



THE official newsletter of the 124th Fighter Wing

# BEACON



January 2013

• Idaho Air Guard • Gowen Field, Boise, Idaho • "First Class or Not at All" • www.idaho.ang.af.mil

## Idaho Air Guard members awarded Safety Coins



Lt. Col. Tony Brown, 124<sup>th</sup> Fighter Wing Chief of Safety, left, awards coins to members from the 124<sup>th</sup> Maintenance Squadron Munitions Flight. Tech. Sgt. Michael Terbush, Senior Airman David Jensen and Staff Sgt. Josh McGarvie all receive coins from the Safety Awards Program established by the Safety Office, Dec. 2 at Gowen Field, Idaho. U.S. Air Force photo by Tech. Sgt. Becky Vanshur

By Tech. Sgt. Becky Vanshur

### 124th Fighter Wing

Airmen from the 124th Fighter Wing have recently been awarded commemorative coins from Lt. Col. Tony Brown, Wing Chief of Safety, for their performance during the Environmental Safety Occupational Health Compliance Assessment Management Program.

Senior Master Sgt. Brian Hobbs, Wing Weapons Safety Specialist assisted Col. Brown in establishing a Safety Awards Program to recognize and award members of the Idaho Air National Guard on a perpetual basis.

“Today the 124th Fighter Wing

Safety Office award the following individuals a safety coin for their hard work and valiant efforts during this year’s ESOHCAMP,” said Sgt. Hobbs during December drill.

Master Sgt. Victor Overton, Tech. Sgt. Philip Walker, and Tech. Sgt. Russell Schildhauer from the 124th Maintenance Squadron Egress Shop received coins. From the 124th Munitions Flight, Tech. Sgt. Michael Terbush, Staff Sgt. Josh McGarvie, and Senior Airman David Jensen and Staff Sgt. Mikel Turner from the 124th Security Forces Squadron also receive coins.

Aside from the coins given today, Col. Brown will present coins to Master Sgt. Christopher Brearley from the base Fire Department and

Staff Sgt. Mathew Mill from the 124th Civil Engineering Squadron.

“We want the word out that we have established a Safety Awards Program and if a supervisor wants their people to be recognized then let the safety office know and we will follow up with it. We will be presenting Ground and Weapons Safety Plaques for quarterly and annual awards, as well,” said Sgt. Hobbs.

All supervisors from in the 124th Fighter Wing should look for Safety Awards nomination forms on either the wing SharePoint or the safety section of The Beacon Live.



Tech. Sgt. Russell Schildhauer from the 124th Maintenance Squadron Egress Shop shakes the hand of Lt. Col. Tony Brown, 124th Fighter Wing Chief of Safety, as he receives the safety coin from the Safety Awards Program, Dec. 2 at Gowen Field, Idaho.

**FOUR-PAGE FAMILY  
READINESS GUIDE**

**Inside**



<http://bit.ly/124Beacon>

**THE BEACON** is the official newsletter of the 124th Fighter Wing, Idaho Air National Guard. It is published monthly by the wing public affairs office. Views expressed may not be those of the U.S. Air Force, Air National Guard, Department of Defense or U.S. government.

### THE BEACON STAFF

WING COMMANDER  
Col. Michael Nolan

PUBLIC AFFAIRS OFFICER  
Lt. Col. Gary A. Daniel

PUBLIC AFFAIRS NCOIC  
Master Sgt. Tom Gloeckle  
PUBLIC AFFAIRS STAFF  
Tech. Sgt. Sarah Pokorney  
Tech. Sgt. Becky Vanshur  
Tech. Sgt. Heather Walsh  
Staff Sgt. Robert Barney

## Contribute!

We welcome articles and captioned photos relevant to members of the 124th Fighter Wing. Submissions must be accurate in fact, and will be edited for clarity and length. Articles will be published as space permits. They are due on Sunday of the UTA prior to the month the article will be published. Submit articles as e-mail attachments on Microsoft Word. Photographs must be non-copyrighted prints of 300 dpi or higher TIF or JPG images. Articles and images can be sent to:

**124TH FIGHTER WING  
PUBLIC AFFAIRS  
4474 S. DeHavilland St.  
Boise, ID 83705-8103  
Voice (208) 422-5398/5358  
Fax (208) 422-6161**

## E-MAIL US

[124fw.pa-publicaffairs@ang.af.mil](mailto:124fw.pa-publicaffairs@ang.af.mil)

MORE NEWS. FEATURES. EASY  
MAILING ADDRESS UPDATES &  
MORE ONLINE AT:

**[www.idaho.ang.af.mil/](http://www.idaho.ang.af.mil/)**

**<http://bit.ly/124Beacon>**

**FACEBOOK:**

**[www.facebook.com/124FWofficial](http://www.facebook.com/124FWofficial)**

COMMANDER'S



CALL

# Follow-On Missions:



**124th Fighter Wing Commander Colonel Mike Nolan addresses the wing enlisted force during December UTA.**

*Over December Drill Col. Rood, Chief Master Sgt. Fenicottero and I had the opportunity to address our Enlisted professionals covering a variety of topics. We promised to get back to you on the questions we couldn't fully answer or that deserved further explanation. I would like to start by expanding on our discussion about follow-on missions.*

*Future mission coordination for the Idaho Air National Guard occurs at the state level. The main line of communication between the state and the National Guard Bureau is the Future Missions Database (FMD). This is a repository where we list the primary missions we feel we are best suited to execute in the Idaho Air National Guard. Follow on flying missions are certainly a priority but smaller mission sets are also included. For a mission to receive serious consideration we must present a strong business case analysis.*

*The Adjutant General of Idaho approves all initiatives before they are entered into the database. Currently, Idaho has several proposed missions to include the F-35, the F-15E, C-130J/MAFFS, an Air Support Operations Squadron (ASOS) formal schoolhouse, Cyber Operations Support expansion, and an Intelligence Formal Training Unit (IFTU) expansion. Our objective (through this process) is to match our talents and capabilities with a current Air Force requirement. The current guidance from NGB is that new missions will not result in manpower growth for a state. In other words, we would have to trade one or more of our current missions for a new mission, for example A-10's for F-35's. The FMD is not the only avenue for communicating our desires. The state also works directly with our Congressional Delegation and the gaining command (ACC, AMC, etc.). Of course State Headquarters also collaborates with the wing and GSU's. Next month I will provide more details on the new CCAF degree requirement to make Senior or Chief Master Sergeant.*

# Family Readiness 2013 'The BEACON' Supplement



March 9, 2013



## Retiree Gathering At TAG Leadership Training Day

All Air and Army Idaho National Guard retirees are invited to the afternoon segment of the Idaho Adjutant General's annual Leadership Training Day, Saturday March 9, 2013.

The retiree event begins at 2 p.m. at the Gowen Field Activity Center. The TAG and Commanding Generals of the Idaho Army National Guard and the Idaho Air National Guard will brief retirees on the latest news. Idaho National Guard Officer and Enlisted organizations will update retirees on the current status of initiatives at the federal level affecting them. The 25<sup>th</sup> Army Band's rock ensemble "Six Rounds to Zero" will entertain.

Please contact Lt. Col. Ralph Myers (for Army retiree questions) at 208-272-3777, [ralph.r.myers8.mil@mail.mil](mailto:ralph.r.myers8.mil@mail.mil) or Capt Chris Boarders (for Air retiree questions) at 208-272-3777, [Christopher.I.boarders2.mil@mail.mil](mailto:Christopher.I.boarders2.mil@mail.mil).

**NEW YEAR,  
NEW SCHEDULE**

Is your family schedule changing with the new year? Don't worry, Sittercity Military Program has you covered. Use your DoD funded membership, and find a babysitter or nanny your kids will love and trust.

Log in today, and search sitters in your area for help after the holidays!

LOGIN

- Free background checks
- Parent reviews
- Complete profiles

**sittercity**  
Sittercity.com/DoD

## Put it on Paper

- ✓ What resources do I have available to help me reach my goals?
- ✓ What are my short and long term goals? **WRITE THEM DOWN!** Post in a visible spot
- ✓ Are my goals realistic or reachable?
- ✓ What do I need to do to accomplish these goals?
- ✓ Is education involved? Do I have questions and do I know where to go to get answers?
- ✓ Do I need to set up an appointment with my Doctor, Therapist, or Spiritual Leader? Do it-- No Excuses!!
- ✓ I hand write tasks/ accomplishments etc in a little calendar and carry it with me. This allows me to account for MY time over the days, months and year.
- ✓ Can I volunteer more? Where are my skills or talents needed?
- ✓ What did I do last year that has impacted a peer or my community?
- ✓ Was this a good or a bad action/decision? Can it be done better?
- ✓ Was I selfless in my actions?
- ✓ Do I have a calling, purpose or reason to do something?
- ✓ Plan Now ... **PLAN NOW**

## Coping through Strong Bonds

Deployment length, frequency, and operations tempo take a toll on service members and their families alike. The Strong Bonds program was developed as the Air Force's way to help Airmen and families cope. The Strong Bonds retreats are offered by the Army and Air National Guard and most retreats are combined events that members from both can attend.

The program is led by the Chaplains with a curriculum that is endorsed by the Air Force. Chaplains have a week-long training to become certified in the Air Force curriculum.

"The program is designed to help us see things from our heart and from our head as well," said Chaplain Lt Col. Jim Philips.

Check with the 124th Family Programs Office or with the wing Chaplain staff for upcoming Strong Bond event dates.

The Chaplains Corps, who is tasked with the Strong Bonds mission, has many goals for the program, including reintegration and retention, but the program provides many intrinsic benefits as well.

"I hope they leave knowing that the Air National Guard is interested in you as a person, interested in you as a family and they are going to give you some tools to help that relationship," said Chaplain Phillips.

The curriculum is created to benefit relationships in all stages; from the most challenging relationships to those that are smooth sailing and all in between. The Chaplains and Shawn Wood, the Director of Psychological Health, attend each Strong Bonds weekend to assist couples that would like some individualized one-on-one help.

--TSgt Sarah Pokorney, 124FW/PA

## Understanding Medication

Shawn Wood

Idaho Air National Guard, Director of Psychological Health (WDPH)

Over the past year one of the issues that come up from time to time is the use of medication to treat symptoms that are related to anxiety, depression and other issues that you may be experiencing.

They can be solution for those that have struggled for years with a chemical imbalance. But they are not a quick fix and there can be negative side effects that can be worse than the symptoms that you are trying to get rid of.

The most important piece is an accurate diagnosis made by a qualified licensed professional. Then a treatment plan designed to specifically to treat the symptoms that are causing the most negative affects in your life and identifying what it will look like when they are where you want them.

The treatment process should start with lifestyle changes, exercise, eating right, decrease alcohol intake and taking a sincere look at your environment to see what can be changed to decrease your symptoms. Then move to counseling and after a few months if you still have not received the relief you were looking for then you can explore those options.

You can use me as a free, confidential resource to receive consultation no matter where you are in the process; whether you are thinking about it or already taking medication I can provide you with information so that you can make an educated decision on how medication will affect your life



and military career.

One of my other responsibilities is to develop a network of civilian providers across the state of Idaho and train them on the rules and regulations required for an airman to stay in the military. Civilian doctors and counselors are often not aware of the strict requirements that an airman must meet to be deployable and can diagnose and prescribe medication that would negatively affect their career. So I find and educate providers throughout the state of Idaho, that are aware of these requirements and willing to use a step by step process to start with the least restrictive treatment and move as required to get the decrease of the negative symptoms required to stabilize the situation.

You can contact me at

Cell 208-863-3015

Email [Shawn.wood.ctr@ang.af.mil](mailto:Shawn.wood.ctr@ang.af.mil)

Face book shawn wood wing dph

### Are You Eligible for Tutor.com for U.S. Military Families?



**Military families in Air National Guard are eligible for free access to the Department of Defense online tutoring program with Tutor.com**

*Tutor.com can help in over 20 subjects and can assist with proofreading, resumes, and advance placement test!*

## Meet the Military Family Life Consultants of Gowen Field!

Located in the Joint Forces Readiness Center, Building 270



Penelope Hansen  
Director of  
Psychological Health  
800-543-0887



Darren Bushee  
Family & Individual Counselor  
208-577-1025



Patricia DeBor  
Child & Youth Counselor  
208-697-7972



Steve Stech  
Personal Financial Counselor  
208-577-1180

***Every New Year is a time to pause reflect and take stock of one's accomplishments, goals and perspectives. The Department of Defense has bestowed a myriad of resources for the Idaho Guard and our families. Take a moment to review and cut out these superb resources readily available to you and your family. All the resources are here to assist our members navigate their military journey...AND they are all FREE! Have a great informed and reflective New Year!***

The Airman and Family Readiness Program (A&FRP) is here to assist you in a variety of ways. We can help customers prioritize their concerns and needs and assist them in understanding what resources may enable them to cope with personal and work related situations. Many people have learned that talking with a qualified, ob-

jective, third party is very helpful when confronting a new or stressful situation. The A&FRP will host or refer out to a variety of classes and workshops such as Yellow Ribbon Reintegration, Transition Assistance, DOL Job Workshops, Financial Workshops, counseling sessions, etc. Additionally, we keep a variety of books, videos, and informational brochures that you may find very helpful.

You can expect the A&FRP staff to respect your right to privacy. You should know, however, that A&FRP staff members do not have complete privileged communication. If your supervisor, commander, or first sergeant made the appointment for you, we will provide general feedback to that person, but will not ordinarily go into specific detail about your situation. The

squadron commander will be notified of situations, which may directly impact on personal health, safety or mission accomplishment. As in civilian life, A&FRP staff members are required by law, with or without your consent, to contact proper authorities: (1) If they believe you intend harm to yourself or others, (2) If family member maltreatment, molestation, child neglect, or drug use is suspected. You will be asked to provide some information which is electronically stored (and secured). The record contains demographic information, a brief description of the purpose of your visit, and your service plan if one is developed. Records are maintained for the sole purpose of assisting you the customer.

Mr. John Spurny,  
Program Manager,  
Airman and Family Readiness  
Program Office



<http://bit.ly/124family>

(more quick reference, links, resources, multimedia updated continually)



# Family Readiness 2013

## 'The BEACON' Supplement

### RESOURCES AND CONTACTS

#### Idaho Air National Guard

**Chaplain** Bldg 400

OFFICE: 208-422-6468 CELLULAR: 208-841-9723

**ANG Family Support** Bldg 400

OFFICE: 208-422-5374 CELLULAR: 208-599-4758

**ANG Yellow Ribbon Support Specialist** Bldg 400

OFFICE: 208-422-6788 CELLULAR: 208-360-1487

**ANG Director of Psychological Health** Bldg 400

OFFICE: 208-422-5377 CELLULAR: 208-863-3015

**ANG Finance Office Bldg 400**

OFFICE: 208-422-6121

**Legal** Bldg 440

OFFICE: 208-272-5474

**Human Resource Office (HRO)** Bldg 480

OFFICE: 208-422-4806

Gowen Field, Building 270

**Military One Source** Bldg 270

1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

**Transition Assistant Advisor** Bldg 270

OFFICE: 208-422-4408 CELLULAR: 208-794-5870

**State Youth Coordinator** Bldg 270

OFFICE: 208-272-8397 CELLULAR: 208-890-5268

**Employer Support of the Guard & Reserve (ESGR):**

208-272-3743

#### Allied Agencies Benefits and Resources

**TriWest (Tricare)**

888-TRIWEST 1-888-874-9378

**American Red Cross:** 877-272-7337

**United Concordia** Toll Free 800-866 8499

#### Veterans Benefits Administration

call 1-800-827-1000 or visit [www.va.gov](http://www.va.gov)

For information on various

Veterans Benefits Administration programs,

call 1-800-827-1000 or visit [www.va.gov](http://www.va.gov)

#### ID Division of Veteran Services

Phone: 208-577-2310

#### Vet Center for Counseling

Phone: 208-342-3612, 1-800-726-0525

#### Veterans Education Coordinator

208-577-2298

<http://www.gibill.va.gov>

#### Idaho Department of Labor

208-332-3575 ext. 3272

#### US Department Of Labor/VETS

P.O. Box 2697, Boise ID 83701

208-332-8947

#### National Association of Child Care Resource & Referral Agencies (NACCRRA)

Assists in locating and possibly providing aid for quality childcare. 1-800-424-2246 [www.naccrra.org/militaryprogram](http://www.naccrra.org/militaryprogram)

#### Veteran Resource Network

includes the Pack A Box Program

[www.vrnonline.org](http://www.vrnonline.org) 208-376-0753 or 208-322-2673

<http://NationalResourceDirectory.gov>

<http://Militaryhomefront.dod.mil>

#### SAFE HELPLINE

[www.Safehelpline.org](http://www.Safehelpline.org)

877-995-5247 Text: 55-247  
(CONUS) or 202-470-5546  
(OCONUS)

JFHQ SARC (Capt. Colleen Walker) Office: 208-272-8400  
Cell: 208-447-6166

Assist. JFHQ SARC  
(Mr. Terry Williams)  
Office: 208-272-4306  
Cell: 208-949-7583

124FW SARC  
Lt. Col. Beverly Bracewell  
Office: 208-422-6162  
Cell: 208-954-3369



# Idaho ANG Promotions



## 124 FIGHTER WING

*to Senior Master Sgt. BRIAN L HOBBS, 02-Dec-12*

## 124 OPERATIONS SUPPORT FLIGHT

*to Tech. Sgt. CHASE D NEWMAN, 02-Dec-12*

## 124 AIR SUPPORT OPERATIONS SQ

*to Tech. Sgt. NATHANIEL C DURFEE, 02-Dec-12*

*to Tech. Sgt. SEAN A WILLIAMS, 02-Dec-12*

## 124 MAINTENANCE GROUP

*to Master Sgt. MINDY S PRUITT, 02-Dec-12*

## 124 MAINTENANCE OPERATIONS FLIGHT

*to Maj. ROGER A DANIEL, 16-Nov-12*

*to Tech. Sgt. MICHELLE L THOMPSON, 03-Nov-12*

## 124 MAINTENANCE SQUADRON

*to Senior Airman AUSTIN R BROST, 02-Nov-12*

*to Senior Airman ANTHONY E COOMBE, 08-Nov-12*

*to Tech. Sgt. PETE D DURFEE, 02-Dec-12*

*to Master Sgt. MICHAEL D GREENUP, 02-Dec-12*

*to Tech. Sgt. RICHARD W KEYES, 02-Dec-12*

*to Tech. Sgt. HILARI A REBENTISCH, 03-Nov-12*

*to Senior Airman MICHAEL A SEEDORF, 08-Nov-12*

*to Master Sgt. DAMIAN J TENNISON, 02-Dec-12*

*to Staff Sgt. SANDRA S WING, 08-Nov-12*

## 124 AIRCRAFT MAINTENANCE SQUADRON

*to Tech. Sgt. CHERIE E K CHO, 02-Dec-12*

*to Staff Sgt. GUSTAVO F CONTRERAS, 29-Nov-12*

*to Master Sgt. CHARLES H HOWARD, 02-Dec-12*

*to Master Sgt. TODD R KUROWSKI, 03-Nov-12*

*to Master Sgt. CASEY R ULREY, 02-Dec-12*

## 124 CIVIL ENGINEER SQUADRON

*to Lt. Col. KEN W WILLIAMS, 03-Dec-12*

## 124 SECURITY FORCES SQUADRON

*to Tech. Sgt. CHRISTOPHER D BRESHEARS, 03-Nov*

*to Tech. Sgt. COLIN T PITMAN, 03-Nov-12*

## 124 COMMUNICATIONS FLIGHT

*to Tech. Sgt. ROBERT L KOLENIC, 03-Nov-12*

## 124 FORCE SUPPORT SQUADRON

*to Master Sgt. SCOTT R ROSS, 02-Dec-12*

*to Tech. Sgt. JOLENE E WILKINSON, 03-Nov-12*

## 266 RANGE SQUADRON

*to Master Sgt. JEREMY A BLISSARD, 03-Nov-12*

*to Master Sgt. JEFFREY C BOOS, 03-Nov-12*

*to Tech. Sgt. JOHNATHON D DENNIS, 02-Dec-12*

*to Tech. Sgt. SCOTT D FROST, 02-Dec-12*

*to Tech. Sgt. SAMUEL TIMOTHY HUFF, 02-Dec-12*

*to Senior Master Sgt. ROB R NESTEN, 03-Nov-12*

*to Master Sgt. SEAN C SCARAGLINO, 02-Dec-12*

*to Senior Master Sgt. JAMES G SCHMIDT, 03-Nov-12*

*to Tech. Sgt. TRAVIS J THOMPSON, 03-Nov-12*

## 124 STUDENT FLIGHT

*to A1C RYAN K DOUGLAS, 09-Nov-12*

*to A1C JAMES WHITTEN HART, 07-Dec-12*

*to A1C JOHN A HEIDEMAN, 20-Nov-12*

*to A1C SEAN PATRICK KINNE, 03-Nov-12*

*to A1C JOSHUA CHARLES LAMOTT, 29-Nov-12*

*to A1C LAUREL E LEE, 01-Nov-12*

*to A1C ASHLEY M MENCER, 16-Nov-12*

*to A1C JONATHAN D PIPPIN, 20-Nov-12*

*to AB DANIEL MATTHEW SLATER, 30-Nov-12*

*to Staff Sgt. JARED STEVEN SPICKELMIER, 29-Nov-12*

*to AB QUENTIN S STEPON, 19-Nov-12*

*to Senior Airman ALBERT CARLOS VASQUEZ, JR 29-Nov-12*



124th Fighter Wing  
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# *Outstanding Airmen of the Year Banquet*

## *Saturday January 5 at the Grove Hotel*



**Field Grade  
 Officers &  
 Senior NCOs**

**Plan now for  
 TAG  
 Leadership  
 Day**

**March 9, 2013**

**ngaid.org**

[facebook.com/ngaidofficers](https://www.facebook.com/ngaidofficers)

*Brigadier General Bill Shawver  
 Commander, Idaho Air National Guard  
 requests the pleasure of your company at the*

### *2013 Outstanding Airmen of the Year Banquet*

*on Saturday, the fifth of January  
 two thousand and thirteen  
 at six o'clock in the evening*

*Grove Hotel  
 Grove Ballroom - second floor  
 245 South Capitol Boulevard  
 Boise, Idaho*

**Saturday-Main Line**

- Spaghetti W Meat Sauce
- Turkey Curry
- Mashed Potatoes
- Pea and Pepper Rice
- Yellow Squash
- Normandy Blend Vegetables
- Garlic Bread
- Italian Wedding soup
- Tomato Bisque Soup

**Fast Food Line-**

- Cheeseburgers-HamburgerFrench Fries
- Italian Sausage Onions and Peppers
- Chili

**Sunday-**

- Steak Ranchero
- Fiesta Baked Fish
- Southwestern Rice
- Cottage Fried Potatoes
- Mexican Corn
- Carrots
- Jalapeno Corn Bread
- Fiesta Tortilla Soup
- Cream of Potato Soup

**Fast Food Line-**

- Cheeseburgers--Hamburgers
- Onion Rings--Nachos
- Sloppy Joe