

**VOL. 15 NO. 9** 

#### 134TH AIR REFUELING WING

**SEPT 2015** 

## **Orange Hangar Undergoing Renovations**



The Phase Dock (below), better known as the "orange hangar" at McGhee Tyson ANG Base is currently being renovated to improve safety, appearance, energy efficiency and functionality. The photo illustration (above) gives a glimpse of what the new and improved hangar will look like. The volunteer tradition of displaying orange will live on in the new design. (Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs/Photo Illustration provided by 134 ARW Civil Engineer 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 Russ Gaby - Support
Col Jeff King - Medical
Group Commanders

Maj Gary L Taft
Wing Executive Officer

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# "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

#### Public Affairs Photo Studio Customer Service Hours:

#### Sat 1300-1500

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

# Customer Service Hours Mobility (Blda 264):

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

# **Customer Service Hours for**

## **Security Forces:**

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

#### Clothing Icene

#### Customer Service Hours Mon-Thur CLOSED Fri - 0700-1100 & 1230 - 1600 UTA Weekends

Sat 0830 - 1100 & 1215 - 1530 Sun 0730 - 1100







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## **Third Generation 134th ARW Firefighter**

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

Since the beginning of the 134th Fire Emergency Services flight in 1957, there have been several sons follow in their father's footsteps by becoming Air National Guard Firefighters. Recently, another milestone was reached when A1C Gage Seymour enlisted into the 3E7X1 career field, becoming a third generation ANG Firefighter.

The patriarch, MSgt (Ret.) Gary Seymour served as a C-130 Crew Chief from 1966 until 1970. After a short break in service, he joined the 134th ARW as a firefighter in 1973 and continued service until retirement in 1995. Gary's son, MSgt Brent Seymour enlisted as a firefighter in 1992, serving for six years until retraining into the Boom Operator career field where he continues his service today. A1C Gage Seymour continued the family tradition in June by making a 6-year commitment and swearing in as Col. Thomas Cauthen conducted the oath of enlistment.

It is not uncommon for National Guard military careers to parallel civilian careers, but for how many generations? MSgt (Ret.) Gary Seymour was also a career long Knoxville City firefighter and Captain in the Fire Prevention Bureau where MSgt Brent Seymour currently serves the city as an Assistant Fire Chief. Gage's career story is yet to be told, but all indications seem to be pointing in one direction. (Pictured left to right: Master Sgt. (Ret.) Gary Seymour, Airman 1st Class Gage Seymour, Master Sgt. Brent Seymour, Photo provided by Chief Master Sgt. Rob McCormack, 134 ARW Fire Chief)



## **134 ARW Maintenance Officer Position Open**



The 134th Maintenance Squadron is soliciting applications for a traditional Maintenance Officer (21AX). The duties of a Maintenance Officer are as follows:

- Plans and organizes maintenance resources to sustain readiness of assigned KC-135R aircraft and unit personnel
- Establishes priorities and production controls to ensure effective distribution of required maintenance workloads
- Supervises the preparation and maintenance of records and reports regarding all aircraft maintenance activities
- Advises the commanders and staff of aircraft maintenance capabilities to meet assigned taskings and requirements

Applicants must be a commissioned officer (O-4 or below) OR possess a Bachelor's Degree, have a passing AFOQT score, be able to attend a 3+ month tech school at Sheppard AFB, TX and complete a 9-week commissioning school at Maxwell AFB, AL.

Please send resume and cover letter to Lt Col Jason Brock, 134 AMXS/CC DSN 266-3435 Interviews will be conducted during October UTA.



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 <a href="www.opm.gov/equip">www.opm.gov/equip</a>, 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: <a href="http://www.134arw.ang.af.mil/careers/index.asp">http://www.134arw.ang.af.mil/careers/index.asp</a>

## **CMA Changes on Taxiway Golf**

Submitted by Staff Sgt. Michael Gilbert, 134 Airfield Management

Due to the runway reconstruction project, the controlled movement area (CMA) on the north end of taxiway Golf (near the tower) has been relocated to just south of taxiway Golf 4. This is to allow civilian aircraft use of taxiway Golf (adjacent to the Upper Ramp) during this phase of construction. Barriers have been placed along the entire length of the Upper Ramp and are placed across taxiway Golf, just south of Golf 4. There will NOT be a painted CMA line south of G4, the barriers will act as the CMA line. Signs are placed approximately every 200' along the upper ramp to help warn drivers. You must get permission from the tower to enter this area.

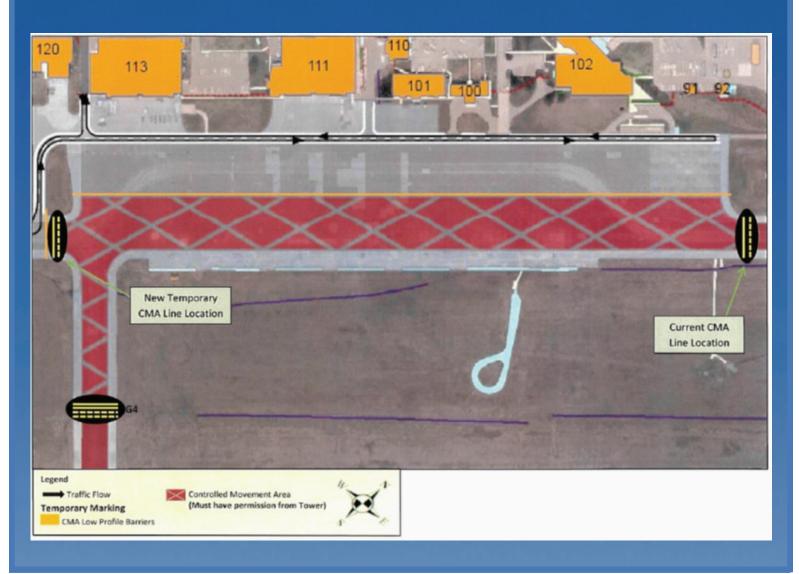
Due to the potential for jet blast, vehicles and personnel must stay clear of the CMA barriers just south of Golf 4 when civilian aircraft are taxiing. As a reminder, the painted stop block on the access road in front of Security Forces is a MANDATORY stop. Please make sure you treat it as such. Situational awareness and caution must be used at all times.

During night operations, vehicle operators will not shine their headlights towards a moving aircraft. Parking lights will be left on, so the vehicle's position will be known. This is done to preserve the aircrew's night vision, while at the same time, allowing them to observe your position.

When aircraft maintenance is towing an aircraft, they must get permission from the tower (via radio) before moving the barriers. Normal radio procedures are required while operating within the CMA. Barriers are filled with water and weigh approximately 25 pounds each. Barriers that are moved must be placed back to their original position once all vehicles/aircraft have cleared the CMA.

The new CMA changes are now in effect and could last up to 12 months. Please refer to the CMA diagram below as a visual aid.

If you have any questions please call the Airfield Management office at 336-4404 or x4419.



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



# **Beware of Spear Phishing attempts**

As members of the U.S. Armed Forces we are targets everywhere we go, even online. It has been reported that there has been an increase in spear phishing activity against Defense personnel. Spear phishing is a scam that attempts to coax members of a specific group into giving out their personal information. As members of the Military they may also try and get classified information from you. If you remember your OPSEC and review the following common indicators of a spear phishing e-mail your information remain secure. What to look for:

- Sender's name, organization, and/or company does not match the email address or digital signature
- Message attempts to prove legitimacy by using words such as "Official," "Mandatory," "Urgent," etc
- Link text may not match associated URL
- Contains unsolicited requests for personal information
- Uses overly poor grammar and contains multiple misspellings
- \*\*If you need our assistance or have questions please don't hesitate to call us. We're always glad to help!!

Submitted by Senior Airman Aaron Johnson, 134th Communications Flt

# This month, some general awareness tips to stay clear of dangerous cyber pitfalls...

#### Remember to: Avoid Social Engineering Attempts

- Do not participate in telephone surveys
- Do not give out personal information
- Do not give out computer or network information
- Do not follow instructions from unverified personnel
- Document any interaction:
  - Verify the identity of all individuals
  - Write down phone number
  - Take detailed notes
  - Contact your security POC

#### Remember to: Follow Physical Security Procedures

- · Always use your own security badge or key code
- Never use your security badge or key code to let others piggyback into secure areas
- Maintain possession of your CAC at all times
- Challenge people without proper badges
- Always report suspicious activity to your USM
- Know and follow your organization's physical security policies/ procedures

#### Remember to: Use Security Tokens Appropriately

- Be aware that some systems use different types of security tokens
- SIPR / NIPR Make sure to use the correct one
- Use of the appropriate token for each system is mandatory
- Please report lost/damaged/stolen tokens immediately

#### Remember to: Avoid Computer Viruses

- Scan all external files before uploading to your computer
- Do not e-mail a suspicious or infected file to anyone
- Contact your Comm. Focal Point for assistance

Information Assurance POCs: Master Sgt. Jennings (865)336-4924 Tech. Sgt. Huskey (865)336-4936 SrA Aaron Johnson (865)336-4925



#### SATURDAY UTA

0815-1130 HOURS SEPT/OCT PHAS

0815-0930 HOURS LRS FLU SHOT TEAM @LRS

0815-0930 HOURS CE FLU SHOT TEAM@CE

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

0930-1000 HOURS NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)

0830-1130 HOURS IMMUNIZATIONS

0830-1130 HOURS QNFT TESTING

0900-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING

1000-1100 HOURS FITNESS TESTING EVALS (COLLINS)

1130-1230 HOURS LUNCH

1230-1400 HOURS WAIVER/MEDCON/LOD APPS W /DOCS & PAS

1300-1500 HOURS MXG FLU SHOT@ BUILDING 101-MXG CONFERENCE ROOM

1300-1500 HOURS SFS FLU SHOT@ SFS

1300-1430 HOURS DEPLOYMENT PROCESSING/ANAM TESTING

1300-1430 HOURS DEPLOYMENT PROCESSING LINE-BUILDING 102

1300-1400 HOURS BALLISTIC EYEWEAR FOR DEPLOYERS (OPTOMETRY)

1300-1430 HOURS IMMUNIZATIONS/FLU SHOTS FOR BAND @ SVS AT MDG

1300-1400 HOURS DEPLOYMENT HEALTH ASSESSMENTS (WILLIAMS/BIDDLE)

1300-1400 HOURS SABC INSTRUCTOR COURSE (MDG TRAINING ROOM)

#### **SUNDAY UTA**

0700-0800 HOURS WING/FSS FLU SHOTS @HQ CONFERENCE ROOM

0700-0800 HOURS FLU SHOT TEAMS@119TH

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS 1200-1300 HOURS OPS FLU SHOTS-BUILDING 132

1300-1400 HOURS IMMUNIZATIONS AND COMM FLU SHOTS @ MDG



# 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.

By Capt. Jennifer King, 134th Medical Group

Happy September, everyone! This year, my family have had wasp stings, tick bites, 75 gagillion mosquito bites and a fantastic case of chiggers. Thus, in the spirit of desperation for the first hard frost, let's talk about the typical insect bites and how treat them. First, the best treatment is always prevention, so wear the long sleeves and long pants tucked into the boots, no fruity or flowery fragrances, avoid long grasses and standing water and consider insect repellent. Now, on to the nasty little critters...

Mosquitos/No-see-ums — Bites look like small round bumps on the skin that itch terribly. Some people react to these bites and have large quarter sized swelling that itches, but doesn't hurt. Typical treatment includes topical anti-itch or steroid creams and avoiding scratching. Medical care is only needed if signs of infection develop (red, hot and painful) or if the swelling is severe. Rarely, a mosquito bite can cause West Nile Virus or Chikungunya, both of which can cause flu-like symptoms, joint aches and rash.

Ticks – Ticks can range in size from smaller than a pencil eraser to almost a cm when engorged. Once embedded in the skin, they need to be carefully removed with tweezers, using steady and gentle pulling pressure until they disengage from the skin. If you pull hard and fast or twist, you could leave the mouth parts in which further spreads the saliva and increases the chance of infection. Once out, wash the wound with soap and water and keep an eye on it for swelling or pain. Also monitor the rest of your body for a rash that



looks like a target (red and white rings). If either of these develop, see your doctor for consideration of treatment for infection and/or possible Rocky Mountain Spotted Fever or Lyme's Disease.

Chiggers – These little buggers are rarely noticed until after they inject their enzymes into your skin causing itching severe enough to drive you to distraction. Unfortunately, once they've done their damage, there is nothing we have to help besides treating the itching itself to prevent scratching that could lead to infection. Chiggers do not burrow into the skin. Thus, smothering them with nail polish or petroleum will not help. OTC itch creams or Benadryl will help with the itching. If any signs of infection develop (hot, red, painful), it's time to see your doctor.

Bees – Bee stings are sudden and painful and the stinger left behind needs to be removed. Using a credit card to scrape along the surface of the skin typically removes the stinger. Once removed, wash with soap and water and monitor for signs of infection. If severe swelling, pain or signs of infection develop, see your doctor.

Wasps – Wasps are much like bees in the pain and swelling they cause, except that they don't leave a stinger behind. Wasp stings also tend to hurt more and swell more than bee stings. Wash a sting with soap and water to prevent infection and monitor for severe swelling or signs of infection.

Fire Ants – Fire Ants live in nests and bless your pea-picking heart if you manage to stand in one. The resulting stings create pus filled blisters that burn and itch for up to 7-10 days. Wash the bites with soap and water and use OTC Benadryl and cool compresses to soothe the itch and burn. Medical care is only needed if infection or severe reaction develop.

Any of the above insects can cause an allergic reaction. If you develop tingling or swelling of the throat, tongue or lips, trouble breathing, dizziness, nausea/vomiting or hives, seek immediate medical care. We have medications to treat these reactions, but they need to be given as soon as possible to stop the reaction from progressing to life-threatening. Hopefully, that frost will come soon and we will all enjoy the outdoors with a little less itching!



#### 2015 Hiring Our Heroes – Knoxville TN

A Free Hiring Fair for Veterans, Transitioning Service Members, and Military Spouses Knoxville Convention Center 701 Henley Street, Knoxville, TN 37902 Wednesday, October 7, 2015

EMPLOYMENT WORKSHOP: 8:30 a.m.

HIRING FAIR: 10:30 a.m. until 1:30 p.m.

A Workshop for job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 8:30 a.m.

#### **EMPLOYERS**

Must register for FREE at HiringOurHeroes.org/events

JOB SEEKERS

Thanks to our local partners:

- Greater Knoxville Chamber of
- · And all of our other local partners

For registration questions, please email hiringourheroes@uschamber.com or call 202-463-5807.

















#### HIRINGOURHEROES.ORG

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Download the free Hiring Our Heroes mobile appl All our powerful tools and resources at your fingertips.





#### 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**

Stephanie Senogles (865) 201-8129







served after the experiment!

#### National Science Experiment

Wednesday, October 7, 2015 McGhee Tyson ANG Base Gym 4:00-6:00pm To Register Contact:

Steve Latham STEPHEN.LATHAM.1@ANG.AG.MIL 865-336-3107

12th!

Angie Beaty abeaty7@utk.edu 865-336-3143

The 2015 National Youth Science Day Experiment Motion Commotion, empowers youth to explore the physics of motion and distracted driving. This exciting activity will combine a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion.





Date: Friday, October 30, 2015 Time: 7:00 PM-9:00 PM Location: Activities Bldg. (Base Gym); McGhee Tyson ANG Base, TN

Children ages 0 to 12yrs

Open to children who have a parent in any branch or component of the military. Games, Inflatables & lots of Fun!







# Wing Director of Psychological Health

Available to Support You
Professional Consultation & 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!**

Stephanie Senogles, LCSW
Office Location: Medical Group Bldg, 420

865.201.8129 mobile Stephanie.f.senogles.civ@mail.mil



# September Is Suicide Prevention



# **Take Action**



One Person Can Be the Difference

Suicide Prevention Month is a campaign to increase awareness of suicide in the Air National Guard. Everyone is encouraged to be able to identify the risky behavior and warning signs associated with suicide. These skills will allow the ANG to prevent suicidal behavior on a unified front.

The Power Of Ostarts with you
...the Power to Connect
...the Power to Call
...the Power to Care
...the Power to Stay

Contact your Wing DPH, Stephanie Senogles, LCSW, for more information at 865.201.8129.

Serving a Resilient and Ready Force





#### **Section Reps**

WS: Capt McKeen/MSgt Myers

MSG: TSgt King

CES: MSgt Cutshaw/MSgt Breeden

FSS: SMSgt Anderson LRS: SrA Osborne

SFS: MSgt Hungate/A1C Davis

CF: TSgt Trivette BAND: MSgt Palmer OG: SMSgt Jennings, TSgt Crump,

MSgt Harness

MXG: Lt Sells, A1C Pickens,

MDG: SrA Chelsa Land, A1C Hill 119TH: SSgt Ballard, Capt Matt

McKeen

\*Civilian clothes (in good taste) are authorized. Sodas and water will be provided free of charge. **All foods needs to be prepared and ready to eat at 1200!!** 

\*Areas on the parade field have been marked off for Groups; (maps will be emailed to section reps) If cooking or electrical components are involved in your setup, you must email your setup schedule to the SE office – Lt Col Cline, NLT 1200 Friday, 25 Sep for approval prior to beginning setup. Also, if you plan on cooking at the tailgate, the MDG office must inspect your cooking facilities. MDG will also man a First Aid Station.

\*Responsibilities: Each Group will need to provide their own tail gate food; plates, utensils, cups, trashcans and bags, music (bring your ipod, radio, guitar, fiddle, banjo, etc). Groups must clean up their area prior to leaving for the day (large items such as grills, etc. can be left overnight to cool). All squadrons will come up w/stickers for members to collect as they visit each section. The individuals who have a sticker from every section will be able to vote for a Commander to get a pie in the face. JEAA will run the booth for this voting. The top 3 Commanders with the most votes will be the (un) lucky winners. Votes will be tallied at 1430; winners will proceed to the middle of the parade field to collect their prize.

\*A Corn Hole tournament will take place (track area) throughout the afternoon. Please get with your section reps for the form — due by <u>o1 Oct</u> by 0900 to TSgt Crump. Entry fee will be \$20 per team with a one time option for a losing team to buy back in round 2 of the tournament. Winning team will get a door prize. We will also have Family Feud in Wingman Hall; TSgt Trivette will be POC—please get with section reps for flyers/forms to enter—due by <u>25 Sep</u>. Entry fee will be \$20 per team. A door prize from the Armed Forces club will be presented to the winning team (to be used when they open back up) Speaking of that...the opening of the club has been delayed:(

\*CE, Fire & Safety will provide a Do / Don't list for tailgate activities.

---PLEASE SEE YOUR UNIT REP FOR ADDITIONAL INFORMATION--





Where: Base Track

When: Saturday, October 3rd

Time: 1100 – Until Tournament Ends What: Single Elimination Cornhole Tournament, \$20 Per Team/\$10 to buy back in (once) if eliminated. Prizes will be given to the first place winners!

To register send an email to: TSgt Crystal Crump (crystal.j.crump.mil@mail.mil)

Include the following information:

- -TEAM NAME
- -PLAYERS NAMES
- -SQUADRON

Registration closes EOD Oct 1st.

Where: Wingman Hall

When: Saturday, October 3rd

Time: 1300 – Until Tournament Ends What: Single Elimination Family Feud

Tournament, \$20 Per Team

To register fill out information below Form

(email the following information to TSgt Regina Trivette)

- -TEAM NAME
- -PLAYERS NAMES (5 members to a team)
- -SQUADRON(s)

Registration closes EOD Sep 25th

ALL TOURNAMENT PROCEEDS GO TO SUPPORT SECURITY FORCES ANNUAL SANTA COPS EVENT. SANTA COPS DELIVERS TOYS TO THE CHILDREN AT EAST TENNESSEE CHILDREN'S HOSPITAL DURING DECEMBER UTA.

PLEASE COME OUT AND SUPPORT A GREAT CAUSE AND HAVE FUN WHILE DOING IT!!!!!

# AROUND BASE



Thursday, October 1 | 10 AM - 2 PM

### Location

Wallace Memorial Baptist Church 701 Merchant Dr. Knoxville, TN 37912



Paychecks for Patriots will be held in nine locations across Tennessee representing more than 200 vet-friendly employers looking to hire military-grade, full-time employees.

For more information, e-mail Adina.Chumley@tn.gov or call 865-594-0139

Register and view the full list of participating employers online tn.gov/workforce/article/ tn-paychecks-for-patriots















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 1430. Bring the most new members and win Hope to see you all there! a prize!

#### Follow the 134 ARW on Social Media

Keep up with your fellow Airmen and their 134th Air Refueling Wing stories, photos and videos by checking out our **FACEBOOK** page and web site:

> www.facebook.com/134ARW www.134arw.ang.af.mil

Contact Public Affairs to become a **UPAR today!** (Unit PA Representative) Submit your articles, photos or videos to Public Affairs to help share your Air Guard story!





# ROCKY TOP DINING FACILITY

### Saturday:

## Sunday:

Szechwan Chicken Yakisoba Steamed Rice Paprika Buttered Potatoes Corn **Brussel Sprouts** Gravy Soup

Grilled Bratwurst Sauerbraten Germen Potato Salad Cottage Fried Potatoes German Sauerkraut **Asparagus** Gravy Soup