Allen stressed that activities of the day were far more than just a day away from the base to be spent at the lake.



“Our objective is that they can react and know what the equipment does,” said Allen, “and it can save their lives or the lives of others who could be flying on the KC-135.”

Tops In Blue Performs at McGhee Tyson

by Tech. Sgt. Jack West, 134 ARW Public Affairs

McGhee Tyson ANGB, Tenn. – More than 250 people watched Tops In Blue perform their “Rhythm Nation” show in Wilson Hall here Aug. 15.

Tops In Blue, is an all-active duty U.S. Air Force special unit made up of talented amateur performers selected for their entertainment abilities.

Co-hosted by Col. Thomas S. Cauthen, commander of the 134th Air Refueling Wing, and Col. Timothy J. Cathcart, commander of The I.G. Brown Training and Education Center, the evening was filled with singing, dancing, and instrumental presentations representing a variety of musical influences from Gospel to Jazz to the music of the 2000s.

Maj. Gary Taft, 134 ARW Executive



Officer, attended the show with his wife, Michelle.

“That was a really good show,” said Taft. “I saw them a few years ago in Turkey. They’ve been good every time I’ve seen them.”

The performance wasn’t restricted to just the performers on the stage. Several times throughout the show the performers went into the crowd to get those in attendance involved in the show. Audience members danced with members of the show, and cheered throughout the evening in appreciation of

the performance they were treated to.

More information about Tops In Blue is available at their web site: www.topsinblue.com

USAF photos by Tech. Sgt. Jack West, 134 ARW Public Affairs

TENNESSEE GUARDSMEN HIKE THE BATAAN DEATH MARCH

By Maj. Gary L. Taft, 134 ARW Executive Officer

In the summer of 1942, American forces on the island of Corregidor surrendered to the Imperial Japanese Army and became part of the largest force of American troops to ever surrender to an enemy. To add insult and more injury to the defeated Americans, the Japanese corralled what was left of the American and Filipino defenders on the tip of the Bataan peninsula at the town of Mariveles and began the movement of prisoners northward toward Camp O'Donnell. This recently converted American military installation was now being used as a prisoner of war camp by the Japanese and would become infamous due to the



Photo provided by Maj. Gary Taft, 134 ARW Executive Officer

large number of prisoners dying from the cruelty of their captors as well as the unsanitary conditions leading to outbreaks of yellow fever, malaria, dysentery, cholera and beriberi.

Private John Riley Chitwood enlisted in the U.S. Army after dropping out of the University of Louisville to join the war. Following basic training at Ft. McPherson, Georgia and follow-up training at Angel Island, California he received what appeared to be a plum assignment. It looked as if Private Chitwood would serve out the war in a tropical paradise, being assigned to the 59th Coastal Artillery Company at Corregidor Island, Philippines. For a period of time this appeared to be the case as letters he sent home to his mother indicated that he was enjoying himself and having quite the experience. The good times came suddenly to a halt when the Japanese made the decision that possession of the Philippine Islands was critical to their expansion throughout the South Pacific.

Private Chitwood would survive the fall of Corregidor, the Bataan Death March, Japanese "Hell Ships," forced labor in Taiwan and finally a Mitsubishi-owned zinc mine near Tokyo. This experience would result in him receiving the Purple Heart, the Prisoner of War

Medal, and the Silver Star. Unquestionably I saw my grandfather as a true war hero. So much so that my son Riley shares his name.

My grandfather passed away in 1987 with little notice outside our immediate family and I could never understand how a hero could pass away and no one would notice. At this point I knew that I wanted to make others aware of the sacrifices he made to help save the world but I had no idea how I would ever do it. My solution came this past June 16-23 as MSgt. John Hopkins and I attempted to retrace the steps of

the Bataan Death March. Our trip began with a 12 hour flight from Washington D.C. to Tokyo, Japan. From Japan we finished off the trip with a 4½-hour flight to Manila, Philippines. The following morning we took a ferry to Corregidor Island and viewed what was left of the fortifications charged with protecting Manila Harbor and the final refuge of American forces in the face of the Japanese takeover of the Philippine Islands. To get from Corregidor and the 0km marker for the Bataan Death March in Mariveles would prove much trickier. Asking our tour guide for assistance in getting from Corregidor to Mariveles, apparently the only option we had was to hire a local boat owner who would take us across the short stretch of water to our starting point. Arriving in Mariveles, we came to shore and immediately came to the memorial placed at the starting point of the Death March. After a few quick pictures and some strange but friendly looks from the locals we took off for San Fernando and Camp O'Donnell. The first stretch of 10 km or so would turn out to be the most difficult as the road steadily inclined up the hill and away from the coastline. We were quickly beginning to wonder if we had brought enough water and

(Bataan, cont. on pg. 8)

(Bataan, cont. from pg. 7)

supplies to make it through 100km of hiking in the tropics. Little did we know that we would get more than our share of water over the next two days. We reached our stopping point about an hour before darkness set in and just as we settled into the room and unpacked our gear, the rain began to fall. We fell asleep that night thinking that nothing sounded nicer than rain hitting a tin roof but those thoughts quickly faded when we awoke the next morning and the rain was continuing to fall. Thinking that it would soon stop we packed up our gear and headed toward the door only to find that the rain had no end in sight. Knowing that time was not on our side we made the decision to take off. Twenty-five miles later it was still pouring and most of our gear had taken on water and would never dry out until our return to the United States.

Reaching the town of Balanga, we decided we had done enough for one day and found another room for the night. We were hoping our clothes would dry out and the sun would return so we could finish the hike but we would receive more bad news on the weather. A typhoon had hit one of the lower islands while two tropical depressions simultaneously hit the island of Luzon almost directly over the route of the Bataan Death March. It wasn't looking good for us. With our clothes dripping wet, we headed out into the rain for another day of downpours. Flooding was starting to be a problem and we were quickly losing sight of the roads, which concerned us, a little to say the least.

After completing 40 miles of the 66-mile Bataan

Death March, we had no choice but to stop and try to catch a bus to the end of our route. Flooding was now knee-deep and with blistered feet we began to worry not only of drowning but catching some sort of illness from the raw sewage floating in the rising waters. We were disappointed but happy to finally get in from the weather. Spending the night in a nice hotel was a true luxury as we were able to dry out our gear and make plans for traveling to the end of our journey and Camp O'Donnell. The next morning we were able to coordinate a driver and a car to take us to see the final destination for Americans brutally forced to endure the Bataan Death March. All that remains now is a monument to the Americans and Filipino soldiers interred by the Japanese. Granite walls with thousands of names of the dead are now all that is left of the malaria-infested camp where so many never escaped by means other than death.

At last I was able to come a little closer to comprehending how truly great the men were who saved the world from the greatest danger it had ever faced. I learned that we should all be eternally thankful that greater people than ourselves were tasked with the burdens that we cannot begin to comprehend. We live a life that many others can only dream of but that life has not come easy and we will be forever indebted to the thousands of American servicemen like John Riley Chitwood who carried the burden so that others would not.

RECRUITER'S CORNER

Submitted by the 134 ARW Recruiting Office



Student Flight – Listen Up!

*****Roll Call – Sunday at 1215** you will report to the Headquarters building. Sunday morning you will report to your unit for roll call. You must report to roll call in order to get paid.

*****Pre-BMT class – Sunday** of each drill at **1220**. This is a **mandatory** class (**as directed by Col. Cauthen**) until you ship out to BMT. Any absence must be cleared through the recruiting office supervisor, Master Sgt. Bart Welch, ahead of time.

*****In Processing Checklist - Saturday at 1300** of your first drill weekend you are required to report to the photo lab (in the headquarters building) to have your **portrait** taken. This is **mandatory** in order to complete your in processing checklist.

*****Security Clearance Process – All new enlistees please ensure you have logged onto www.opm.gov/e-gip, to initiate your clearance. Once you have logged on, you have 60 DAYS to complete this. This is a **mandatory** item. Failure to complete on time will result in a counseling session with the Force Support Squadron Commander, Maj. Robin Celatka. Note: answer 'unknown' the first time and only the first time you answer the question 'place of birth.'**

To Contact the Recruiters: Call DSN 266 or (865) 985-3257, 3242, 3262, 3258 or go to: <http://www.134arw.af.mil/careers/index.asp>

NEW AIR GUARD MEMBERS



**A1C Melia Baker
134 MXS**



**A1C Vincent Clark
134 LGS**



**A1C Bradley Dougherty
134 CES**



**A1C Johnathon Gulley
134 MXS**



**A1C Craig McGhee
134 SFS**



**A1C Cameron Paidousis
134 SFS**



**A1C Cody Vaughn
134 CES**



**A1C Mason Weisneck
134 MXS**



**SRA Steven Ayers
134 MXS**



**SRA Lynsey Randolph
119 CACS**



**SRA James Robinson
134 SFS**



**SRA Martin Yates
134 MXS**



**SSGT Joshua Jones
134 CES**





Greetings! My name is Capt Jennifer King and I am your new Health Promotions Officer. What that technically means is that if you have any questions regarding healthy living (nutrition, exercise, weight management, etc) I am the person to talk to in the Medical Group. It also means that you will be seeing my monthly articles talking about different health related topics. In my civilian life, I am an Emergency Room Physician Assistant, wife and mother of two toddlers. As if that's not enough, I recently attended officer training and learned that I am also a "Warrior." This concept of "Warrior" was taken from Gen. Moseley's explanation of the Airman's Creed and is the framework in which I had an epiphany about my personal fitness. For most of my military career, I have approached the PT test as a yearly trial to be endured. Rather than it being MY fitness, it becomes merely me trying to pass that test. Starting this year, my goal is for the PT test to be just one more day of exercise for me. Which means next year I'll have to be in good enough shape that the mile and a half no longer seems like running to the moon. Getting back into and staying in shape is a lifestyle I've made the decision to adopt. We in the military need to embrace the warrior ethos and always



be ready in mind, spirit AND body. Yet we don't have to spend 2 hours a day in the gym and kiss cheeseburgers and ice cream goodbye forever. Becoming a warrior is a process and it truly is rewarding. Start with little things that increase your general physical activity...park farther away from the door, take the stairs, walk with your family after dinner. At the same time, slowly decrease your calorie intake...eat one cookie instead of two, chew slowly, stick to one helping and replace one soda a day with a glass of water. Slowly increase your activity level until what was hard before is no longer a big deal. The eventual goal is to participate in sessions of moderate physical activity (that's where your heart goes faster and you start to sweat) for at least 20-30 minutes a day (you can also do 2 fifteen minute sessions or 3 ten minute sessions) at least 3-5 days a week. Any programs involving "core work" or "stacking exercises" are great bang for your buck. The core programs focus in on strengthening your abdominal (stomach) area, back, hip and thigh muscles to "tighten up your core." This improves your balance, helps you burn tummy fat and revs up your metabolism. The stacking method has exercises that engage (use) every group of muscles with every exercise. Thus, instead of doing 20 minutes of each body area, you do 10-20 minutes and you've worked everything. As an added bonus, stacking work typically also raises your heart rate and respiratory rate to the point that it counts as cardio (exercise that improves heart and lung function) and weights or resistance bands can be added to help add bulk to your muscles if that's what you're seeking.

The good news is, as your fitness level increases, it's like the energy fairy sprinkled magic dust over your world and suddenly it's easier to get up in the morning and mid-afternoon is no longer a blur. You feel stronger, look better and have confidence that your body can handle whatever life throws at it. Your cardiovascular health (heart and blood vessels) improves and chances of heart attack, stroke, diabetes, and many other serious diseases drastically reduce. The "impact stress" on your musculoskeletal system (bones and muscles) increases your bone strength (if I fall at 60, I'll be less likely to break my hip) and routine use of your large muscles revs up your metabolism (weight loss). If you're concerned about a specific health issue or injury that might get worse with exercise, talk to your medical provider. In future newsletters, I'll zero in on specific types of exercise and exercise injuries, as well as other health related topics, but for now... go forth and sweat. It's good for you and maybe next year, that test will be just another day of exercise for you too.

Paper-Based CLEP Testing to End

Submitted by Tech. Sgt. Bertie Wiggins, 134 ARW Training & Education Office



The College Board has decided to discontinue its College-Level Examination Program (CLEP) paper and pencil testing program of the 14 test titles for CONUS, effective December 31, 2011. The decision was made to terminate this service due to the decreasing number of paper-based test takers. Over 95 percent of the military examinees now test on the CLEP computer-based exams either at an on-base or on-campus national test center. The Service members utilizing the computer-based exams benefit from instant score results and access to all 33 CLEP eCBT test titles.

Where does this leave you? Pellissippi State Community College offers computer-based CLEP testing at 4 locations throughout the Knox County and Blount County areas. These include the Division Street Campus, Pellissippi Campus, Blount County Center, and Magnolia Avenue Campus. Testing times are available Monday – Saturday throughout the day.

How do I arrange to take a test? You must call and schedule your test with the Pellissippi State Testing Center. Their phone numbers are 865-694-6454 or 865-694-6752.

What does it cost? The cost of the test is free, however there is an administrative fee of \$20 paid to Pellissippi.

What are the benefits? Personnel can schedule tests nearly every day of the week, as opposed to a few days a month. The testing centers may be closer to your home than our office. With computer-based testing, you will receive your test scores immediately upon completing your test, instead of waiting for the test results to arrive (approximately 6-8 weeks).

Are DANTES tests still offered at our base? Yes, DANTES, paper-based tests are still offered at McGhee Tyson. However, you can also take computer-based DANTES tests at Pellissippi as well.

Is there a list of the Testing Center Hours and Locations? Yes, the list of all Testing Centers and their hours of operation can be found at <http://www.pstcc.edu/learn/hours2011.pdf>.

What if I have questions? If you have questions regarding taking electronic CLEP tests, you can call the Base Education and Training Office at 865-985-3247 or visit the Pellissippi Testing Center website at <http://www.pstcc.edu/learn/testing.htm>.



PROMOTIONS



Charles Loveday - 134 CES - MSgt
Steven Breeden - 134 CES - TSgt
Daniel Stone - 572 Band - TSgt
Leslie Dix - 572 Band - SSgt
Mary Banach - 134 MXS - SSgt
Brittany Joyner - 119 CACS - SrA

Greg Sampson - 134 ARW - MSgt
Timothy Cogburn - 134 LRS - TSgt
Patrick Judge - 134 MXS - TSgt
Andrew Headrick - 572 Band - SSgt
Michael Capps - 134 MDG - SSgt
Matthew Buckner - 134 MXS - SrA

Elizabeth Lloyd - 134 MDG - SrA

INITIAL IAAP RESULTS

Submitted by Master Sgt. Carolyn LaDue, 134 CF



Recommended Reading

1. Creepy is a geolocation information aggregation tool that allows user to gather your already published geolocation info from a number of social networking platforms.

http://resources.infosecinstitute.com/creepy/?utm_source=Newsletter&utm_medium=email&utm_content=a&utm_campaign=May+Newsletter+A

2. iPhone Security: 10 Tips and Settings
<http://resources.infosecinstitute.com/iphone-security-10-tips-and-settings/>

3. How secure is your ANDROID? Find out at:

http://resources.infosecinstitute.com/android-security-take-control/?utm_source=Newsletter&utm_medium=email&utm_content=a&utm_campaign=May+Newsletter+A

Information Assurance POCs:
MSgt LaDue, ext. 4936 or
MSgt Benson, ext. 4925

Although the final report has not been received, the initial results of our first IAAP (Information Assurance Assessment and Assistance Program) indicate that McGhee Tyson PASSED! Congratulations to all those who played a role in achieving good success. The out brief has been posted at: file://X:\CF\SCXS\26-Internal Inspections_Self Inspection\IAAP_Aug11. Look for the presentation entitled: Full IAAP Out-Brief McGhee Tyson.

COMPUSEC (Computer Security) – The inspector asked several base personnel on how to handle a Classified Message Incident (CMI), what to do if a computer virus was encountered, and how to properly send Privacy Act information via email. Everyone reached for either the 134 ARW Pamphlet 33-200, Basic Things Computer Users Need to Know or the green cards left by each phone. Thanks to all of you who familiarized yourself with these procedures. You represented our base well.

No Common Access Cards (CACs) were found left in unattended workstations. Great job everybody!

There are over 3000 telephones on McGhee Tyson and only two were found without the DD from 2056. Overall this to be evidence of dedicated effort to be compliant with this requirement. Thanks to all the Telephone Control Officers (TCOs) for a demonstration of commitment to the Telecommunications Monitoring and Assessment Program (TMAP) requirements. COMSEC (Communications Security) - Since this was the first AFNIC inspection, the MAJCOMs agreed that COMSEC would be the only area that would affect our grade as a Wing. AFNIC inspectors were very thorough, and I have never seen inspectors get so excited over finding an "x" not marked in a box on an SF-153. This is a testament to the hard work and dedication to detail of CROs, SVROs, and their Alternates.

For this reason we had very few findings on this account. The ones we did have to respond to were easy fixes. The AFNIC report will be out no later than 22 September. Corrective actions for the findings have already been accomplished, and by the time the official report is received, it will just be a matter of documenting the corrective actions on paper and sending them back. This inspection will then be officially and satisfactorily closed.

My thanks to all my CROs, SVROs and Alternates. Without your efforts my job would be much more difficult. Together we make a spectacular team.

MSgt Melissa Benson

YOU MAY BE ELIGIBLE!!

Servicemembers' Group Life Insurance (SGLI)

Traumatic Injury Protection Program (TSGLI)

What Is TSGLI?

The Servicemembers' Group Life Insurance **Traumatic Injury Protection program (TSGLI)** is a rider to Servicemembers' Group Life Insurance (SGLI). The TSGLI rider provides for payment to service members who are severely injured (on or off duty) as the result of a traumatic event and suffer a loss that qualifies for payment under TSGLI. Web site: <http://www.insurance.va.gov/sqliSite/TSGLI/TSGLI.htm>

Who Is Covered Under TSGLI?

- **Effective 1 December 2005** – all service members covered under the basic SGLI are automatically covered with TSGLI.
- **Currently**, service members who were severely injured between October 7, 2001 and November 30, 2005, were qualified for a TSGLI payment only if their injury was incurred during Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF).
- **As a result of the Veterans' Benefit Improvement Act of 2010, - effective 1 October 2011** – TSGLI will be payable for all qualifying injuries incurred during the period 7 October 2001 – 30 November 2005, regardless of where it occurred or whether the member had the basic SGLI coverage at the time of injury.

Who are TSGLI Payments Designed to Help?

TSGLI payments are designed to help traumatically injured service members and their families with financial burdens associated with recovering from a severe injury. TSGLI payments range from \$25,000 to \$100,000 based on the qualifying loss suffered.

Can the Service Member Decline TSGLI?

TSGLI coverage is automatic for those insured under basic SGLI and cannot be declined. The only way to decline TSGLI is to decline basic SGLI coverage.

How Much Does TSGLI Cost?

The premium for TSGLI is a flat rate of \$1 per month for most service members. Service members who carry the maximum SGLI coverage of \$400,000 will pay \$26.00 per month for SGLI and \$1.00 for TSGLI for a total of \$27.00 per month.

Hispanic Heritage Month



HRA MINUTE

Submitted by Senior Master Sgt. Michael Lonas,
Human Resource Advisor

In September 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week. The observance was expanded in 1988 to a month long celebration (Sept. 15 - Oct. 15). America celebrates the culture and traditions of U.S. residents who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean. Sept. 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively. (Courtesy of U.S. Census Bureau)

Stress Tips from Elizabeth, Your Wing Director of Psychological Health

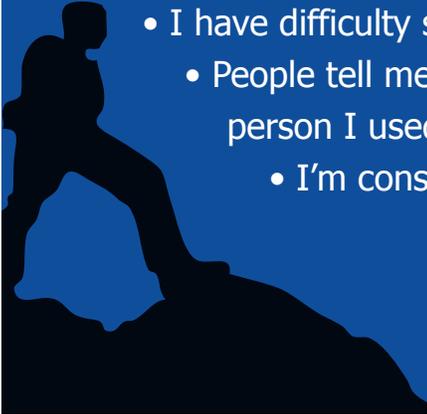


“Be Happy in Your Work” A famous phrase from the movie Bridge on the River Kwai. We are often given work we do not like or want to do. It is important to remember it is our choice in how we deal with it. Accepting the task at hand and moving forward reduces stress. Fighting the work or complaining about the work creates a negative environment which creates stress. The challenge to you is “Be Happy in your Work”.

Until next time, Happy Psychological Health!

Does this sound like you?

- No one knows how I feel
 - I can't stop thinking about my problems
 - My spouse says I am drinking too much
 - I have difficulty sleeping
 - People tell me I'm not the same person I used to be
 - I'm constantly arguing at home



AIR NATIONAL GUARD

Psychological Health Program



Wing Director of Psychological Health

 **Available to Support You**

 **Professional Consultation and Referral**

 **Services are Free**

 **Dedicated to the Wing**

 **Confidential**

The Air National Guard's support of wartime efforts is stronger than ever before. You are asked to do more with less. It can take a toll on you and your loved ones.

Contact Me Today!

Elizabeth Arnold, LPC-MHSP, NCC

Office location: Medical Group Bldg

865-985-4017

elizabeth.arnold.ctr@ang.af.mil

**PSYCHOLOGICAL
HEALTH PROGRAM**
NATIONAL GUARD BUREAU





MEDICAL GROUP SCHEDULE



SATURDAY UTA

0815-1130 HOURS
 0815-1015 HOURS
 0830-0850 HOURS
 0830-1130 HOURS
 0830-1130 HOURS
 0900-1100 HOURS
 0930-1000 HOURS
 1000-1030 HOURS
 1130-1230 HOURS
 1300-1500 HOURS
 1300-1400 HOURS

PHAS
 FITNESS TESTING EVALS (MSGT ATKINS & CMSGT RILEY)
 FITNESS FOR DUTY EVALUATIONS
 IMMUNIZATIONS
 QNFT TESTING (BEE OFFICE)
 ANAM TESTING (CONFERENCE ROOM)
 SMALLPOX BRIEFING (DEPLOYERS)(TRAINING ROOM)
 NEW ACCESSION ORIENTATION (TRAINING ROOM)
 LUNCH
 BALLISTIC EYEWEAR
 IMMUNIZATIONS



SUNDAY UTA

CLOSED FOR TRAINING/DEPLOYMENT LINE

0845-0900 HOURS
 1200-1400 HOURS
 1300-1400 HOURS

FITNESS FOR DUTY EVALUATIONS
 SELF AID/BUDDY CARE INSTRUCTOR COURSE (TRAINING ROOM)
 IMMUNIZATIONS

NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION.

NOTE 2: INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL EXAMINATION.

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 IS CONDUCTED FROM 0830 - 1100 HOURS OF SATURDAY UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT SCHEDULED TIME.

What's For Lunch?

Saturday:



Sunday:

Main Line:

Cream of Potato Soup
 Baked Stuffed Pork Chops
 Spinach Lasagna
 Fried Potatoes
 Mexican Rice
 Pinto Beans
 Steamed Cabbage
 Brown Gravy
 Corn Bread
 Garlic Bread
 Assorted Breads
 Salad Bar
 Fresh Fruit
 Assorted Drinks
 Yogurt

Cheeseburgers

Fries
 Baked Beans
 Chips
 Sliced Tomatoes
 Sliced Onions
 Lettuce

Desserts:

Lemon Meringue Pie
 Almond Cookie
 Jello
 Angle Food Cake
 Peach Cobbler
 Ice Cream

Short Order Line:

Hot Dogs
 Hot Dog Chili
 Hamburgers

Main Line:

French Onion Soup
 Chicken & Dumplings
 Herbed Baked Fish
 Dirty Rice
 Carrots
 Lima Beans
 Mashed Potatoes
 Gravy
 Assorted Breads
 Salad Bar
 Fresh Fruit
 Assorted Drinks
 Yogurt

Diced Tomatoes

Chopped Jalapenos
 Sour Cream
 Salsa
 Shredded Lettuce
 Chopped Onions
 Taco Sauce

Desserts:

Baked Rice Pudding
 Cherry Pie
 Pound Cake
 Marshmallow Square
 Ice Cream

Short Order Line:

Ground Beef Tacos
 Chicken Tacos
 Hard Shells
 Soft Shells
 Shredded Cheese

ANNOUNCEMENT OF VACANCY

MILITARY DRILL-STATUS OFFICER

POSITION: **FORCE SUPPORT OFFICER**

OPENING DATE: **30 AUG 2011**

AFSC: **38F3** GRADE: **2LT THRU MAJ**

UNIT: **134TH FORCE SUPPORT SQUADRON (KNOXVILLE)**

CLOSING DATE: **30 SEP 2011**

12:00 HOURS

1. GENERAL REQUIREMENTS AND PROCEDURES:

Open to Members of the TENNESSEE NATIONAL GUARD Only: Enlisted personnel and commissioned officers in the grade of Major or below (Active or Reserve) may apply if qualified for commission as follows:

- **NON-COMMISSIONED APPLICANT AGE:** Due to the length of administrative processing involved in the commissioning process, applicants must be selected by age 34 and be no more than age 35 at the time of commissioning (graduation from the Academy of Military Science) as an ANG Officer. Age waivers will be considered for prior service applicants, age 35 to 39, if waiver requirements are met. Call Capt Jaime Blanton at (865) 985-3251/DSN 266-3251 for eligibility clarification.
- **MEDICAL REQUIREMENTS:** Applicants must pass an Appointment ANG/AF Commissioning Physical.
- **AIR FORCE OFFICER QUALIFYING TEST (AFOQT):** Applicants must have taken the AFOQT and qualify with a minimum score of **Verbal - 15; Quantitative - 10**.
- **EDUCATION:** Applicants require a minimum a Bachelor's Degree from an educational institute listed in the current Accredited Institutions of Post Secondary Education. For entry into this AFSC, an undergraduate academic specialization in human resource management, business administration, sociology, psychology, public administration, mathematics, industrial engineering technology, management engineering, systems management, computer science, management, organizational development, behavioral science, operations research, education, hospitality, restaurant and hotel management, recreation, fitness, finance or accounting is desirable.
- **SPECIALTY QUALIFICATIONS:** Knowledge is mandatory of force management programs and readiness and mobility operations to include accession, classification, assignment, promotion, force development, separation; wartime planning, deployment, and mobilization/demobilization procedures; requirements determination, organization principles, performance management, resource allocation; training and education methods; human relations; food service, lodging, fitness, and recreation practices, civilian and military personnel policies; APF and NAF financial management principles of accountability, propriety, and stewardship; and business management principles and aspects of the Uniform Code of Military Justice.
- **LETTER OF AGREEMENT:** Applicants must submit a letter of agreement to attend within one year of commissioning any initial formal technical training as listed in the Remarks section.

2. HOW TO APPLY:

Each officer application package submitted will consist of the following (*but not all requested documents apply to all applicants*):

- **Cover letter** (State for which job(s) you are applying for.)
- **Air Force Officer Qualifying Test (AFOQT) scores** It is your responsibility to take the test and include the test results with your package.
- **Officer Applicant Formal Training Agreement** (Agreement to attend any formal technical training required.) (**see attach 1**)
- **DD Fm 214 (Certificate of Release or Discharge from Active Duty)** if applicable
- **Resume** must reflect your experience and qualifications (to include civilian and military employment history) with detailed coverage of duties and responsibilities that relate to the job you are applying for. List both personal and professional references (include reliable phone numbers). Do not state, "References available upon request".
- **Record Review RIP/Personnel Information RIP**
- **Letters of Recommendation** (It is optional to include letters of recommendation)

3. REMARKS:

Training Requirements:

- Non-prior commissioned officer selectee: Must attend the Academy of Military Science (AMS), for the duration of 6 weeks.
- Selectee must successfully complete the Force Support Officer course at Keesler AFB, MS for the duration of approximately 10 weeks

Submit officer package(s) to: Capt Jaime Blanton 134th FSS, 134 Briscoe Drive, McGhee Tyson ANGB TN 37777

*It is your responsibility to complete and return the above requested document(s) **NLT 1200 hrs on 30 Sep 2011**. Your package will only consist of the requested documents. Keep your application simple. An incomplete application package could make the difference in the officer selection process.*

**OFFICER APPLICANT
FORMAL TRAINING AGREEMENT**

I _____, (Print First, MI, Last Name)

agree to attend within one year (pending availability of school quotas) of commissioning (or assignment if prior commissioned officer) any initial formal technical training required. To include any additional formal training as required for entry and award of specialty. I further understand my application would be considered incomplete without this letter.

Furthermore, I understand that to be considered qualified for award of the AFSC, I must meet all of the mandatory qualifications of the specialty and have shown skill level qualification in all task of the position in which assigned. It is my responsibility to develop professionally and keep informed of specialty knowledge and proficiency standards.

(Signature of Applicant)

(Date Signed)



Pay DTS Debts Online Through Pay.Gov

In an effort to improve the DTS debt collection process, DFAS has added a DTS Debt Payment form to the Pay.Gov website. DTS users who are in debt to the government can now make payments online using a personal credit card, debit card, or bank account through the site. To make a payment:

1. Go to www.pay.gov
2. Search for “DTS Debt Notification Payment Form”
3. Enter the information found on the DTS debt letter and method of payment

For more information review the [Guide to Managing Travel Incurred Debt DTS User Guide](#) or visit www.pay.gov.

Coming to A Smart Phone Near You . . .

TraX Touch DoD Travel Explorer Mobile



Available on iPad, iPhone, iPod Touch, Android, Android Tablets, Blackberry 6 and up, Blackberry Playbook, Windows Mobile

Have you ever wanted to quickly find mileage to complete a travel document? If so, you soon will be able to use the *TraX Touch app*, our mobile version of Travel Explorer (TraX). With TraX Touch, users will be able to access some of the same information available in the full version of TraX right from any mobile device including iPhone, Android, Blackberry 6+, Windows Mobile 7, iPod Touch, or tablet (iPad, Android, or Playbook). Just like TraX, users can find information on airline City Pairs, view current per diem rates, location reports, mileage, and search for information using the Knowledge Center. We've also added a few new features such as Federal Aviation Administration (FAA) delays and alerts, flight status, and DTS/EWTS status.

TraX Touch will launch early this Fall. When it is launched, additional information on the app's features and instructions on how to access it will be posted on the DTMO website and in the “Announcements” section in [TraX](#).

HOW CAN I BECOME A LEADER?

By Tech. Sgt. Kirk Hayes, TEC EPME Instructor

“I think I am a professional Airman! I do my best in the day-to-day operations around this section, but I seem to just be ‘spinning my wheels’ lately. I just don’t feel like there is anything left to accomplish in my current job.” Have you ever felt this way? Do you wish there were more opportunities available to you? Would you like a change of scenery? Guess what? You are not alone! Across our great Air Force today, there are many skilled and professional Airmen from all tiers of the enlisted structure that have not yet been given the chance to maximize their leadership potential. Many, unfortunately, prefer to sit back and wait for the opportunities to come to them. Is that you? Are you willing and able to take on a new challenge? Well, there are multitudes of opportunities available to you through professional and private organizations!

Professional and private organizations, both on and off base, participate in differing base and community projects throughout the year. These projects and events cannot happen without people like you to help. Most of us have attended a significant event, such as a Dining-In/Dining-Out or AF Ball, but have never really thought about how much effort went into planning and organizing the event. Same goes for community volunteer opportunities. There are many people that were involved in making sure these events take place;

from those that plan, to those that do the legwork to make it happen. The people involved in making these types of things occur are garnering experience that helps them to become better leaders. They are people just like me and you.

The amazing thing is that you do not have to be the one to lead these events. You can simply provide your assistance in putting the event on. For instance, you could be on the planning committee, help someone on the planning committee or just show up to help at the event. There will be other people around you who will be providing great examples of leadership that you can learn from. Taking part in any facet of an event will give you that special opportunity to sharpen and hone your leadership skills. Not to mention, you will be providing a great service to your base or community in the process. Win-Win! Here’s the crazy part: once you have done the research to find an organization or community need that you want to support, all you have to do is attend a meeting. I guarantee the opportunities will present themselves to aid you in becoming the leader you want to be! If you are interested, see your First Sergeant for a list of professional and private organizations in your area.

For more information please contact TSgt Kirk Hayes, Instructor, Paul H. Lankford EPME Center.

REMEMBER

