



THE VOLUNTEER



VOL. 17 NO. 3

134TH AIR REFUELING WING

MAR 2017

Home-Sweet-Homecoming



Members of the 134th Air Refueling Wing and 151st Air Refueling Squadron recently returned home to McGhee Tyson ANG Base from a sixty day deployment to Southwest Asia, Feb. 24, 2017. Friends, family and fellow Airmen were anxiously awaiting on the tarmac to greet them as they stepped off the KC-135R Stratotanker with their gear. (Air National Guard photos by Tech. Sgt. Jonathan Young, 134 ARW Public Affairs)



"Volunteers Supporting and Defending America"

134TH AIR REFUELING WING CHAIN OF COMMAND

Col Tommy Cauthen
Commander

Col Lee Hartley
Vice Commander

Chief Master Sgt Rich Parker
Command
Chief Master Sergeant

Col Bobby Underwood -
Operations

Col Jason Brock - Maintenance

Col Russ Gaby - Support

Col Jeff King - Medical
Group Commanders

Lt Col Gary L Taft
Wing Executive Officer

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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 service times as studio will only be manned during these hours

Customer Service Hours for

Security Forces:

Mon/Wed/Fri 0800-1100

UTA Sat 0800-1100

UTA Sun 0800-1100

Clothing Issue: Customer Service Hours

Mon-Thur CLOSED

**Fri - 0700-1100 &
1230 - 1600**

UTA Weekends

**Sat 0830 - 1100 &
1215 - 1530**

Sun 0730 - 1100

Customer Service Hours Mobility (Bldg 264):

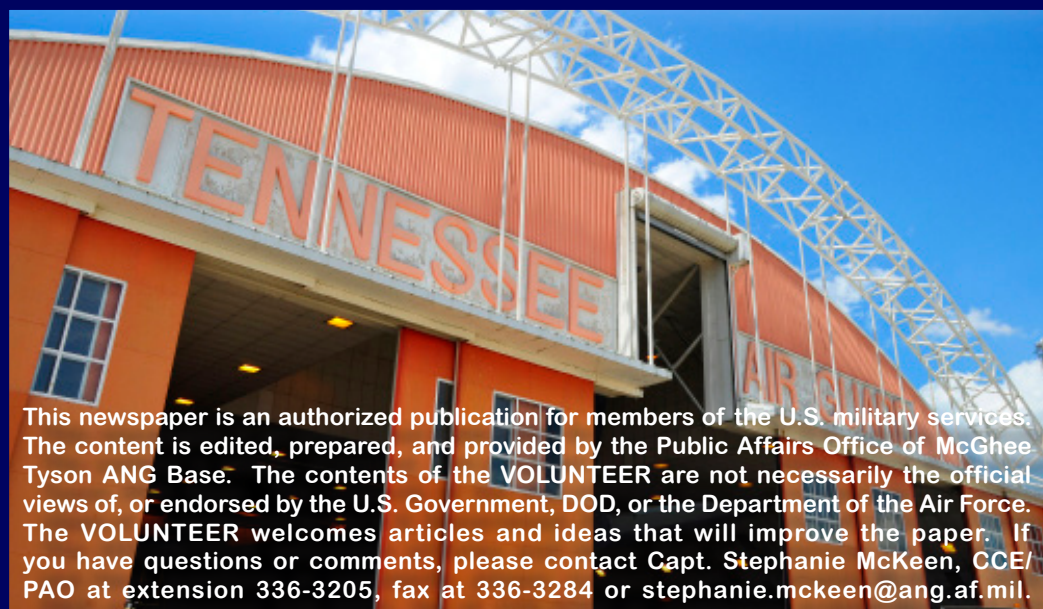
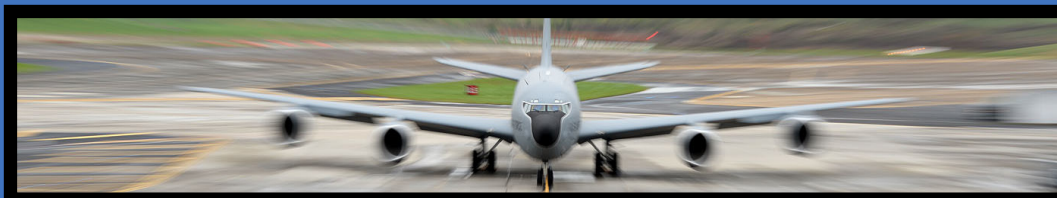
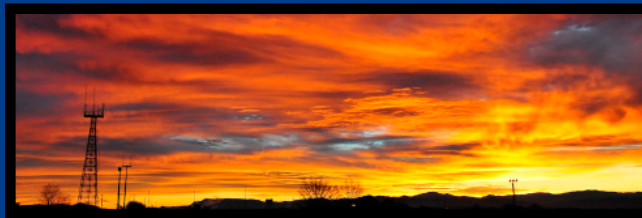
Mon-Fri

0700-1100 & 1230 - 1600

UTA Weekends

Sat 0830 - 1100 & 1215 - 1530

Sun 0730 - 1100



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COMMAND CHIEF'S CORNER

Command Chief Master Sgt. Richard Parker, 134 ARW

Well, it's that time.... As I look back to 1988 when this all began, all I can be is happy and grateful. I'm happy that I made one of the best decisions of my life to join this unit. I am grateful that the men and women of this unit have embraced me and allowed me to be part of the best unit in the Air Force! Without all of your assistance along the way I could never have made it to where I am today, that goes for my career/life here on the base and in the civilian world. As I retire 01 April I say thank you and good luck to all of you in the future!



Photos courtesy of Command Chief Master Sgt. Richard Parker



Inspector General, Complaints Resolution (IGQ)

Know Your Rights! ...What are

Reprisal, Restriction, and Protected Communications?

Know your rights regarding the reporting of violations of policy, regulation, 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 Members), 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 Superintendents, 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.k.blanton4.mil@mail.mil. IG complaints can also be filed via AF Form 102. The 134 ARW/IGQ office is located in Bldg 90-100, Rm 12A.



FRAUD: Any intentional deception designed to unlawfully deprive the United States of something of value or to secure from the United States for an individual a benefit, privilege, allowance, or consideration to which he or she is not entitled. Such practices include, but are not limited to, the offer, payment, or acceptance of bribes or gratuities; making false statements; **submitting false claims**; using false weights or measures; evading or corrupting inspectors or other officials; **deceit either by suppressing the truth or misrepresenting material fact**; adulterating or substituting materials; **falsifying records and books of accounts**; arranging for secret profits, kickbacks, or commissions; and conspiring to use any of these devices.

WASTE: The extravagant, careless, or needless expenditure of government funds, or the consumption of government property that **results from deficient practices, systems, controls, or decisions**. The term also includes improper practices not involving prosecutable fraud.

ABUSE: The intentional or improper use of government resources that can include the excessive or improper use of one's position, in a manner contrary to its rightful or legally intended use. Examples include **misuse of rank, position, or authority** or misuse of DoD resources.*

Reporting FWA is accomplished through supervisors, commanders, the IGQ Complaints Resolution Process via the AF IMT FM 102, or DoD/AF/MAJCOM/ base FWA Hotline phone numbers. **The 134 ARW/IG FWA Hotline number is (865) 336-4444 (IGIG)**, USAF FWA Hotline is (202) 404-5354 or (800) 538-8492 or FAX: (202) 404-5429. The DoD hotline is (800) 424-9098. For more information contact Lt Col James Blanton, 134 ARW/IGQ james.k.blanton4.mil@mail.mil

BASE SHRED DAY



30 MARCH 2017

0830-0930 HRS

HEADQUARTERS PARKING LOT

UNCLASSIFIED PAPER MATERIALS ONLY

POC: TSgt Regina Trivette, 336-4981
regina.e.trivette.mil@mail.mil



Information Assurance Awareness: Staying aware of today's cyber threats!

New spear phishing campaign uses multiple scripts to ensnare users...

Your external hard drive and you...

By: TSgt Adam Huskey

Many of us rely on the use of external hard drives in our daily lives. We back up files, store archived data and files too large to keep on our local machines. They have become invaluable and a great tool to utilize in the daily workplace.

As we are all intrinsically aware, the use of an external HDD in the DoD has become more than just a plug and play venture. We now have numerous hoops we must jump through in order to simply continue using them like we always have.

In the Wing IA Office we are working diligently to stay current on all the new policies and procedures being pushed down from the groups who maintain our network integrity. Currently we are using a waiver spreadsheet to send waivers up. Should anyone need a copy of it or the instructions for filling it out effectively please let me know. Once filled out, have your local CC sign, the first O-6 in your chain, then forward it to this office for QC and signature. I will then send it to the CFP to forward it up to the 299th NOSS for processing. Thank you all for your patience and perseverance through all these changes. We can only hope that the result will be a safer network and U.S.A.F. as well.

Cybersecurity researchers have recently uncovered a sophisticated spear phishing attack at a well-known enterprise that went undetected by existing security solutions.

A close examination of the recent spear phishing event by Menlo Security researchers revealed that the attackers performed various checks on the password entered by the victim and their IP address to determine whether it was a true compromise versus somebody who had figured out the attack.

The attackers supported various email providers. This was determined by the fact that they served custom pages based on the email domain. For example, a victim whose email address was john.doe@gmail.com would be served a page that looked like a Gmail login page.

The attackers exfiltrated the victim's personally identifiable information (PII) to an attacker controlled account.

The attacker relied heavily on several key scripts to execute the phishing campaign, and to obtain the victim's IP address in addition to the victim's country and city.

"Credential theft via increasingly sophisticated spear phishing attacks is dangerous to the enterprise," said Poornima DeBolle, Chief Product Officer and co-founder of Menlo Security.

Entire Story: <http://opensources.info/new-spear-phishing-campaign-uses-multiple-scripts-to/>

134 CF Information Assurance POCs:

MSgt Dora Jennings, ext. 4924

TSgt Adam Huskey, ext. 4936

SSgt Andrew Wilkerson, ext. 4925

SrA Tyler Renner, ext. 3042

America's ALL STARS, in cooperation with the *Beating The Odds Foundation*, announce:



The First Annual East Tennessee Suicide Awareness and Prevention Week March 13th-18th, 2017

PROBLEMS:

More than two million young people aged 14-17 attempted suicide in America in 2015.

Every day 24 American servicemen and women take their own lives.

This is a tragedy of immeasurable and epidemic proportions, and our nation must address it now!

Thursday
March 16

7:00
PM

Knoxville Civic Auditorium and Coliseum
500 Howard Baker Jr. Avenue
Knoxville, TN 37915

COME AND SEE BOB HOLMES, THE ONE MAN VOLLEYBALL TEAM, COMPETE AGAINST LOCAL ATHLETES, CELEBRITIES AND LOCAL ARMED FORCES MEMBERS SINGLE-HANDED!

SPECIAL GUESTS

- Local Celebrities
- Active Servicemen
- Retired Servicemen
- many more!

TICKETS

\$5

AVAILABLE AT KNOXVILLETICKETS.COM
OR CALL (888)432-7262
FOR MORE INFORMATION

{ TICKETS GO ON SALE
JANUARY 16TH }

America's ALL STARS is presenting a series of entertaining programs featuring Bob Holmes, nationally famous as the One Man Volleyball Team. Bob has played in front of more than 5 million people, and competed against more than 500,000 professional and amateur athletes alike, winning more than 19,000 games. Ripley's Believe It or Not recognizes Bob as the athlete that has played more games of his sport than any other in history! Bob has been reaching middle school and high school aged kids for more than 33 years with his display of unmatched sports excellence and a compelling and inspiring message.

HELP US TO RAISE AWARENESS AND FUNDS TO SUPPORT ORGANIZATIONS THAT ASSIST WITH COUNSELING AND PREVENTION EFFORTS THROUGHOUT OUR COMMUNITY AND ENJOY THE ENTERTAINMENT AS BOB TESTS THE VOLLEYBALL SKILLS OF LOCAL ATHLETES AND CELEBRITIES!

HIRING EVENT

AmericanJobCenter
TENNESSEE

NATIONAL
GUARD
1-800-GO-GUARD

JOBS4TN.GOV

50+ Mega Multiple Employer Hiring Event

Event Time

Wednesday, March 8, 2017
From: 10:00 am - 2:00 pm

Location

National Guard Armory
1721 W Lamar Alexander Pkwy.
Maryville, TN 37801

For more information, e-mail
Rosa Martinez
rosa.martinez@tn.gov
Phone: 865-379-5525 X 104

Bring resumes and dress up for success.

American Job Center-Alcoa is coordinating a Mega Employer Hiring Event hosted by the National Guard Armory.

Employers attending:

Walmart / KUB / Dairy Queen
Burger King / Plant-Partners
CDE On Site / TCAT Knoxville
Claiborne Hauling / Hubbell
Marriott / TECH USA / CVS Distribution
American Foundation / Staffmark
Kindred Healthcare / Gentiva
Harrison / Key Safety
Flex-n-Gate / JTEKT
Kelly Services / Source4Teachers
Duncan & Sons / @Work
Senior Solutions Homecare / Havco
Pellissippi State Community College
People Ready / Denso
Wise Staffing / Cirrus Aircraft
Staffing Solutions / Gem-Quality
Homewatch Caregiver Givers / Koide
Dial America / Visiting Angels
Del Conca / LSM Staffing / Adecco
Lowes / Personal Care / Regions Bank
Waste Connections / D&S Community
Sweetwater Nursing Center

American Job Center

Tennessee is not responsible for the participation of any advertised employers at our hiring and resource events. We solicit their participation in good faith that they may attend but acknowledge that unexpected events occur, which may prevent their attendance.



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, 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>



Air National Guard photos by Master Sgt. Kendra Owenby and Tech. Sgt. Daniel Gagnon, 134 ARW Public Affairs



MEDICAL MINUTE

By Maj. Jennifer King, 134th Medical Group

Happy New Year! Oops! This was supposed to get to ya'll in January, but thanks to computer glitches, it's been stripped a few times now. Well it looks like we've made it to 2017; mostly in one piece. I don't know about the rest of you, but 2016 was a rough year for me. My family, my friends, my civilian job...we all saw illness, death, accidents, strife and disappointments. Despite the amazing moments that also came, for me and mine, 2016 was just a busy and often times challenging and exhausting year.

Each December, I make it a point to spend some time thinking about the accomplishments and failures of the past year, what I want to see in the following year, and then, I choose a word. Many of you are familiar with my "word of the year" habit and how I choose it based on one of three things; who I want to become, what I want to see done or what course correction I feel is needed. Past words have fallen essentially into three categories. Words that spur one on to action (ie - push, persevere, strive, do), that remind one to stay centered and be gentle with one's self (ie - breath, rest, release) or that focus on something that is lacking (ie - joy, faith, love). Each year, I use this word as a rudder; weighting it against whatever the circumstance is and it helps me to keep my bearing.

This year I have struggled with this word. There are so many facets of my world that are changing and it seems that this is a theme for most of those around me as well. When multiple life areas are in flux, it can be hard to find your footing enough to even figure out what you want or need. How do you choose which is most important, if something is even reachable or what will have the most impact? This last question flipped held my answer for 2017. "What has had the most impact on me in the past year?" It's the phone calls. The ones that changed our world in a moment. There were so many of these phone calls that I didn't want to answer anymore, being worn out with responding to crises. Please don't get me wrong...if anyone needs me, I would MUCH rather answer and respond and be there for you. The response isn't the problem, nor is the frequency and severity of the crises, it's the following spiraling out of control process that seems to be more and more common with these recent crises. It's one thing when life knocks one down. It's another thing entirely when one never gets back up.

Of course, I recognize that you can't prevent crises. People will pass away, get hurt and fall ill, they will lose relationships and positions, possessions and hope. Life happens and you can't control it. Yet, we can prepare ourselves for crises and set ourselves up for success in responding to, getting through and overcoming the difficulties. Not by preparing for specific circumstance, but for the handling of crises in general. If you take care of yourself on a daily basis and I take care of myself and we take care of ourselves, we are much more likely to bounce back. If I take care of me, I have the emotional reserves to help you through your dark times and vice versa. There's a lot that goes into "taking care", including all my typical Health Promotions soap boxes...nutrition, exercise, stress management, etc; yet, it's not really about any one answer or method. It's about taking the moment to pause, take stock of our little world and really see what it needs to become a healthier place for each of us to thrive.

If I could ask one thing of each of you this year, it would be to take care of yourselves and of each other. Rough things will come, but my sincere hope is that when they do, we weather them with resiliency and get through 2017 with no spiraling out of control. I'm tired of seeing my people hurting, but more so of seeing them quit. It's okay to be knocked down, but please, please don't stay down. Take care to rise again so we can all look back on 2017 with a lighter heart than we are carrying now. Guess that's it...my words for the year are an encouragement to be there for yourself and yours. Please, TAKE CARE.





MEDICAL SCHEDULE

SATURDAY UTA

0815-1130 HOURS 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
1000-1100 HOURS FITNESS TESTING EVALS
1130-1230 HOURS LUNCH
1230-1400 HOURS WAIVER/MEDCON/LOD APPS w /DOCs & Pas
1300-1400 HOURS HEARING BOOTH



CLOSED FOR TRAINING SUNDAY WITH EXCEPTION OF FOLLOWING TIMES:

SUNDAY UTA

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS
1230-1300 HOURS IMMUNIZATIONS

For planning purposes the following will be the PHA schedule for 2017:

March-those not impacted by exercise/those impacted please call to schedule a time to complete requirements

April-April & May

May-those not impacted by inspection

June-June/July

July-No drill

Aug-July/Aug

Sept-Sept

Oct-Oct

Nov-Nov

Dec-Dec



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

Follow the 134 ARW on Social Media

Keep up with your fellow Airmen and 134th Air Refueling Wing stories, photos and videos by checking out the 134 ARW website, DVIDs (Defense Video Imagery Distribution), The quarterly Volunteer State Guard Magazine and by liking our FACEBOOK page:



www.facebook.com/134ARW

www.134arw.ang.af.mil

<https://www.dvidshub.net/>



<http://www.tnmilitary.org/volstate-guard-magazine.html>



U.S. Air National Guard photos by Master Sgt. Kendra M. Owenby, 134th Public Affairs

JEAA



YOUR VOICE FOR ENLISTED ISSUES

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!



ROCKY TOP DINING FACILITY

Sat:
Parmesan Pollock
Ginger Pork
Steamed Rice
Baked Potato
Broccoli
Corn
Asparagus
Tomato Soup
Fish Gravy, Pork Gravy
Salad Bar

Sun:
Shepherd's Pie
Irish Chicken
Roasted Potatoes
Au Gratin Potatoes
Cabbage
Spinach
Cauliflower
Soup
Salad Bar