

VOL. 14 NO. 11

134TH AIR REFUELING WING

NOV 2014

THIRSTY GUNSHIP



An AC-130 Specter Gunship from the 1st Special Operations Wing, Hurlburt Field, Florida is refueled by a KC-135R Stratotanker from the 134th Air Refueling Wing, McGhee Tyson ANG Base, Tennessee during a mid-air refueling over the Gulf of Mexico recently. (U.S. Air National Guard photo by Tech. Sgt. Anthony Flores, 151st Air Refueling Squadron)



134TH AIR REFUELING WING CHAIN OF COMMAND

Col Tommy Cauthen
Commander

Col Mike Lindeman Vice Commander

Chief Master Sgt Rich Parker
Command
Chief Master Sergeant

Col Bobby Underwood Operations
Col Burl Lambert - Maintenance
Col Wally Houser - Support
Col Jeff King - Medical
Group Commanders

Maj Gary L Taft
Wing Executive Officer

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Senior Amn Jackie Keeney Amn First Class Darby Arnold **Broadcast Journalists**

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Customer Service Hours for PA Photo Studio:

Sat 1200-1500

Please adhere to the scheduled times as staff will only be available during those hours

Customer Service Hours for

Security Forces:

Mon/Wed/Fri 0800-1100 UTA Sat 0800-1100 UTA Sun 0800-1100

Customer Service Hours for

Clothing Issue

Mon-Thur CLOSED Fri - 0700-1100 & 1230 - 1600 UTA Weekends Sat 0830 - 1100 & 1215 - 1530 Sun 0730 - 1100

"Volunteers Supporting and Defending America"



Mission Statement:
Federal: Project Global Reach
& Global Power in the interest of
National Defense by providing world
class personnel, vital Air Refueling
& Airlift capabilities for contingency
response & sustained combat

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





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Space Camp Scholarship Awarded to Family Member

Contributed by Lt. Col. Bob Wagner, 134 Medical Group

Mickey Wagner, son of Lt Col Bob Wagner, 134th Medial Group, was awarded one of the 2014 Military Child Education Coalition's Bernard Curtis Brown II Memorial Space Camp Scholarships. He competed against Active Duty, Guard, and Reserve dependent children through a rigorous selection process to be one of only 13 recipients. Mickey had a choice of attending either the tradition Space Camp or the Aviation Challenge program

ALABAMA

ALABAMA

City of Tuskegee

Mickey Wagner, son of Lt. Col. Bob Wagner, 134 Medical Group stands beside the tail of a static display at the U.S. Space & Rocket Center in Huntsville, Al. (photo provided by Lt. Col. Bob Wagner)

at the U.S. Space & Rocket Center in Huntsville, AL. Given Mickey's love of aviation, it was a "no brainer" that he selected to attend the Aviation Challenge, Mach III program.

The week long Aviation Challenge Mach III program is specifically designed for high school aged trainees who have an interest in military aviation and the mechanics of flight. Mickey spent the week training with a squadron of 11 that logged numerous hours flying advanced F/A-18 fighter jet simulators. The team also learned critical land and water survival skills, spend time experiencing G-Forces in the centrifuge, as well as mastered Top Gun flying maneuvers. Mickey's call sign was "Titanic" and his radar intercept officer he flew with was "Maple". During the air combat games they downed 9 enemy aircraft, earning them "ACE" fighter pilot status. Their squadron also conducted a simulated Navy SEAL operation where their team successfully recovering a downed pilot in the woods.

Mickey enjoyed the high intensity aviation learning environment so much that he enrolled in the two week Advance Aviation Challenge course for next Summer. If anyone is interested in having their child or children apply for the one of the 2015 Military Child Education Coalition's Bernard Curtis Brown II Memorial Space Camp Scholarship, please visit http://www.militarychild.org/parents-and-students/programs/bernard-curtis-brown-ii-memorial-space-camp-scholarship http://www.militarychild.org/parents-and-students/programs/bernard-curtis-brown-ii-memorial-space-camp-scholarship>.



Antiterrorism

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Protective

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Measures

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AT ALL TIMES

- Vary eating establishments.
- Alternate shopping locations.
- Do not establish any sort of pattern!
- Avoid crowded areas.
- Be especially alert exiting bars, restaurants, etc.
- Know how to use the local phone system and carry "telephone change."
- Know emergency phone numbers for police, ambulance, and hospital.
- Know location of the US Embassy and other safe locations where you can find refuge or assistance.

BOMB INCIDENTS

- Be suspicious of objects found around the house, office, or auto.
- Check mail and packages for—
 - Unusual odors
 - Too much wrapping.
 - Bulges, bumps, or odd shapes.
 - No return or unfamiliar return address.
 - Incorrect spelling or poor typing.
 - Items sent "registered" or marked "personal."
 - Protruding wires or strings.
 - Unusually light or heavy packages.
- Isolate suspect letters or packages. Do not immerse them in water. Doing so may cause them to explode.
- Clear the area immediately.
- notify your chain of command.

Antiterrorism Individual Protective Measures



OCJCS PC 5260 Feb 97

AT AIRPORT TERMINAL

- Use concealed bag tags.
- Spend as little time as possible in airports.
- Pass through the airport security checks quickly. Once through security, proceed to a lounge or other open area away from baggage lockers. If possible, sit with your back against a wall.
- * Remain alert. Be a "people watcher."

AT HOTELS

- Do not give room number to strangers.
- Choose an inside hotel room.
- Sleep away from street side windows.
- teave lights on when room is vacant.
- 4 Pull curtains.
- Arrange knock signals.
- Answer telephone "hello." Do not use name and rank.
- Lock before you exit.
- if confronted, have a plan of action ready.
- Occasionally exit/enter through the rear entrance.
- Keep your room key in your possession at all times.

FROM DOMICILE TO DUTY

- Alternate parking places.
- Lock car when unattended.
- Look for tampering. Look under your auto. Be alert when opening door.
- 🌟 Keep gas tank at least half full.
- If possible, alter routes and avoid choke points.
- Plan "escape" route as you drive.
- Watch mopeds/cycles.
- Do not pick up hitchhikers.
- Drive with windows up and doors locked.

Remember: REMAIN ALERT.

Come Join the Fun at the Children's Christmas Party!

The McGhee Tyson Airman & Family Readiness Program will be having our annual Children's Christmas Party at 1:30 PM on Sunday, Dec. 7th, 2014 at Wingman Hall, Bldg. 401 (Base Chapel). Please bring your child out for snacks, songs, arts & crafts, and pictures with Santa. For more information please contact the Airman & Family Readiness Program Office at ext. 3107.









Updating Beneficiary Designations for Servicemembers' Group Life Insurance and Veterans' Group Life Insurance

Submitted by Staff Sgt. Brittany Trentham, Human Resources Office

If you had a recent life event such as a change in marital status, the addition of a child or the death of a loved one, now is the time to review your beneficiary designations for Servicemembers' Group Life Insurance (SGLI), Veterans' Group Life Insurance (VGLI) and VA Insurance policies. This is the best way to ensure your life insurance benefit is paid to whom you want.

Keeping your beneficiary information up to date is vital. Failure may result in your benefits going to a former spouse, deceased parent's estate, your estate, or no one. It could also result in payment delays at a time when a loved one needs the money. For example, if the listed beneficiaries are children from a first marriage, children from a current marriage may contest the claim if they believe they have more recent documents proving they should be the beneficiaries. No one may be paid until it is determined who is legally entitled to the money.

It is important to review your beneficiaries at least once a year. Make this review at the same time you receive the reminder email to review your vRED, DD Form 93. Remember, you have the legal right to name or change any beneficiary at any time.

If you would like to update your SGLI beneficiaries please come see the customer service section of the FSS located behind the ID card section.

Virtual Record of Emergency Data (vRED):

The Virtual Record of Emergency Data (vRED) satisfies the requirement of the DD Form 93, and is the official source document required by law for you to provide the Air Force with emergency contact information in the event you become a casualty and for designating beneficiaries for certain benefits in the event of your death. It is your responsibility to keep this information current, and completion of this program is mandatory. If any of the information changes, the vRED should be updated as soon as possible. Delays in next of kin notification are most often associated with incomplete or outdated information. vRED is located on the Virtual Military Personnel Flight (vMPF) at https://w20.afpc.randolph.af.mil/AFPCSecureNet20/PKI/AppRedir.aspx?appID=5

PROMOTIONS

AMN - Kyler Hall 1 Sep 14

A1C - Chelsea Land 15 Sep 14

SrA - Barry Young 1 sep 14
Brandon Head 1 Sep 14
Steven Jagneaux 1 Oct 14

SSGT - Devin Stokes 1 Sep 14
Audrey Manis 1 Sep 14
Michel Morrow 1 Sep 14
Caleb Woods 1 Sep 14
Kyle Paridee 1 Sep 14
James Simpson 1 Sep 14
James Barrett 15 Sep 14
John Romines 1 Oct 14

TSGT - William Stinnett 1 Aug 14
Charles Parvin 1 OCT 14
Douglas Braun 1 Oct 14

MSGT - Scott Brock 1 Sep 14
William Lloyd 1 Oct 14

SMSGT - Wayne Stokes 1 Sep 14





134TH ANNUAL CHRISTMAS PARTY

December 6TH

1630: SEC Championship Game on big screen

1800: Social Hour 1930: Prize Giveaway

Music by the 572 Band of the South

Dress: Casual

Menu: Heavy Hors D'oeuvres

Tickets: \$10 in advance (\$13 at the door)

*Tickets can be purchased from First Sergeants and Section Chiefs – Nov UTA





Inspector General, Complaints Resolution (IGQ)

Submitted by Lt. Col. James Blanton, 134 ARW IG

What are Reprisal, Restriction, and Protected Communications?

Know your rights regarding the reporting of violations of policy, regula tion, and law to the appropriate officials.

According to AFI 90-301 (Inspector General, Complaints Resolution), REPRISAL is the taking or threatening to take an unfavorable personnel action or withholding or threatening to withhold a favorable personnel action on a military member for making or preparing to make a protected communication. RESTRICTION is the preventing or attempting to prevent members of the Armed Forces from making or preparing to make lawful communications to Members of Congress and/or an IG.

A PROTECTED COMMUNICATION is a communication in which a member of the Armed Forces communicates information that the member reasonably believes evidences a violation of law or regulation, including a law or regulation prohibiting sexual harassment or unlawful discrimination, gross mismanagement, a gross waste of funds or other resources, an abuse of authority, or a substantial and specific danger to public health or safety, when such communication is made to any of the following (this list is not all inclusive):

Who Can Take a Protected Communication?

- Member of Congress or a member of their staff.
- An inspector general or a member of the inspector general's investigative staff.
- Personnel assigned to DoD audit, inspection (to included Wing Inspection Team Mem bers), investigation, or law enforcement organizations, equal opportunity, safety, and family advocacy.
- Any person in the member's chain of command.
- The Chief Master Sergeant of the Air Force, Command Chiefs, Group/Squadron Super intendents, and First Sergeants.

(NOTE: this list is not all inclusive and the circumstances of each case will determine if there is a PC)

If you have further questions regarding your rights, the Whistleblower Protection Act (10 USC §§ 1034), or if you have a need to speak with an IG regarding a matter, contact Lt Col James Blanton, 134 ARW/IGQ at (865) 336-4444 (IGIG) or at james.blanton@ang.af.mil. IG complaints can also be filed via AF Form 102. The 134 ARW/IGQ office is located in Bldg 263, Rm 119.

Don't Forget Daylight Savings Time... Fall Back 1 Hr Saturday Night!!!

Information Assurance Awareness: Mitigating risk through knowledge



A Cybersecurity Threat That Could Be Lurking On your phone...

Have you ever used a 3rd party flashlight app on your phone? Many of us have downloaded an application that uses the flash of your smartphone camera as a flashlight.

Gary Miliefsky, of SnoopWall, says that the top 10 most popular flashlight applications on Google Play are basically malware... and that they are spying, snooping, and potentially stealing your information.

Where is this information going? You might be interested to find out.

Watch the full story at the link below:

http://www.foxnews.com/onair/special-report-bret-baier/ blog/2014/10/01/cybersecuritythreat-could-be-lurking-yourphone Submitted by Tech. Sgt. Adam Huskey, 134th Communications Flt

Did you know that October was National Cyber Security Awareness Month?

The following letter comes from Colonel George R. Haynes, Joint Force Headquarters, TN/J6.

The first week of National Cyber Security Awareness Month serves as a reminder that cybersecurity is a shared responsibility. Through the "Stop. Think. Connect." Campaign, the Department of Homeland Security helps educate Americans on the importance of online safety, providing a number of resources including the "Stop. Think. Connect." Toolkit.

President Obama has proclaimed October as National Cyber Security Awareness Month. Many states and foreign countries have also issued their own proclamations. Working together, we can help make the Internet a safe and secure place for everyone to enjoy.

JFHQ-TN/J6 will be providing Cyber Security Month information to all Wings and MSCs.

See the following link to review offerings from the Department of Homeland Security on how you can make your home and work a safe cyber environment:

http://www.dhs.gov/national-cyber-security-awareness-month-2014

Information Assurance POCs: Master Sgt. Jennings (865)336-4924 Tech. Sgt. Huskey (865)336-4936

A reminder from the Installation Antiterrorism Officer (ATO)

Antiterrorism Individual Protective Measures

Bomb Incidents

- Be suspicious of objects found around the house, office or auto
- Check mail and packages for
 - Unusual odor
 - Too much wrapping
 - Bulges, bumps, or odd shapes
 - No return or unfamiliar return address
 - Incorrect spelling or poor typing
 - Items sent "registered" or marked "personal"
 - Protruding wires or strings
 - Unusually light or heavy packages
- Isolate suspect letters or packages. Do not immerse them in water. Doing so may cause them to explode.
- Clear the area immediately
- Notify the Security Forces at 911 or if using a cell 865-336-3091
 if at home call local Law Enforcement

Remain Alert and Vigilant
If you SEE something SAY something!

Report suspicious activity to the Security Forces at extension 911

or if using a cell phone on base 865-336-3091

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 **mandatory** 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 prior to roll-call through the recruiting office supervisor, Master Sgt. Curtis LaRue.

***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 mandatory in order to complete your inprocessing 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, Lt. Col. 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, 3258, or 3262; or go to: http://www.134arw.ang.af.mil/careers/index.asp



A1C JOSHUA WILSON - 134 MXS



A1C LOGAN STUART - 134 MXS



A1C MIKAYLA VICAN - 134 MDG



A1C ALFRED RODRIGUEZ - 134 MXS



AIC JESSICA BALL - 134 MXS



SRA ERIC SCHAEFER - 134 MXS



SRA CHAYAWAN CLANTON - 134 CES



SSGT JAMES STOWE - 134 MDG



SSGT DAVID FARMER- 119 CACS



SSGT JOSHUA CLANTON - 134 CES



SSGT ANDREW WILKERSON - 134 CF

By Capt. Jennifer King, 134th Medical Group

Happy Flu Season! Once again, the misery that is influenza is ramping up. This year, though, two "new" viruses have been thrown into the mix. Enterovirus 68 is like a cold on steroids and while Ebola is rare and hard to catch, the progression of its symptoms are quite alarming to see. This month, I'd like to compare these three conditions and give some tips on how to stay healthy.

How many get sick?

Influenza – 15-60 million Americans annually with three to 30 thousand deaths. Very contagious!

- Enterovirus 68 600-1 thousand since August, limb paralysis in 50 and five have died. Quite contagious.
 - Ebola 6 in the US. Nearing 14,000 in Africa.

Three medical personnel who provided care in Africa – two are recovered, one is in treatment

One Liberian man who has died, two of his nurses have recovered, 40 exposures have been cleared

It is difficult to get Ebola without actually touching body fluids or having them cough directly on you.



Symptoms? All three include fever, body aches and possible sore throat but other symptoms vary.

- Inluenza "I've been hit by a truck." Sudden, severe body aches all over, fever, chills, sore throat, runny nose, cough and possibly vomiting or diarrhea in kids. The biggest issue is hydration.
- Enterovirus 68 "This cold just keeps getting worse." Gradual runny nose, sneezing, coughing, sore throat, fever, body aches and possible rash or mouth blisters. In patients with respiratory issues (asthma, CF, COPD, etc), any wheezing needs to be checked out immediately as it may indicate the imminent need for respiratory support (if severe, go straight to the ER).
- Ebola "I was in Africa and now I have a fever". As scarily common as the initial Ebola symptoms are, the biggest factor in determining if you may have Ebola is if you have been around Ebola. Have you been to Guinea, Liberia or Sierra Leone? Have you come into contact with a fevering person who has been there? Have you cared for a person with confirmed Ebola? If your answers are "No, no and no", it is very unlikely that you have Ebola. For those exposed, look for fever, severe headache, muscle pain and weakness, diarrhea and vomiting.

Treatment? All three of these viruses have no guaranteed treatment as antibiotics do not help viruses.

- Influenza Tamiflu is an antiviral that may prevent the spread of flu to non-sick family members and may shorten the duration of the flu by one day, but it does not prevent serious complications as previously hoped and its benefit has not been proven. Good old fashioned time, fluids, rest, warm baths and Tylenol/Motrin are the best we have to offer.
- Enterovirus 68 The only special treatment for the Enterovirus is respiratory support if a patient has difficulty breathing (most common in asthma and lung disease). Otherwise, the same supportive treatment applies as to the flu. Time, fluids, Tylenol/Motrin.
- Ebola A lot of supportive care to maintain fluid and electrolyte balance (IV fluids) and sometimes to support their ability to breathe (intubation). There are some antiviral medications that are not completely tested nor widely available yet. Blood transfusions from recovered patients to sick patients have been used with apparent success.

In closing, wash your hands frequently, do NOT touch your face, keep your distance from ill individuals and see your doctor if you develop fever and concerning symptoms. Most important of all...do not panic! We have a fantastic medical system in the US. We've got your back!



MEDICAL SCHEDULE

SATURDAY UTA

0815-1130 HOURS PHAS

0800-0930 HOURS FLU SHOT TEAM TO CES 0815-0930 HOURS FLU SHOT TEAM TO LRS

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

0830-0930 HOURS NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)

0830-1130 HOURS IMMUNIZATIONS 0830-1130 HOURS QNFT TESTING

0900-1100 HOURS ALL DEPLOYMENT PROCESSING/ANAM TESTING

1000-1100 HOURS FITNESS TESTING EVALS

1130-1230 HOURS LUNCH

1230-1400 HOURS SCHEDULED WAIVER/MEDCON/LOD APPOINTMENTS

1300-1430 HOURS IMMUNIZATIONS

1300-1500 HOURS FLU SHOT TEAM TO ORANGE HANGER/PHASE DOCK -MXG

1300-1400 HOURS FLU SHOTS FOR THE BAND-MDG/IDMT OFFICE

1300-1400 HOURS DEPLOYMENT HEALTH ASSESSMENTS

SUNDAY UTA

CLOSED FOR TRAINING WITH EXCEPTION OF FOLLOWING TIMES:

0730-0830 HOURS FLU SHOT TEAM TO WING 0800-0930 HOURS FLU SHOT TEAM TO 119TH 1000-1100 HOURS FLU SHOT TEAM TO OPS

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

1230-1330 HOURS IMMUNIZATIONS

1300-1400 HOURS FLU SHOTS FOR THE COMM-MDG/IDMT OFFICE



PLEASE REMEMBER TO REPORT ALL MEDICATIONS THAT YOU ARE TAKING TO THE MED GROUP IMMEDIATELY!!!

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 LENSES 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.



KNOW WHO TO CALL!

OPSEC

Capt. Shawn Poche (865) 336-4151

Combatting Trafficking in Persons & Wing Inspector General

Lt. Col. James Blanton (865) 336-4444

Sexual Assault Response Coordinator

Capt. Stephanie McKeen (865) 336-3277

Alt. SARC/TN Join Force Headquarters

MAJ. Scott Villeneueve (615) 347-9372 DoD Safe Hotline: 1-877-995-5247

Director of Psychological Health

Elizabeth Arnold (865) 201-8129

JEAA



The Junior Enlisted Advisory Association welcomes all junior enlisted members to join the group.

All E-1s through E-6s are encouraged to attend. The JEAA meeting will be in the FSS breakroom room on Saturday at 1400. Bring the most new members and win a prize! Hope to see you all there!



Saturday:

Sunday:

Fiesta Baked Fish BBQ Chicken Quarters Brown Rice Baked Potato Halves Fried Squash Broccoli Gravy Tomato Basil Bisque Soup Pit Ham
Roast Turkey
Mashed Potatoes
Cornbread Dressing
Glazed Carrots
Green Beans
Gravy
Chicken Noodle Soup

"ANGEL TREE"



The McGhee Tyson Airman & Family Readiness Program Office is once again sponsoring our annual "Angel Tree" event. You have the opportunity to help a less fortunate child this holiday season by pick-

ing an "Angel" from the Angel Tree, located at the 134th Dining Facility. The Angel will identify whether the child is a boy or girl, their age and their wish. This year, please place the unwrapped gift in a "gift bag" and then place under

the tree with the Angel attached. Please return all gifts by the Dec UTA so they can be distributed before Christmas. We hope you will share in the gift of giving!

