

THE VOLUNTEER

April 2019



EDITORIAL

THE VOLUNTEER MAGAZINE IS PUBLISHED MONTHLY BY:

134th ARW Public Affairs
134 Briscoe Dr
Louisville, TN 37777
(865) 336-3214

CHIEF OF PUBLIC AFFAIRS:

Lt. Col. Travers Hurst

PUBLIC AFFAIRS OFFICER:

1st Lt. Jonathon LaDue

PUBLIC AFFAIRS SUPERINTENDENT:

Senior Master Sgt. Kendra Owenby

PUBLIC AFFAIRS SPECIALISTS:

Tech. Sgt. Jonathan Young

Tech. Sgt. Daniel Gagnon

Tech. Sgt. Teri Eicher

Staff Sgt. Melissa Dearstone

Staff Sgt. Darby Arnold

Airman 1st Class Kaylee Patterson

ABOUT THE VOLUNTEER

This magazine is an authorized publication for members of the U.S. military services. The content is edited, prepared, and provided by the McGhee Tyson ANG Base Public Affairs Office. The contents of THE VOLUNTEER are not necessarily the official views of, or endorsed by, the U.S. Government, DOD, or the Department of the Air Force. THE VOLUNTEER welcomes any articles and ideas that will help improve the content. If you have questions or comments, please contact Lt. Col. Travers Hurst, CCE/PAO at extension 336-3205, or travers_e.hurst.mil@ang.af.mil.

All imagery is produced by 134th ARW Public Affairs, is public domain, or otherwise specified.

Cover: Airman 1st Class Gene Gunner. (U.S. Air National Guard photo by Staff Sgt. Darby Arnold)

Above: An F-35 approaches the boom of a 134th KC-135 to refuel. (U.S. Air National Guard photo by Senior Master Sgt. Kendra Owenby)

Opposite: 'Lightbulb', 'Pink Panther', 'Tiny Men', 'Easter Eggs', 'Flag', 'Shooting', and 'Note' photos courtesy of Pexels.com.

Chief's Coin on flag. (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)



134th Air Refueling Wing Volunteers

VISION

Volunteer Ready

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.

In this issue:

3



Warrior Airmen

Two Airmen placed in the 2019 Tennessee Best Warrior Competition, including a member of the 134th ARW.

4



The Chief's Corner

Core Values have a place in your every day life.

5



Innovation Time!

Got a great idea to make your job better?

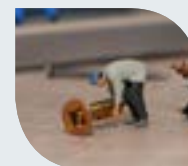
7



Hope for tomorrow

April is Alcohol Awareness Month, and we have resources to help.

8



TAP Out

The TAP program exists to help you transition to civilian life.

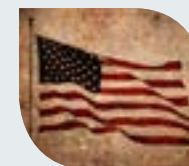
10



2019 Egg Hunt

The 2019 Egg Hunt is April 13th!

11



Job Openings!

The 134th ARW has openings for a boom operator and maintenance officer!

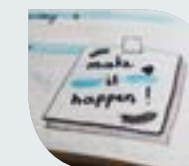
12



Medical Group Hours

Medical Group hours and notes

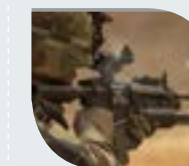
13



Take Note!

PA, SFS, LRS, and Mobility hours, Rocky Top Menu, and more

14



Like Guns?

The 2019 Adjutant General Match is coming soon!

15



Promotions

March promotions

134TH AIRMAN JOINS RANKS OF TENNESSEE BEST WARRIORS

by Staff Sgt. Darby Arnold, 134th ARW Public Affairs



Members of the Tennessee Air National Guard joined forces with the Army National Guard to participate in the 2019 State Best Warrior Competition in Tullahoma, Tenn. This was the first year the Air National Guard competed in what has been an all-Army competition. Airmen and Soldiers were tested both mentally and physically by multiple challenges throughout the five-day competition. Events included both day and night land navigation tests, an obstacle course, a weapons test and other physical challenges.

Spectators from both the Tennessee Army National Guard and Air National Guard came to support their representatives, including Assistant Adjutant General, Air, Col. Jason Glass.

“We are all trying to build a joint force,” Glass said. “We are all Tennessee

Guard. We are really working toward that. This is just another step in that direction. We have great leadership, we’ve got incredible Soldiers and Airmen across the State of Tennessee and they do incredible things every single day.”

At the end of five days, Airman 1st Class Gene Gunter from the 134th Security Forces Squadron placed second in the E1-E4 Soldier of the Year category. Tech. Sergeant Travis McNatt from the 164th Security Forces Squadron in Memphis, Tenn., placed third in the E5-E7 Noncommissioned Officer of the Year category.

Next year the Tennessee Best Warrior Competition will continue to grow, with the addition of Tennessee’s State Partnership Program partner, Bulgaria.

Left: Airman 1st Class Gene Gunter puts his skills to the test during the day-time land navigation portion of the Best Warrior Competition. Participants must map out their coordinates on a grid to find designated locations in the woods outside of Tullahoma, Tenn.

Right: Representing the 134th Air Refueling Wing Security Forces Squadron, Airman 1st Class Gunter takes a break from the heat of the competition to pose for a portrait. Gunter was one of only two Air Force competitors in the 2019 Tennessee Best Warrior Competition. (U.S. Air National Guard photos by Staff Sgt. Darby Arnold, 134th ARW Public Affairs)



THE CHIEF'S CORNER

by Chief Master Sgt. Kevin L. Trostle, 134th ARW Communications Flight

Several years ago I read a story from an ancient book about an individual who was a government employee. He was taken captive from his country and transported to Babylon after a war between their two countries. After a one-year evaluation period, the employee was selected to serve in the administration of the king due to his intelligence, ability to interpret dreams, knowledge and good judgement.

Over time, the king decided to divide the country into 120 provinces and placed this man and two other individuals in charge of them all. It wasn't long before he was found to be more capable than the other administrators in overseeing government affairs. This resulted in the king deciding to place him in charge of the entire country, which hurt the feelings of the other two government officials. They decided to try and find any way to discredit him and remove him from office. The investigators they hired began to comb through his personal life, but they were unable to find anything he could be criticized or condemned for doing. They began scrutinizing how he conducted government business. Again, they were unable to find anything wrong. He was squeaky clean in every aspect of his life. The government officials then attempted to unseat him through another mean-spirited trap but failed miserably. Ultimately he was elevated to vice-king status and ruled over the country.

How was he able to survive and thrive through this tumultuous period in his life?

The answer is found from the results of their investigation. He had three core values infused into his life which provided him with stability, strength, self-awareness and purpose. The core values were noted as **Being Faithful, Always Responsible** and **Completely Trustworthy**. These values line up perfectly to the Air Force Core Values of today—**Service Before Self, Excellence in All We Do** and **Integrity First**, respectively. As Airmen and civilians of the Tennessee Air National Guard—both military and civilian—we can learn a valuable lesson from this story and use the similar values to guide our lives.

If we remain faithful in our duties, responsible in our conduct and trustworthy in our obligations and actions, the mission of the 134th Air Refueling Wing, and its tenant units, will continue to be highly successful. I look for these core values in others throughout our Wing who desire to become future leaders. If we choose to implement these core values into each of our lives we will always be Volunteer Ready whenever called upon by our State and Nation.

Air National Guard Innovation Project

We need your ideas! Please contact your unit representative with your ideas that could improve the unit, your squadron or your job. We have a tight timeline so don't hesitate, bring us your ideas and research NOW. Be ready to execute!

134th ARW Innovations Project Representatives:

Operations - Lt. Col. Glen Beam, Lt. Col. Hiram Williamson, Tech. Sgt. Joe Jones, Staff Sgt. Tara Kidwell, or Master Sgt. Tyler Ott

Maintenance - Lt. Col. Bart Wilder, Master Sgt. Samantha Jorgensen, or Master Sgt. Bethany Hill

Medical - Tech. Sgt. Elizabeth Ferguson

Mission Support - Lt. Col. Todd Pinkard, Senior Master Sgt. James Cutshaw, Master Sgt. Jeff Hurst, Chief Master Sgt. Richard Lusby, Staff Sgt. Lisa Maxwell, Lt. Col. Art Douglass, Senior Master Sgt. Joey Hungate

Headquarters - Master Sgt. James Palmer

Example Projects

Alert Route Lighting System 121 ARW

A wirelessly controlled Alert Route Lighting System, controlled by Command Post - using off the shelf technology - for about \$400 per light. Installed system for less than \$15,000, compared to systems designed by contractors at \$1.5M +

Automated Bench Stock & CTK Locker 134 ARW

Stand-alone cabinet that creates a timestamp when accessed; pre-designate who can access the cabinet at what time; CAC access; RFID reader with network access to reports; 24 Hour Tool Control

The Chaplain's Cup



Making Progress

by Capt. Nathan Tarr, 134th Air Refueling Wing Chaplaincy

John Bunyan is the author of *The Pilgrim's Progress*, the best-selling book in English after the Bible. One of the traits that makes Bunyan enduringly popular as an author is his ability to notice life's common experiences and capture them in short, memorable observations. Time and time again, you get the sense that he is both relating to you in your situation and reminding you of something important that changes your perspective on what you are going through.

For example, Bunyan's novel presents us with the seemingly endless difficulties that we encounter in this life: Not being sure of our goal or how to get there. Trusting family and friends who then betray us. Finding that life is working out very differently than we thought it would. Disappointing ourselves with the way we behave. Wondering if we have finally messed things up so badly that we don't have a way to move forward. All of these experiences are described in Bunyan's book in some way or another. As a kind of summary image in the middle of the book the main characters are imprisoned in "Doubting Castle," ruled over by "Giant Despair." It's a bleak place to be.

At one point, however, Bunyan observes, "It is said that in some countries trees will grow but they bear no fruit, because there is no winter there." And just like that, our perspective changes. Winter's bleak and endless nights no longer have the last word; Spring is coming and with it, the warmth of the sun and the flowering of fruit blossoms. But Bunyan's point is even better than that: Beyond reminding us that the cold eventually gets worn away by the change in seasons, Bunyan calls our attention to the connection between barren seasons and bearing fruit. The good stuff in our lives—the character we develop, the wisdom we gain, the spirituality we cherish—often results from going through the hard times.

As we watch Winter turn to Spring around us, this is a helpful reminder. Many of us, no doubt, are facing challenges like those in Bunyan's book. Areas in our life where we found joy and comfort now seem cold and bleak. When we are honest, we may admit it seems hopeless. But Winter doesn't have the last word: It gives way to Spring. To put it in the language of Easter, death is conquered by resurrection. And those of us willing to bear up in the hard times find that we have been changed for the better. If this is the kind of encouragement you could use, the Chaplain's office would love to talk with you. Give us a call at 336-3217 or come by next time you are on base.



Help for today, hope for tomorrow

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

Unfortunately, many Airmen assume that as long as they're over 21 and their drinking doesn't lead to an official "incident," they are fine. However, this is simply not true.

Binge drinking is popular with social drinkers, and is classified as consuming five or more drinks within a few hours for males, and four or more for females. Binge drinking greatly increases the risk of alcohol-related incidents, but can also lead to alcoholism. For men, consuming more than four drinks in one day or more than fourteen per week is considered high-risk behavior for developing an Alcohol Use Disorder. For females it is more than three drinks in a day or seven per week. These numbers assume one drink is twelve ounces of beer, five ounces of wine or one-and-a-half ounces of spirits. This puts many people who consider themselves social drinkers at increased risk for developing AUD.

Alcoholism itself has a complex definition. Put simply, it involves overuse of alcohol plus the inability to curtail drinking when it has a negative effect on an individual's life. Any time these behaviors are identified in ourselves or our wingmen, intervention is necessary.

You might be asking what you should do now, and that depends. If you are the one needing help, ask. At the 134th MDG we are available to help, as are the Chaplains, your supervisor and your first sergeant. We are more than happy to help you walk the path of recovery.

If one of your troops or Wingmen needs help, talk with them. Let them know you are concerned and want to help them before an incident occurs that harms them, their family, their career or their unit. Escort them to your leadership, the chaplains or the medical group. We recognize that asking for help is daunting, but it does produce results. Airmen who have stepped forward have been successfully rehabilitated and are still serving. More importantly, they are healthier and happier, as are their families. Seeking help now prevents a crisis later on.

Please, if you think you might have an issue with alcohol, don't let it come down to disciplinary or legal action, injury or death. Get help now and get back on track. You and your life are worth it!

April is Alcohol Awareness Month and this year's theme is, "Help for Today, Hope for Tomorrow." Along these lines, we at the 134th Medical Group want to ensure we are providing the resources Airmen need. Whether to address alcohol-related behavioral issues, abuse, or addiction, we seek to help Airmen create a better future for themselves, their families and their unit.

First, let's address the reason leadership of the 134th Air Refueling Wing is concerned about alcohol awareness. Alcohol consumption has long been a part of the military culture, and along with that comes the responsibility of ensuring we, as Wingmen, are taking care to prevent alcohol-related incidents and issues. Throughout the Air Force, a large percentage of disciplinary actions involve alcohol, as do almost all sexual assault cases and suicides. Unfortunately, the 134th ARW is not immune to these influences, and we always wonder if a situation could have been prevented by appropriate intervention.

What circumstances call for intervention? The obvious cases are any event that ends up involving police action. This includes alcohol-related driving offenses, public intoxication, disorderly conduct and assault cases. Additionally, all underage drinking cases also require intervention.

DON'T FORGET TO TAP OUT!

Mr. Bill Conner, 134th ARW Airman and Family Readiness Program Manager

Retiring? Separating? Make sure you “TAP Out!”

Today we live in a world of Do-It-Yourself for just about everything we do. If you buy a bookcase it comes in a box with a set of instructions and you assemble it in minutes. 180 minutes on average, but eventually you get it done. You can subscribe to food services where dinner shows up on your doorstep: just follow the step-by-step procedure, complete with pictures, and you can prepare a gourmet meal. If you need to replace a water heater in your home or a starter in your car? No problem, the videos on YouTube can walk you through every step. You'll feel like a shade-tree mechanic in no time.

Whatever the new task or endeavor is, we instinctively seek out the checklist or instruction manual that will get us there. Many folks, though, are unaware that this is especially true as they start one of the most significant endeavors in their life: their retirement or separation from the military. There is definitely a transition process in place, and the government has made it MANDATORY for all military members.

The Transition Assistance Program, or TAP, is legislation designed to make separating military members aware of job-finding and career enhancement skills, along with access to education benefits, and veteran's benefits and services. It also provides the tools necessary for the military member to really wrap their head around the changes they will face as a separated or retired member, and how to prepare for them. These tools include workshops from the Department of Labor and the Veteran's Administration, online skills assessments and individual transition programs. These opportunities are all extremely beneficial for planning the next chapters of your life as a civilian.

Again, the TAP is mandatory, and it's important to start planning as soon as you know you're separating or retiring. Requirements are different depending on your status, and the Airman and Family Readiness Program is here to help you with all of it.

Please call me at (865) 336-3107 or email me at william.a.conner4.civ@mail.mil. You can also learn more about TAP at www.dodtap.mil. I might not be able to help you with that IKEA entertainment center, but I can definitely help you make your transition to civilian life a successful one!



Protecting our People Protects our Mission

134th ARW & TEC Sexual Assault Response Team

24/7 Helpline: 865-336-3277

For TEXT: 865-352-9048

The SAPR Program

Sexual Assault is inconsistent with our AF Core Values. The AF SAPR mission is to educate, advocate, and collaborate to stop sexual assault and to provide direct response services to victims of sexual assault. The AF will ensure response services are gender-inclusive, culturally competent and recovery-oriented.

Sexual Assault: SAPR policy defines sexual assault as intentional sexual contact characterized by: force, threats, intimidation, abuse of authority, or when the victim does not or cannot consent

Consent: SAPR policy defines consent as a freely given agreement to the conduct at issue by a competent person

- An expression of lack of consent through words or conduct means there is **no consent**
- Lack of verbal or physical resistance or submission resulting from the use of force, threat of force, or placing another person in fear **does not constitute consent**
- A current or previous dating or social or sexual relationship by itself or the manner of dress of the person involved with the accused in the conduct at issue **shall not constitute consent**
- A sleeping, unconscious, or incompetent person **cannot consent**

Program Oversight: Installation or host Wing Commander has oversight over local SAPR Program to **ensure immediate, and trained response capability exists to support victims** (cont.)



Upcoming 134th ARW SAAPM Events

April 6

SAPR Door Decorating Contest
Winner will be informed and given prize.

April 16

Teal Treat Tuesday: Treats in break rooms with SAPR info on them

April 24

Annual Denim Day: Members are approved to wear Jeans to work.

Confidential Resources

134th Sexual Assault Response 24/7 helpline: 336-3277

134th Wing Director of Psychological Health: 865-336-4017/ 865-201-8129

134th Chaplin Office: 865-633-0000 or after hours 1-877-927-8387

Sexual Assault Center of East Tennessee: 865-558-9040 or 24/7 Crisis Line: 865-522-7273

DoD SafeHelpline-1-877-995-5247 or www.safehelpline.org

SAPR services are **available 24/7**, for all locations, including deployed locations

SAPR personnel will ensure victims are protected, treated with dignity and respect and receive timely access to appropriate medical treatment and services

Confidentiality: SARC/SAPR Victim Advocate (VA) have an obligation to protect confidential communication with the victim. Protections apply whether a restricted or unrestricted report from initial report onward.

Note: Disclosures may be required by law or regulation. These definitions are NOT the definitions used to determine whether adverse administrative or punitive action under the UCMJ is appropriate for an offense.

SAPR REPORTING OPTIONS

Unrestricted: investigated and command authorities are aware

Restricted: confidential, not investigated, reported to SARC, SAPR VA, or health care

****Exceptions to Restricted Reports:** Victim provides written authorization, To prevent/lessen a serious and imminent threat to anyone's health or safety, Officials participating on Disability Evaluation Boards and Medical, Evaluation Boards, SARC, SAPR VA or healthcare personnel supervising victim services, When required by law

Reporting outside the chain of command: When the alleged perpetrator is the commander (or equivalent) or otherwise in the victim's chain of command, the SARC shall inform such victims of the opportunity to go outside the chain of command to report the offense

Independent Investigation: When information regarding a sexual assault is provided to law enforcement by someone other than the victim (i.e. third party).

Mandatory reporters include: Commanders, First Sergeants, chain of command (includes supervisors, supervisory chain, AF Instructors), and law enforcement.

If a SARC is notified of an ongoing independent investigation and the victim has not signed a DD Form 2910 electing Restricted Report, the SARC must inform the victim that the option to file a Restricted report is no longer available.



SAAPM Events in the Community / Virtual Participation

Sexual Assault Center of East TN

(2455 Sutherland Ave. Bldg. B
Knoxville, TN 37919)

April 2nd: Day of Action/ Teal Day

April 3rd: Start by Believing Day

April 10th: Red My Lips Day

April 18th: Shatter the Silence Event from 5:30 to 7:30pm @ Blue Slip Winery & Bistro

April 24th: Denim Day

**Additional Event Information can be found on the Sexual Assault Center of East Tennessee's Facebook page and on their webpage
<http://mcnabbcenter.org/sacet>*

RAINN.org/saapm Staying Involved Throughout the month on a more individual experience

2019 Easter Egg Hunt

Date: Saturday April 13

Time: 10:00 A.M.

Where: 134th Air Park

The festivities will include face painting, a petting zoo, and photos with the bunny himself!

Non-candy prizes will be available for children with allergies

In case of inclement weather, the egg hunt will be moved to Sunday, April 14th.





AIRCRAFT MAINTENANCE– AFSC: 21AX
POSITION VACANCY ANNOUNCEMENT

Location: 134th MXG

MILITARY POSITION VACANCY (DRILL STATUS)

OPENING DATE: 1 Mar 19

CLOSING DATE: 15 Apr 19

Position Description:

Directs aircraft maintenance mission generation and repair network activities. Maintains workforce discipline and responds to personnel issues while balancing workforce availability and skill levels with operational requirements. Works with functional managers to develop, formulate, and manage fiscal resources. Instills maintenance discipline, security awareness and force protection concepts. Ensures accuracy of documentation, i.e. aircraft forms and automated systems. Ensures adherence to technical data, policy, procedures, and safe maintenance practices. Develops, coordinates, and executes flying and maintenance schedules. Manages aircraft configuration; daily aircraft servicing, weapons loading, launch, recovery, and repair; periodic aircraft maintenance inspections; and flight line safety and foreign object damage (FOD) prevention and dropped object programs (DOP). Manages overall aircraft fleet health and ensures aircraft availability to execute mission requirements. Analyzes aircraft maintenance indicators to identify trends and initiates corrective actions.

Required Application Documents: (Only send required Docs.)

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

Mandatory Qualification Requirements for 21A:

- Must be able to obtain a 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 named 134th Aircraft Main. Officer and email to **MSgt Aaron Sawyer** at **Aaron.j.sawyer2.mil@mail.mil**. You can also hand deliver or mail the application to Atten: MSgt Aaron Sawyer, 134 Briscoe Dr, Louisville, TN 37777.



KC-135 Boom Operator Opening

Location: 134th OPS

MILITARY POSITION VACANCY (DRILL STATUS)

OPENING DATE: 20 Mar 19

CLOSING DATE: 15 Jun 19

Position Description:

The 134th Operations Group will be conducting a Boom Operator Interview Board during the month of July 2019.

All interested members of the 134th Air Refueling Wing should submit a package to MSgt Tyler Ott via single PDF attachment to tyler.f.ott.mil@mail.mil and/or dropping the package off in person (Bldg 132 room 207).

The package should include:

A resume
Military and civilian info, (SF171 not accepted)
Two letters of recommendation
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.

MEDICAL HOURS

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

SATURDAY

PHYSICAL HEALTH ASSESSMENTS (PHA)
0815-1130

SELF-ASSESSMENT MEETING
0830-1000

FITNESS FOR DUTY EVALUATIONS
0830-0900

IMMUNIZATIONS/FLU SHOTS
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

MEDICAL IS CLOSED FOR
TRAINING ON SUNDAY WITH
THE EXCEPTION OF THE LISTED
HOURS.

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

MENTAL HEALTH ASSESSMENTS
MHAs will be scheduled by
appointment only.

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 the 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 April 7 at 1215 in the CE Auditorium with special guest State Command Chief Kenneth J.Simmons.



TAKE NOTE

ROCKY TOP MENU

Saturday:

Hamburger Steak/Lemon Chix
Grill Chckn/Burgers/Hotdogs
Rice/Mashed Potatoes
Broccoli/Beets
Great Northern Beans
Tater Tots
French Fries
Baked Beans
Chili

Sunday:

Baked ham/Baked fish
Grilled Chicken/Italian beef
Scalloped Potatoes
Mashed Potatoes
Corn/Creamed Spinach
Onion Rings/French Fries
Carrots
Cheese sticks
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 10-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 Social Media! Follow our Facebook page for news stories and Wing events.

Catch us on Instagram at 134_ARW!

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 April & at 1315 in the CE Auditorium with guest speaker State Command Chief Kenneth J.Simmons



Civilian Employee Information

Update Your CEI

The Civilian Employer Information (CEI) website has been redesigned with a more streamlined and fluid interface.

You must update your CEI by the following URL to navigate to the CEI website:
<https://www.updatecei.org>

Follow the instructions to enter your personal details and your employment details, then click the Update button. Note that you are no longer required to register or login to JSS to complete the CEI.

Once the CEI has been updated, a confirmation message will be emailed to the address you have listed in your personal details. Print out the email as proof of your compliance.

Please be aware that updating the Civilian Employer Information is mandatory.

THE ADJUTANT GENERAL (TAG) MATCH

Marksmanship Proficiency Training Exercise

**Location: Volunteer Training Site - Tullahoma
Tullahoma, Tennessee**

Who's eligible: Army & Air National Guardsmen

An outstanding opportunity to train with & gain valuable skills from some of the most talented marksmen in the Tennessee National Guard



**Rifle - (M16/M4)
June 27-30**

**Pistol - (M9/M11)
Aug 23-25**

All participants must be in a duty status. Status must be No Pay/Points Only Order, Split Drill, or Pay Order.

Top Soldiers/Airmen will be contacted to participate in future Regional and National matches.

*For more info contact:
SMSgt Kendra Owenby, x3214 or TSgt Scott Cavin x4043*

Promotions

Senior Airman

Dylan Wyatt
Samantha Strader
Bailee Smith
Kayla Roe

Staff Sergeant

Brandon Smith
Benjamin Householder
Sean Mueller
Anthony Rodefer

Technical Sergeant

Jeanette Simmering
Eric Schaeffer
Christopher Emmett
Heather Cooke
Steven Mullane
Michael Smith
Caleb Woods

Master Sergeant

James McDonald
James Robinson

Senior Master Sergeant

Donnie Pickel

First Lieutenant

Brittany Trentham
Alexander Matacia
Daniel Johnson

Major

Jason Harper
Timothy Ledbetter
Thomas Nick
Christopher Labanca
Timothy Nash

Lieutenant Colonel

Joey Reed
Ryan Watson
Jonathan Hutchinson





**Mission/Readiness
Focused Activities**

AFSC Focused Training

Developing Airmen

Saving Airmen's Time

Wrapped in a Culture of Safety

Are you Volunteer Ready?



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

SecDef says cyber is top modernization priority

Cybersecurity is a key component of the Defense Department's \$750 billion budget request for fiscal year 2020, acting Defense Secretary Patrick Shanahan told legislators on March 26.

Less than \$10 billion of that request is explicitly allocated for DOD cybersecurity efforts. But Shanahan testified before the House Armed Services Committee that "modernization is the most important thing we can do to maintain deterrence, create military capability, but that's also what enables us economically, so they really all tie all together." He also emphasized the state and local ripple effects that DOD investments create through industry relationships.

Shanahan added that the military must be "an enabler to unlock diplomatic and new relationships" rather than be a solution unto itself. While spending on cyber and emerging technologies represents only a sliver of the overall budget request, he called the investment in such critical areas "fundamental."

Diplomacy in an increasingly digital battlefield was a concern for committee members as well.

Rep. Seth Moulton (D-Mass.) praised the DOD budget for investing in new tech but asked if the virtual arms race in the cyber and artificial intelligence arenas might also be addressed with arms control restrictions.

"This is where we need to, in my view, do the most significant work," Shanahan said, adding that neither the Intermediate-Range Nuclear Forces Treaty nor the 2010 New Strategic Arms Reduction Treaty "contemplate artificial intelligence or these new weapons that have been created."

Entire Story:

<https://defensesystems.com/articles/2019/03/27/shanahan-dod-modernization-williams.aspx>

134 CF Information Assurance POCs:

MSgt Dora Jennings, ext. 4924
TSgt Adam Huskey, ext. 4936
SSgt Tyler Renner, ext. 4925

Email Usage Security:

By: TSgt Adam S. Huskey

* Be on the lookout for messages that just do not seem "right" or are promising outlandish things. As the old adage goes, if it seems too good to be true, it probably is.

* Financial Institutions, Utility Companies, Internet Service Providers and other institutions almost always have your account information to include PINs, Passwords, and Security Questions. So, it is extremely rare for requests to be made via email. Always call to confirm if there is a question using the phone numbers on your credit/ATM card, billing statement or official website. If in doubt, play it safe.

* Be wary if an e-mail attempts to prove legitimacy by using words such as "official," "mandatory," "urgent," or tries to instill a sense of urgency or fear by stating that it's "your last warning!" This is almost always a scam and a ploy to steal your personal information, or PII.

* Before clicking any links, ensure the text in the email matches the associated URL by holding the cursor over the link so the website link is shown. If the link doesn't match, it's very likely a spear-phishing attempt. You should almost always refrain from clicking links in unknown email.



134TH AIR REFUELING WING COMPREHENSIVE AIRMAN FITNESS RESOURCES

WHAT IS COMPREHENSIVE AIRMAN FITNESS?

The goals of Comprehensive Airmen Fitness (CAF) are:

Airmen taking care of Airmen
Embracing the Wingman concept
Airmen and families maintaining a lifestyle of comprehensive fitness

WHAT IS THE COMMUNITY ACTION BOARD?

This board is comprised of senior leadership and helping agency representatives, and is chaired by the Wing Commander. The Community Action Board (CAB) takes a strategic, cross-functional look at quality of life, personnel readiness, and community issues to formulate long-term solutions. The CAB approach to community problem-solving takes a broad perspective to integrate and synergize efforts to address community concerns. The installation CAB identifies individual, family, installation, and community concerns.

WHAT IS THE COMMUNITY ACTION TEAM?

The Community Action Team (CAT) functions as the action arm of the CAB and develops a comprehensive, coordinated plan for integrating and implementing community outreach and prevention programs (e.g., financial management, fitness resources, Strong Bonds, violence awareness, tobacco cessation, etc.). The CAT improves the delivery of human service programs by establishing a seamless system of services through collaborative partnerships and coordinated activities.

134TH ARW HELPING AGENCIES
SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)
865-336-3206
24/7 RESPONSE LINE: 865-352-9048

WING DIRECTOR OF PSYCHOLOGICAL HEALTH
865-336-4017
CELL: 865-201-3217

134TH CHAPLAIN'S OFFICE
865-336-3217

AIRMAN AND FAMILY READINESS
865-336-3107

INSPECTOR GENERAL
865-336-4444

ADDITIONAL RESOURCES:
GUARD YOUR BUDDY APP - AVAILABLE ON APPLE AND ANDROID PLATFORMS
MILITARY ONESOURCE: 800-342-9647

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

THINK BEFORE YOU POST

Instagram

mzzzrow_bot

5 hours ago

Disable the geo-tagging function on cameras and other media devices at sensitive or deployed locations. It adds geographical identification data to photos, videos, websites, and text messages that allows others to pinpoint your exact location.

Is there classified or sensitive information behind you? Could it help the adversary?

"When a new fleet of helicopters arrived with an aviation unit at a base in Iraq [in 2007], some Soldiers took pictures on the flightline. From the photos that were uploaded to the internet, the enemy was able to determine the exact location of the helicopters inside the compound and conduct a mortar attack, destroying four of the AH-64 Apaches."

-DefenseTech.org

Let's put the QUIET back in QUIET PROFESSIONAL.

