

THE VOLUNTEER

January 2019



EDITORIAL

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ABOUT THE VOLUNTEER

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Cover: The Wing Christmas tree in front of Headquarters shines in the pre-dawn darkness with the flight line and hangar in the background. (U.S. Air National Guard photo by Senior Master Sgt. Kendra Owenby)

Opposite: 'Fireworks' and 'Coffee Cup' photos courtesy of Pixabay.com. 'Hands' graphic courtesy of Freepik.com.



134th Air Refueling Wing Volunteers

Vision:

Volunteers supporting and defending America

Federal Mission:

Support rapid global mobility and sustainment by providing world-class personnel, vital air refueling and airlift capabilities for contingency response and sustained combat operations.

State Mission:

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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119th COS works with local community

Members of the 119th Cyber Operations Squadron participated in a tabletop exercise in Greenville, Tenn. on December 3, 2018.

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134th Air Refueling Wing members participated in a wreath-laying ceremony to honor fallen veterans over the holiday season.

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Wing Christmas Party

A few photos from the Wing Christmas Party during December UTA

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Promotions

December promotions by rank and ceremonies this month



Local Airmen honor veterans with wreath ceremony

Over 500 volunteers came together to adorn the headstones of military veterans with wreaths Dec. 15. Wreaths Across America is an event that takes place in all 50 U.S. states, at sea and abroad to honor and remember the fallen. (U.S. Air National Guard photo by Staff Sgt. Darby Arnold)

Military veterans honored during National Wreaths Across America Day

by Staff Sgt. Darby Arnold 134th Air Refueling Wing Public Affairs



KNOXVILLE, Tenn. (Dec. 15, 2018) - Over 500 volunteers from East Tennessee joined forces Dec. 15 to place wreaths on the headstones of military veterans at three Knoxville-area cemeteries

The collective gesture was part of National Wreaths Across America Day, which takes place the third Saturday of December each year as a way to honor men and women who, for generations, have answered the nation's call.

"It meant a great deal to be a part of something so special," said Staff Sgt. Makayla Cordell, a member of the 134th Air Refueling Wing. "It was really humbling to see how supportive the local community was of our military and Veterans."

After a small ceremony, volunteers dispersed across the three cemeteries to place approximately 1,900 wreaths on the grave headstones. As wreaths were placed, the names of the Veterans were read aloud.

Jessica Callihan, a Navy Veteran and volunteer, said it meant everything to her to be able to honor her fallen brothers and sisters.

"This tradition shows that although they are gone from this world, we have not forgotten them," Callihan said.

The annual event is organized by Wreaths Across America, a non-profit organization focused on remembering fallen veterans from the Revolutionary War through present-day conflicts, and takes place at more than 14,000 locations across the U.S. at sea and abroad. More information can be found at www.wreathscrossamerica.org.

Staff Sgt. Makayla Cordell, member of the 134th Air Refueling Wing, places a wreath on the headstone of a military veteran as part of a National Wreaths Across America event Dec. 15. More than 500 volunteers from East Tennessee placed over 1,900 wreaths on graves as a way to remember and honor those who have served and sacrificed. (U.S. Air National Guard photo by Staff Sgt. Darby Arnold)

119th Cyber Operations Squadron Guardsmen facilitate cyber attack exercise with community

by Staff Sgt. Melissa Dearstone 134th Air Refueling Wing Public Affairs

GREENEVILLE, Tenn. (Dec. 3, 2018)—Information Technology specialists and legal advisors from the Tennessee National Guard came together with local Greeneville agencies for the first time to assist in a table-top cyber exercise Dec. 3.

The exercise included Soldiers and Airmen from Knoxville, Tennessee Joint Force Headquarters in Nashville and the Kansas National Guard working with Greeneville entities such as the sheriff's department, local police, Greeneville City Schools, local healthcare facilities, and city and county mayors along with other local agencies that may be affected in the event of a cyberattack.

Personnel gathered at the Greeneville Emergency Operations Center where they were briefed by local leadership as well as leadership from the 119th Cyber Operations Squadron, who organized the scenario and were in charge of facilitating the exercise.

"The reality is worst case scenarios do happen, and although the likelihood is low, you do not want to be put in a position where you are unprepared," said Col. Chris Smith, 119th COS commander.

Greeneville City Administrator Todd Smith, who is also a lieutenant colonel and plans and programs officer for the 119th COS, said in today's time, a cyberattack could really happen even in a smaller town.

"Last year, Spring Hill, Tennessee, had a cyberattack costing them over \$100,000 and three to four months of work among public organizations to get it fixed," said Smith. "This was considered a small cyberattack, so these types of things could really happen."

As the exercise kicked off and the scenario was briefed, local agencies worked together to decide on the processes and planning that would need to take place in the event of an attack.

Guard members were there to not only facilitate, but to also figure out where they could lend a helping hand in the event of a real-world situation.

Capt. Chris LaBanca, 119th COS cyber warfare officer, said this type of exercise is new to them too, so everyone is learning together.

"This is the first time we have done this type of exercise, and it is the first time for Greeneville as well," said LaBanca. "Our goal here today is to explore and get a better understanding as to what the Tennessee National Guard can do to help the local communities in response to a cyberattack."

The response to the exercise was overwhelmingly positive by Greeneville personnel and Guard members.

"Between 60-70 personnel attended the event," said Lt. Col. Scott Wenger, 119th COS strategy division. "This was a great opportunity for the Tennessee National Guard to demonstrate their ability to coordinate, train, assist and advise during domestic events requiring domestic support to civil authorities."



Above - Members from the TN and KS National Guard gather in their mock Emergency Operations Center during a table-top cyber exercise in Greeneville, Tennessee Dec. 3. The exercise was the first of its kind for the Tennessee National Guard and for Greeneville. (U.S. Air National Guard photo by Staff. Sgt. Melissa Dearstone)



Right - The Tennessee National Guard coordinated with the town of Greeneville, Tennessee to facilitate a cyber table-top exercise Dec. 3. The purpose of the exercise was to help identify how Greeneville would defend against a cyber incident and how the Tennessee National Guard could provide support. (U.S. Air National Guard photo by Staff. Sgt. Melissa Dearstone)

134th ARW Christmas Party



U.S. Air National Guard photos by Tech. Sgt. Jonathon Young and Tech. Sgt. Dan Gagnon



134th ARW 2018 Giving

Santa Cops:

\$10,518 raised
73 children visited

MXG Toys for Blount Cnty:

106 toys collected

JEAA Canned Food Drive:

862 items donated

FSS Angel Tree:

86 foster children supported

**LRS for Clairborne Co.
Hunger Ministries**

250 gifts delivered



TENNESSEE AIR NATIONAL GUARD *** DRILL-STATUS OFFICER VACANCY ANNOUNCEMENT ***

Opening Date: 1 Dec 2018

CLOSING DATE: 15 Feb 2019
NLT 1600 COB

POSITION: Public Affairs (Traditional, Non-Flying)

TITLE: Public Affairs (DAFSC: 35P)

AUTHORIZED GRADE: Maj/ 0-4(Prior commission not required)

UNIT: 134 ARW Wing Staff

DUTY STATUS: This is a Drill Status Guard (DSG) position, NOT full-time employment. Applicants are expected to meet all Unit Training Assemblies and Annual Training requirements annually.

Specialty Summary: Provides public affairs advice, trusted counsel, and support to commanders, other senior leaders, and unit personnel. Leverages communication capabilities through an integrated approach to advance commanders' mission priorities by researching, planning, resourcing, executing, and evaluating public affairs operations. Communicates timely, truthful, accurate, and credible information about Air Force activities to internal and external military and civilian domestic and international audiences, while maintaining due regard for security, accuracy, privacy, and propriety. Builds, maintains, and strengthens public trust and support for the Air Force. Provides leaders with communication tools to build, maintain, and strengthen Airman morale and readiness. Contributes to U.S. global influence and deterrence through information engagement.

Eligibility Requirements:

Must be a citizen of the United States. To be eligible for an original appointment the applicant must be at least 18 years of age and not reached his/her 40th birthday. Previous military service will be accounted for to adjust the age to over 40, adjusted age must not be over 50 and must be able to complete 10 years commissioned service before retirement.

AFSC – 35P

AFOQT Scores: Verbal: 15 Quantitative: 10

Knowledge: Knowledge is mandatory including electronics theory, information technology, telecommunications and supervisory and control systems including cryptography, vulnerability assessment and exploitation techniques. Additionally knowledge will include operational planning, governing cyberspace operations directives, procedures and tactics.

Experience: Knowledge of the following core competencies is mandatory: Force Development, Career Development, Force Management, Civilian Employee Management, Requirements Determination, Organization Principles, Performance Management, Manpower Resource Allocation, Customer Support, Readiness, Food Operations, Fitness Operations, Lodging Operations, Recreation, Protocol, Resource Management, Mortuary Affairs, Casualty, SAPR, EO, Resiliency and Quality of Service Programs.

Education: Tier 1-Communication, Journalism and Related Programs. Tier 2- International Relations and National Security Studies, Political Science and Government, Marketing. Tier 3-Any degree is permitted.

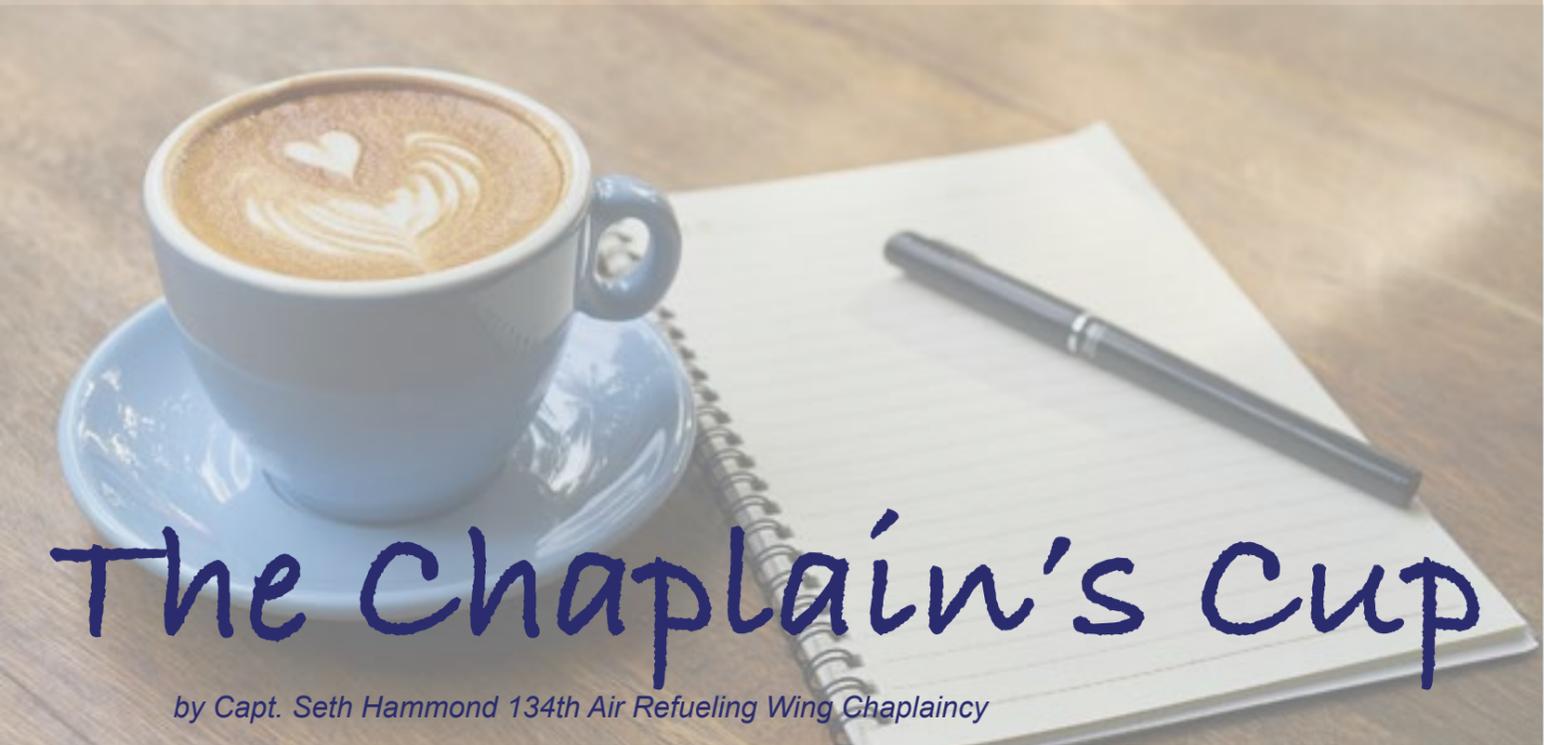
Physical Requirements: Must be in good physical condition and be medically qualified in accordance with applicable Air Force and Air National Guard regulations. Must meet Air Force and Air National Guard weight and fitness standards.

Security Requirements: Specialty requires routine access to Secret material or similar environment. For award and retention of AFSCs 35P, completion of a current National Agency Check, Local Agency Checks and Credit (NACLIC).

Gifts of the season

Andreana, Jessii, Chad, and Lynne, family of 134th ARW Crew Chief Master Sgt. Troy Verbowski, visited the 134th ARW on December 10, 2018 to deliver 6,000 homemade cookies to Wing members. The Verbowski family has made this an annual tradition for 16 years. (U.S. Air National Guard photo by Senior Master Sgt. Kendra Owenby)





The Chaplain's Cup

by Capt. Seth Hammond 134th Air Refueling Wing Chaplaincy

Aiming High in 2019

In his book, 'Who Switched the Price Tags?', Tony Campolo recorded the results of a sociology study involving fifty people, age ninety-five and older. Researchers asked these participants one question: "If you could live your life over again, what would you do differently?" Three answers dominated the results:

"I would reflect more."

"I would risk more."

"I would do more things that would live on after I am dead."

Aren't these answers interesting? In a crazy busy world, it is easy for us to not stop and smell the roses. It's easy for life to fly by without any reflecting. This new year, why don't you make it a goal to spend more time in reflection. Reflect on all the areas in your life: Your life goals, your spiritual life, your relationships, your finances, and your health. It's important to take the time to reflect.

Sometimes in life we need to take risks. What risks do you need to consider taking? As you consider taking risks, be sure to investigate before you initiate. Evaluate the pros and cons of the decision. After you have done your homework and received the right counsel, it may be time to take a leap of faith. Aim High!

Serving in the military is something that is honorable and will be remembered by those who are closest to you. What other things can you do to make an impact in the lives of others? How can you build a legacy?

Make 2019 a year where you spend more time in reflection. Make 2019 a year where you take positive risks that will impact others for generations to come.

Welcome Mr. Bill Connor, Airman and Family Readiness Program Manager



Mr. Connor spent 25 years as an Air Force broadcaster and public affairs specialist. During this time he served many overseas tours before transitioning to the Texas Air National Guard and finishing his time as an instructor at the TEC. Welcome to the 134th family!

A new year

by Maj. Jennifer King 134th Air Refueling Wing Medical Group

I hope everyone had a very happy holiday season! It's once again that time of year when we encourage each other to be active Wingman and check in with your buddies. The holidays and the days after can be so much fun and bring such joy. Yet, they can also be rushed, stressful and downright lonely.

Please be aware of what your fellow Wingman are going through. Financial issues are often exacerbated during and right after the holidays. Health issues can suck the joy right out of the season. Especially be aware of those who have suffered loss this year or in previous years around the holidays. Traditions can really open up wounds when loved ones aren't there to participate with us. Sometimes, all it takes is a friendly text or call to remind us that someone cares, and that can make all the difference in the world.

If you find yourself struggling around this time of year, try to be gentle with yourself and build in some down time to process what you are going through. Let others know what is going on so they can be there for you as well. One of my biggest hangups is thinking that no one needs to hear my issues too, they've all got their own stuff and I don't want to be a burden. Yet, I'm also very aware that I want to be there for my people when they are struggling and that my people feel the same about me.

As always, if you find yourself in a dark place and needing a hand to get through, no matter the time of year, we at the 134th Medical Group are always available. We have full time staff here and, at least most days, have a provider here as well. If not, one of us can normally get in within a day or so to meet with you. We would always rather lend a hand before a crisis develops. Please don't hesitate to call us!

Lastly, it's a bit off topic, but there has been a surge of positive drug tests in the Guard around the country due to Canabidiol (CBD) oil use. We recognize that this product is advertised as cannabis free and safe. However, it is not regulated meaning there is no guarantee that it is pure or safe. It is also still 100% off limits to military members and its use will not constitute a valid excuse for a positive test. It will get you in trouble with the Air Force, so please refrain from using CBD oil or CBD derivatives/products.



MEDICAL HOURS

PLEASE REFER TO LISTED HOURS FOR SERVICES AT THE 134TH MEDICAL GROUP

SATURDAY

PHYSICAL HEALTH ASSESSMENTS (PHA'S)
0815-1130

SELF-ASSESSMENT MEETING
0830-1100

FITNESS FOR DUTY EVALUATIONS
0830-0900

FLU SHOTS/IMMUNIZATIONS
0830-1100

QNFT TESTING
0830-1130

DEPLOYMENT PROCESSING/ANAM TESTING
0830-1100

FITNESS TESTING EVALS
1000-1100

LUNCH
1130-1230

IMMUNIZATIONS
1300-1430

SECTION SPECIFIC/AFSC TRAINING
1300-1530

WAIVER/MEDCON/LOD APPS W/DOCS & PAS
1300-1500

HEARING EXAMS/ANAM
1300-1500

SUNDAY

FITNESS FOR DUTY EVALUATIONS
0730-0800

**DEPLOYMENT INPROCESSING
241ST (TRAINING RM)**
0900-1100

FLU SHOTS/IMMUNIZATIONS
1300-1345

Medical Group is closed for training on Sunday with the exception of the listed times and activities.

MENTAL HEALTH ASSESSMENTS
MHAs will be scheduled by appointment only.

CONTACT MEDICAL GROUP
To make an appointment outside of listed times call 336-4277

REMINDER: REPORT ALL NEW MEDICATIONS TO MED GROUP

- * Individuals requiring lipid tests must fast for 14 hours prior to physical examination.
- * Individuals are not to consume any alcohol for at least 72 hours prior to physical examination.
- * If you wear glasses you must bring them with you for physical. Please do not wear contact lenses for exam.
- * If you are deploying, please check with the clinic well in advance of departure date for immunization requirements.
- * DNA testing will be conducted from 0830-1100 Saturday. Please have your personnel report at the scheduled time.

TAKE NOTE

PUBLIC AFFAIRS CUSTOMER SERVICE HOURS



The photo studio is open Saturday of UTA from 1230-1500 for new member portraits, official photos and passport photos.

ISOPREPs are now handled by Intelligence Flight at 336-4417.

The photo studio also offers photos by appointment

SECURITY FORCES CUSTOMER SERVICE HOURS



134th Security Forces Squadron offers customer service hours Monday-Friday from 0800-1100 and 1200-1600.

CLOTHING ISSUE CUSTOMER SERVICE HOURS



Clothing Issue is open for customer service:
Friday from 0800-1100 and 1300-11530
Saturday of UTA from 0900-1100 and 1300-1600
Sunday of UTA from 0800-1100

MOBILITY CUSTOMER SERVICE HOURS (BLDG 264)



Mobility is open for customer service:
Saturday of UTA from 0900-1100 and 1300-1600
Sunday of UTA 0800-1100

JUNIOR ENLISTED ADVISORY ASSOCIATION



The JEAA meeting will be Sunday 13 January at 1230 in the CE Auditorium.



TAKE NOTE

ROCKY TOP MENU

Saturday:

- Cilantro Lime Chicken
- Steak and gravy
- Philly Sandwich/Grill Chicken
- Mashed Potatoes
- Asparagus
- Cheese Sticks
- French Fries
- Carrots
- Rice Pilaf

Sunday:

- Herb Pork/Mustard Dill Fish
- Hamburgers/Grilled Chicken
- Roasted Sweet Potatoes
- Brown Rice
- Peas/Black-Eyed Peas
- Tater Tots/French Fries
- Chili
- Collard Greens
- Baked Beans



LONG DISTANCE PIN NO LONGER REQUIRED

Long Distance pin no longer required to make long distance calls from a base phone.

- *Dial 134 and wait for dial tone
- *Dial 1, then 9-digit number (including Area Code)

Call Comm. Focal Point at 336-4357 for more information



2019 CALENDAR NOW ON THE APP!

The 134th ARW app now has the UTA and down Monday calendar programmed in! It's never been easier to plan out your year. Just download the app, navigate to the Wing Calendar and tap each event to add to your phone calendar.



134TH ARW SOCIAL MEDIA

The 134th ARW is on Facebook! Follow our page for news stories and Wing events.

Search 134 ARW on YouTube for our videos!

The 134th ARW official webpage is: www.134arw.ang.af.mil



TOP THREE

The Top Three meeting will be Sunday 13 January at 1300 in the dining facility classroom.



Promotions

Senior Airman

William Edwards
Jacob Fowler

Staff Sergeant

Joshua Wilson
Carie Border
Paul Funk
Nathaniel Hartley

Technical Sergeant

Clint Charles
Chelsea Teffeteller
Steven Purdy
Aaron Burchette
Martin Yates
Philip Moore

Chief Master Sergeant

Gary Ornduff



Promotion Ceremonies January UTA

Doug Taylor, promotion to Chief Master Sergeant
0900 Saturday in the Orange Hangar

Gary Ornduff, promotion to Chief Master Sergeant
1600 Saturday in Wingman Hall

Ronald Selvidge, promotion to Colonel
1430 Sunday in the Orange Hangar



U.S. Air National Guard photo by Tech. Sgt. Jonathon Young

CHIEF LUNCH & LEARN

MENTORSHIP

OPPORTUNITY

- Meet During UTA Lunch
- Meet @ DFAC
- One on One
- 1 Hour Session
- Career Review
- Ask Questions
- Hear from Experience



**FIND A MENTOR FOR YOUR CAREER
REQUEST YOUR SESSION TODAY!**

Sessions will be scheduled the UTA after your request is made. Full time personnel can be scheduled outside of the UTA schedule. If a Chief from a particular career field or unit is desired, please specify in your request. Specific time will be provided the Friday before UTA.

E-mail SMSgt Jason Graf at john.j.graf2.mil@mail.mil
To Reserve Your Session

OPSEC



New Year Resolutions



1. Take more naps.
2. Go to the gym. (Driving in the parking lot counts)
3. Save enough money to install dancing water fountains in front yard.
4. Take a trip. Since money may be tied up with the fountains, this may be cut off the list.
5. Keep your mouth shut!

Think OPSEC