



THE

official newsletter of the 124th Fighter Wing

BEACON



January 2012

• Idaho Air Guard • Gowen Field, Boise, Idaho • "First Class or Not at All" • [www.idaho.ang.af.mil](http://www.idaho.ang.af.mil)

## 'Strong Bonds' weekends rekindle commitments



**Upcoming Yellow Ribbon Event**

**February 19, 2012**

**Please contact your**

**First Sergeant to determine eligibility.**

**Registration Deadline: January 16, 2012**

[www.thebeaconlive.com/  
groups/family](http://www.thebeaconlive.com/groups/family)

Chaplin (Lt Col) James Phillips of the 124th Fighter Wing speaks to an audience during a Strong Bonds marriage retreat. Strong Bonds retreats provide support and tools to help improve communication in relationships for members who are preparing to deploy or returning from a deployment. (U.S. Air Force Photo by Tech Sgt. Heather Walsh)

**by Tech. Sgt. Sarah Pokorney  
124th Fighter Wing**

12/04/2011 - BOISE, Idaho – Long separations, frequent deployments, and the stress of high-tempo operations can strain even the strongest relationships. The Strong Bonds weekend retreat is designed to strengthen relationships, inspire hope, and rekindle marriages for deployers and spouses.

"As the name suggests, we are helping build strong bonds among couples," said Chaplain Lt. Col. Jim Phillips. "I like to see couples connect. Just being married in today's age is not an easy thing, with all of the other things that compete for our attention."

The Strong Bonds program has been helping Idaho Air National Guard Airmen and their spouses for nearly 10 years. It was started by Chaplain Col. Art Moore and Chaplain Lt. Col. Jim Phillips. The program is open to all Air National Guard members and their spouses but they give priority to Airmen that are about to deploy or have

returned from a deployment.

"We provide instruction that will be very useful to help couples communicate better and solve difficulties they may be having and experience a renewal in all that is good in marriage. It is an opportunity for the military member and spouse to get away from the pressures of their job and home. We put them up in a nice hotel and provide all the meals."

Strong Bonds weekends are usually held once each quarter away from the base at various locations around Idaho. In the past they have been held in Coeur d'Alene, Lewiston, Sun Valley, Pocatello, Idaho Falls, Twin Falls and recently here in Boise.

The weekend offers a relaxed combination of workshop-style classes, open discussion, videos, light lecture, and free time to apply the communication tools learned in the group session. As the weekend progresses, discussions become more candid and most attendees find it very helpful and even fun.

"Every couple should attend one of

these retreats," said recent attendees that spoke to "The Beacon."

"At the beginning of the weekend it's always a little bit stiff and couples are wondering 'what are you going to get us into' and there's always that unknown aspect as they come in," said Chaplain Phillips. "As couples warm up to what they're learning and to each other you see couples go from sitting side-by-side with sometimes a little distance to moving closer to each other and even face-to-face. By Sunday morning you can tell that everybody has had a wonderful weekend and they enjoy being in each other's company."

Couples are given a free evening or "date night" during the weekend to practice the things they have learned. After their evening out, couples are encouraged to share their experiences with others in the group.

"We want couples to get an education and get a chance to use what they have learned but we also want them to have a nice weekend and learn from each other's experiences," said Chaplain Phillips.

As the weekend comes to an end, couples have time to reflect on their time together and what they have learned. The Chaplains collect feedback on the accommodations to ensure they had a pleasant time. They also get feedback on the curriculum to make sure it was useful and helpful.

"I like to see that they take away some skill out of all of the things we talk about over the weekend that they will say 'that was helpful for me and I'm going to use it in my marriage,'" said Chaplain Phillips.

**Idaho Adjutant General  
LEADERSHIP TRAINING**

**DAY is Sat. March 17**

(more on the back page)

**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. James R. Compton

##### PUBLIC AFFAIRS OFFICERS/EDITOR

Lt. Col. Gary A. Daniel

Capt. Tony Vincelli

##### 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

Staff Sgt. Joshua Breckon

## 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

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

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

**[www.thebeaconlive.com](http://www.thebeaconlive.com)**

*Photography this issue*

Lt. Col. Gary A. Daniel, Master Sgt. Tom  
Gloeckle, Tech Sgt. Heather Walsh,  
Staff Sgt. Robert Barney

COMMANDER'S

CALL



# Colonel Nolan's View:



**Colonel Mike Nolan relinquishes command of the 124th Operations Group to 124th Fighter Wing Commander, Colonel JR Compton, during December UTA. New Ops group commander Lt Col Paul Kingsley looks on.**

*I have recently been extended an opportunity to serve as the Joint Forces Headquarters (JFHQ) Director of Staff (DOS). After two weeks on the job, I thought it would be beneficial to share what I have learned about this position.*

*JFHQ operates with three staffs – the Joint Staff, The Air Staff and the Army Staff. These staffs are currently being rebalanced to better serve the Idaho National Guard. The Joint Staff is run by Brig Gen. Turner, the Director of the Joint Staff. Air Guard positions on the Joint Staff include public affairs, the JAG, and HRO. The Joint Staff serves the needs of The Adjutant General. The Air Staff, chaired by the DOS, serves as a conduit between the air guard units and the Assistant Adjutant General-Air. The Air Staff is responsible for formulating, developing and coordinating all policies, plans and programs for all units assigned to the Idaho Air National Guard. Of equal importance is the support we provide to the State of Idaho. The Air Staff includes A1-Personnel, A3-Operations and A5-Plans. The primary functions of the Air Staff are divided between personnel actions (promotions, manpower changes, policy, retention, etc.) and mission support (current missions, airspace, future missions, and State disaster relief).*

*Our military purpose is to provide the wing and the Geographically Separated Units (GSU) the support they need to execute their respective missions. The GSU's include the 124<sup>th</sup> Air Support Operations Squadron, the 212<sup>th</sup> Command and Controls Squadron, and the 266<sup>th</sup> Range Squadron. These units report through the DOS to the Adjutant General-Air. The Air Staff works to retain our current missions and explores future missions for the Idaho Air National Guard.*

*The end product of this reorganization should be improved support for our current State and Federal missions and a greater probability of securing future missions that match the talents of our outstanding Airmen.*



# Family Readiness 2012 'The BEACON' Supplement



*Greetings to you this fresh New Year! After the holidays have settled on our thighs and flooded our hearts with joy, trans-fat and gratitude, we begin to reflect on the past and map out our future. We think about decisions made and reflect on them, hopefully with a positive outcome. I challenge each of you as this New Year arrives to reflect, evaluate and plan for you and your family's future. Use this process as you make your resolutions and break it down into manageable portions. Unlike your holiday meal!*

*My personal goal this year is to become more financially savvy. I want to have a tangible savings that once in place continues to grow like an ugly monster hiding under the bed or chasing you through a corn maze. Reflecting on my past decisions, I wonder how I will ever get there.*

*I tend to be indecisive which leads to procrastination! That forces me to REACT to my life. For example, I attempted an outing on the busiest (or should I say deadliest) shopping day of the year. To top it off, I didn't save my goal of a 5% short term savings all year. It took me hours to find the perfect gifts for the right price...only to leave empty handed. This was all because I didn't have a plan in place. Caught up in Black Friday I found myself reacting to a perceived good deal on the spot. Ultimately, I relied on chance instead of a solid plan.*

*Today, I have decided to proactively move toward attainable goals. Key word and a stomp of the foot: "ATTAINABLE". DO NOT set yourself up for failure by creating unrealistic expectations in any facet of your life. Decide now what is important to you and your family. Write your goals down and review them throughout the year! Move forward with action.*

*Here is my challenge to you. Evaluate yourself, ask yourself those tough questions. Start somewhere. Take a step, plan for your life. Enlist a friend or family member to help you with your goals. Share your goals with those you are close to. Hopefully you will look back next year with an added sense of accomplishment in accomplishing what you set out to do!*

*TSgt April Normand, Family Readiness NCO, Gowen Field Idaho*

## 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!

LOG IN:

- Free background checks
- Parent reviews
- Complete profiles

**sittercity**  
Sittercity.com/DoD

**CAN I TAKE THIS  
INFORMATION  
WITH ME?  
SURE!**

**SCAN THIS CODE  
AND KEEP ALL THIS  
ON YOUR  
PHONE OR TABLET**



[www.thebeaconlive.com/  
groups/family](http://www.thebeaconlive.com/groups/family)

## 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!**

## Understanding Medication

Shawn Wood

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



From The National Guard Bureau's Psychological Health Services (PHS): Medication to treat a symptoms that are related to anxiety, depression and other issues that you may be experiencing has surfaced during counseling appointments. Medications can be wonderful solutions 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. Unmonitored medication leaves an incomplete picture of your psychological health. The most important piece of which 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 you life will look like when you are on the right track. The treatment process should start with lifestyle changes, exercise, eating right, decreased alcohol intake and taking a sincere look at 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 medication 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. Enjoy your families and friends, have a great time and a happy new year. For more information contact Mr. Shawn Wood (208) 863-3015 or (208) 422-5377

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

## 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.

"When planning an event we will sit down and look at a calendar and determine what the best time to hold the event, based on deployments, then we determine where in the state to have it," said Chaplain Phillips.

The Chaplain Corps works closely with the wing contracting and finance offices to coordinate an event. 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 Strong Bonds program has a bright future ahead. At this time it is protected from budget cuts because of the significant benefits it provides to the Airmen and their families.

"They have looked at the programs we have and said these are the ones we are going to protect because they are helpful, not only the Airmen but for the spouse as well," said Chaplain Phillips.

More recently the Air Force has started offering the Strong Bonds program for singles. Many Airmen are single when they join the Air Force and they are faced with decisions that will affect the rest of their lives. The Air Force has

seen a need and filled it with the Strong Bond tools that can help single Airmen make good decisions while they are in or entering a relationship.

"The program is designed to help us see things from our heart but from our head as well," said Chaplain Phillips.

The next Strong Bonds retreat is tentatively planned for early spring or this summer to meet the needs of those deploying later in the year and their families.

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 Sean Wood, the Director of Psychological Health, attend each Strong Bonds weekend to assist couples that would like some individualized one-on-one help.

"We ought to be doing things proactively to keep relationships vibrant and strong and growing," said Chaplain Phillips.

--TSgt Sarah Pokorney, 124FW/PA

### 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

## 2012 TRICARE

### Beneficiary Walk-in Dates Building 270, Gowen Field, ID

9:00 a.m. to 3:00 p.m.

January 10, 26

February 9, 23

March 8, 22

April 10, 26

May 10, 23

June 7, 21

July 10, 26

August 9, 28

September 6, 18

October 9, 25

November 14, 29

December 6, 18

**Lori Symonsbergen 406-268-1403 x43801**  
**Cellular 406-558-9335**  
**Lsymonsbergen@triwest.com**



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, objective, 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**

**[thebeaconlive.com/groups/family](http://thebeaconlive.com/groups/family)**

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





# Family Readiness 2012

## '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** Bg 400

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

**ANG Director of Psychological Health** Bg 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



# 'HOT FRIES'

Welcome to the beginning of another year. The simple act of changing out the calendar gives us a chance to review our past year and offers a time to make new or renewed promises to ourselves we might keep. Maybe. Old habits die hard. Psychology Today tells us bad habits can be formed in as few as two repetitions and our efforts to build a new good habit can take much longer than the commonly held belief of 21 days. A new habit is dependent upon many individual factors and may take over 60 days to stick. That's one reason New Year resolutions often fail; but that's looking at the broad picture. When we look at the small picture, the daily picture, we can see we had some successes along the way. We serve ourselves and others well by expending good brain cells to build on those successes and striving to repeat them. If the supervisor (or parent) reinforces the success with a pat on the back, that habit will have a better chance of sticking. By focusing on the daily habits, we have a much better chance of achieving our goals. English sculptor and artist Henry Moore nailed it when he said "I think in terms of the day's resolutions, not the year's."

All this reminds me of a story that Chief Master Sergeant of the Air Force #5, CMSgt Bob Gaylor, tells about Juan. The Chief is a master story teller and those who have heard him will remember this story. The Chief was in Texas killing time before a speaking event and decided he was hungry. He stopped at a small sidewalk food stand and ordered his meal. While there, the man behind the grill barked something in Spanish and a young boy appeared, seemingly out of no-where. The man handed him a bag of food, barked more Spanish and the young boy took off at a dead run. After a few minutes, the boy returned from his delivery at a dead run, just as fast as he had left the stand earlier. This repeated until the Chief had to ask the young man what his name

was, where he was taking the food and why we ran so fast? His name was Juan and he said he was taking the food to a good customer around the corner and he always ran that fast. Again, Chief asked why and the boy looked at him like the answer was too obvious and told him "Because people like hot French Fries." It took a moment for the Chief to realize that Juan was on to something. He wasn't thinking of his job or how far he ran, he was focused on his customer! But then Chief Gaylor challenges each of us by asking..."Do you deliver hot fries?" Do you meet the minimum or do you strive for excellence. Do you meet or beat suspense times or are you late? By delivering "hot fries," you exceed people's expectations and delight

them. The Chief, now more than 80 years old, still delivers "hot fries" and remains an inspiration. He is one of those people who you meet and immediately want to do better as a result.

By not worrying about the New Year's resolution, but focusing on the daily habits and running fast to deliver "hot fries," we will not only delight others, but find professional and personal success in this new and challenging year. If you supervise someone who delivers "hot fries", show them it matters and reward them so the habit will stick. Let's get running!

Chief Glick

"Many people look forward to the new year for a new start on old habits. ~Author Unknown"

## Resolve to work and play safe...

By MSgt Becky Hawk

124th Fighter Wing Safety

The New Year is always a time to start fresh. Most of us start the New Year with a positive outlook and great anticipation for the upcoming year. Some of us are infamous for having a New Year's resolutions that lasts approximately four to six weeks. But, have you thought about making a resolution to work and play safer the whole year of 2012?

Many people do not consider the impact of a disabling injury. How would your family and friends be affected? How would your quality of life change? It can take a lot of adjustments for the whole family. It can quickly become apparent that the independence most of us take for granted can come to a skidding halt in a matter of moments. Most of our homes are not equipped for handicapped access. Even if the handicap is due to a temporary medical problem, getting a drink of water can become a huge obstacle.

We need to remember to slow down and take our time. Most of us are in a hurry to get to work, get home, get the yard work done, and probably pride ourselves on being handy in the home, but do we take the time to slow down and do it safely? How many times do you make that quick trip to the grocery store (just a few blocks away) without a seat belt or use the weed eater without any eye protection?

In the New Year, remember this one thing... your actions do affect other people! A disabling injury affects not only you, but every life that you touch. So take care and be safe in 2012.



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

## *Community College of the Air Force Graduation Ceremony Sunday January 8*



Pictured above are the Idaho Air Guard's 2010 Community College of the Air Force Graduates: (front row) SSgt Ahbe R. Coates – 266th Range Squadron, SSgt Adam R. Mundy – 266th Range Squadron, SSgt Jennifer Buntan-Pahang – 124th Medical Squadron, MSgt Marsha Y. Abela – 124th Forces Support Squadron, SSgt Miranda A. Dugan – 266th Range Squadron, TSgt Angela D. Stohler – 190th Fighter Squadron, MSgt Gerald R. Shoemaker – 124th Force Support Squadron, SSgt Jesse D. Brother - 124th Maintenance Squadron, SSgt Lance A. Stevens – 124th Maintenance Squadron, (back row): MSgt Scott W. Campbell - 266th Range Squadron, SSgt Shawn M. Malone – 266th Range Squadron, TSgt Wayne A. Riley – 124th Civil Engineer Squadron, SSgt Thomas J. Broden – 124th Aircraft Maintenance Squadron, TSgt Michael J. Heninger – 124th Fighter Wing, SSgt Ryan P. Kezar – 124th Security Forces Squadron, MSgt Benjamin E. Hopkins – 124th Aircraft Maintenance Squadron, SSgt Heber L. Laing – 266th Range Squadron, SMSgt Phillip L. Dorosh – 124th Air Support Operations Squadron. US Air Force Photo by MSgt Thomas Gloeckle.

### ***Congratulations to our newly promoted Airmen!***

***TO MASTER SERGEANT PHILIP J. NEUSSENDORFER***

***TO MASTER SERGEANT KYLE W. WILLIAMS***

***TO MASTER SERGEANT ALBERT R. HARLEY II***

***TO TECHNICAL SERGEANT CHAD L. GIRARD***

***TO TECHNICAL SERGEANT BRUCE P. CLANCY***

***TO TECHNICAL SERGEANT PATRICIA A. WINN***

***TO TECHNICAL SERGEANT JOSHUAH D. CROOKS***

***TO TECHNICAL SERGEANT JUNG H. SONG***



---

**Coming this February!**  
**Please Join Us**  
**ANG Spouse & Family**  
**Information Forum**  
**Benefits, Information and Resources**  
**Saturday Feb 4th**  
**12P.M. - 4P.M.**

**RSVP (recommended, not mandatory)**  
**to April Normand at 422-5470**  
**or John Spurny at 422-5374.**

## **Betting Pools: Bottom Line – Don't Do Them**

If you participate you could be in violation of the Joint Ethics Regulation (JER), DoD 5500.7, and 5 CFR 735.201.

Several potential gotchas for service members:

- Messages about pools going to/from military email accounts.
- Using the personal email route, but with an official AF signature block at bottom.
- Sending to personnel that you supervise.
- Done while on a duty status (points).
- Doing all this with govt resources.
- Done on Federally-owned property.

See the IG's complete column for the details are at [thebeaconlive.com](http://thebeaconlive.com)

**Again, bottom line...avoid betting pools.**



**Lt Col Rick Harper**  
**124th Fighter Wing**  
**Inspector General**

# The Adjutant General's leadership training day is Saturday, 17 Mar 12.

1. The Idaho Adjutant General has scheduled a leadership training day for the Idaho National Guard on Saturday, 17 Mar 2012. The purpose of this activity is to provide The Adjutant General as well as the Commanders of the Army and Air National Guard an opportunity to address important leadership topics and conduct necessary training for the leadership of the Idaho National Guard.

2. The intent is for all available officers O-3 and above, selected warrant officers and senior enlisted E-8 and E-9 to attend a full day session in a paid status. Report time is 0730 with anticipated release at 1630. Please arrive in the Building 440 auditorium on Gowen Field, Boise, Idaho in your Class B Uniform. Your State professional organizations will provide a lunch option.

3. POCs for this event are Lt Col Jeffery Aebischer at 208-422-6369 and LTC Ralph Myers at 208-272-4152.



***PLEASE MARK YOUR CALENDARS***