



# THE VOLUNTEER



VOL. 15 NO. 3

134TH AIR REFUELING WING

MAR 2015

## Airmen Witness First-Hand the Mission they Support

Several 134th Air Refueling Wing Airmen were recently given the opportunity through an orientation flight to tag along on a refueling mission with the 151st Air Refueling Squadron and witness the mission that they support. It takes hundreds of Airmen in support roles to ensure the success of the refueling missions. The majority, however, do not see what the aircrews and aircraft maintainers see on a regular basis being up close and personal with the aircraft. Orientation flights such as these are conducted from time to time to give Airmen in other career fields a chance to see the mission they continually support.



Staff Sgts. Theodore Pelfrey and Megan Deheck, (above left) members of the 134th Financial Management Office recently had the opportunity to get away from their normal office duties for a day and witness a refueling mission with their home unit, the 151st Air Refueling Squadron. Airmen who normally do not work around the aircraft on a day-to-day basis were given the opportunity to fly and observe a refueling mission first-hand during an orientation flight. An F-22 Raptor (above right) from the 325th Fighter Wing is refueled near Tyndall AFB by a KC-135R Stratotanker from the 134th Air Refueling Wing (U.S. Air National Guard photos by Staff Sgt. Daniel Gagnon, 134 ARW Public Affairs)



# "Volunteers Supporting and Defending America"

## 134TH AIR REFUELING WING CHAIN OF COMMAND

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**Commander**

Col Mike Lindeman  
**Vice Commander**

Chief Master Sgt Rich Parker  
**Command**  
**Chief Master Sergeant**

Col Bobby Underwood - Operations  
Col Burl Lambert - Maintenance  
Col Russ Gaby- Support  
Col Jeff King - Medical  
**Group Commanders**

Maj Gary L Taft  
**Wing Executive Officer**

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Senior Amn Jackie Keeney  
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**Broadcast Journalists**

Vacant  
**Knowledge Operations**



Air National Guard photos by Master Sgt Kendra Owenby, 134 ARW Public Affairs

**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

### Customer Service Hours for PA Photo Studio:

**Sat 1300-1500**

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**  
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### Customer Service Hours for Clothing Issue:

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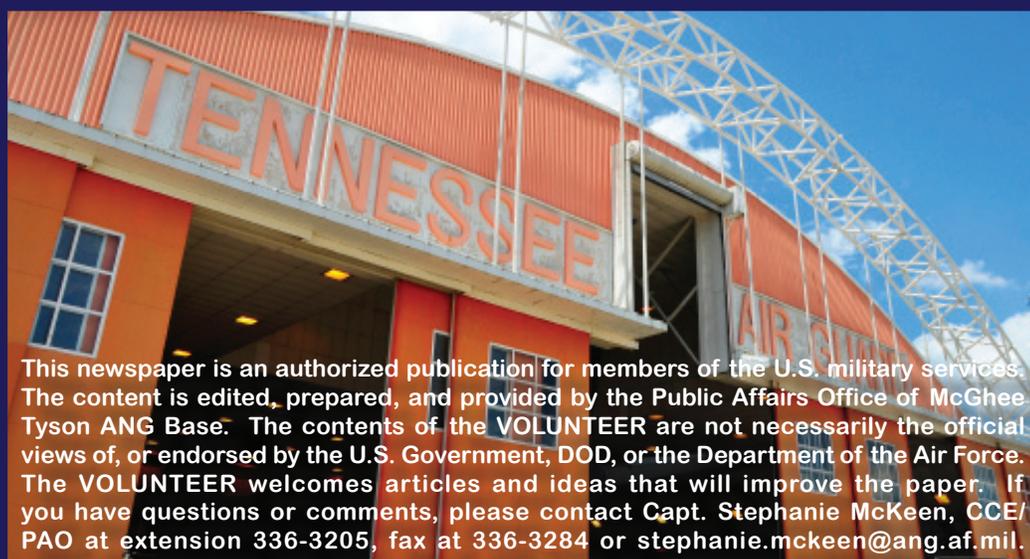
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**0700-1100 & 1230 - 1600**  
**UTA Weekends**  
**Sat 0830 - 1100 & 1215 - 1530**  
**Sun 0730 - 1100**



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



## Commander's Call @ Wilson Hall - 1430 Sunday



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# FROM THE OFFICE OF THE JAG

Submitted by Staff Sgt. Jennifer Griffis, 134 JAG Office

## Political Activities and Social Media

Per AFI 1-1, Air Force Standards, rev. 7 August 2012, section 2.13, enlisted military members are not permitted to make derogatory or disrespectful statements about political leaders (violation of Article 134, UCMJ). Officers are prohibited from using contemptuous words against the President, Vice-President, Congress, the Secretary of Defense, the Secretary of a Military Department, the Secretary of Homeland Security or the governor of the state. These are just two examples of what military members must remain cognizant of when it comes to political activities. This is more prevalent now because of the internet and social media. You may be thinking, I am only on military orders a few weeks out of the year and this only applies to active duty but that is not true. According to DOD Directive 1344.10, (Subject: Political Activities by Members of the Armed Forces) this applies "to members of the armed forces, whether they serve on active duty, as members of the reserve components not on active duty, as National Guard members in a nonfederal status, and military retirees"(Miles 2012). Whether you are in uniform or not, you are always representing the Air Force. For more information, reference AFI 1-1, Air Force Standards, AFI 51-902, Political Activities by members of the US Air Force, and DOD Directive 1344.10. The legal office is available at 336-3114 for questions as well.

Miles, Donna. "Rules Restrict Political Activity by DOD Personnel." U.S. Department Of Defense. N.p., 5 Jan. 2012. Web. 7 Feb. 2015. <<http://www.defense.gov/news/newsarticle.aspx?id=66689>>.

# EMERGENCY MANAGEMENT

By Senior Airman Brad Daugherty, 134th Emergency Management

As Emergency Managers one of our duties is to prepare for natural disasters, so everyone as a squadron can take that knowledge and prepare at home or elsewhere such as the great outdoors; and with that let's talk boating. The weather nicer and turn warm tuning up the boats time with the fam-preparation comes there were 188 recidents in Tennessee being fatalities and first aid; one is too many! Tennessee that anyone born any 1, 1989 must a boating safety to operate a ves-waterways; this by going to the TN Agency website



will soon become and boaters will be for fishing or fun ily. This is where into play. In 2013, ported boating ac-see with 25 of those 80 injuries beyond many but this is way see state law says on or after Janu-successfully pass course in order sel on Tennessee can easily be done Wildlife Resources [www.tnwildlife.org](http://www.tnwildlife.org)

and finding a boating safety course near you, or going to the public library and taking the boating safety course test. Ask your local Game Warden for more details. The course will explain the safety equipment that is required onboard a vessel and how to navigate safely while on the lake during the day or night, and most insurance companies will offer a discount on boating insurance with proof of completion of the safety course. Th main point of this article is to remind everyone to be safe while on the lake this spring and have all your required safety equipment. Citations can be very expensive and more importantly your loved ones are priceless. Hunting and fishing licenses expired on the last day of February so support your local Game Wardens and purchase new licenses to ensure compliance with state rules.



# Training Time!



Air National Guard photos by Staff Sgts. Ben Mellon and Daniel Gagnon, 134 ARW Public Affairs



# 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 **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 in-processing checklist.

\*\*\***Security Clearance Process** - All new enlistees please ensure you have logged onto [www.opm.gov/e-quip](http://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>

# VOL FIT



It's here! The McGhee Tyson Fitness App!

- Compete with friends on the Leaderboard
- Track your Runs, Sit-Ups, and Push-Ups
- Taunt your friends

The goal is to increase your fitness every month. You earn stars by completing 50 sit-ups, 25 push-ups, and running 1.5 miles.

Compatible with iPhone, iPod, iPad.  
Optimized for iPhone 5, 6, and 6 Plus.  
Requires iOS 8.0 or later.



<https://volfit.com/preview>

Use invite code "GAMEON"



# WANT TO BE A KC-135R STRATOTANKER BOOM OPERATOR?



(U.S. Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)

The 151st ARS Boom Operator Section will convene a selection board in April 2015, time and date to be determined. To be considered for the Boom Operator career field, an individual must have a minimum ASVAB (GENERAL) score of 55 and have a minimum passing fit test score of 75. Individuals must also be able to pass the requirements for an Initial Class III Flying physical. Other prerequisites include obtaining a Top Secret security clearance.

Prospective candidates are required to provide a resume listing both military and civilian work experience along with references. Letters of recommendation from civilian and military supervisors are highly recommended. A current fit test form must be provided with the resume.

Five mandatory initial flying training schools are required. The five schools are listed below along with course lengths:

- Aircrew Fundamentals - Inflight Refueling Operator - 14 Academic Days @ Lackland AFB, TX
- Basic Boom Operator Course (3-Skill Level Awarding Course) - 14 Academic Days @ Lackland AFB, TX
- KC-135 Boom Operator Initial Qualification - 15 Weeks (75 training Days) @ Altus AFB, OK
- Survival, Evasion, Resistance and Escape (SERE) Training - 19 Calendar Days @ Fairchild AFB, WA
- Water Survival, Non-Parachuting Training - 2 Calendar Days @ Fairchild AFB, WA

The suspense date to have your resume to Chief Sunderland is NLT 20 March 2015.

Send your resume package to:

Chief Master Sgt. Bo Sunderland  
151 ARS/DOF  
132 Briscoe Drive, McGhee Tyson ANGB, TN 37777-6203.

Chief Master Sgt. Sunderland may be contacted at phone number (865) 336-4387 or by e-mail at: [Freddie.sunderland@ang.af.mil](mailto:Freddie.sunderland@ang.af.mil)



# MEDICAL MINUTE

By Capt. Jennifer King, 134th Medical Group

Happy March everyone! It's that time of the year again. The PT test is around the corner and if you haven't started preparing, now is the moment! As always, we would all prefer to find ourselves PT ready at all times. However, most of us can admit to at least one year where we the test seems to spring itself upon us without any warning. This was where I found myself in 2011. With one month to prepare in poor weather and a 6 second grace period on my run as the final result. Suffice it to say, that measly 6 seconds lit a fire under me! Over the past 3-4 years, I have made it my mission to get myself into a solid enough state of fitness that I can pass a test at any time, and boy has it made a difference in how I view both the test and the process.

How is it that I stay PT ready while balancing all the business that is being a spouse, parent, employee and Guard member? First, I had to change my perception of fitness. I realized that if I was going to keep from being panicked again in the future, I would have to achieve and maintain a higher level of physical strength and stamina at all times. The goals I set for myself included building up stamina, increasing my speed, losing weight and, perhaps most important, maintaining the gains so I wouldn't have to accomplish them again every year. A mentor gave the advice that the best way to maintain readiness was by performing a mock fitness test weekly all year long. For the sake of honesty, I will admit that during the winter months, this drops down to monthly due to my aversion to running 28.5 laps in a local gym. Still, as long as I keep up the weekly/monthly performance, I know that while I may not best the test, I can at least be confident to pass.



Now, for the down and dirty. What do you do if you are just now thinking about a test that is only 6-8 weeks away? First, compare where you are now and where you need to be. As long as you are in a healthy enough state to go do a mock test without injuring yourself or risking your health, go do one as soon as possible. Don't push so hard you create injury, yet push hard enough for an honest assessment that doesn't leave room for overly hopeful "I'll do better on test day" wishes. Then, compare this with what you need for the test and divide the improvement required into achievable goals. For example, if you have to do 50 push-ups in a minute and you're at 37 and have 6 weeks left, aim for adding 3 push-ups a week. To do this, go all out to 37, rest ten seconds and push out another 5. Within a week, you should be able to go all out to 40. Keep that up every day (or every other day, depending on your recovery time) and 50 should be achieved between weeks 4 and 5 and maintained through to the test on week 6. Same for sit-ups. With the run, it helps to alternate between interval training and all out pushing. Once you know how much time you need to take off per minute, start by using your current speed as a baseline for three minutes, then add sprinting for 5 seconds every 30 seconds, maintaining the current speed in between sprints. Do that for a minute and a half, then run your current speed for three minutes. Then, do another set of sprinting intervals. In a few days, do a normal run without intervals, then back to the interval run in another day or so. Over a few weeks, your base speed should increase to where it needs to be and the sprints will help your body get accustomed to being pushed.

It is my hope that every one of you finds yourself in good enough health to be able to at least attempt a PT test at any time without endangering your health. However, if you have concerns about this, please come speak with myself or one of the other clinic providers as soon as possible. For those without concerns, please take responsibility for your physical health as well as the upcoming test before you find yourself in a crunch. For those that are ready now, please make it a goal to maintain this readiness at all times. Part of our duties as an Airman are that we need to be ready to perform not only the actual PT test, but also our jobs in strenuous conditions, without endangering ourselves and others. Please take this seriously and make your health and fitness a priority. Have a great month!



# INFORMATION ASSURANCE

## Information Assurance Awareness: Staying ahead of cyber threats!



Submitted by Tech. Sgt. Adam Huskey, 134th Communications Flt

### What's the most common security threat for an organization? We may be the threat.

Posted on 04 March 2015:

IT professionals believe their organizations aren't doing enough to protect critical data and systems, according to Sungard Availability Services.

What is triggering this belief? Poor employee security behavior – such as bad password “hygiene” and overall security awareness – and the need for greater cloud security rise to the top of the list. These two diverse concerns tell us one glaring fact: security is a threat from all angles, even if unintentional.

One misconception when it comes to organization security is that threats typically come from outside an organization. The truth is, many security breaches originate from within the walls of a business and are driven by ignorance.

IT professionals point blame on their colleagues for one of the biggest threats to their organization's overall security. Nearly two-thirds (62%) of survey respondents ranked leaving laptops and mobile phones in vulnerable places as their organization's most common security threat, followed by employee password sharing (51%).

Concerning password hygiene, respondents say the most important components to a password's health relate to avoiding adjacent keyboard combinations – such as “qwerty” – and to changing passwords often and using a password just once.

The importance of stringent security plans in all areas of an organization – from employee personal devices to cloud platforms – is vital in today's “always-on” world where security threats change daily.

Read the full article here:

<http://net-security.org/secworld.php?id=18035>

### Phishers target victims of iOS device theft

Posted on 03 March 2015:

A clever phishing scheme has been spotted targeting users who have had their iPad or iPhone stolen, leading researchers to believe that it has been set up by a criminal group that offers thieves the service of finding out the information necessary to unlock the stolen devices.

As you may or may not now, iOS device users can switch on Lost Mode on iOS' Find My Phone feature, which makes the locked device sport a message to the finder of the lost device, often with instructions on how to contact them to return it.

The scheme starts with a message sent to the contact phone number provided by the legitimate user. The message seems like it's coming from Apple, and tries to trick the recipient into believing his device has been...

Read the full story at the link below:

<http://www.net-security.org/secworld.php?id=18030>

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



# MEDICAL SCHEDULE

## **SATURDAY UTA**

**0815-1130 HOURS PHAS**

**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 WAIVER/MEDCON/LOD APPS W /DOCS & PAS**

**1300-1430 HOURS IMMUNIZATIONS**

**1300-1400 HOURS DEPLOYMENT HEALTH ASSESSMENTS**

## **SUNDAY UTA**

**0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS**

**1230-1330 HOURS IMMUNIZATIONS**



U.S. Air National Guard photo by Staff Sgt. Ben Mellon, 134 ARW Public Affairs

**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.



# AROUND BASE

## JEA



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. Hope to see you all there!



Fuelin' the Fight

## 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 Villeneuve  
(615) 347-9372  
DoD Safe Hotline: 1-877-995-5247



## ROCKY TOP DINING FACILITY

Saturday:

Sunday:

Beef Fajitas  
Ginger Pork  
Steamed Rice  
Refried Beans  
Calico Corn  
Brussels Sprouts  
Gravy  
Beef & Cabbage Soup

Blackened Catfish  
Oven Fried Chicken  
Fried Potatoes & Onions  
Hoppin' John  
Cream Corn  
Greens  
Gravy  
Bean Soup



There will be a 134th ARW Top Three organizational meeting facilitated by

Senior Master Sgt. Monks on 07 March 2015 at 1300 hrs in the conference room of Bldg. 102. All Senior NCO's that are interested please feel free to attend.