



THE VOLUNTEER



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134TH AIR REFUELING WING

APR 2017

Original KC-135 Crew Chief Returns to McGhee Tyson

By Master Sgt. Kendra M. Owenby, 134th Air Refueling Wing Public Affairs

Members of the 134th Air Refueling Wing Maintenance Squadron recently received a visit from a very special Airman; one who was on a mission to meet up with an old friend from 1959. The meeting was arranged by Col. Jason Brock, the 134th Maintenance Group Commander and was a reunion of a crew chief and one of his aircraft.



Master Sgt. Hubert Hall, a 134 ARW KC-135R crew chief, shakes hands with Mr. Hubert Roberson, former crew chief with the unit. Then Tech. Sgt. Hubert Roberson was the first crew chief on aircraft 59-1509 at Columbus AFB, Miss. shortly after it rolled off the assembly line in 1959. (Air National Guard photos by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)

days fresh off of the assembly line in his care in 1959. Today the aircraft has close to 21,000 flight hours.

The current crew chief of 59-1509, Master Sgt. Hubert Hall, took the time to invite Mr. Roberson up to the cockpit to sit in the pilot's seat once again. The two Huberts shared some laughs while discussing their tasks as crew chiefs even though their duties occurred many years apart.

"Isn't it great having him here?", stated Master Sgt. Hall as he listened to the seasoned NCO speak of his time working on the jet.

The former head crew chief was more than eager to share old stories with the Airmen while touring the aircraft. He lightheartedly told the story of how he was once working on the flight line and one of his former young Airmen,

(Original crew chief, Cont. on pg. 3)

Mr. Hubert Roberson, an 89 year old resident of East Tennessee was affectionately known as "Panch" during his military days as a crew chief. He was stationed full-time at McGhee Tyson when it was an active duty base and later returned as a guardsman for duty between the years of 1961 – 1977, when he finally retired.

"Panch" visited McGhee Tyson Air National Guard Base on March 28th to lay his hand on the aircraft that he once was assigned to as a young Tech. Sgt.

Roberson had the honor of being the first crew chief on the KC-135 Stratotanker aircraft with the tail number 59-1509 while he was at Columbus Air Force Base, Miss in 1959. Now, 58 years later he was able to stand by that same aircraft and have a photograph taken of himself with "his bird".

As Roberson toured the tanker he reminisced about how proud that he and his maintainers were of their planes when he was in service. He marveled over how many hours 59-1509 has flown since it's



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

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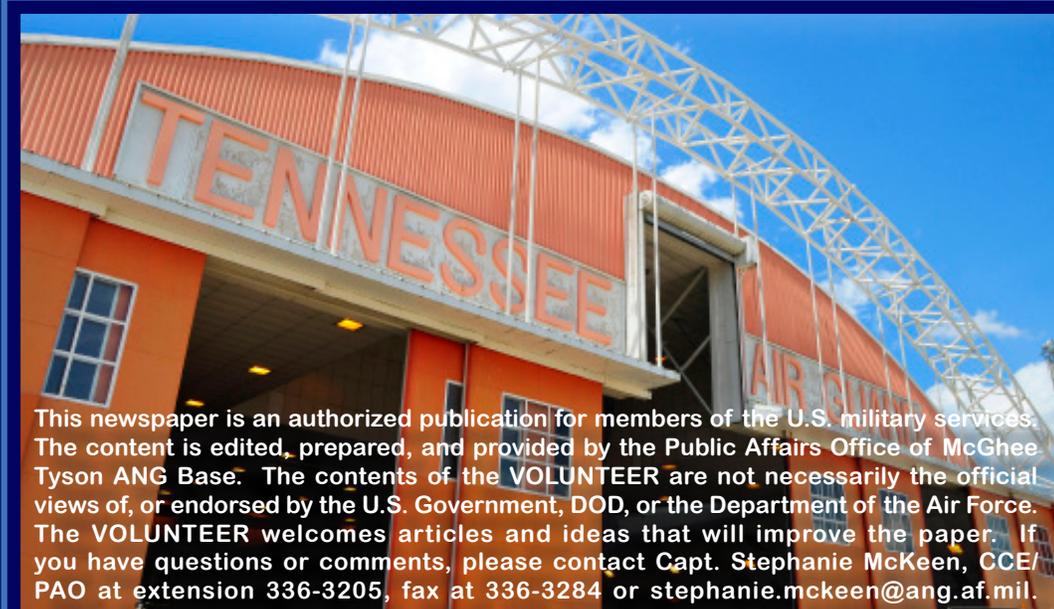
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(Original crew chief, Cont. from pg. 1)

who he supervised, returned for a visit years later after becoming commissioned as an officer.

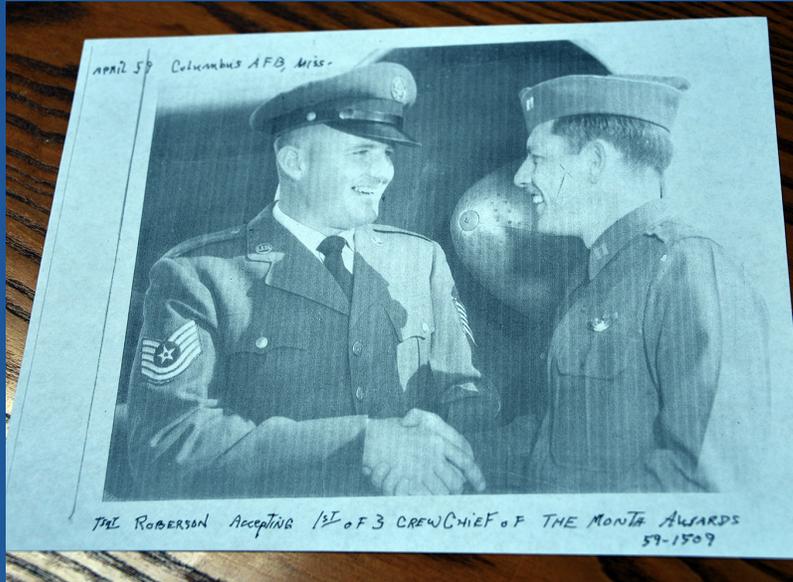
“He stepped out of that vehicle onto the flight line and I saw those “scrambled eggs” (a common reference to the officer’s headgear decor) and I thought to myself, oh no, it’s payback time for my days of supervising him” Roberson told as he laughed.

He was referring to Retired Col. Ron Briggs, former Deputy Commander for Support and who once served under Tech. Sgt. Roberson while enlisted as a maintainer.

Col. Briggs was also on hand for Roberson’s visit and helped with details on the stories of their time in the military. The current maintainers were curious about details of how things have changed and how some things have remained the same.

Roberson reiterated several times during his visit that it was a “dream come true” for him to be able to visit the aircraft again after so many years had passed.

In addition to being reunited with his first KC-135 and visiting with current crew chiefs on the plane, Mr. Roberson was able to tour the “BOSS”, an air refueling simulator that is used to train boom operators on in-flight refuelings, as well as an F-104 that is being restored to be permanently placed as a static display in the future McGhee Tyson Air Park on base.



Tech. Sgt. Hubert Roberson (upper left) is pictured in a photo receiving a crew chief of the month award in April, 1959. In the upper right photo, Mr. Roberson (center) receives a moral patch from Master Sgt. Hubert Hall (left) and Col. (Ret.) Ron Briggs (right) while visiting McGhee Tyson. Mr. Hubert Roberson, former crew chief with the unit, shows off his decal presented to him by 134th crew chiefs during his visit to McGhee Tyson ANG Base, TN. He toured the aircraft and shared stories with the current crew chiefs on the early history of the tanker. The 89 year old was the first crew chief on aircraft 59-1509 while at Columbus AFB, Miss. shortly after it rolled off the assembly line in 1959. (Air National Guard photos by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)

134 ARW Hosts Top Wrench Competition, Inspire Local Youth

By Staff Sgt. Ben Mellon, 134 ARW Public Affairs

It's that time of year again. The 134th Air Refueling Wing will be hosting the 26th annual Top Wrench Competition here, April 6.

Top Wrench was developed to help high school students gain a new perspective on how the decisions they are making now will affect them in the future, and is aimed at stopping the abuse of drugs and alcohol among teens.

"We use the competition for two reasons: as a recruiting tool for the Air National Guard and to teach them about a drug free life style," said Master Sgt. Richard Payne, aircraft maintenance supervisor for the 134th ARW.



During the competition students compete in six different areas; pit crew challenge (fastest tire change), custom paint contest, static engine challenge (basic engine troubleshooting), welding and fabrication contest, computer control car challenge, and valve cover race (students build race cars out of valve covers). Students also get a chance to tour the base and see static displays of aircraft, military vehicles and weapons.

Top Wrench will be an all-day event and in addition to the competition, there will be vintage

Participants in the 2016 Top Wrench Competition (upper left) race to change out a tire on a race car during a timed event. Top Wrench Competition participants listen as Chief Master Sgt. Anthony Russell, 134 ARW Crew Chief, instructs them on how the refueling boom works on a KC-135R Stratotanker aircraft. (Air National Guard photos by Staff Sgt. Ben Mellon, 134 ARW Public Affairs)



and new cars on display for the students to enjoy.

"Top Wrench will be held in April", said Payne. "We hope to have members from the local Ford Model A Club in attendance, along with the Knoxville Area Corvair Club and the regional chapter of the Antique Automobile Club of America."

Top Wrench is not just about competition. The true spirit of Top Wrench is to provide students with a fresh perspective, one that spurs them to follow their dreams and not allow drugs and alcohol to stifle them.

"For me a vocational program was a better route than a four year college," said Payne. "Whether students fit into a four year school or a vocational school we are here to encourage them and let them know that nothing can hold them back from doing what they want to do in life, except themselves."

The competition also showcases the benefits the Air National Guard has to offer for those who have thought the military is the path for them, and for those who have never experienced military life.

"If students want to join the Air National Guard we can help them with educational benefits and give them a chance to be a part of something bigger than themselves, but I always say don't ever let anyone tell you that you can't do something," said Payne. "Where there is a will, there is a way."

Tech Sgt. Cameron Lale, a services craftsman for the 134th ARW stated he would have loved the opportunity to do this when he was in school and hopes the students that come to this event, not only compete, but learn the value of a trade and also how drugs and alcohol may hinder their future success.

For more information on the Top Wrench competition, visit <http://www.topwrenchcompetition.com/contact.html>.



Intelligence Officer– AFSC: 14N3
POSITION VACANCY ANNOUNCEMENT

Location: 119th CACS

MILITARY POSITION VACANCY (DRILL STATUS)

OPENING DATE: 7 March 2017

CLOSING DATE: 30 April 2017

Position Description:

Lead and performs intelligence activities across the full range of military operations supporting the Air Force's Service Core Function (SCF) of Global Integrated Intelligence, Surveillance and Reconnaissance (ISR). The Air Force conducts global integrated ISR operations through a five-phase process commonly known by its acronym, PCPAD: planning and direction; collection; processing and exploitation; analysis and production; and dissemination. Additionally, ISR professionals conduct assessment, evaluation, and feedback throughout each phase. Air Force intelligence officers lead Airmen through the PCPAD process across four main areas, also known as functional competencies: Analysis, Collection, Integration, and Targeting. For full details please review the Air Force Classification Directory (AFOCD 30 Oct 16).

Required Application Documents:

1. AF Form 24
2. Resume
3. Letter of Intent (why you feel you have the desire and skills to become an Intel Officer)
4. Official College Transcript
5. RIP (print one from vMPF)
6. Copy of current Physical Fitness Test
7. Letters of Recommendation
8. AFOQT scores

Mandatory Requirements:

- Must be able to obtain a Top Secret Security Clearance
- Must be able to pass Commissioning Physical
- Must have a minimum of a Bachelor's Degree
- Must have taken the **AFOQT** and qualify with a minimum score of **Verbal-15** and **Quantitative- 10**.

To apply for the position, please scan all required documents into one PDF file and email to **MSgt Curtis LaRue** at **Curtis.I.larue.mil@mail.mil**. You can also hand deliver or mail the application to Atten: MSgt Curtis LaRue, 134th Briscoe Dr, Louisville, TN 37777.



Cyber Warfare Operations– AFSC: 17S3
POSITION VACANCY ANNOUNCEMENT

Location: 119th CACS

MILITARY POSITION VACANCY (DRILL STATUS)

OPENING DATE: 7 March 2017

CLOSING DATE: 30 April 2017

Position Description:

Operates cyberspace weapons systems and commands crews to accomplish cyberspace, training, and other missions. Plans and prepares for mission. Reviews mission tasking and intelligence information. Supervises mission planning, preparation and crew briefing/debriefing. Ensures equipment and crew are mission ready prior to execution/deployment. Operates weapons system(s) and commands crew. Performs, supervises, or directs weapons system employment and associated crew activities. Conducts or supervises training of crewmembers. Ensures operational readiness of crew by conducting or supervising mission specific training. Develops plans and policies, monitors operations, and advises commanders. Assists commanders and performs staff functions related to this specialty. For full details please review the Air Force Classification Directory (AFOCD 30 Oct 16).

Required Application Documents:

1. AF Form 24
2. Resume
3. Letter of Intent (why you feel you have the desire and skills to become an Intel Officer)
4. Official College Transcript
5. RIP (print one from vMPF)
6. Copy of current Physical Fitness Test
7. Letters of Recommendation
8. AFOQT scores

Mandatory Qualification Requirements for 17S:

- Must be able to obtain a Top Secret Security Clearance
- Must be able to pass Commissioning Physical
- Must have a minimum of a Bachelor's Degree
- Must have taken the **AFOQT** and qualify with a minimum score of **Verbal-15** and **Quantitative- 10**
- Degree must be in Computers, IT, Electronics, Mathematics, Engineering, Physics, Chemistry, etc. Please review the AFOCD-Oct16 for the complete list of approved educational requirements.
- Prior Service 1B4 or 1N4X1A qualify regardless of undergraduate degree

To apply for the position, please scan all required documents into one PDF file and email to **MSgt Curtis LaRue** at **Curtis.l.larue.mil@mail.mil**. You can also hand deliver or mail the application to Atten: MSgt Curtis LaRue, 134th Briscoe Dr, Louisville, TN 37777.

EQUAL OPPORTUNITY SPECIALIST- AFSC: 3S1X1

Duty Location: 134th HQ Building

POSITION VACANCY ANNOUNCEMENT

Opening Date: 1 April 2017 – Closing Date 10 May 2017

MILITARY POSITION VACANCY (DRILL STATUS)

The 134th Wing Equal Opportunity Office is currently seeking a motivated individual to train in the fast paced and highly visible career field of Equal Opportunity. Min Rank: SSgt - Promotion Eligible: MSgt

Equal Opportunity Mission Statement:

Assists commanders at all levels to proactively engage all Airmen in the pursuit of equal opportunity by fostering and supporting equal opportunity, the Air Force Core Values, and The Airman's Creed through day-to-day actions and through implementation of various EO programs (e.g. complaint program, human relations program, climate assessment program, ADR program- including conflict consulting, affirmative employment program, and special emphasis program). Educates and trains all Airmen to make workplace professionalism a top priority and to take proactive steps to prevent, correct and eliminate unlawful discriminatory behavior.

- 1. Letter of Recommendation from your current Commander.**
- 2. Personal letter describing reason for interest in retraining into the EO Career Field and commitment to attend all regularly scheduled UTAs.**
- 3. Attach a Resume that includes your military information**
- 4. Documentation that you do not have any of the disqualifying conduct history listed in 3.5.2.**
- 5. Current Records Review RIP**
- 6. Copy of Last Physical Fitness Test**
- 7. Min ASVAB Scores: Admin 41 & General 44**

Mandatory Training: 6 weeks Equal Opportunity Advisor Reserve Component Course, Patrick AFB, FL

To apply for the position, please scan all required documents into one PDF file and email to **Tarren.n.barrett.mil@mail.mil**. You can also hand deliver or mail the application to Capt. Tarren Barrett 134 Briscoe Dr, Louisville, TN 37777.

Updating Beneficiary Designation on Servicemembers' Group Life Insurance (SGLI) and vRED DD Form 93:



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

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>

New Retirement System - Blended Retirement System (BRS)

Submitted by Tech. Sgt. Chris Ayers, 134 ARW Force Support Squadron

On 10 Feb 2017, myPers started sending out e-mail notifications to all personnel who were identified by the Total Force Service Center (TFSC) who will have the option to elect to participate in the new retirement system known as the Blended Retirement System (BRS). The BRS was enacted into law in the Fiscal Year 2016 National Defense Authorization Act, and will go into effect January 1, 2018. All currently serving members are grandfathered into the current military retirement system. However, those with fewer than 12 years of active duty service as of December 31, 2017, or Air Force Reserve component members with fewer than 4,320 retirement points may choose to "opt in" to the BRS during the designated opt-in period from January 1, 2018, through December 31, 2018.

If you have received an e-mail from myPers concerning your eligibility to opt-into the new retirement system you will be required to acknowledge receipt of the notification. Acknowledging receipt can be accomplished by clicking on the acknowledgement button which is embedded in the e-mail itself. The first opportunity to enroll in BRS will be on 1 Jan 2018. You will have all of 2018 to make your election; however, once you enroll in BRS, the election is irrevocable; it cannot be undone. Before you make a decision, you must complete on-line training to better inform yourself of the benefits under your current retirement system compared to the benefits of the BRS. This course, the Blended Retirement System Opt-in Course (BRS-OC/J3OP-US1332), is available on the Joint Knowledge On-Line website; <https://jkodirect.jten.mil/>. Once you have completed the training course be sure to print a copy of the certificate and provide it to your squadron's Unit Training Manager.

The new retirement system is comprised of three elements, including a TSP with matching funds, a mid-career continuation pay bonus and a retirement annuity for completing twenty or more years of eligible service. Airmen entering the service 1 January 2018 and later will automatically be enrolled in the new retirement system. Airmen entering the service prior to 1 January 2018, will be grandfathered under the High-3 retirement system; however, many of these service members will have the option to elect the BRS if they desire.

The new Blended Retirement System combines a 20-year cliff-vested defined-benefit annuity or monthly retired pay with a defined-contribution plan that allows Service members to contribute to a portable Thrift Savings Plan (TSP) account that also receives Government contributions.

This plan includes the opportunity for Service members who complete at least 60 days of service to receive automatic contributions and members who complete at least two years of service to receive matching contributions to their TSP account from the Government.

Under this new system, approximately 85 percent of Service members who enter the force will now receive some form of portable retirement benefit, as opposed to only 19 percent today who leave with a retirement benefit. The uniformed services will be in a better position to compete with the private sector to recruit and retain our superb All-Volunteer Force (AVF) in the 21st Century.

In general, the essential elements of the new Blended Retirement System are the same for both the Active and the Reserve Component (RC) member. Moreover, the reserve member's "retirement points" and retirement eligibility for the defined benefit are the same under the blended system as under the current reserve retirement system.

A major difference between the current retirement system and the new BRS is that the new blended system includes a TSP account for Service members where the Government will contribute to the account along with the member. In many ways, the Government contributions to the member's TSP account mirrors the system currently enjoyed by our civilian employees.

For each Service member participating in the new system, the Government will set up a TSP account for the member. New members will be automatically enrolled to contribute 3% of their basic pay. The Government will begin automatically contributing an amount equal to 1% of the member's basic pay once the member completes 60 days service and will continue these contributions until the member separates, retires, or completes 26 years of service, whichever occurs first.

In addition, once a Service member completes two full years of service, the Government will begin matching member contributions up to 4% of basic pay (in addition to the 1% automatic contribution). This is also when a member becomes vested in the Government's contribution to his or her TSP account plus any earnings on the contributions. Government matching contribution will continue until the member separates, retires, or completes 26 years of service, whichever occurs first.

To help members understand more about TSP including the risks and rewards associated with investment funds, financial education will also be provided at a number of points in a career to include during initial entry training.

The table below shows how the contributions from individual Service members and the Government can add up.

You Contribute	Govt Auto Contribution	Govt Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

Like the current retirement system, the new blended system provides a defined benefit of monthly retired pay, though the formula changes. The new formula is: 2.0% x your years of service x the average of your highest 36 months of basic pay. For RC members, years of service is computed by dividing the number of accumulated retirement points by 360.

The defined-benefit annuity is reduced when the multiplier decreases from 2.5% to 2.0% under the new BRS. However, depending upon the member's own contribution rate to the TSP and investment returns, the addition of government automatic and matching contributions could allow Service members to achieve nearly the same or better total retirement benefit when compared to the current retirement system.

The vesting point in the defined benefit or to receive the monthly retired pay in the BRS is still 20 years of service, the same as for the current system. For the RC, the vesting point remains 20 years of

qualifying service, and the start date for receiving retired pay remains at approximately 60 years of age.

With the introduction of the new BRS, Congress authorized a Continuation pay which is provided to Service members at the completion of 12 years of service for those who commit to an additional four years.

Here's how it works.

When a Service member reaches 12 years of service, he or she will be eligible for a cash incentive of a minimum of 2.5 months of basic pay for an Active Component (AC) member, and a minimum of 0.5 months of basic pay (as if you were serving on active duty) for a member of the RC in return for a commitment of four more years of service. This is a cash payout, like a bonus.

Although members who joined before September 8, 1980 or members who elected the Career Status Bonus after completing 15 years of active duty service may have slightly different retirement calculations, most members today are under the current retirement system, commonly referred to as the High-3 system. Active Component (AC) members today who serve for 20 years are vested in the current retirement system and will receive monthly retired pay upon retirement. Reserve Component (RC) members under the current system can start receiving retired pay after 20 years of qualifying service and reaching approximately age 60.

Under the current system, monthly retired pay is calculated as 2.5% x the number of years the member served x the average of the highest-36 months of basic pay the member received. For example, a member who served 20 years would receive 50 percent of the average of the highest 36 months of basic pay. For members of the RC, years of service is computed by dividing the number of accumulated retirement points by 360.

Service members who leave prior to 20 years of service receive no defined-benefit annuity, unless their retirement is based on disability or an early retirement initiative, also known as Temporary Early Retirement Authority (TERA).

All members who enter service, or who sign a contract to serve, on or before December 31, 2017 are grandfathered into the current system. A member who, as of December 31, 2017, is either an AC member who has served fewer than 12 years or a RC member with fewer than 4,320 points, will have the option to remain under the current retirement system or choose to change to the new, Blended Retirement System (BRS).

All Service members are currently eligible to participate in the U.S. Government's Thrift Savings Plan (TSP). However, under the current retirement system individual Service members are responsible for setting up their own TSP accounts, and the Government does not contribute to those TSP accounts.

The Opt-In course will be available to the total force by January 2017. Those eligible to opt into the new system can expect to receive training on the time value of money, the potential impacts of where they are in their career on their TSP account, how long they will need to stay invested in the Thrift Savings Plan, and how much they will need to contribute to the Thrift Savings Plan to make changing to the new system a viable choice for them.

The training will make retirement calculators available to assist both Active and Reserve Component Service members with making these comparisons and well-informed decisions. Reserve component members will learn the importance of taking their civilian retirement plan into account when making the opt-in decision. Married members will be encouraged to share this retirement planning education with their spouses as they make this family decision.

Modernizing the current retirement system into the BRS will not only ensure that the vast majority of all uniformed members receive a portable retirement benefit, but it will also help make Uniformed Service a more attractive option for those who would like to serve but do not plan to stay for an entire career.

Currently, approximately 81 percent of those members who join the military leave with no retirement benefit. Under the Blended Retirement System, about 85 percent of Service members will receive a retirement benefit, even if they don't qualify for full retirement.

Additional background information on BRS can be obtained at;

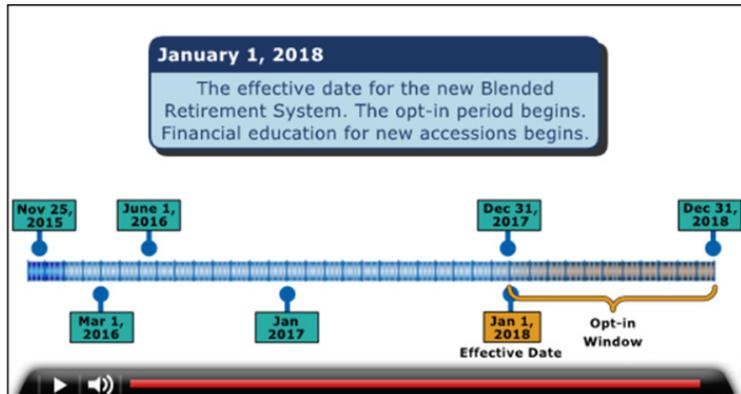
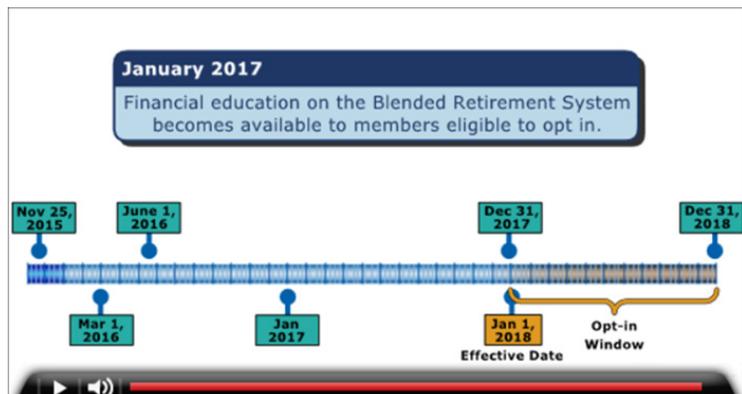
<https://jkdirect.jten.mil/Atlas2/page/desktop/DesktopHome.jsf>

<http://militarypay.defense.gov>

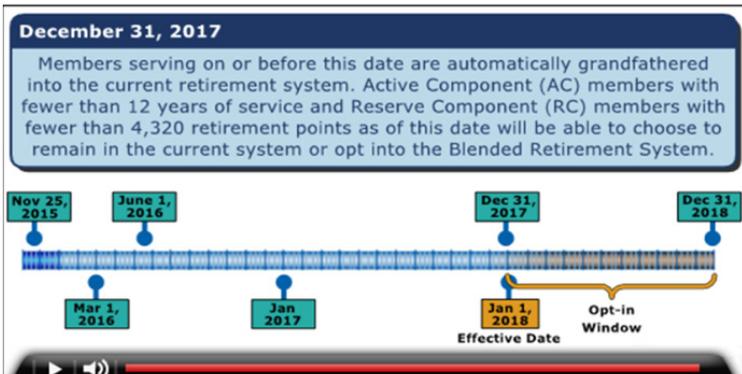
Blended Retirement System Implementation Timeline and Key Takeaways

Some of the key dates to know about the implementation of the Blended Retirement System (BRS) are:

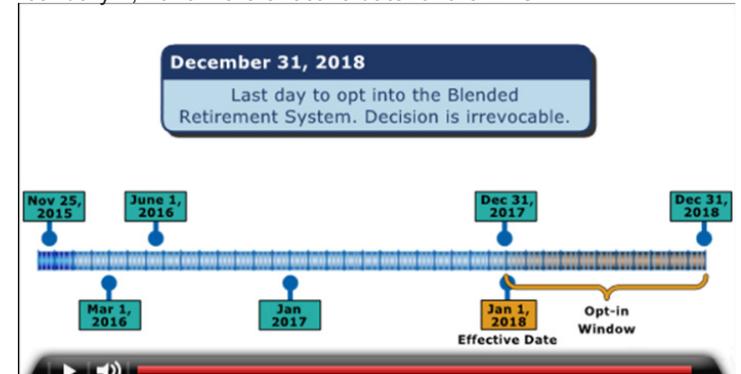
- January 2017 when financial education becomes available for all uniformed service members.



- January 1, 2018 – the effective date for the BRS.



- December 31, 2017 – All members of the uniformed services on or before this date will be automatically grandfathered into the current retirement system.



- December 31, 2018 – Last day to opt into BRS.

Airman Receives Diamond Sharp Award for Excellence

Submitted by 1st. Sgt. Jason Graf, 134 ARW 1st. Sgt.

The First Sergeant Council's award program is called the "Diamond Sharp Award". It was created to highlight the Airmen that are observed performing outstanding duties. The First Sergeant Council has also created a coin to award the recipient and encourage them for their outstanding work. Incorporated also is a memorial to Chief Scott Nicley, who served as an outstanding First Sergeant on the Council, and recently passed away after his battle with cancer. Along with Chief Nicley's picture, on the coin is written "I got this," which is a phrase Chief Nicley would commonly use. It was unanimously felt that this phrase epitomizes the attitude of the outstanding Airmen we are awarding. The award will serve as a way to recognize our Airmen, as well as remember the impact Chief Master Sgt. Scott Nicley had on all he served with.



Airman First Class Carrie Border was recognized by Chief Master Sgt. Stanley Drozdowski for her outstanding performance of the Airmen's Creed by memory. Airman First Class Border lived out the "I got this" attitude by stepping out of her comfort zone, and representing Airmen everywhere with a powerful recitation of our Airman's Creed. Airman First Class Border is a valuable member of the Financial Management Team and is the most recent recipient of the Diamond Sharp Award. (Air National Guard photos by Tech. Sgt. Jonathan Young, 134 ARW Public Affairs)





FLIGHT ATTENDANT RESCUES TEENAGE GIRL FROM HUMAN TRAFFICKING

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

On a flight from Seattle to San Francisco, Alaska Airlines flight attendant Shelia Fedrick noticed a teenage passenger with greasy blonde hair that was in the company of a much older, well-dressed man. She instinctively felt that something was wrong. She tried to engage them in conversation but the man became defensive. Fedrick then left a note in one of the lavatories for the young girl who responded back "I need help." Fedrick then notified the pilots and law enforcement was waiting for them at the terminal. (NBC NEWS, 2017)

The flight was prior to the 2016 Super Bowl that was hosted in San Francisco. Large events, such as the Super Bowl, generate an increase in human trafficking in those areas. Airports and the supporting travel hotels are major hubs for perpetrators and their victims. The foundation, Airline Ambassadors International, founded by former flight attendant Nancy Rivard, trains airline employees on providing humanitarian services. One of the foundation's main focuses is training people like Fedrick to spot victims of human trafficking. In this case, their work saved a child from the clutches of sexual exploitation. (NBC NEWS, 2017)

What can you do?

If you suspect someone is a victim of trafficking or witness activity that could be related to trafficking, you're asked to call Tennessee Human Trafficking Resource Center Hotline at 1-855-558-6484 or 1-800-TBI-FIND. If you have further questions about human trafficking or this article please contact Lt Col. James Blanton, 134 ARW CTIP Coordinator at 336-4444. Just as a reminder, ensure that your TRAFFICKING IN PERSONS TFAT and those you supervise is current. TIPS TFAT training must be current prior to deployment (AFI 36-2921 3.12 & 3.14).

NBC NEWS. (2017, February 06). Flight attendants fighting human trafficking. Retrieved from WBIR.com: <http://www.wbir.com/news/crime/flight-attendant-saves-passenger-from-human-trafficking/400499215>



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 April everyone! It's time for our annual review of the DoD guideline on the use of Dietary Supplements. As mentioned last time, while it is not regulation and does not address supplements comprehensively, it is very informative on the process of choosing Dietary Supplements (referred to as DS for the rest of this article). I continue to be a proponent of natural medicine as the first line of defense against disease and highly value DS when used appropriately, both as an individual and a medical provider. Yet, just because something is natural, does not mean it is healthy, or even safe, and this is why choosing your DS wisely is important.

Let's go back and review the basics. A DS is a product containing one or more dietary ingredients intended to supplement one's diet, including macronutrients, vitamins, minerals, amino acids, herbs and "other" dietary substances. These can be in the form of a capsule, powder, softgel, gelcap, tablet, liquid, etc. Essentially, if it's not a food and it's not a drug, it's a DS and while food and drugs are highly regulated by the government for safety, supplements are not. Thus, a supplement could be 100% what it claims, 0% what it claims or tainted with dangerous ingredients. The DoD guidelines advise us to ask the following about a DS we are considering. What is in this DS? What does this DS actually contain (not just what does it claim to treat)? Are there multiple ingredients? Does it have an ingredient already found in another DS I am taking that may raise the total amount above a safe level? Does the label conform to FDS rules (state that it is a supplement, name and place of manufacturer/packer/distributor, and complete list of ingredients)? Does it have a seal from a third-party verification program showing it has been evaluated and certified for quality (ie – US Pharmacopeia (USP), NSF International, Informed-Choice, HFL Sport Science, ConsumerLab.com)? Is it safe? Have credible professional organizations expressed concerns? Does it make sense? Is the claim consistent with current knowledge of exercise physiology and nutrition? Does it work? Is there evidence? What is the recommended dose and is the active ingredient the same quality/quantity of the ones used in studies showing effectiveness? Does it reach its target? Is it found naturally in food and does this form reach the target tissues better than the dietary form? Why take it? Remember, supplements cannot take the place of exercise, training or overall dietary adequacy, so they need to add something that healthy habits do not already cover.

Very importantly for our military careers is the question "Are we allowed to take it?" Generally, if a supplement is not banned or recalled by the FDA, FTC or DEA, it is not banned by the DoD at large. However, DoD, each service and each base/command/unit has the authority to issue guidance on specific supplements and/or categories of supplements so check to see if your base/command/unit has a DS policy in effect. Check the risk – Keep in mind that certain products tend to be more high risk for dangerous ingredients. Most commonly, body building, sexual enhancement, weight loss and diabetes products. If you have a specific product in mind, check it out on the Natural Medicines Comprehensive Database (NMCD). The NMCD rates commercial products based on safety, effectiveness and quality. They rate them on a 1-10 scale with 10 being the best. It's wise to stick to those rated 7 and above. You can also consult the Human Performance Resource Center, Office of Dietary Supplements, FDA, PubMed, Google Scholar (NOT normal google) and WorldCat.

As always, the best way to assure the safety and efficacy of any DS is to discuss it with your PCP, as they can compare it to any meds you are taking or conditions you have to ensure its safety. A list of questionable ingredients can be found in the DoD guidelines. The following website classifies DS based on expected risk and potential benefit... <http://hprc-online.org/dietary-supplements/dietary-supplement-classification-system-1#.UDP8no4Qh5g>.





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 (Maclellan/Blythe)
1130-1230 HOURS	LUNCH
1230-1400 HOURS	WAIVER/MEDCON/LOD APPS w /DOCs & Pas
1300-1400 HOURS	HEARING BOOTH
1300-1400 HOURS	IMMUNIZATIONS



CLOSED FOR TRAINING SUNDAY WITH EXCEPTION OF FOLLOWING TIMES:

SUNDAY UTA

0830-0850 HOURS	FITNESS FOR DUTY EVALUATIONS
1130-1230 HOURS	LUNCH
1230-1330 HOURS	IMMUNIZATIONS

**** CONTACT 134MDG AT 336-4277 TO MAKE ARRANGEMENTS TO BE SEEN OUTSIDE OF THESE TIME FRAMES**



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/>

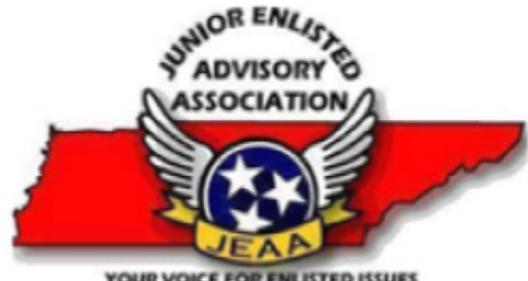


<http://www.tnmilitary.org/volstate-guard-magazine.html>



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:

Grilled Mustard Chicken
Swedish Meatballs
Steamed Rice
Potatoes Au Gratin
Great Northern Beans
Broccoli
Beets
Soup/Salad Bar

Sun:

Baked Pit Ham
Baked Fish
Mashed Potatoes
Brown Gravy
Glazed Carrots
Creamed Spinach
Asparagus
Soup/Salad Bar