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134TH AIR REFUELING WING

MAR 2018

ATAG Retires with 41 Years of Service

By Senior Master Sgt. Kendra Owenby, 134th ARW Public Affairs Superintendent

Members of the 134th Air Refueling Wing recently celebrated the retirement of one of their own on Sat., Feb. 10. Brig. Gen. Donald L. Johnson, Tenn. Assistant Adjutant Gen., Air, retired from military service in the place where it all began for him 41 years prior. He chose to have his ceremony in the aircraft hangar affectionately known by many as the “orange” hangar, the hangar where he started his career as a young maintenance Airman.



Maj. Gen. Max Haston, Tenn. Adjutant Gen., Army, presents the retirement certificate to Brig. Gen. Donald L. Johnson, Tenn. Assistant Adjutant Gen., Air at Johnson’s retirement ceremony held at McGhee Tyson Air National Guard Base on Sat., Feb. 10. (Air National Guard photo by Senior Master Sgt. Kendra M. Owenby, 134th ARW Public Affairs)

The ceremony opened with the singing of the national anthem by Master Sgt. Angie Johnson, Joint Force Headquarters, Tennessee National Guard, followed by the 134th Color Guard presenting the colors.

Among several awards presented to Gen. Johnson, Maj. Gen. Max Haston, Tenn. Adjutant Gen., Army presented him with the Legion of Merit award and his retirement certificate.

“Thank you for 41 years of dedicated service. I think the men and women of the Air National Guard are better today because of you.” Haston stated as he shook hands congratulating Johnson.

Friends, family and fellow Airmen in attendance listened as Johnson shared memories from his long and distinguished career. He shared a few words of wisdom and emphasized the importance of every leader’s responsibility to take care of their Airmen.

Johnson re-iterated how proud he was of his two sons, Josh and Samuel, both KC-135 pilots at the 134th Air Refueling Wing. He shared his admiration for them as outstanding military members, but more importantly, as outstanding husbands and fathers as well.

“The Air Force, the Air National Guard has given me a blessed career...an opportunity to have a family and raise two fine men, and I could never ever stop giving back to that. I am a better person today for the National Guard and I am truly appreciative of it.”

Several members from JFHQ, the 118th Wing, the 164th Airlift Wing and 134th ARW presented Johnson with awards and shared their stories of working with the ATAG. Finally, his sons joined him on stage to retire his General flag and congratulate him.

Gen. Johnson summed it up while visiting with family members at his ceremony.

“I came into the Air National Guard in this hangar, and I want to go out of the Air National Guard in this hangar. This is home to me.” he stated.

He closed the ceremony with a final salute to the crowd and two familiar words that he has used when greeting Airmen over the years: “Blue Skies”.



“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

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Command

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Sun 0730 - 1100

Commander's Call Sun 1430 in Wilson Hall



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 (U.S. Air National Guard photos by Senior Master Sgt. Kendra Owenby and Tech. Sgt. Daniel Gagnon, 134th ARW Public Affairs)

134th Traditional Boom Operator Position Opening

The 134th Operations Group will be conducting a Boom Operator Interview Board during the month of March. All interested members of the 134th Air Refueling Wing should submit a package to Chief (retired) Bo Sunderland or Master Sgt. Eric Jones via single PDF attachment to freddie.r.sunderland.civ@mail.mil or eric.m.jones20.mil and/or dropping the package off in person (Bldg 132). The package should include a resume, military and civilian info, (SF171 not accepted), two letters of recommendation and a vMPF RIP. All applicants need a general ASVAB score of 55 or higher. If selected, applicants are required to pass a Class III Flight Physical. Packages are due no later than March 17, 2018.



134 ARW Security Forces First Sergeant Vacancy

There is a vacancy at this time for the position of First Sergeant (Master Sergeant) at the 134 ARW Security Forces Squadron. We are currently accepting applications for retraining and assignments to this duty. If you are interested in applying for this position and if you meet the minimum listed requirements, please follow the instructions in the "How to Apply: section below.

Minimum requirements

- Must be currently serving in the grade of Master Sergeant, Technical Sergeants may be selected if they are immediately promotable, and they must be promoted on or before the date of assignment to the UMD position of First Sergeant.
- As a condition of promotion under the retraining program, the member must sign the following statement; "I agree to attend the FSA within 12 months of my assignment as first sergeant and remain in the position for a minimum of 3 years. Failure to complete this requirement will result in my removal from the first sergeant position and immediate demotion."
- Must speak distinctly and without speech impediments.
- Candidates must have a minimum physical profile of PULHES 333231 and not have an Assignment Limitation Code (ALC) of C-3.
- Must be financially stable.
- Must have demonstrated exceptional leadership and managerial skills.
- The applicant's physical appearance and military image in all uniform combinations must meet the highest standards expected only of the most dedicated professional SNCO. - Must meet Air Force standard of good physical health and meet or exceed Air Force physical fitness standards IAW AFI 36-2905.
- For initial application, the member must have scored 80 or above on last two fitness tests, or 90 or above on most recent fitness test, no failure on any portion within the last 12 months or exemptions from any component. Note: No current PT exemptions; except deployment and/or pregnancy. Deployed members will have a current complete assessment prior to attending the FSA.
- The member must have a current fitness assessment valid through the graduation date of the in-residence portion of the FSA, and it must be a complete assessment with all components with the overall score meeting minimum standards as outlined in paragraph 3.2.13.1.
- ANG members must immediately enroll in the correspondence course upon selection for first sergeant duty (if not currently enrolled/complete), and must complete the course within 12 months after attending the FSA.
- Must possess a Community College of the Air Force degree. ANG members who do not already possess a CCAF must complete this degree within 18 months of completing the FSA.
- Must possess a 7 or 9-skill level awarded AFSC. Must not be projected to reach 6 years of non-performance in the awarded AFSC during the initial 3 year tenure as a first sergeant.

How to Apply:

Prepare the following documents:

- AF Form 1206, Nomination for Award. (Use this form to document your individual qualifications)
- Current RIP
- Fitness Scores (See criteria above)

Submit your application to the 134th Command Chief, Chief Master Sgt. Stan Drozdowski no later than Sat., March 3rd, 2018 by 1500. Qualified applicants will be scheduled to personally appear before a selection board and must wear the service dress uniform. The selection board will be scheduled during April UTA.

If you have any questions concerning the duties of a First Sergeant, please refer to AFI 36-2113. Questions relating to the selection board should be addressed to Chief Master Sgt. Stan Drozdowski.

Strong Bonds Programs Bring Airmen Together



The 134th Chaplain Team had a successful weekend recently with the Single Airmen Strong Bonds event held at the Blowing Rock Conference Center in Blowing Rock, N.C. They also led a “Laugh Your Way” marriage retreat at the Dollywood DreamMore Resort this past weekend. 20 couples were given tools to strengthen their marriage while enjoying the beautiful and relaxing resort in Pigeon Forge. Our next event will be held in April at a location in Asheville, N.C. If you are interested in the Strong Bonds Program contact Lt Col Richard Steen at x3217.



(Photos courtesy of Lt. Col. Richard Steen, 134th ARW Chaplain)

Feedback Sought On Base Entry Gates

Below is a link for a two-minute traffic engineering survey. The 134th Civil Engineer Squadron would like to hear feedback from base personnel regarding the use of the main and back gates during morning/afternoon peak traffic hours and lunch. Survey responses will be utilized to make improvements to gate functionality and help provide justification to construct a new back gate and access road within the next few years.

Please contact Maj. David Barrett with any questions.

<http://survey.gfnet.com/TakeSurvey.aspx?SurveyID=921L3o7>



(U. S. Air National Guard photo by Tech. Sgt. Daniel Gagnon, 134th ARW Public Affairs)



RECRUITER'S CORNER

Submitted by the 134 ARW Recruiting Office

Student Flight – Listen Up!

*****Pre-BMT class** – You will report to the FSS breakroom in the Headquarters building for roll call on **SATURDAY** of each drill at **1245**. 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 rollcall through the recruiting office supervisor, Master Sgt. Aaron Sawyer.

*****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 **30 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, Maj Jaime Blanton.**

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>



(U. S. Air National Guard photos by Senior Master Sgt. Kendra Owenby and Tech. Sgt. Daniel Gagnon, 134th ARW Public Affairs)



MEDICAL MINUTE

By Maj. Jennifer King, 134th Medical Group

Happy March 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
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	HEARING EXAMS/ANAM
1300-1430 HOURS	IMMUNIZATIONS

Mental Health Assessments (MHAs) will be scheduled by appointment time

SUNDAY UTA

CLOSED FOR TRAINING W/EXCEPTION OF FOLLOWING TIMES:

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

** CONTACT 134th MDG 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 134th ARW on Social Media!

Follow McGhee Tyson ANG Base & the 134th Air Refueling Wing on social media! Check out our stories, photos, videos, graphics and current news at the 134th ARW website, DVIDS (Defense Video Imagery Distribution System), the 134 ARW Facebook page, and the quarterly Volunteer State Guard Magazine distributed by Tennessee National Guard Joint Force Headquarters! And now check us out on the brand new 134th Air Refueling Wing App! Find us on the App store!

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 photo by Senior Master Sgt. Kendra Owenby, 134th ARW Public Affairs)

OPSEC Minute



(Submitted by Maj. Joey Reed, 134th ARW OPSEC)

JEAA



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:

Paprika Beef
Ginger Pork
Steamed Rice
Pan Fried Noodles
Carrots
Brussel Sprouts
Gravy/Sauce
Broccoli

Sun:

Blackened Catfish
Oven Fried Chicken
Fried Potatoes & Onions
Hoppin John
Corn Pudding
Greens
Gravy
Gumbo