



THE VOLUNTEER



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134TH AIR REFUELING WING

MAR 2016

"Weekend Warriors"

By Staff Sgt. Ben Mellon, 134 ARW Public Affairs

"Weekend Warrior" is a common term associated with members of the Air National Guard with the usual requirements to report for duty one weekend per month. However, that name falls short when describing the dedication and sacrifice that our Airmen make to protect and serve our great nation.

There are different reasons that drive Airmen to make the commitment and sacrifices that label them as "guardsman" or "weekend warrior". Whether there's an existing reason such as a history of family military service or a simple case of "I love my country and want to serve America", there is a proud heritage associated with being a member of the Air National Guard.

"I have always had a strong desire to serve," said Nicholas Wyrwal, a flight line crew chief with the 134th Air Refueling Wing. "My grandfather served in the American Occupational Army when he was captured



Senior Airman Nicholas Wyrwal, a crew chief with the 134th Air Refueling Wing, prepares to marshall a KC-135R Stratotanker in preparation for takeoff at Andersen Air Force Base, Guam (U.S. Air National Guard photo by Staff Sgt. Ben Mellon).

in Poland and he had the opportunity to serve for his citizenship. Growing up hearing those stories gave me a strong desire to serve my country. The Air National Guard gave me an opportunity to not only serve my country, but my state also, and helped me to pursue my own personal goals as well."

There are two different types of Airmen in the Air National Guard. One, we refer to as the traditional guardsman and the second as the full-time guardsman, or Active Guard and Reserve (AGR). The traditional guardsmen fulfill their commitment each year by participating in scheduled assemblies, better known as "drill", one weekend per month and two weeks of annual training, while the majority of their time maintaining a civilian career

(Warriors cont. on Pg. 3)



"Volunteers Supporting and Defending America"

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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

Public Affairs Photo Studio
Customer Service Hours

Sat 1300-1500

Please adhere to the scheduled times as studio will only be manned during those hours

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Mon/Wed/Fri 0800-1100

UTA Sat 0800-1100

UTA Sun 0800-1100

Clothing Issue:

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Mon-Thur **CLOSED**

Fri - 0700-1100 &

1230 - 1600

UTA Weekends

Sat 0830 - 1100 &

1215 - 1530

Sun 0730 - 1100

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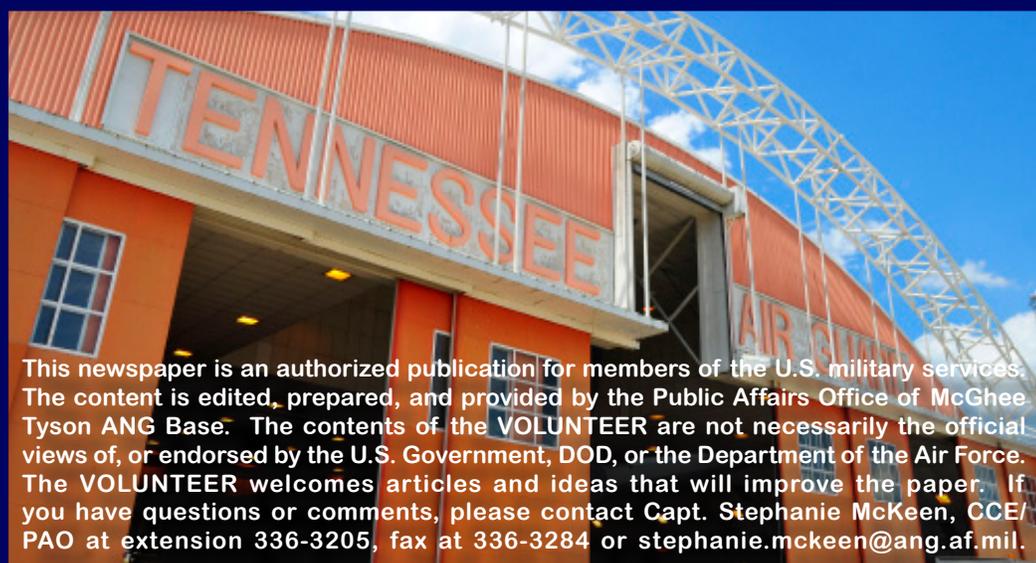
UTA Weekends

Sat 0830 - 1100 & 1215 - 1530

Sun 0730 - 1100



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



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(Warriors cont. from Pg. 1)

that may or may not be related to what they do in the military. One weekend a month and two weeks of annual training per year is the minimum time required to fulfill the contract of a traditional guardsman. What most people do not know is the amount of time most Airmen actually spend preparing for a successful mission is much more than that.

"It's a balance" said Wyrwal, a traditional guardsman. "I'm in school studying Supply Chain Management at the University of Tennessee. There's a mindset shift bouncing between your guard duties and your civilian career. I think that's the hardest part for a traditional guardsman. The active duty guys do their job day in and day out, where-as a traditional guardsman's day-to-day activities are completely different than what you are doing in the Guard. There is a lot of extra time that is required of us to be trained and qualified to accomplish our mission, and it's not possible to do that spending only one weekend a month and two weeks per year training and preparing for our mission."



Members of the 134th Air Refueling Wing Maintenance Squadron perform tire pressure checks on a KC-135R Stratotanker during a deployment to Andersen Air Force Base, Guam (U.S. Air National Guard photo by Staff Sgt. Ben Mellon).

The full-time guardsmen fulfill the same commitment as the traditional guardsman while also working at the base full time throughout the week. These are the Airmen that keep the base running day-to-day and prepared for drill weekends to ensure a successful mission.

"It's very rewarding working here full-time." said Senior Master Sgt. Bertie Wiggins, 134 ARW Force Development Superintendent. At the base level we are supporting everyone from the Airman Basic who might need help with education requirements to the base commander, who may need a report from us. Our job never ends and I'm incredibly proud to be a part of it. It's very rewarding being able to have my main career also be my ANG career. I love being able to serve my country. Getting to constantly learn and help other people learn has been a great blessing."

The Air National Guard's mission is successful because of an ongoing collaboration of dedicated, faithful and selfless Airmen who come together as a team of "weekend warriors" for the greater cause of supporting and defending freedom at home and abroad.



Command Chief's Corner



By Chief Master Sgt. Richard Parker, 134 ARW Command Chief

Congratulations to the 134th Air Refueling Wing 2015 Airmen of the Year!



*Airman of the Year 2015
AIC Timothy Neimeyer*



*Senior NCO of the Year 2015
Master Sgt. Eric Jones*



*NCO of the Year 2015
Staff Sgt. Spenser Simpson*



*1st Sgt. of the Year 2015
MSgt. Jason Graf*



*CGO of the Year 2015
Captain Justin Wilson*



Smoky Mountain Air Show - April 16 & 17

Frequently Asked Questions for personnel with a current military I.D.*

1. Will personnel with a current military I.D.* be allowed day to day access to the base during the air show?
Personnel with a current military I.D.* will be able to enter the base and park without being charged. However, parking will be on a first come first serve basis. Once all parking slots are filled, only 134th ARW military personnel, Air Show workers or those with a reserved pass will be allowed to enter the installation.
2. Are personnel with a current military I.D. * guaranteed parking on the installation for free?
Only 134th ARW personnel in uniform and those with a designated reserve pass (vendor, VIP, volunteer, accessibility needs pass) are guaranteed parking. All other parking is based on availability.
3. What time will the base be open to personnel with a current military I.D. ** who are NOT part of the Air Show?
The base will open for personnel with a current military I.D.* (who are not part of the Air Show) at 0800.
4. What time will the spectator area open?
All spectator gates will open at 1000am. Security screening will begin at 0800 and personnel will be staged in a holding area until official gates are open.
5. Will personnel with a current military I.D. * have to go through security screenings?
ALL personnel entering the airshow area will have to go through a security screening. Screening includes search of any hand carried items and a scan with a scanning device.
6. Will personnel with a current military I.D. * be allowed into the "Non-Spectator areas"
All personnel with a current military I.D.* entering McGhee Tyson Air National Guard Base via the main base entrance will receive a colored wristband that will grant them access to the show area as well as the main base area.
7. Are there parking spaces available for personnel with a current military I.D. *who have accessibility needs?
Yes, the base will have a limited number of accessibility needs spaces available (for personnel with a current military I.D. *) on a first come first serve basis. Please contact Capt Stephanie Mckeen at 865-336-3205 for additional information.
8. Will personnel with a current military I.D. * be allowed to attend the practice show on Friday prior to the Air Show?
Yes, personnel with a current military I.D.* may attend the practice show on Friday. All spectator gates will open at 1000am. Security screening will begin at 0800 and personnel will be staged in a holding area until official gates are open. Personnel with a current military I.D.* are actually encouraged to attend on this day. Crowds will be smaller.
9. Will the Friday practice show lineup be the same as the show on Saturday and Sunday?
At this time, the show lineup is scheduled to be the same on all three days
10. Where will personnel with a current military I.D.* need to enter / exit the base?
Access to the military base will be through the Main (front) Gate only. Both the main gate and back gate will be open at the end of the air show to expedite traffic. Local law enforcement will be directing the flow of traffic.

*Active, Guard, Reserve, Retired, dependent

Don't Miss the Smoky Mountain Air Show!!



APRIL 16-17, 2016
Knoxville, TN

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SMOKY MOUNTAIN AIR SHOW



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RECRUITER'S CORNER



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, 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>

F-104 Starfighter Rests at McGhee Tyson

By Senior Airman Melissa Dearstone, 134 ARW Public Affairs

Airmen from the 134th Aircraft Maintenance Squadron brought home a F-104 Starfighter from the Octave Chanute Aerospace Museum located at Chanute Air Force Base, Ill. in July of 2015.

Known for its speed, altitude and time-to-climb capabilities, this aircraft was sometimes known as the “missile with a man in it” aircraft and was originally created to surpass the MiG-15 fighters in Korea during the Korean War.

According to Master Sgt. Richard Payne, Flight Chief for B-flight of the 134th AMS, this aircraft is very special and we are lucky to have it.

“In the early 1950’s, there were seven F-104 Starfighters that were hand-built at Lockheed in Burbank, Calif.,” said Payne. “This aircraft we received in particular, tail number 0732, was the very last hand built Starfighter before they started actual production.”

Payne said during its life this aircraft only actually flew two times.

“The first flight was made in Palmdale, Calif. to make sure it was working correctly, and the second flight was from Palmdale to Rantoul, Ill.,” said Payne. This aircraft had only 10 hours of flight time total in its life.”

Payne said after the two flights it stayed at Chanute AFB where in 1957, it became a trainer aircraft. In 1974, it was placed in the aerospace museum where it had stayed until the transfer here.

“When we received the aircraft, we found the people that had worked on this aircraft over the years had signed and dated parts and that was a pretty neat finding,” said Payne.

According to Hugh Saylor, a retired Senior Master Sgt. who worked on the F-104’s when they were assigned to McGhee Tyson ANGB, this is not only the last hand-built F-104, but also, to his knowledge, the last known one in existence.

The F-104’s were assigned to McGhee Tyson ANGB in the 1960’s.

This particular F-104 will be left as-is and will be on display at the McGhee Tyson Air Base static display park that is currently under construction.



Members of the 134th Maintenance Squadron pause for a group photo after successfully loading the F-104 Starfighter on a flatbed truck at Chanute AFB, Ill. for transportation back to McGhee Tyson ANG Base, Tennessee. The aircraft will become a static display in the future planned air park on base. (Photo provided by Master Sgt. Richard Payne, 134 MXS).



Maryville College at McGhee Tyson Air Base

Online application and registration is now open for courses being offered by Maryville College at McGhee Tyson Air National Guard Base for the Spring Semester 2016. The program is open to individuals with a Military ID card. The application deadline for Session 2 is January 15, 2016. The deadline for Session 3 is March 15, 2016. Class size is limited to 25 students, so early submission is recommended!

Apply online at: <https://www.maryvillecollege.edu/academics/registrar/MTAB/>

Course Offerings:

ENG 150: Oral Rhetoric (Speech)

This course enhances students' communications skills through direct instruction and practice in all stages of speech composition and delivery. Students make presentations for a variety of academic, professional, and community contexts, with emphasis on extemporaneous delivery. Instructional points include relationship of oral and written style, audience analysis, organizational strategies, verbal citation of sources, and creation and integration of presentation aids. Small-group conferences and collaborative projects provide additional opportunities for honing skills in clear communication. (3 credits) Scott Steele

LIT 290: Modern Western Literary Tradition

A thematic approach designed to deepen understanding of the breadth, diversity and richness of Western culture as well as to develop interpretive and critical skills. Readings include neoclassical, romantic, modern and post-modern literary and philosophical texts. (3 credits) Christina Seymour

MTH 112: College Algebra

An extension of the study of college algebra with an emphasis on trigonometry. Topics include the real and complex number systems, and properties of polynomial, rational, exponential, logarithmic and trigonometric functions with applications. (3 credits) Dr. Jesse Smith

PLS122: American Government and Politics

Introduction to the government and politics of the American national political system. Attention is given to the historical and philosophical setting, the formal governmental structure, and the behavioral bases of the American polity. (3 credits) Dr. Mark O'Gorman

Schedule of Spring Courses:

Session 2 = 01/27/16 - 03/11/16	MTH112 College Algebra	MWF 5:00-6:45 pm
Session 2 = 01/28/16 - 03/10/16	LIT290 Modern Western Lit	T/TH 5:00-7:45 pm
Session 3 = 03/21/16 - 05/04/16	ENG150 Oral Rhetoric (Speech)	M/W 5:00-7:30 pm
Session 3 = 03/22/16 - 05/05/16	PLS122 American Govt & Politics	T/TH 5:00-7:30 pm

Contact for enrollment and registration information:

Office of the Registrar
registrar@maryvillecollege.edu
865-981-8212

Contact for tuition assistance and scholarship information:

McGhee Tyson ANG
Force Development Office
865-336-3253



RESERVE YOUR LICENSE PLATE TODAY!

GO HERE

tnmilitary.org/license-plate-request.html



Scan the QR Code above, to go directly to the license plate request form.

Beginning in 2014, Tennessee Army and Air Guard Officer personnel requesting a license plate must order your plate(s) online NO LATER THAN 15 MAY 2016.

The request form can be found at tnmilitary.org/license-plate-request.html.

The information will be submitted to the State of Tennessee for production of plates. Those failing to meet the 15 May 2016 deadline will not get a specially numbered Officer plate in September.

All questions should be directed to the Joint Public Affairs Office, Tennessee Military Department at 615-313-0633.

134 Force Support Squadron Important Dates

****UPCOMING AFCT & AFOQT Dates****

AFCT	19 May 2016
AFOQT	20 May 2016
AFCT	18 Aug 2016
AFOQT	19 Aug 2016
AFCT	17 Nov 2016
AFOQT	18 Nov 2016

*****AIRMAN OF THE QUARTER DATES *****

1 st Quarter (Jan – Mar)	Due 11 Mar 2016
2 nd Quarter (Apr – Jun)	Due 17 Jun 2016
3 rd Quarter (Jul – Sep)	Due 23 Sep 2016
4 th Quarter (Oct- Dec)	Due 15 Nov 2016

Airman of the Year	Due Dec 2016 TBA
Airman of the Year State	Due Jan 2017 TBA

POC: SMSGT Sherry Reed Extension# 3250

Comm: 865-336-3250

Sherry.n.reed.mil@mail.mil



MEDICAL SCHEDULE

SATURDAY UTA

0815-1130 HOURS MARCH, APRIL, MAY PHYSICAL HEALTH ASSESSMENTS (PHAS)
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
0830-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING
0900-1000 HOURS PACOM INPROCESSING (MDG TRAINING ROOM)
1000-1100 HOURS FITNESS TESTING EVALS (MACLELLAN/BLYTHE)
1130-1230 HOURS LUNCH
1230-1400 HOURS WAIVER/MEDCON/LOD APPS W /DOCS & PAS
1300-1400 HOURS BALLISTIC EYEWEAR FOR DEPLOYERS (OPTOMETRY)
1300-1430 HOURS IMMUNIZATIONS
1530-1600 HOURS COL WERNER RETIREMENT CEREMONY-SPRUANCE HALL

SUNDAY UTA

CLOSED FOR TRAINING WITH EXCEPTION OF FOLLOWING TIMES:

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS
1130-1230 HOURS LUNCH
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.



MEDICAL MINUTE

By Capt. Jennifer King, 134th Medical Group

Happy Early Spring, everyone! Or so the groundhog says...

I, for one, am ready for spring. We had a sledding day, avoided horrible ice, and that's good enough for me. Yet, since I normally want all the snow I can get, I spent a few minutes pondering my response. Turns out I'm stressed. As in, really, really stressed. Switching words when multitasking, emotionally labile and easily frustrated stressed. Yet, it's all good. Every source of stress in my life at the moment is something good. How can it all be good, yet I find myself feeling negatively about the combined total of all the good? In light of my current experience, I think it's time to once again discuss stress and how to manage its day in/day out effects on our lives and our health.

For me, these opportunities to grow and change (and be stressed) come along frequently. Most of the time, I charge right on through with only minimal symptoms of stress. However, sometimes, too many sources of stress combine and create the perfect storm to bring forth actual stress response symptoms. Hence, the switching words, easily upset and frustrated version of myself mentioned above. No one can avoid stressors or completely prevent a stress response. What we can do, is modify our active response once we recognize it. For me, this meant putting down the phone when not performing essential tasks, taking care to paying attention to one thing at a time and letting go of extra tasks, even those I'm doing for fun or "relaxation".

For example, here's what my evening looked like a week ago before recognizing the problem vs last night after recognizing it. Last Tuesday: Helping my older son with his homework WHILE cooking dinner AND discussing Power Rangers with my younger son. This was followed by eating my own supper WHILE doing the dishes AND monitoring if the younger one ate any vegetables. Finally, we watched Wheel of Fortune WHILE I checked Facebook AND responded to two separate text conversations at once. Last night we finished tasks BEFORE grilling out our supper and the only thing I did WHILE grilling was laugh at the boys' antics on their scooters. This was followed by all of us sitting down to supper and talking about our days while we ate. Lastly, we watched Wheel of Fortune together with my phone left in the other room. See the difference there? Even though I love to play on Facebook and have fun text conversations with friends, when my brain is swimming in stress chemicals, I can't do them all at once without creating even more of an anxiety response. Limiting yourself to one task at a time may initially feel restrictive, but when you're already in a stress response, it helps to settle the response down and allow you to accomplish more with more clarity of thinking and calmness. In our current society, we are so over scheduled and multi-tasking, that we don't give our brains time to rest. We need quiet periods to process the thoughts and emotions beneath the surface and relieve some pressure. There are apps to help with deep breathing to aid in slowing your brain down when you're demanding too much of it. Physical activity helps to relieve tension, as does being outside in nature. If a stress response reaches the point of inability to sleep or eat, emotional outbursts affecting yourself and those around you or suicidal/homicidal thoughts and ideations, seek help immediately. If a pattern of anxiety and stress seems to be a constant, rather than occasional occurrence in your life, seek out someone to talk with and actively attempt to rebalance your world. If you need resources, feel free to talk with myself, Mrs. Stephanie Senogles or any of the providers up here at the clinic. Here's hoping to a happy and calm "early" Spring!





AROUND BASE



ROCKY TOP DINING FACILITY

Saturday:

Sunday:

Meat Loaf
 Pork Chops
 Mushroom Gravy
 Mashed Potatoes
 Gravy
 Green Beans
 Beets
 Soup

Chicken Parmesan
 Cajun Fish
 Fettuccini
 Brown Rice
 Gravy
 Pinto Beans
 Corn
 Cornbread

Short order menu for Sat & Sun:
 Hamburgers, Hotdogs, Fries, Baked Beans & Chili

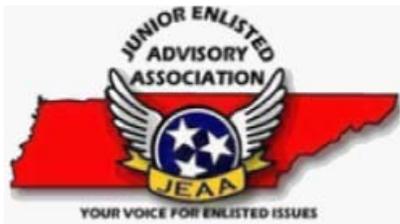
Follow the 134 ARW on Social Media

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!

J E A A



The Junior Enlisted Advisory Association welcomes all junior enlisted members to join the group. All E-1s through E-6s are encouraged to attend. JEAA meeting times/locations are announced at Sat. roll calls. Hope to see you all there!



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