

## Franklin Takes Command of 119 CACS; Evans Retires

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

The 119th Command and Control Squadron held an official change-of-command ceremony

Lt. Col. Vincent Franklin salutes Brig. Gen. Donald Johnson, Tennessee Assistant Adjutant Gen. (Air), after accepting command of the <sup>119th</sup> Commander Col. Thomas S. Command & Control Squadron, as Col David Evans, former 119th Commander looks on. (National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)

in Spruance Hall, here, on March 8.

Lt. Col. Vincent Franklin, assumed command of the squadron from Col. David Evans, who retired March 30.

Franklin, a traditional Guardsman, took

> command of the 119 CACS after being commander of the 228th Combat Communications Squadron. Lt. Col. Samuel Keener is the new senior technician of the 119th, in charge of day-to-day operations at the unit.

> Evans retired after more than 28 years of service. During his tenure as commander, Evans was known for his sports analogies and references to sports teams that earned him the nickname, "Coach."

> Describing Evans' accomplishments and the goals for the new commander, retired Tennessee Air National Guard Commander Maj. Gen. William "Russ" Cotney said, "The down side to setting the bar so high is continuing to jump over it."

134th Air Refueling Wing Cauthen had nothing but high praise for Evans and the unit he led.

"Being excellent has not been good enough; outstanding is what you and the organization do" said Cauthen.



## LT. COL. MELTON D. CAUTHEN, RETIRED, MEMORIAL SCHOLARSHIP

In honor and memory of the late Lt. Col. Melton D. Cauthen a memorial scholarship will be awarded to an enlisted member of the 134 ARW, 119 CACS, or the 572 AF Band.

Lt. Col. Cauthen served as a command pilot for the 134 ARW retiring after 28 years of service.

He joined the Air National Guard in 1958 flying the exact same plane he piloted on active duty, the F-86 jet. Lt. Col. Cauthen served for 25 years with the 134th (1958-1983), a traditional Guardsmen who made the transition as the unit went from flying fighters to protect the air space over Oak Ridge during the Cold War, to refueling fighters and other planes critical to the success of modern day missions.

The scholarship funding is provided by long time family friend and former military member Jim Bowers, Cauthen Family, and contributions from the Chiefs and First Sergeant Council. The scholarship is for \$500. Awarding of the scholarship will be facilitated



Col. Cauthen stands beside a F-86 fighter jet, positioned outside the Wing headquarters. The jet is the same one his father, the late Lt. Col. Melton Cauthen, piloted when he first joined the Air Guard in 1958.

by the 134 ARW Command Chief via input from the McGhee Tyson Air Base Chiefs and First Sergeant Councils. Applications will be accepted beginning 14 April and ending 2 May. The winner will be announced during the May UTA Commanders Call. CCM Payne will be the point of contact for the scholarship.

## ELIGIBILITY REQUIREMENTS:

1. Applicants must be an enlisted member in good standing of the 134 ARW, 119 CACS, or the 572 AF Band.

2. Applicants must be either currently enrolled or contemplating enrollment in a post-secondary educational institution (college, university, business, trade or vocational school) for the academic term for which the scholarship is awarded. Attendance may be either full or part time.

## **APPLICATION PROCESS:**

Apersonal letter will be written which will address the applicant's financial need, accomplishments, involvement in activities, academic or educational goals, and career goals to include both civilian and military career plans and any other pertinent information.

## SELECTION CRITERIA:

The award of this scholarship will be based on the applicant's financial need, accomplishments, involvement in activities, academic or educational goals, career goals to include both civilian and military career plans for at least 1 year from the date of application, and any other pertinent information.



NATIONAL GUARD BUREAU 1636 DEFENSE PENTAGON WASHINGTON DC 20301-1636

NGB-ZA

0 2 AFR 2012

MEMORANDUM FOR The Adjutants General of All States, Puerto Rico, the U.S. Virgin Islands, Guam, and the Commanding General of the District Of Columbia

SUBJECT: Sexual Assault Awareness Month (SAAM) - April 2012

 The Department of Defense (DoD), the military Services, and the National Guard will observe the eighth annual SAAM in April 2012. This important event gives us the opportunity to continue to commit our talents and resources to preventing a culture that allows or tolerates this divisive and devastating crime against our personnel, mission, and readiness.

2. This year, Secretary of Defense Leon Panetta committed a new emphasis to bring change for military victims of sexual assault. Two new DoD policies on expedited transfer for victims of sexual assault and standardizing the retention period for sexual assault records guarantee more victims' rights and options. Additionally, DoD is taking further steps to improve program accountability over sexual offenders. One critical initiative increases new DoD training opportunities for State investigators and judge advocates. Sexual assault cases are some of the toughest cases to investigate and prosecute. This program will provide more criminal investigators and judge advocates specialized training in this area. The National Guard Bureau is working closely with the DoD Sexual Assault Prevention and Response (SAPR) Office to include National Guard investigators in these future training opportunities.

3. The successful SAPR Leadership Summit in November 2011 highlighted the fact that National Guard leaders take sexual assault very seriously. Your personal involvement in the April 2012 SAAM activities and throughout the year will continue to demonstrate our steadfast commitment to preventing sexual assault.

 The point of contact for this action is Ms. Jane Lux, Chief, NGB Sexual Assault Prevention and Response, jane.lux@us.army.mil, 703-601-0577.

CRAIG R. MCKINLEY General, USAF Chief, National Guard Bureau

# Military Takes Bristol

On March 18, McGhee Tyson Air National Guard Base was represented in a huge way as our very own McGhee Tyson quartet was requested to sing the national anthem prior to the start of the Food City 500 NASCAR race at Bristol Motor Speedway. 1Lt Stephanie McKeen, 2Lt Sarah Miller, Tech. Sgt. Jeannine Brown, and Senior Airman Amanda Winkler sang the National Anthem at the nationally televised event. Maj. Gen. Max Haston, Tennessee Adjutant General was present and Medal of Honor recipients 1Lt Walter "Joe" Marm and Sgt 1st Class Gary Littrell visited with the military members. Country singer Kellie Pickler was on hand to visit and sign autographs for fans. Former Vice Presidential candidate Sarah Palin and her husband Todd were also present for the

IMPALA

NASCAR race and visited with the troops.



Defense Travel Dispatch

# Keep Your DTS Profile Up-To-Date

It is important for travelers to keep traveler profiles up-to-date in DTS. If this information is not accurate, travel reimbursements may be affected.

### When Should I Update My Profile?

- New Common Access Card (CAC) is issued with a new expiration date
- Government Travel Charge Card (GTCC) expires or is reissued. For reissued centrally billed account (CBA), Defense Travel Administrators (DTA), should work with their local Agency Program Coordinator (APC) or CBA account manager to coordinate with their CBA-DTA to ensure that the account expiration dates are updated in the DTS CBA Module.
- Change in bank account number used for electronic funds transfers (EFT)
- New home address, phone number or emergency contact
- Promotion or new job or change in organization location

## Steps to Update Your DTS Profile

- From you DTS homepage (after login), mouseover to Traveler Setup on the top menu bar and select Update Personal Profile.
- On the My Profile screen, click on each section (My Profile, My additional Information, My Preferences, My Account Information) to update information.
- To save changes, select the Update Personal Information button

## Insurgents Used Cell Phone Geotags to Destroy AH-64s in Iraq

Original Article obtained from Military.com



Here's a battlefield safety issue that some people have been warning about –and others have been ignoring — for a while now; an enemy using social media and cellphone geotagging to identify the precise location of troops on a battlefield.

When you take a photo with your cellphone, the gps coordinates of the location you took the picture is embedded into the image. When you upload said photo onto the internet for all to see, people can pull the location data from that picture. If you think this is just people being paranoid and that the Taliban would never do this in Afghanistan, think again. Insurgents figured out how to use this to their advantage in Iraq years ago. In 2007, a group of Iraqi insurgents used geotags to destroy several American AH-64 Apache choppers sitting on a flightline in Iraq.

From an Army press release warning of the dangers of geotags: When a new fleet of helicopters arrived with an aviation unit at a base in Iraq, some Soldiers took pictures on the flightline, he said. From the photos that were uploaded to the Internet, the enemy was able to determine the exact location of the helicopters inside the compound and conduct a mortar attack, destroying four of the AH-64 Apaches.

During Israel's 2006 war in southern Lebanon with Iranian-backed militia (more like a full on army) Hezbollah, Iranian SIGINT professionals tracked signals coming from personal cell phones of Israeli soldiers to identify "assembly points of Israeli troops that may have telegraphed the points of offensive thrusts into Lebanon."

This is just one more example of low-end cyber warfare that can be as deadly as expensive software worms designed to infiltrate an enemy's most heavily defended networks.

# GTC to replace CSA at McGhee Tyson

The Air Force is in the process of transitioning from the Controlled Spend Account card back to the Government Travel Card in August. The card is being replaced due to significant challenges with frequent travelers and sections with unique missions. Cardholders will continue to use the same blue CSA card throughout conversion and the card will automatically convert over to a GTC account. Please take time and read our "CSA Conversion to GTC Frequently Asked Questions" chart that should explain in detail the conversion.

#### CSA Conversion to GTC Cardholder Frequently Asked Questions

#### PROGRAM OVERVIEW

Why are we transitioning from the Controlled Spend Account (CSA) back to the Government Travel Card (GTC)? For any travel card program to work, it has to work for all travelers. For our most frequent travelers and those with unique mission sets, the CSA brought significant challenges. Even with planned program improvements, issues would remain. The GTC can continue to meet mission requirements by facilitating both Temporary Duty (TDY) and Permanent Change of Station (PCS) travel for our Airmen. Additionally, future enhancements to the Defense Travel System are in the works that will strengthen the GTC program.

#### CARD TRANSITION QUESTIONS

What do I do with the blue CSA card (CSA)?	KEEP IT and continue using it for official travel requirements □do not throw it away! The card will automatically convert to a GTC.
When will the transition begin?	The transition will begin late summer and complete by the end of fiscal year (Sep). Until you receive formal notification your CSA will be converted, CSA program rules remain in effect. It is critical your mailing and e-mail addresses are current in Citis system so that you receive any mailed or emailed correspondence regarding your transition.
What is required of me for the transition?	Nothing right now. It is business as usual and you restill expected to submit travel orders in a timely manner, use the CSA for all official travel requirements, and disburse voucher payments to Citi to pay your outstanding balance in full.
I still have my old GTC, but am currently using a CSA. Can I call Citi to switch back to it?	No, you must continue use of your Blue Citi (CSA) travel card for all travel requirements. Your Blue Citi (CSA) travel card will automatically be converted to a GTC and you will continue to use the same Blue Citi travel card.
How will my credit limit adjust now that we are moving back to the GTC program?	Similar to a personal credit card, the credit limit on a GTC is fixed and set based the type of card issued (Standard/Restricted). Your local APCs have the authority to increase the limits on a temporary basis, as needed, to meet mission requirements.
Do I still have to comply with Total Trip Reimbursement and split 100% of my voucher to Citi?	<ul> <li>IAW DoD FMR, All DoD personnel are required to comply with the following:</li> <li>Submit travel vouchers within five business days of completion of travel</li> <li>Split disburse all undisputed expenses charged to the CSA/GTC on your voucher</li> <li>It is the cardholder is responsibility to promptly pay the travel card contractor directly for any outstanding charges not split disbursed at the time of the travel voucher settlement.</li> <li>To support the split disbursement requirement, DTS automatically includes airline/rail, hotel, rental vehicle, and other miscellaneous expenses identified by the traveler to be paid directly to the travel card contractor.</li> </ul>

GTC (cont. from page 8)		
Will the transition affect my monthly billing statement and payment due dates?	No. When your CSA account converts to a GTC, your balance will carry over and any payments due must be paid by the due date located on your monthly billing statement.	
When can I find more information regarding the transition?	As more details are finalized regarding the transition, you can expect to see information posted on the Air Force Portal, as well as through local APCs and email communications.	
GTC TRAINING QUESTIONS		
What are the cardholder training requirements on the GTC program?	<ul> <li>As a GTC cardholder, you must become familiar with the program policies and procedures by taking the required training IAW DOD FMR Vol. 9, Ch.3, para 030208.</li> <li>The required Travel Card 101 Training course is available on the DTMO Travel Explorer (TraX) website (<u>www.defensetravel.dod.mil/passport</u>).</li> <li>For instructions on how to register and take the required training course, please visit: <u>http://www.defensetravel.dod.mil/Docs/Training/Accessing Travel Card Program Training.</u> pdf (DoD FMR Vol 9, Ch3, para 030801)</li> </ul>	
What if I previously completed the GTC cardholder training?	When your card is transitioned back to a GTC, you must verify that your GTC training is still valid (taken within the last three years) by logging into the DTMO (TraX) website ( <u>www.defensetravel.dod.mil/passport</u> ) and clicking on DMy Completed Training. However, it is strongly recommended that any current CSA user retake the training.	
What is a Statement of Understanding (SOU)?	In addition to the required training, you are responsible for providing your APC with a signed Statement of Understanding ( <u>http://www.defensetravel.dod.mil/Docs/GTC_SoU_SAF.pdf</u> ). The SOU serves to certify that you have read the DoD government travel card policy and procedures in the DoDFMR 7000.14-R, VOL 9, CH#3, ( <u>http://www.defenselink.mil/comptroller/fmr/09/09_03.pdf</u> ) and will abide by the instructions contained within.	
PROMOTIONS		
GODSEY, LISA134 MDGLT COLO'BRIEN, PATRICK134 MDGLT COLHAMNER, LEE134 ACFMAJSTEEN, RICHARD134 ARWMAJJOHNSON, PHILLIP134 MXSMAJBROWN, JAISON T134 MXSMAJCOOMBS, SEAN P134 MXS1LTROLLINS, BRYAN G119 CACS1LTROBETTER, TIMOTHY B119 CACS1LTHOPE, CHRISTOPHER134 CESMSGTDAWSON, WILLIAM R134 CESMSGTDAWSON, WILLIAM R134 CESMSGTDISHMAN, RICKY G134 MXSMSGTJSTEAKLEY, BRIDGETTE L151 ARSTSGTJACKSON, CRYSTAL M134 LRSSSGTJACKSON, CRYSTAL M134 LRSSSGTOWINGS, BARRETT R134 SFSSRAPALMER, CALEB R134 SFSSRAPARROTT, JUSTIN M134 SFSSRAPATRICK, MICHAEL A134 SFSSRA		

## NEW M50 GAS MASKS ISSUED TO 134TH MEMBERS



The M50 Protective mask is currently being issued to 134TH personnel. The 134TH Bioenvironmental, C.E., Readiness, and Logistical Readiness are working together to issue the masks to base personnel.

The M50 has different parts and filters than that of the MCU2A/P there for, personnel must be trained to operate the new mask. Also, personnel will need to have a Quantum Fit Test (QFT) completed as well.

Due to the limited amount of real world filters for the M50 mask base personnel will need to maintain their MCU2/P until notified to turn them in. Also, the M50 and MCU2/P have different drinking tubes and require different caps for the canteen; this will also require personnel to maintain two (2) canteen caps.

We ask base personnel to be patient and flexible during this process. We are working hard to make the process smooth and expedient as possible. If you have any questions feel free to contact Master Sgt. Billy Long at 336-3344 at the 134th Logistics Readiness Squadron.

## **Post Attack Reconnaissance - An ORE Approach**

Submitted by Master Sgt. Ricky Orick, 134 CES

As we prepare for the ORE/ORI battlefield scenario, each member faces a unique job to obtain all equipment, set up required unit control centers, and begin operations to establish mission operations. Members must also take on additional roles, which are equally important to maintaining op-



Members of the 134 ARW train on Post Attack Reconnaisance during an Operational tamination avoidance, to Readiness Exercise at the Combat Readiness Training Center in Gulfport, Miss. Feb 8-12. the requirements of an (National Guard photo by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)

erational safety and security, to the overall flow of the daily mission. Facility managers, and post attack reconnaissance (PAR) teams are just a couple.

Over the last several UTA weekends and this ORE. members past from across the base participated have in training for deployment to the operational readiness exercise battlefield. This training has included processing through the contamination control area (CCA), to conthe requirements of an assigned PAR team.

PAR teams are an inte-

gral part of the installations Chemical, Biological, Radiological, Nuclear and High Yield Explosive (CBRNE) defense network. Working in conjunction with the Emergency Management flight, the PAR teams are assigned to specific facilities doing their regular job function, and will deploy to search around their facilities following an enemy attack. For more information, the PAR team member can review page 124/125 of the AFPAM 10-100 or Airman's Manual. To operate effectively, PAR teams must accomplish the following:

#### Pre-attack (Alarm Green/Yellow)

During the pre-attack phase of the operation, PAR team members will establish their portion of the base detection grid. This will require the PAR team members to coordinate with their facility managers to obtain all necessary equipment from the Emergency Management Fight. Equipment should include liquid detection point stanchions, M8 paper, hand and foot shuffle pits for decontamination with water source and bleach/water solution. Once PAR team members receive their equipment allotment, the team must place equipment in approved locations around the facility. The approved locations have been assigned based upon the needs of the overall base detection grid. A request to move to a prior approved location requires the facility manager to contact the CBRN cell for approval.

#### Trans-attack (Alarm Red)

During the attack, PAR team members must take cover (based on type of threat) and wait for release instructions. If the attack is from an air attack (i.e. missile or plane) and you are inside the facility, cover is taken below the splinter protection line.

#### Post-attack (Alarm Black)

PAR teams are an essential component of the mission continuation and force survivability tasking. Once the attack is over, mission essential personnel will be released to determine the overall effects. Thirty minutes following the conclusion of the attack, PAR team members will be released to survey their facility and up-channel the intelligence they gather. Three specific tasks assigned to PAR teams are determining the presence of contamination, unexploded ordinance (UXO), and casualties.

To review topics of casualty care, the PAR team member should review page 174 of AFPAM 10-100 (Airman's Manual) regarding Casualty Care in a CBRN Contaminated Environment. In the event a PAR team member comes across a casualty following a suspected CBRN attack, the PAR team member shall put on the individuals mask, inject ATNAA kit from casualty supply if CBRN symptoms are present and pass the persco number up to the UCC. A team shall them be sent to move the casualty to a medical team, and the PAR team must re- solution during an Operational Readiness Exercise sume their operations.

#### Unexploded Ordinance (UXO)

To review topic of UXO identification and protection, the PAR Team member should review page 126 of your Airmen's Manual (AFPAM 10-100).

### **CBRN** Contamination

Collection of information related to CBRN threats is vital to allowing the commander to resume normal operations. Obtaining a clear picture of where the chemical deposition lies will allow the commander to reduce the MOPP level of certain sections of the base (Split MOPP). PAR Team members will sweep their facilities and up-channel positive or negative results so it can be plotted on the overall base grid map.

PAR teams are an essential component of the overall installation defense network. From the preattack actions, to post-attack reconnaissance, each function of the PAR team member is crucial. Additionally, understanding the expectations of the PAR team members, as well as the complexity of each action will ensure that under stressful wartime conditions, the actions during all phases will be conducted appropriately, and with great care for mission continuation and force survivability.



Capt Joseph Keith, 134 ARW Public Affairs Officer simulates decontaminating his gloves in a chlorine at the Air National Guard Combat Readiness Training Center in Gulfport, Miss. Feb. 9, 2012. (National Guard photo by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)

## AF PORTAL "CYBER" FEATURED ITEMS

Submitted by Master Sgt. Carolyn LaDue, 134 CF



Looking for a one-stop-shop for the latest information involving Cyber Surety? Check out the "CYBER" tab located on the AF Portal Home page. Cyber Tip of the Week appears first upon clicking the Cyber tab; a link to tips that have been archived is also provided. Information on Spoofing and using Social Media through the AF Network can be obtained at this portal location as well. One of the most common questions involves how to get Antivirus software for home use; the answer to that question is also found under the Cyber tab.

## **Ricoh Scanned Documents**

Currently the Ricoh multi-functional copier/scanner, although configured for CAC authentication, does not require/enforce digital signature. Nor does the scanner supply a "Subject" field. The absence of a subject line and no digital signature on an email containing an attachment meets the criteria for suspicious email and will most likely get deleted. Coupled with the recent exploitation of using "PDF" documents to launch viruses, be aware that your documents may not reach the intended recipient.

We strongly recommend that you scan the document and email it to yourself. Then you can enter an appropriate subject line and apply the digital signature. Failing to follow the recommendation means that your document may not meet a deadline, or achieve the desired outcome because personnel have been trained to delete them due to "suspicious" indicators.

Information Assurance POCs: MSgt LaDue, 336-4936 or MSgt Jennings, 336-4924 Keys to successful system and data protection are being informed. The Cyber Space site is loaded with extremely helpful and timely information. For example:

 Recognizing and avoiding email scams – http://www.uscert.gov/reading\_room/emailscams\_0905.pdf

\* Playing it safe: avoiding online gaming risks – http://www. us-cert.gov/reading\_room/gaming.pdf

\* Banking Security online - http://www.us-cert.gov/reading\_room/Banking\_Securely\_Online07102006.pdf

\* Socializing securely: using social networking services – http://www.us-cert.gov/reading\_room/safe\_social\_networking. pdf

\* Cyber threats to mobile phones – http://www.us-cert.gov/ reading\_room/cyber\_threats\_to\_mobile\_phones.pdf

\* Using wireless technology security – http://www.us-cert. gov/reading\_room/Wireless-Security.pdf

\* Software license agreements: ignore at your own risk – http://www.us-cert.gov/reading\_room/EULA.pdf

\* An overview of spyware – http://www.us-cert.gov/reading\_room/spywarehome\_0905.pdf

\* Small office/home office router security – http://www.uscert.gov/reading\_room/HomeRouterSecurity2011.pdf

\* The basics of cloud computing - http://www.us-cert.gov/ reading\_room/USCERT-CloudComputingHuthCebula.pdf

The uninformed make easy targets. Take time to find out the latest threats and countermeasures recommended by the experts. Family on the internet at home? It's never too early to train children on the "Do's" and "Don'ts". Provide training that is age appropriate, one site you might want to check is http://kidshealth.org/parent/positive/family/ net\_safety.html#. They offer at tab for Kids and one for Teens.

*"An ounce of prevention is worth a pound of cure." Benjamin Franklin* 

## Veteran Fire Fighters Visit McGhee Tyson ANG Base after 48 Years

By Chief Master Sgt. Rob McCormack, 134 ARW Fire Chief

While attending a funeral of a friend, I noticed some old military photos, dog tags, and to my surprise, a USAF Firefighter Badge. As I was speaking with the widow, she told me there were some of his friends who served with him in the 1950's in the room. After paying due respect, I spent some time with those men and realized I had discovered some history of my fire department and career field. I explained that I worked at the 134th Fire Station and invited them to visit anytime they would like. They stated there were at least a dozen of them who served together as firefighters and asked if they could all come. Of course, I answered – YES! On 2 February 2012, this group of 134th Firefighters from 1958 to 1964 held their annual gathering at the McGhee Tyson Fire Station. These men were part of the 134th Airmen who deployed in 1961, when President Kennedy ordered 155,000 National Guardsmen to active duty because of the Berlin Crisis.

Members of the 134th Fire Department were augmented to bases in Phalsbourg, Etain, Chamblee, and Chaumont, France. Because of the Algerian civil war raging in France at the time, the firemen were reassigned and became infantrymen as they were tasked with guard duty to protect against the Algerian sympathizers who were constantly attempting to break into the American bases in search of munitions. For the firemen, the situation unfolding in Berlin was largely forgotten. Survival was more of a pressing issue as the bases



The veteran firefighters who visited the base are: Dewaine Speaks, William Sharp, Jerry Hendrickson, Jerry Hall, Edwin Grindstaff, Frank Griffith, David Roberts, Max Richardson, James Palmer, Billy Harper, Burl Lovin, John Helton, William Sloan, Jr., and Joseph Harrill. (unknown photographer)

stayed on the highest alert for several months. The firemen returned home and rejoined the main unit in July 1962, and were discharged from the Air Force two weeks later.

Other recollections included types of trucks and equipment, famous General Officers they served under, and of course typical firefighter shenanigans that have held the test of time.

The more I thought about the group I had the opportunity to meet, the more I realized how important it is for us to know our respective career field's history and heritage. Getting to speak with men who served as Air Force Firefighters 50 years ago, allowed me to look into a time capsule of the only career field I have served in. I encourage all military members to do the same if ever given the opportunity.

# **MEDICAL GROUP SCHEDULE**



PHAS FITNESS FOR DUTY EVALUATIONS IMMUNIZATIONS QNFT TESTING (MOBILITY SECTION@ SUPPLY WAREHOUSE) ALL DEPLOYMENT PROCESSING/ANAM TESTING NEW ACCESSION ORIENTATION (TRAINING ROOM) LUNCH BALLISTIC EYEWEAR & M-50 GAS MASK INSERTS IMMUNIZATIONS FITNESS TESTING EVALS (ATKINS/LONG)

SUNDAY UTA CLOSED FOR TRAINING 0845-0900 HOURS 1300-1400 HOURS

FITNESS FOR DUTY EVALUATIONS 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.

## Stress Tips from Elizabeth, Your Wing Director of Psychological Health

By Elizabeth Arnold, 134 MDG, Director of Psychological Health

Rumors, tales and uncertainty Oh My! This is the reality of our world today, which can cause anxiety and stress. However, we must focus on what we can change rather than what we cannot change. Knowledge will come in time. Rumors and uncertainty become distractions and will zap your energy. Fall back to what you know - the mission. Being the resilient airmen you are, you will not only survive but win the fight.

Until next time, Happy Psychological Health



# **Medical Minute**

By Capt. Jennifer King, 134 MDG

During the month of April we celebrate not only Easter and Passover, but also Earth, Arbor and April Fool's Days. Strangely enough, according to www.holidayinsights.com, the third week of April is also dedicated "Medical Labs Week." While I myself am not exactly a fan of being poked and prodded, this supposed holiday does fit right in with our topic this month... Preventive Health for Men.

Most of us are more than willing to go to the doctor when we are sick, hurt or scared that some symptom we are experiencing is an indication of something more serious. Thing is, many of the conditions and diseases we end up seeking care for can either be prevented entirely or treated much more effectively if caught early on. This concept is called Preventive Medicine. The term Preventive Medicine encompasses not only healthy living habits (well rounded diet, exercise, getting enough sleep, tobacco cessation, moderate alcohol consumption, etc), but also exams, labs and diagnostic tests aimed at finding common or life and limb threatening illnesses before the patient notices symptoms. The details of these tests and when they are indicated are listed below.



**20's and 30's** – Physical exam performed by your Primary Care Provider every 2-3 years includes...

- checking your vital signs (blood pressure, heart rate, weight/height)
- a basic physical exam (with a prostate exam every few years),
- a discussion about risky behaviors (alcoholism, drug use, tobacco use, safe sexual habits, protective gear for motorcycles/ATVs, etc)
- labs to check your blood count and blood chemistry, and every 5 years, a cholesterol panel - recommendations on healthy habits to avoid future health issues
- 40's During your 40's, your physical exams should be annual and include blood work each year.
- a fasting blood glucose, which is more effective at diagnosing diabetes
- prostate exam will now be annual
- a chest x-ray will likely be added at least every few years
- **50's** This is the golden year when our preventative exams take a turn for the invasive. Lucky you!
- the Prostate Specific Antigen blood test will be added to your prostate exam (arm blood draw)
- a colonoscopy is recommended at age 50. This procedure includes a sedative, often referred to as "happy meds," to ensure you have no memory of the tube with a camera being inserted ...oh, never mind the details. The important part is that if colon cancer is caught early it is completely curable!!!
- **65 years old** If you have ever smoked, you need screening for an Abdominal Aortic Aneurysm at 65.
- This screening is done with an ultrasound (the same thing we use to see a baby inside its mother's womb) and while the gel can be a bit cold, it is painless.

Thing is, the best prevention is taking care of yourself to start with. In your 20's and 30's, exercise not just for appearances (weight lifting for bulk), but for cardiovascular health as well (aerobic activities). Eat for nutrition (yes, I mean vegetables)! Keep the drinking to a reasonable amount and quit smoking and chewing. In your 40's and 50's, maintain that exercise routine and avoid excessive stress. In your 60's, retire and enjoy some well earned R&R. Please, no matter what stage of life you're in, pay attention to how your body feels, and seek care when you notice something is "not quite right."

# NEW AIR GUARD MEMBERS



Amn Logan Adcock 134 MXS



AB Brandon Head 134 CES



A1C Scott Choroba 134 MXS

A1C John Mason

134 CES



**AB Dallas Cooper** 

134 SFS

SSgt Peyton Oates 134 CES



A1C William Frosell 134 CES

**AB Logan Presnell** 

**134 LRS** 



AB Deana Guider 151 OPS



AB Cody Watson 134 SFS

# **RECRUITER'S CORNER**

Submitted by the 134 ARW Recruiting Office

Student Flight - Listen Up!

\*\*\***Pre-BMT class** – You will report to the FSS breakroom in the Headquarters building for roll call on **SATURDAY** of each drill at **1300**. This is a <u>mandatory</u> class (as directed by Col. Cauthen) until you ship out to BMT. You must report to roll call in order to get paid. Any absence must be cleared through the recruiting office supervisor, Master Sgt. Curtis Larue, ahead of time.

\*\*\*In Processing Checklist - Saturday at 1230 of your first drill weekend you are required to report to the Public Affairs/Multimedia Photo Studio (in the headquarters building) to have your **portrait** taken. This photo is <u>mandatory</u> in order to complete your in processing checklist.

\*\*\*Security Clearance Process - All new enlistees please ensure you have logged onto www.opm. gov/e-quip, 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. Dean Thiele. 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) 336-3242, 3257, or 3258; or go to: http://www.134arw. ang.af.mil/careers/index.asp

## ANNOUNCEMENT OF VACANCY

### MILITARY DRILL-STATUS OFFICER

POC: MSgt Curtis LaRue 865-366-3242 Curtis.larue@ang.af.mil

## POSITION: Pilot KC-135R

AFSC: 11M3 GRADE: 2LT Thru Major

OPENING DATE: 15 Apr 2012

UNIT: 151<sup>st</sup> Air Refueling Squadron

CLOSING DATE: 15 May 2012 1630 HOURS

### SPECIALTY DESCRIPTION: (SEE ATTACHED JOB DESCRIPTION FOR DETAILS)

### 1. GENERAL REQUIREMENTS AND PROCEDURES:

Prior Enlisted personnel, Commissioned Officer in the grade of Major or below (Active or Reserve) or non-prior service civilian 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 <u>must</u> be selected by age 28 and be no more than age 30 by the start date of the board's first available Undergraduate Flying Training Class (UFT). This will allow time for non-prior commissioned applicants to graduate from the Academy of Military Science as an ANG officer prior to attending UFT. Prior-Commissioned Applicant must have not exceeded rank-age ceiling. Call MSgt LaRue at 865-336-3242/DSN266-3242 for eligibility clarification.
- **MEDICAL REQUIREMENTS**: Applicants <u>must</u> pass a Flying Class 1 physical (Appointment ANG/AF Commissioning physical).
- AIR FORCE OFFICER QUALIFYING TEST (AFOQT): Applicants <u>must</u> have taken the AFOQT and qualify with a minimum score of <u>Verbal-15</u>; <u>Quanitative-10</u>; <u>Pilot 25</u>; <u>Navigator 10</u>; <u>Sum-50</u> (Sum is the minimum composite score required by adding both the scores of Pilot and Navigator.) Applicants must meet or exceed the minimum Pilot and/or Navigator scores to qualify for appointment and attendance of Undergraduate Pilot Training (UPT).
- EDUCATION: Applicants <u>require</u> as a minimum a Bachelor's Degree from an educational institute listed in the current Accredited Institutions of Post Secondary Education. For entry into this specialty, undergraduate degree specializing in physical sciences, mathematics, administration, or management is desired. Applicant must have attained the degree or scheduled to attain the degree no later than **Dec.** of the year they are interviewed.
- **SPECIALTY QUALIFICATIONS:** Knowledge is mandatory of theory of flight, air navigation, meteorology, flying directives, aircraft operating procedures, and mission tactics. For entry into this specialty, completion of Air Force Undergraduate Pilot Training (UPT).
- **PILOT CANDIDATE SELECTION METHOD (PCSM):** Must complete Test of Basic Aviation Skills (TBAS) to obtain score. PCSM information website: https://pcsm.aetc.af.mil/
- LETTER OF AGREEMENT: Applicants <u>must</u> submit a letter of agreement to attend within one year (pending availability of school quotas) of commissioning (or assignment if prior commissioned officer) any initial formal training as listed in the Training Requirements section. <u>Applications are considered</u> incomplete without this letter (see attachment 1).
- **COMMISION REINSTATEMENT:** Prior commissioned officers must be eligible to reinstate commission and retrain. Cross-component service officers will not be required to attend the Academy of Military Science.

# **TEC Member Named ANGRC NCO of the Year**

By Master Sgt. Mavi Smith, I.G. Brown Training and Education Center

Education Center was named the 2011 Air National Guard Readiness Center Noncommissioned Officer of the Year at a ceremony held at Joint Base Andrews, Md., March 1.

Tech. Sgt. Derek J. Westfall, enlisted professional an military education instructor, said he was honored to be recognized for his leadership accomplishments and impact on the mission of the Air Force.

"I never, ever expected to win this," said Westfall. "I was pretty excited just to be nominated. To win was just over the top."

The award recognizes individuals whose outstanding performance and significant achievements distinguish them from their peers.

It is based on the whole Airman concept and includes the categories of leadership and iob performance. significant self improvement, and base or community involvement.



Tech. Sgt. Derek J. Westfall, right, an enlisted professional military education instructor at the I.G. Brown Training and Education Center, receives the 2011 Air National Guard Readiness Center NCO of the Year award from Brig. Gen. Brian G. Neal, ANGRC commander, during a ceremony held at Joint Base Andrews, Md., March 1, 2012. (Air National Guard

From filling a critical manning shortfall, to pursuing a Bachelor in Organizational Management degree, to mentoring local youth soccer teams, Westfall went above and beyond in his accomplishments.

The win does not come as a surprise to his commandant, Chief Master Sgt. Donald E. Felch.

"Tech. Sqt. Westfall is a fantastic noncommissioned officer," said Felch. "He epitomizes those things we find in (Air Force Instruction) 36-2618, the Enlisted Force Structure. He models those things that we ask of our students, as well as of our subordinates, and does a phenomenal job every day, day in and day out."

As an enlisted professional military education instructor, Westfall is responsible for educating Air Force, Air Force Reserve, Air National Guard, and U.S. Coast Guard students at the center's Airman

A member of the I.G. Brown Training and Leadership School, Noncommissioned Officer Academy, and satellite broadcast version of both programs.

His efforts ensure the I.G. Brown Training and

Education Center meets the Air Force's objective to prepare enlisted Airmen for increased leadership and management responsibilities. As the largest of 11 academies located worldwide, the Air Force relies heavily on this schoolhouse to accomplish its mission.

Westfall joined the center in 2009. During this time, he has helped train more than 2,200 enlisted service members.

Westfall said being at the I.G. Brown Training and Education Center has helped him to become a better Air Force NCO.

"I like to care for my Airmen," said Westfall. "I want to make sure they excel in their Air Force career so they can flourish. Being here

you get a big opportunity to do that. That's what it really comes down to...making better NCOs for the future."

The I.G. Brown Training and Education Center is a detachment of the Air National Guard Readiness Center and is located at McGhee Tyson Air National Guard Base near Knoxville, Tenn. The center conducts an average of 18 enlisted professional military education courses throughout the year and holds more than 40 skills enhancement classes in subjects ranging from explosives safety orientation to food services, recruiting, security and expeditionary medical support. It is also home to TEC-TV. a modern television broadcast center that televises more than 500 hours per year of live interactive training, education and command information to audiences worldwide.



## WEDNESDAY, 18 APRIL 2012

## 1300-1400 HRS

## **HEADQUARTERS PARKING LOT**

A shredder truck will come out to the base and park at the Headquarters parking lot. Your items will be shredded on-site.

**UNCLASSIFIED PAPER MATERIALS ONLY** 

POC: SSgt Regina Trivette, 336-4981



Attention all commissary authorized shoppers! Nearest commissary too far away?? No problem. <u>The Guard &</u> <u>Reserve On-Site Sale Program</u> brings the benefit directly to you! Come shop and take advantage of savings that average 30 percent or more on your groceries.

Interested in more sales? Sign up for the Guard/Reserve Sales Schedule at:

http://www.commissaries.com/guardreserve

The Fort Campbell Commissary is hosting an on-site sale with the Air National Guard in Knoxville, Tennessee!

Location: McGhee Tyson Air National Guard 2111 Army Drive Louisville, TN 37777-6301

Dates and Sale Hours: Thursday, April 19: 9 a.m. to 5 p.m. Friday, April 20: 9 a.m. to 5 p.m. Saturday, April 21: 9 a.m. to 5 p.m. Sunday, April 22: 9 a.m. to 4 p.m.

Directions: Map of 2111 Army Dr Louisville, Tennessee by MapQuest

Point of Contact for the Sale: Patricia King, (270) 798-2025 ext: 3106, Email: <u>patricia.king@deca.mil</u> or Tony Matthias, (270)798-2606, ext 3112, Email: <u>antonio.matthias@deca.mil</u>

National Guard and Reserve members, military retirees, active-duty military service members, and their immediate family can take advantage of the great commissary savings.

All authorized commissary shoppers are invited to the sale, sponsored by the Fort Campbell Commissary. <u>Commissaries.com - Fort Campbell Commissary</u>. The commissary has expanded its reach to Guard and Reserve members in particular by bringing the benefit to you via these On-site Sales to areas with military populations not served by a nearby commissary. Sale items may include paper products, soap and cleaning products, canned goods, sodas, sport drinks, water, laundry detergents, and a variety of other products at a savings that average 30 percent or more!

Customers must present a valid Department of Defense identification card that authorizes commissary privileges in order to shop. Cash, checks, debit cards and credit cards are accepted for payment. The use of coupons is highly encouraged!

> Your Commissary-Your On-Site Sale. "It's Worth the Trip!" We look forward to seeing you at the sale

# AROUND BASE



ADVISOR ISTED ISSUE **The Junior Enlisted Advisory** Association will be meeting 134 in the FSS Bida Saturday classroom on drill from 14:30 n.m. to **15:30. All E-1's through E-6's** are encouraged to attend!

## What's For Lunch?

## Saturday:

Main Line: Marinated BBQ Pork Chops Caribbean Jerk Chicken Mashed Potatoes Gravy Mixed Vegetables Soup of the Day Corn Bread Assorted Desserts Assorted Drinks Salad Bar



Short Order: Hamburgers/Cheeseburgers Hot Dogs Fries Baked Beans

## Sunday:

Main Line: Grilled Ham Steak Hungarian Goulash Black Eyed Peas Dried Okra Brown Rice Au Gratin Potatoes Soup of the day Assorted Breads Assorted Desserts Assorted Drinks Salad Bar

Short Order: Egg/Tuna/Chicken Salad Sliced Ham Sliced Beef/Turkey Fries Baked Beans