



official newsletter of the 124th Fighter Wing

THE BEACON



April 2013 • Idaho Air Guard • Gowen Field, Boise, Idaho • "First Class or Not at All" • www.idaho.ang.af.mil

266 RANS providing Threat Emitters for attack training in Guam

by Airman 1st Class Mariah Haddenham
36th Wing Public Affairs

NORTHWEST FIELD, Guam-- -- Joint Threat Emitter teams give Air Force and Navy pilots here an opportunity to train together on defense procedures using a radar and satellite system located at Ritidian Point on Northwest Field.

The Air Force and Navy radar systems, known as the JTE, provide ground threat warnings up to the aircraft via an electronic signal to simulate a surface-to-air missile or anti-aircraft artillery attack for training, improving Andersen AFB with operational readiness as well as their joint partner's readiness.

"When they go to a real-world situation, they won't see anything that we haven't thrown at them before," said Staff Sgt. Rick Woltkamp, 266th

Range Squadron ground radar systems craftsman with the Idaho Air National Guard. "We simulate a ground attack, and the pilot will react and respond accordingly to the simulation."

A computer-based system collects the data and evaluates the aircrew's response to the signal received from the JTE, giving aircrews insight on their performance during their training sortie. This system helps ensure any mistakes that occur during training are reported to the crew so they aren't repeated in a real-world situation should they have to counter enemy attacks.

The Navy and Air Force both have radars that are part of the JTE located at Ritidian Point.

The primary aircraft crews currently benefiting from the simulations at Andersen are those of the

B-52 Stratofortress. Navy pilots also receive support from the use of the JTE during day-to-day training. The JTE airmen operate the system side-by-side with Navy controllers during large-scale Navy training operations, which not only aids the capabilities of joint airpower in the region, but also saves taxpayer money.

"We are saving a great amount of money with this joint operation," said Senior Master Sgt. Allen Sapp, 266th RANS branch chief. "We work both radar systems from the same site, instead of the Navy setting up their own site and duplicating the effort. For all large-scale exercises, we will have Navy and Air Force operators working side-by-side."

The JTE is operated and supervised by air national guardsmen who are temporarily assigned here from the Idaho ANG in rotations.

"We rotate teams of six in and out of Andersen every two months," said Master Sgt. Donald Taylor, 266th RANS supervisor. "We operate, maintain and supervise everything out here."

Not only is the location of the JTE at Ritidian Point cost effective for both branches, it's ideal because it provides the radar nearly zero interference from land or air, helping Andersen to improve mission readiness by allowing pilots to seamlessly prepare for attack.

"Our JTE site helps keep the region's airpower sharp and mission ready by utilizing Air Force and Navy equipment operated and maintained by air national guardsmen," said Sergeant Sapp. "What a perfect example of a joint effort in today's military."



This Joint Threat Emitter satellite provides an electronic signal to aircraft, at Ritidian Point on Northwest Field, Guam, Jan. 29, 2013. The Air Force and Navy radar and satellite systems, known as the JTE, provide ground threat warnings up to the aircraft to simulate an attack, improving Andersen's operational readiness. (U.S. Air Force photo by Airman 1st Class Mariah Haddenham/Released)

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

Editor, Tech. Sgt. Sarah Pokorney

Tech. Sgt. Becky Vanshur

Staff Sgt. Robert Barney

**124TH FIGHTER WING
PUBLIC AFFAIRS
3787 Aeronca St.
Boise, ID 83705
Voice (208) 422-5358
Fax (208) 422-5298**

E-MAIL US

idaho.ang.mil@gmail.com

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

**www.idaho.ang.af.mil/
<http://bit.ly/124Beacon>**

FACEBOOK:

Share you Air National Guard related news, photos and links at www.facebook.com/124FWOfficial

Career Opportunity:

First Sergeant Opening
124th Civil Engineering Squadron
is taking application packages
Please submit them
prior to May UTA
Command Chief Fenicottero
422-6993

COMMANDER'S

CALL



The commander's cup program will recognize our best

Colonel Mike Nolan,
124th Fighter Wing Commander

I'm struck by the number of great ideas I hear that value our mental and physical wellbeing as I continue to ask members of the 124th Fighter Wing for ideas on how to improve our collective combat readiness. As long as we've been in existence we've been measuring our combat capability, and we are swimming in a sea of data gauging our activity.

I'd like to begin recognizing individuals and groups within our wing for their consistency and uniformity of readiness. We will acknowledge these excellent performers with the annual "Commander's Cup" challenge.

I have directed my staff to begin drafting guidance that will tally your group's fitness, personnel evaluations, ancillary training, and your ability to deploy and fight our wartime mission. We will further recognize individuals who are at the 100 percent level of readiness in each category with highly visible membership in the wing "100 Club."

We will have several field-day outdoor activities during September UTA to emphasize the fitness component of the group and individual awards. And as we crunch the final calculations that day, we will crown our first commander's trophy champions. Start your preparations now and ask yourself, am I up to the challenge?

Group Scoring Areas:

Average of each unit member's fitness test score

Group relay race results (held annually on family day)

OPR/EPR (percent current)

Total Force Awareness Training (TFAT) which includes Tier 2A Training (usually accomplished on ADLS)

Individual Medical Readiness (percentage complete)

Unit self assessment (validated by Consolidated Unit Inspection results)

Individual 100 Club qualifying criteria:

100 percent ratings in: physical fitness test, TFAT, Tier 2A, IMR

Consolidated Unit Inspection at a glance:

Our Benchmarks:

Safety First

No repeat write-ups from 2009 UCI

Overall Grade: Outstanding

The Consolidated Unit Inspection (CUI) from 31 July- 7 Aug '13 will cover the following areas: 1) Logistics Compliance Assessment Program (LCAP). 2) Air Force Vulnerability Assessment (AFVA). 3) Article 6 Uniform Code of Military Justice Inspection (Article 6). 4) Aircrew Standardization Evaluation Visit (ASEV). 5) Airfield Operations Certification Inspection (AOCI). 6) Health Services Inspection (HSI).

Wing MICT Program Administrator: Lt Scott Walker

-MXG: Senior Master Sgt. Robbie Nieskens

-MSG: Master Sgt. James Webb

-OG: Lt. Col. Ryan "Oatmeal" Odneal

-FW: Maj. Ralph Teeter

Wing Self Inspection Program Manager:

Lt. Col. Mike "Grassy" Knowles

-MXG Self Inspection Program Manager:

Senior Master Sgt. Robbie Nieskens

-MSG Self Inspection Program Manager:

Tech Sgt. Aaron Hassemer

-OG Self Inspection Program Manager:

Lt. Col. Ryan Odneal

-MDG Self inspection Program Manager:

Capt. Eric St Michell

Management Internal Control Toolset, (MICT) deadlines:

- **15 Jan: Questions reviewed by all functions (complete)**
- ***15 Feb: WG/CC progress check (complete)**
- ***15 Mar: All questions answered (complete)**
- ***15 Apr: Progress check by WG/CC (compliance/discrepancy issues identified)**
- ***15 May: Discrepancies addressed**
- ***15 Jun: Final – Ready to send to IG**
- ***30 Jun: 30 Days out – Final answers – deliver to IG!**
- ***31 July – 7 Aug: CUI/LCAP/HSI/AFVA/Article 6/ASEV**

The primary concern of the Inspector General team is to assess our compliance with all the instructions, manuals, directives, etc. They will validate our compliance by measuring the accuracy of our self-inspection process. We share our self-inspection process and results with them electronically through the Management Internal Control Toolset (MiCT). During our Wing-wide Consolidated Unit Inspection (CUI) we can expect evaluations, inspections, observations, and virtual inspections.

PE (Personal Evaluations) – "direct evaluation of an individual or team conducting/performing an action. PEs may be conducted on task-oriented functions - process-oriented functions."

EPE (Evaluator Proficiency Evaluations) – "direct evaluation of a Quality Assurance individual or any individual performing a quality/compliance assurance function in a unit."

TPE (Trainer Proficiency Evaluations) – "direct evaluation of a unit instructor/trainer to determine their ability to teach accurately and sufficiently."

QVI (Quality Verification Inspection) – "inspection of equipment condition or a process after an inspection, repair action, and/or task has been completed... to assess if it was properly completed."

SI (Special Inspections) – forms, documentations, document control procedures and file plans, etc.

SII (Special Interest Items)

Observations:

DSV (Detected Safety Violation)
TDV (Technical Data Violation)
UCR (Unsatisfactory Condition Report)

Virtual Inspections (VI):

MICT & ERM (Electronic Records Management) will not be optional; if a checklist item is identified as "Virtual" it must be completed as such (AFI 90-201, para 2.5 and attachment 3) Unit grade and team composition is dependent upon robust completion of self-identified documentation that meets FAM-identified questions and criteria prior to compliance inspection event.

Virtual Inspection using MICT-presented data to Inspectors and inviting inspectors into an "open skies" data environment.



Nutrition: Are you Fit to Fight?

Health, It's what's for *Breakfast*

I am often surprised when I hear people tell me they don't eat breakfast. If you skip breakfast, you are making it harder for your body to lose unnecessary weight and maintain that loss. Here are a few facts about eating breakfast that will convince you to start:

Breakfast gives your metabolism a boost: After a night without eating, your body is in a mild fasting state and if you don't eat until lunch, that can be up to 18 hours without food! What this means is that your body will try to conserve calories for the energy it needs instead of burning them. Many researchers have proven that 80 percent of people who eat breakfast have lost weight and kept it off for more than a year.

Breakfast reduces hunger: Eating breakfast may reduce your hunger later in the day, which may make it easier to avoid overeating. When you skip breakfast, you may feel ravenous later and be tempted to reach for a quick fix-such as vending machine candy or doughnuts.

Breakfast increases energy levels: Skipping breakfast is associated with decreased physical activity, while eating breakfast increases energy levels. If you don't feel exhausted all day, you are more likely to increase your physical activity during the day. Researchers have found those who eat breakfast are less tired and irritable, perform better, and have longer attention spans. One more caveat; the type of breakfast you eat is important as the wrong kind can leave you feeling hungry sooner, cause peaks in blood sugar, or add unnecessary fat to your diet. The best choice would be a combination of a lean protein and complex carbohydrates, like boiled eggs on whole grain toast. Sugary cereals or white pancakes may leave you hungry again quickly while a high fat meal like fried eggs and sausage may cause you to gain weight from too many calories. --Tech Sgt. Jolene Wilkinson, 124 FSS, Triathlete

The recipe below fits the bill as it has a lean protein (eggs) and complex carbohydrates (vegetables). It is also quick and simple. Ingredients:

8 eggs, whisked; 2 cups Brussels sprouts, cut in fourths; 5-6 cups fresh spinach
5 TBSP oil (divided into 3 and 2 TBSP); 2 garlic cloves, minced; 1 teaspoon garlic powder
½ teaspoon paprika; salt and pepper, to taste
avocado, to garnish

Instructions: 1. Preheat oven to 375 degrees.

2. Place a large skillet over medium high heat and add 3 TBSP oil. Once pan is hot, add minced garlic, Brussels sprouts and a bit of salt and pepper. Cook until browned on both sides.

3. After about 5-6 minutes, add the spinach, cover to help steam and cook for about 3-4 more minutes until spinach is cooked.

4. Whisk your eggs in a large bowl; add 2 TBSP oil, garlic powder, paprika, salt and pepper, along with the cooked spinach and brussel sprouts. Mix well.

5. Pour into a cast iron skillet.

6. Place in oven and cook for 15-18 minutes depending on the size of the skillet. You'll know when the frittata is done cooking when you press on the middle and it pushes back a bit.

7. Top frittata with avocado slices



Air Force Sports Programs

Ever want to compete at a higher level than just locally? The Air Force Sports Program is designed to allow active duty, National Guard, and Reserve Air Force personnel an opportunity to participate at the Air Force, Armed Forces, national, and international sports events.

The AFSP is comprised of 21 different sports.

To apply for the program, athletes must submit a completed Air Force Form 303, request for USAF Specialized Sports Training. Experience cited in higher level competition and recent significant performances in the sport are important for the selection criteria. Experience listed in section IV should be in reverse chronological order, beginning with the most recent and working backwards. Finally, athletes must obtain their supervisor's, commander's, and Fitness Center Director's endorsements on the AF Form 303. Athletes selected for training are invited to attend trial camps and other Air Force championship events. Trial camps are short in duration, physically demanding, mentally challenging, and highly competitive. Athletes should be in top condition (not PT condition) for the trial camps to best showcase their talents and abilities to the coach and other officials who will select the Air Force team.

PRAYER BREAKFAST

7am-8am

1MAY13

Guest Speaker: Marty Tadman

GFAC Bldg. 710, Boise, ID 83705

Tickets \$10 limited to 100 seats

Contact (208) 272-4311



Pro Training Tips from our Triathlete: Are you Fit to Fight?

TABATA TRAINING FOR PUSH UPS & SITUPS

I am going to introduce you to a method called Tabata that will help you improve your pushups, sit-ups, and running! All you need is a stopwatch. The Tabata method is a very high intensity interval training that will help both your aerobic and anaerobic system. Any exercise can be incorporated into Tabata training. However, the basic outline of the method is as follows:

4 minutes long

20 seconds of intense training

10 seconds of rest a total of eight rounds.

Sound easy enough? Well, it is going to be HARD and taxing if done correctly! The key to these workouts is the INTENSITY. If you don't push yourself hard enough, you will not get all the benefits.

For the 20 seconds of work, the goal is to get as many repetitions in as possible and try to keep it the same for each interval. You only get 10 seconds of rest between each set, which is just about enough time to position yourself for the next set.

Just like any exercise, when you first start, you may feel like you cannot complete the whole workout. If this happens, you can either rest for one session and go all out the next; or you can go at a moderate intensity. One more thing before you start: Learn the proper technique and testing standards used during the test. Keep proper form during your Tabata training so it will teach your body to do it correctly on test day. Tips for trimming your waist/Running: To remove fat from your mid-section, you must change your eating habits and increase the physical activity. These lifestyle changes will reduce your waist circumference and

keep off the excess fat. Aim to cut 500 calories from your daily calorie intake, which will help you lose about one pound per week.

Do strength-training 2-3 days per week. This will help your body burn calories more efficiently and build muscle, which makes you look thinner even if you don't notice it on the scale. A pound of muscle burns 50 more calories than a pound of fat each day. Ten pounds of added muscle means you will burn an extra 500 calories each day - even when you are sitting on the couch.

-The latest research states that 30 minutes of exercise, 5 days a week (150 minutes per week) of moderate-intensity (brisk walking) might not be enough. Now experts are showing that "between 150 and 250 minutes per week of moderate-intensity physical activity is effective in preventing weight gain greater than 3% in most adults but will provide "only modest" weight loss." Individuals are likely to lose weight and keep it off if they exercise for at least 250 minutes per week. Exercising for more than 250 minutes per week has resulted in "significant" weight loss.

Running can strengthen your cardiovascular system, increase bone density, and clear your mind. Before starting, get properly fitted for supportive shoes at a running shoe shop. Here are some guidelines:

Increase your activity levels gradually to avoid injury. Build up to exercising 5 times per week follow these guidelines:

Week 1-4--3 times 20-30 minutes

at up to 65% Max Heart Rate (MHR)

Week 5-8--3 times 30 minutes

at 65% to 75% MHR

Week 9-12--4 times 40 minutes

at 65% to 75% MHR

Week 12-16--5 times 50 minutes

at 65% to 75% MHR

The **Air Force PT test** comprises of 3 components of fitness-Cardiovascular (Running), Body composition (Waist Circumference), and Muscular Endurance (Push-ups and Sit-ups). However, there are actually 5 components when it comes to complete fitness, including the 3 tested during the PT test and flexibility and muscular strength. I am going to describe each and give some examples of how to incorporate these into your fitness routine.



Cardiovascular-The body's ability to deliver oxygen and nutrients and to remove waste products: Pick your favorite exercise and get moving-running, biking, walking, climbing stairs, dancing, swimming.

Body Composition-The way in which your body is made up in terms of lean and fat mass: the only way you will improve this is by both exercise and eating healthy, not one or the other.

Muscular Endurance-The ability of a muscle group or groups of muscles to continually generate a force over sustained period of time: body weight exercises such as pull-ups, pushups, sit-ups up to a failure point or weight training with lower weight and higher repetitions.

Flexibility-The ability to move joints and muscles through their full range of motion: yoga, & stretching.

Muscular Strength-The degree to which a muscle can exert force by contracting against resistance: weight training with heavier weights and lower repetitions--*Tech Sgt. Wilkerson has competed as a triathlete in the World Military Games*



Get moving:

Are you Fit to Fight?

2013 IDNG Golf League

The league is scheduled to begin 16 April 2013.

Fees for the first half are \$240.00 for individuals without a pass, \$140.00 for those with a 2-course/1-course pass and \$70.00 for those with the 7-day/5-day pass. Included in the fees are 10 weeks of green fees, golf cart rental, first half pay out & end of season giveaways. Currently Boise Ranch is offering some great pricing on season passes.

Send registration and check made out to IDNG Golf League to Bryce Pitchford at USPFO for Idaho, 3489 W. Harvard St., Bldg. 564, Boise, ID 83705-6512 or Collier Lipple at JFHQ, 3882 W. Ellsworth Street, Bldg. 440, Boise, Idaho 83705. Be sure to include an email address. Please pass this to anyone who might be interested and has a military affiliation. POC: Bryce Pitchford 272-5042 bpitc001@gmail.com or Collier Lipple 272-3688



Soccer gets military people moving. Four Idaho Airmen and retirees play soccer for fun, competition, and to stay fit. The players: Lt. Col. Neal Murphy, 124th Mission Support Group Deputy Commander; Master Sgt. Steve Vinsonhaler, First Sergeant, Mission Support; Master Sgt. Reese Tulk, 124th Comptroller Flight; Andy Spears, retired active duty Airman, get more than just a rush from the demanding sport. (Photo courtesy of Lt. Col. Neal Murphy)

Soccer gets military people moving

Four Idaho Air Guard members play soccer on the Southern Idaho Soccer League team that competes annually in the King's Cup tournament during the Martin Luther King, Jr. holiday weekend in Las Vegas. The team, called Whitewater, which made the playoffs last year, is for players age 40 and older. Soccer is a physically demanding sport and a great way for

military members to stay fit. The team is seeking new players and would like to see more National Guard members join.

"It's a great way to run without getting on a treadmill," said Lt. Col. Neal Murphy, 124th Mission Support Group Deputy Commander. "If you are an average soccer player you run three to five miles during a game—the pros run up to 10."

There are also other guard members participating in SISL Teams for women, co-ed, and under 40. If you are interested in joining Whitewater, contact Lt. Col. Neal Murphy or Master Sgt. Reese Tulk to sign up. They Practice Sundays at Rocky Mountain High School. "Bringing military people together with civilian can highlight our teamwork and dedication to duty while having fun," Murphy said.



Website makes legal assistance easier than ever

By Tech. Sgt. Sarah Pokorney
Editor, 124FW Public Affairs

Service members and their families can get a will and power of attorney faster and easier than before with the Air Force Legal Assistance Website. The site provides information on legal assistance topics that commonly affect military members and worksheets for wills, advanced medical directives and power of attorney. The worksheets are easy to use and help expedite your visit to the law office.

“It helps users make just one stop at the legal office instead of two,” said Major Jeffrey Harr, 124th Fighter Wing Staff Judge Advocate.

“This improvement helps us to be more efficient with our time and it’s an easier experience for the users with improved portability and accessibility,” said Master Sgt. Eva-Marie Wolf, Law Office Superintendent.

It is important that your family knows of your wishes and, since the website can be accessed from anywhere, you can have them be part of the conversation while you access the worksheets.

“The key is to sit down and discuss it with your loved ones as you fill it out,” said Wolf.

To get started visit the site at <https://aflegalassistance.law.af.mil> to learn more about your legal assistance benefits and fill out the appropriate worksheet. You can always contact the legal office and they can advise you based on your needs.

“A will and power of attorney is an

important part of your Family Care Plan,” said Harr. “Keeping it up to date ensures readiness to deploy.”

After filling out the worksheet you will receive a ticket number, which is very important. Make sure to save it or write it down. With that ticket number and your last name you can contact any Air Force law office and they can setup a meeting. They will review your worksheets, ensure your wishes are communicated correctly, and sign them. Without these free legal assistance benefits, that you get as service member, a power of attorney could cost you \$50 and a will could be more than \$300.

Remember to put your documents in a safe place because the law office does not keep copies. Also, let your family know where the originals are and never put them in a safety deposit box because it will limit access to those who need it to ensure your wishes are honored.



The 124th Maintenance Group is hiring two Lieutenants!

Interviews will be conducted over May UTA (4-5 May).

Requirements:

College degree by Academy of Military Science (AMS) date (estimate Aug-Dec class date) AF Form 24 Resume-Encompassing education and work experience (both civilian & military) Air Force Officer Qualification Test (AFOQT)-Not due by interview date, but must have passing score prior to AMS.

Letters of recommendation encouraged, but not required.

Great attitude, assertive, dedicated and a willingness to learn and take 124th MXG to new heights!

Packages are due to Master Sgt. Mindy Pruitt, 124 MXG/CCQ, by COB 26 April 2013.

Gowen Firing Range Rules

The Gowen Field Off-Base Range is located on the south side of Gowen Road, approximately 1/4 mile east of the main entrance.

Trespassing on the range is not only dangerous but also illegal. The range/impact area is fenced with chain-link fencing and posted with signs stating "Danger-Firing Range-Do Not Enter". When firing is in progress, you will see two red flags raised to full mast. Be safe and honor Restricted Area and No Trespassing signs.

If you have a valid need for entry please contact:

124th Security Forces Combat Arms

3860 Aeronca St./ Building 144

Boise, Idaho 83705

(208) 422-5366 or (208) 422-5535



124th Fighter Wing
IDAHO AIR NATIONAL GUARD
4474 S. DeHavilland Street
Boise, Idaho 83705-8103

Presorted Std.
U.S. Postage
Paid
Boise, Idaho
Permit 764



Munitions Airman is Outstanding Unit Safety Rep

Story and Air Force Photos by Master Sgt. Tom Gloeckle

124th Fighter Wing Public Affairs

Staff Sgt. Josh McGarvie, 124th Ammo Munitions System Specialist, received the Outstanding Unit Safety Representative of the Year Award from Col. Michael Nolan, 124th Fighter Wing Commander February 3.

“Sergeant McGarvie is just the kind of airman that we need in this wing,” said Lt. Col. Tony Brown, Wing Chief of Safety.

Each unit has a safety representative that takes on this additional duty and works closely with Senior Master Sgt. Becky Hawk, Wing Safety Manager, and Senior Master Sgt. Brian Hobbs, Weapons Safety Manager. The unit representative ensures their unit takes proper safety precautions, conducts safety briefings, and documents any safety related incidents. The purpose of the safety awards program is to recog-

nize individuals or units for significant contributions to mishap prevention and force protection.

“Safety is a big part of what we do,” said Col. Michael Nolan, 124th Fighter Wing Commander. “We can’t stop operations, but we need to find ways to do it safely.”

The unit reps played a major role in the wing’s performance in the recent Environmental Safety Occupational Health Compliance Assessment Management Program (ESOCAMP) Inspection. To prepare for the inspection, Senior Master Sgt. Hawk coordinated with each of the Unit Safety Representatives.

Just 90 days before the inspection, the Safety Office received a brand new directive to comply with for the ESOCAMP inspection in October. With the guidance of wing safety and the coordination with the safety representatives the wing quickly got up to speed with the new regulations.

IDANG Retiree Appreciation Day

Save the date September 8; in conjunction with Family Day.

Idaho Air National Guard retirees, spouses, surviving spouses, and current members within six months of retiring are invited to our Retiree Appreciation Day on September 8. It will be a half-day event in the Gowen Field Activity Center (where the old officer’s club was), leading into annual Family Day activities.

The IDANG Retiree Appreciation Day (RAD) will include information updates about the organization from current leadership, and vendor briefings from Delta Dental, Tricare, the Veterans Administration, and other benefits-related providers. RAD attendees are encouraged to join current ANG members at the annual Family Day event for the remainder of the day. Vendor tables at Family Day will have retiree information and volunteers will answer questions retirees may have.

If you know a retiree or surviving spouse, please help spread the word. Register for the RAD and/or be added to our retiree mailing list at www.nationalguard.idaho.gov/retirees. Registration deadline is August 23.

More details, including the agenda, will be emailed and announced to retirees as the date draws closer. Questions may be sent to Maj Candis Olmstead at c.olmstead.mil@gmail.com.