

DECEMBER 2015



official newsletter of the 124th Fighter Wing

THE BEACON



COMBAT EXCELLENCE-ALWAYS ON MISSION

FROM THE WING COMMANDER'S DESK

COL. TIM DONNELLAN



I hope everyone had a relaxing Thanksgiving, and had an opportunity to spend time with friends and family. It's hard to believe December is already upon us, and it's time to reflect on what we have accomplished this calendar year. I am continuously in awe of each and every one of you, as you juggle your busy lives with multiple jobs, families, and service to our country and state. The 124th Fighter Wing has been a part of some amazing events and journeys this year.

We saw a delay and most probable cancelling of becoming a classically associated guard unit at Mountain Home AFB (we are not out of the woods yet, but looking much better). We had 15 wing members travel to Cambodia and Thailand this summer working as a part of our State Sponsorship Program. 212 members deployed to Guam, Al Dhafra, Al Jaber, Al Udied, Bahrain, Djibouti, and Latvia. 66 Air Guard Members stepped up and volunteered for state active duty – supporting the Tower Fire (8 TCP's 24/7) and Grizzly Complex Fire (9 TCP's 12 hours a day) as well as standing up an A-staff and a Joint Task Force Commander. We executed over 99 percent of our resources across the board, and hosted almost every single senior leader in the Air Force and Air National Guard. We supported the 116th Cavalry Brigade Combat Team in the largest deployment they've seen since combat in Iraq in 2011, and had the greatest change out of commanders in the history of the Idaho Air National Guard. I know I'm missing more, but my head hurts just thinking of all the above.

We aren't letting up from our full throttle tempo as over half of our fighter wing will deploy to remote locations next year, and we will continue to shape our team for the mission of the future. Truly, we are setting the example as the lead A-10C unit across the Air National Guard and the combat Air Force.

Engage December drill as aggressively as you can. We host the first of our Yellow Ribbon events to brief you and your families on all of the benefits and resources available to you before, during and after deployment. Reach out to one another and remember we have great folks out here full time, if you need them. Patricia Debor, 124 FW Director of Psychological Health, along with Chaplain Howarth, and John Spurny's entire team of the Idaho Air National Guard Family Programs Office are here for you through the holiday season and deployment preparation. Please don't hesitate to contact them for any reason.

Finally, enjoy the holidays! You all deserve to take some down time, so please do. Go ski the slopes, travel to see family, or just get away from the normal schedule. Whatever it is, be safe and be ready to hit the ground running next year!

-Col. Tim Donnellan

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Lt. Col. Gary A. Daniel
2nd Lt. Cassie Morlock

PUBLIC AFFAIRS NCOIC

Master Sgt. Becky Vanshur

PUBLIC AFFAIRS STAFF

Tech. Sgt. Sarah Pokorney
Tech. Sgt. Joshua Allmaras
Tech. Sgt. John Winn
Airman 1st Class Skyla Child



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» On the cover

Master Sgt. Steven W. Vinsonhaler, the 124th Fighter Wing Staff first sergeant, right, and Airman 1st Class Matthew A. Deanda, a crew chief with the 124th Aircraft Maintenance Squadron, left, work together to gather leaves during Rake Up Boise Nov. 14, 2015 in Boise, Idaho.



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WWW.TWITTER.COM/124FIGHTERWING



WWW.INSTAGRAM.COM/124FIGHTERWING

THE BEACON is the official newsletter/magazine 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.

PRIMARY UTA EVENTS



DEC. DRILL CALENDAR

SATURDAY

0700 MSgt Fletcher Harris Retirement, Bldg T6
 0700 Yellow Ribbon Check-in, Bldg 1500
 0800 Yellow Ribbon Event, Bldg 1500/1530
 0800 Force Development Council Meeting, Bldg 600
 0830 Enlisted Promotion Board, Bldg. 600
 0900 Fitness Test, Bldg 1530
 1000 Commander Selective Retention, Bldg 600
 1000 SRRB CC Brief, CG Conference Room
 1000 NCO Council Meeting – Bldg. 441, Next to HRO
 (Annex Building)
 1300 CDC Testing
 1400 MSgt Dennis Boyd Retirement, Bldg 150
 1400 LRS AoC, Base Theater
 1500 Airman's Council Meeting, Bldg 400, Conf. Room
 1600 Officer All Call, DFAC

SUNDAY

0700 Yellow Ribbon Check-in, Bldg 1500
 0745 CSS Training
 0800 Yellow Ribbon Event, Bldg 1500/1530
 0830 CDC Testing
 0830 Officer Promotion Board, Bldg 600
 1000 MSM MSgt Spall, AMXS Conference Room
 1200 iDIG Meeting, Bldg 400 Conference Room
 1500 CCAF Graduation, Base Theater
 1500 Promotions for Dec UTA due to FSS
 1530 MSgt Bryson Retirement, GFAC
 1600 MSgt Schildhauer Retirement, GFAC

WHAT'S FOR LUNCH?

SATURDAY (\$5.55)

Main Line:

Pork Loin w/gravy
 Bourb. Style Chicken
 Savory Stuffing
 Pea & Pepper Rice
 Normandy Veggies
 Green Bean Casserole
 Bean & Ham Soup
 Chicken Dumpling Soup

Short Order Line:

Sloppy Joe Sandwich
 Chicken Strips
 Hamburgers
 Cheeseburgers
 Onion Rings

Desserts:

Carrot Cake
 Macadamia Cookies
 Yellow Cake/Choco Frost
 Peach Cobbler

SUNDAY (\$9.05)

Main Line:

Prime Rib w/a jus
 Maple Ginger Salmon
 Baked Potato
 Rice Pilaf
 Glazed Carrots
 Zucchini
 Potato Bacon Soup
 Broccoli Cheese Soup
 Dinner Rolls

Short Order Line:

N/A Holiday Meal

Desserts:

Assorted Cheesecake
 Assorted Desserts
 Pecan Pie
 Fudge
 Mixed Nuts

REMEMBER This schedule is subject to change. Check the current Fragmentary Order for updates.

AWARDS AND DECORATIONS

OUTSTANDING AIRMEN OF THE QUARTER



Airman Category
SrA Neil J. Mooney
124th Air Support Operations Sq.



NCO Category
SSgt Charee D. Worthley
266th Range Squadron



Senior NCO Category
SMSgt Lehi S. Hartwell
124th Maintenance Squadron

ESGR AWARD



Second from the Left - Master Sgt. Carlos Hsue was recognized for his support as part of the base Joint Honor Guard.

Fourth from the left - Master Sgt. Bonnie Davis was recognized for her support of Boss Lift Wrangler.

A TALE OF TWO TAILS

IDAHO AIRMEN TAKE CARE OF ONE OF THEIR OWN

By Senior Master Sgt. Mark A. Klaudt
Special to the Beacon

A friend from my childhood has a habit of posting pictures from years past. This year he found one of me from 1992, my first year with the Idaho Air National Guard. The lad in the photo was young, eager, full of energy and potential. He had great hair, less weight, and, after a glance in the mirror, looked a great deal “shinier”. My story is not about that lad’s growth, scars, or service, but about another Idaho Air National Guard family member, aircraft A-10 80-0276.

Aircraft 276 rolled off the assembly line in 1980. She flew with honor in Spangdahlem, Germany, until, eventually, she flew across the Atlantic joined the Idaho Air National Guard family on January 11, 2001. Her time in Europe had exposed her to a great deal of corrosive salt air, but that did not become evident until a pre-phase wash this July when her crew chief noticed a couple of tiny holes on one of the vertical stabilizers—the up-rights on the tail. After a closer look, these holes



were just a symptom of a massive corrosion issue that led to the vertical stabilizer being condemned. This corrosion drove the need to replace the stabilizer, which is no small task, but a necessary step to ensure pilot safety.

During the removal of the stabilizer a traditional guardsman noticed another strange pattern under some paint by his foot, which turned out to be more corrosion. The diagnosis: replace the entire horizontal stabilizer as well. Typically this type of repair requires depot-level intervention and the depot engineering department at

Hill Air Force Base was ready to send a team, but after some consideration the IDANG decided that we were more than up for the task.

The airframe power generalists (crew chief and phase), repair and reclamation, pneudraulics, electrics, and mission systems shops disconnected lines, unplugged sensors, removed actuators and finally pulled the old horizontal and vertical stabs off. Supply scrambled to find a new set of stabilizers, ultimately having to have them pulled off of a retired aircraft in the Aerospace Maintenance and Regeneration Group facility, better known as “the boneyard,” in Tucson, Arizona. Time was dragging on, but the aircraft needed to be fixed sooner rather than later. The maintenance squadron leadership was on the phone with the boneyard constantly trying to streamline the flow of parts.

The vertical stabilizer arrived in five days and over the course of two weeks the structural shop would strip 15 layers of paint to restore it back to perfection.

The horizontal stabilizer took 60 days to reach us here in Boise. Once received, the aircraft metals technology and non-destructive inspection shops worked tirelessly for weeks to bring it back up to the proper engineering standards, after its long rest at the boneyard in the desert of Arizona.

The actual installation, the raising and installing of the four, yes four, bolts that holds the tail on the jet took a team of APG, led by a traditional, only 15 minutes. The challenge to finish the job now fell to everyone else at once. In a flurry that looked like a dance, structures repaired and fit panels, metals pushed new bushings, NDI ensured nothing was hidden from the human eye, pneudraulics installed actuators, repair and reclamation re-fit the controls and surfaces, electricians and missions system performed a total re-wire, quality assurance ensured they all held their normal level of excellence, supply routed the old parts to depot engineering for study, and finally, operations provided a pilot for a functional check flight that brought our 276 back to life. Truly, a victory for the entire wing.

Aircraft 80-0276, like the lad in that photo, and the IDANG family as a whole, has been around the world, has seen the best and worst it has to offer, has dents and scars, new parts and old. Like the rest of us, she has a family that loves her, supports her, and will go to no ends to ensure she flies high and true.



Photos courtesy of the 124th Maintenance Group

To report a sexual assault, contact the 124 FW SARC at 208-447-6166
or call the DoD Safe Help Line at 877-995-5247



Capt Kristin Daigle
Sexual Assault Response Coordinator

Your Wing Victim Advocates



SMSgt Becky Hawk
Victim Advocate



SSgt Nick Lasher
Victim Advocate



SSgt Danielle Hale
Victim Advocate



TSgt Blake Torosian
Victim Advocate



TSgt Christina Rohrenbach
Victim Advocate

Restricted Reporting

- All personnel
- Confidential
- Law Enforcement and/or commander not notified
- Can collect evidence
- Can go unrestricted

Unrestricted Reporting

- All personnel
- Discreet, "need to know"
- Law Enforcement investigation initiated
- Commander notified
- Can collect evidence
- Can't go restricted

OUTSTANDING AIRMAN of the YEAR BANQUET **JANUARY 8, 2016**

Riverside Hotel
2900 CHINDEN BOULEVARD, BOISE, ID 83714
TEL 208-343-1871

**Come enjoy an evening honoring
Airman for their outstanding
achievements with a delightful
dinner, entertaining music, and
drinks**

Social Hour: 6:00 PM
Program Starts: 6:30 PM
Dinner: 7:00 PM

Price per Person	
E1-E4 & Guest.....	\$25 EA
E5 & Guest.....	\$30 EA
E6 & Guest.....	\$35 EA
E7/E8; 01-03 & Guest....	\$40 EA
E9; 04-07 & Guest.....	\$50 EA
Civilian.....	\$35 EA



ATTIRE:
Military: Mess Dress/Semi-Formal
Civilian: Formal/Semi Formal

R.S.V.P. by 23 December 2015
POC: [CMSgt Gramkow](#) 208-830-1191
Alt POC: [CMSgt Taylor](#) 208-422-6116

Registration LINK
<https://einvitations.afit.edu/inv/anim.cfm?i=262591&k=0067400C7256>

WARRIOR OF THE MONTH

1ST LT. ROBERT T. STEINER (OCT)



FAVORITE FOOD

Good steak dinner with a loaded baked potato

HOBBIES

Hunting with his brothers, dirt biking, and mountain biking

124th Air Support
Operations Squadron

Air Liaison Officer

14+ Years of Service

WHY WERE YOU RECOGNIZED

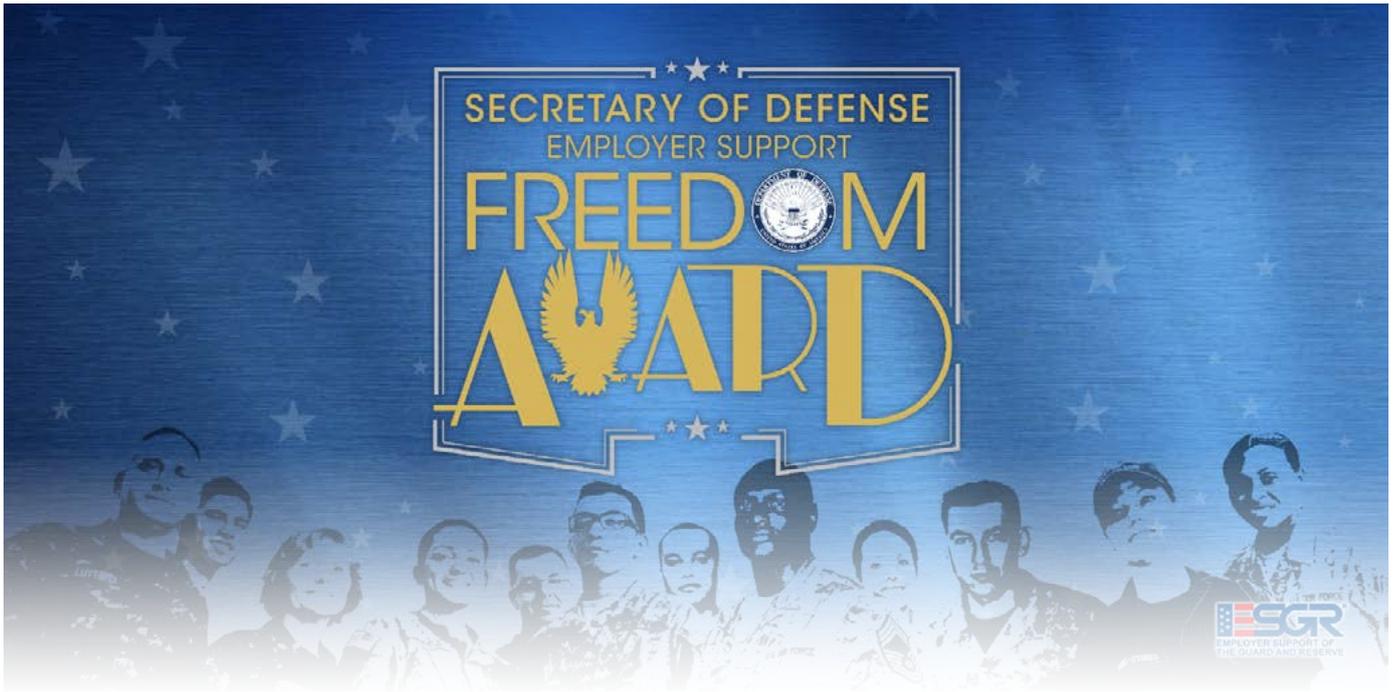
“The recognition is for the 124th Air Support Operations Squadron’s support of the Army National Guard’s National Training Center rotation. This wasn’t something I did on my own, it was a team effort and it’s hard for me to take credit of all that. My role was to lead our team through the rotation across all levels of the command.” -1st Lt. Steiner

1st Lt. Steiner served as the Brigade Air Liaison Officer, the primary advisor to the Army National Guard leadership on close air support integration, a role normally performed by a field grade officer. He led a tactical air control party that was responsible for executing more than 100 sorties over 10 days, employing more than 50,000 pounds of live munitions and more than 150,000 rounds of simulated munitions. His team properly prepared communications, airspace and joint coordination measures necessary to utilize every aircraft allocated to them, resulting in a 100 percent aircraft utilization rate.

“ Take challenges head on. If a challenge comes up, meet it head on and know that you are not alone. You are surrounded by a team of professionals.



Air National Guard photos by Tech. Sgt. Joshua C. Allmaras



VISIT WWW.FREEDOMAWARD.MIL

TO NOMINATE YOUR
EMPLOYER



COUNCIL CORNER

What have we been up to?

Over the past month, the Enlisted Councils have been representing our wing through various community events. One event in particular was “Rake up Boise”. During several of our meetings we’ve discussed how we can give back to our community and the Wing. The perfect opportunity came up when it was proposed to both the Airman and NCO Councils to participate in “Rake up Boise” (see next page for photos). Upon some research it was discovered that this year’s event was going to fall on Veteran’s Day weekend. What a perfect opportunity to give back to a local Veteran and do something great for our community.

I was able to work with the organizers of this event to help a local Veteran. We contacted our First Sergeants and Rising Two Council members who also wanted to join our efforts. There was a great mix of Airmen from the Airman, NCO, Rising Two, and First Sergeant’s Councils. If you don’t know what these councils are about or what they’re doing, you are certainly missing out. Our local veteran was retired Lt. Cmdr. Martin Lunt, a U.S. Navy Veteran. He had such great stories of his career that spanned over 24 years as an enlisted member and officer to share. He was funny and had some great insights for everyone; from the new A1C to the most Senior NCO. It was one of the best experiences. The volunteers raked up more than 75 bags, each weighing roughly 50 pounds each. Our intent is to continue this tradition of Rake Up Boise each and every year. If you are interested in participating in a future event, please contact myself or your respective council representative for more information.

We, as an Enlisted Council, would like to give back to our fellow Airmen as well. One of the many ways we’ve decided to do this is by sponsoring Airmen who would like to go to the Outstanding Airmen of the Year banquet. It’s a great event and those that go will have the opportunity to hear Chief Master Sgt. of the Air Force James Cody speak. The Airman’s Council will sponsor four Airmen (E-4 and below) to attend the OAY banquet. The NCO Council will sponsor two NCOs (E-5 thru E-6) along with one guest to attend the OAY banquet. To nominate an Airman please contact Staff Sgt. Lonnie Kemp at lonnie.l.kemp.mil@mail.mil and myself at christina.l.rohrenbach.mil@mail.mil. Once the individuals are picked, Kemp and I will notify them so they can get registered.

-Tech. Sgt. Christina Rohrenbach

-NCO Council-

When - Saturday of drill

Time - 10 a.m.

Location - Building 441, human resource office annex

-For more information contact-

Tech. Sgt. Christina Rohrenbach, NCO Council President

208-422-5322

christina.l.rohrenbach.mil@mail.mil



Staff Sgt. Kenneth F. Wise, a quality assurance manager with Wthe 124th Comptroller Flight, right, listens to stories told by reitred Lt. Cmdr. Marin Lunt, a Navy veteran, left, during Rake Up Boise Nov. 14, 2015 in Boise, Idaho.



Want to see more pictures? Visit our *Flickr Album* by clicking the logo:



Airmen with the 124th Fighter Wing's Rising 2, NCO, Airman, and First Sergeants Councils, and an Idaho Army National Guardsman pose for a photo with retired Lt. Cmdr. Martin Lunt, a Navy Veteran, during Rake Up Boise Nov. 14, 2015 in Boise, Idaho. The Airmen collected more than 35 bags of leaves from Lunt's nearly a half-acre yard while participating in Rake Up Boise, the largest volunteer event in Idaho. (Air National Guard photos by Tech. Sgt. Joshua Allmaras)

-Airman's Council-

When - Saturday of drill, 3 p.m.
Location - Building 400, downstairs classroom

-For more information contact-

SSgt Lonnie Kemp
Airman's Council President
208-422-6707
lonnie.l.kemp.mil@mail.mil



DEPLOYMENT ENTITLEMENTS

ALLOWANCES WHEN YOU'RE DEPLOYED

It's important to know your entitlements while deployed.

Here is an overview of your allowances. For more information and a complete list of designated areas for any of the following entitlements, reference DoD Financial Management Regulation, Volume 7A.

A-Family Separation Allowance (FSA) is payable only to members with dependents. FSA is payable in addition to any other allowance or per diem, to which a member may be entitled. FSA – T is payable if the member is on temporary duty (TDY) (or temporary additional duty (TAD)) away from the PDS continuously for more than 30 days, and the member's dependents are not residing at or near the TDY station. This includes members who are required to perform a period of the TDY before reporting to their initial station of assignment; prorated at \$250 per month.

Hardship Duty Pay for Location Assignment (HDP-L) is payable to members for either permanent change of station duty or temporary/deployed/attached duty of over 30 days duration in specified locations. This entitlement is payable to both officers and enlisted members when assigned for duty in the locations designated in Figure 17-1, under the conditions set forth in Table 17-1; paid anywhere between \$50 – 150 per month depending on location. Monthly rates include:

Hostile Fire Pay (HFP).

This entitlement is paid at the

Afghanistan	\$100
American Samoa	\$50
Azores	\$50
Bahamas	\$50
Iraq	\$100
Jamaica	\$100
Kuwait	\$50
Madagascar	\$150
Mongolia	\$150
Qatar	\$50
Saudi Arabia	\$150
Turkey	\$100

rate of \$225 per month when, as certified by the appropriate commander, a member is: 1. Subjected to hostile fire or explosion of a hostile mine; or 2. On duty in an area in close proximity to a hostile fire incident and the member is in danger of being exposed to the same dangers actually experienced by other Service members subjected to hostile fire or explosion of hostile mines; or 3. Killed, injured, or wounded by hostile fire, explosion of a hostile mine, or any other hostile action.

Imminent Danger Pay (IDP)

This entitlement is paid on a daily prorated basis not to exceed \$225 per month when a member is on official duty in a designated IDP area. Areas include: Montenegro, Afghanistan, Colombia, Philippines, Turkey, Iraq, and Greece.

Combat Zone Tax Exclusion (CZTE)

– Military pay not subject to withholding of federal and state income tax to members who perform active duty in a combat zone. Combat zones include: total land areas of Iraq, Kuwait, Saudi Arabia, Oman, Bahrain, Qatar, and the United Arab Emirates.

WANT TO FLY?

2016 UNDERGRADUATE PILOT TRAINING BOARD

Eligibility:

- Must not have a history of alcohol/drug abuse, or law violations (limited traffic violations are acceptable)
- Be able to enter training by 30th birthday
- Obtain qualifying scores for the AF Officer Qualification Test (AFOQT)
- Pilot Candidate Selection Method PCSM score
- Be able to pass a flying class I and II physical to include meeting vision requirements, height, weight, etc
- Possess a four-year degree (Idaho ANG members may request an education waiver with 90 or more semester hours on a consolidated transcript)
- Must be able to obtain a Top Secret Security Clearance (complete background investigation to include financial status will be evaluated)

TIMELINE:

- 6 Dec 2015 - Packages are due to SMSgt Will Ferrell (allow 7 days for delivery)
- 4-10 Jan 2016 - Applicants will be notified of interview invite. Please do not call prior to January 10th inquiring about interviews
- 4-6 Mar 2016 - Interviewees will need to be available (on location) 4 Mar through 6 Mar 2015.

CLICK HERE
APPLY NOW

or go to the following link:
<http://idahoangbeacon.ning.com/page/upt>

Application must include:

- UPT Questionnaire
- Civilian candidates must fill out the DD Form 2807-2, Medical Prescreen. Military members must submit a current copy of a physical
- Personnel RIP (military members only) from orderly room
- Three letters of recommendation
- AFOQT scores (must be included in application package by due date). Ensure you test in a timely manner as it takes 2-4 weeks for AFOQT results. You can obtain your score by calling 800-558-1404 or online at <https://w20.afpc.randolph.af.mil/afqtsnet20/DODBanner.aspx>. Boise MEPS offers AFOQT exams on the third Wednesday of the month only. Must be scheduled 10 days prior to test date. Contact MSgt Milo Davis at 208-422-5383 if you need to be scheduled for the AFOQT.
- PCSM scores (must be included in application package by due date)
- Transcripts showing four year degree (copy will suffice). IDANG members may apply with 90 semester hours on a consolidated transcript (if selected a waiver will be required).
- If applicable, copy of private pilot license and a summary of flying experience (last page of log book will suffice).
- Single Picture of applicant only (shoulders and above)
- One page narrative introducing yourself and why you want to fly for the Idaho Air National Guard. Please include your email address.

Mail application packet to:
SMSgt Bill Ferrell, JFHQ-ID RRS
4400 Earhart St., Bldg. 405
Boise, ID 83705-8103

NOTE: The 2016 board is for a FY18 flight training seat. Late applications or those without the above documents will not be accepted. Please include your email address on your narrative. You will be emailed once your package has been received. It is not necessary to call the recruiting office unless you do not receive an email within 7-10 days after submission of the package. DO NOT BIND THE DOCUMENTS IN YOUR APPLICATION. ATTACH THEM WITH A PAPER CLIP

You are not alone

The holidays can be a stressful time, here are some helpful tips from Beth Schwinn, Defense Centers of Excellence Public Affairs.

The apps listed below can help you ease holiday stress. But if you feel persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, or unable to face routine chores, talk to your doctor or a mental health professional.

If apps aren't your thing, the Mayo Clinic suggests some lowtech ways to cope with stress: take a walk at night and stargaze, listen to soothing music, get a massage, and my personal favorite, read a book.

Check out these mobile apps, and consider downloading a few, for strategies to help you identify stress and plan for a peaceful, happy holiday.

-Use T2 MoodTracker to figure out when your stress levels are rising. This free app from the National Center for Telehealth and Technology (T2) helps you identify the things in your life that contribute to feelings of stress and anxiety.

Release stress with Breathe2Relax. Deep breathing helps activate the body's relaxation response. This popular app guides you through breathing practices to help you physically calm yourself in stressful situations.

-Manage stress with Tactical Breather. T2's customizable stress management tool introduces you to the benefits of controlled breathing through a tutorial and guided exercises.

-Practice mindfulness. Mindfulness is a term used to describe a set of strategies designed to change the way people think about everyday life. Mindfulness Coach, developed by T2 in partnership with the Department of Veterans Affairs, introduces the concept of focusing mindfully and can help you maintain a meditation practice during the holidays.

To read the complete article click the link below:

http://dcoe.mil/blog/151123/You_Can_Manage_Holiday_Stress_These_Apps_will_Help.aspx

-Meet Patricia Debor, LPC-

For those of you who don't know me, I am a Licensed Professional Counselor at the 124th Fighter Wing. My services are free and confidential. I am full-time and available during drill weekends. Comments and suggestions on this article or future topics you might like to see addressed are welcomed.

-Contact Information-

Patricia DeBor, LPC

208-422-5377

patricia.l.debor.civ@mail.mil



A MESSAGE FROM YOUR MEDICAL GROUP

As we enter our deployment window, the Medical Group wants to ensure our Wing understands how medical processing will operate this year. We have timelines for medical requirements that drive how soon we can accomplish health assessments, that are dependent on deployment location and departure dates. The Public Health office will be communicating all of these requirements to each individual, Unit Deployment Managers (UDM) and Unit Health Monitors (UHM).

A large majority of the Wing is coming due for their Physical Health Assessment (PHA) right now because we held the PHA Festival last December. We are sliding the PHA Festival to 19-21 February to incorporate deployment processing requirements. This eliminates a duplication of effort and streamlines medical processing for everyone. The Wing Individual Medical Readiness (IMR) is going to go down significantly over the next several months and wing leadership is aware. Do not worry about being red for IMR. This will all be corrected during the PHA Festival.

We would like to ask everyone to do the following:

- Know who your assigned Unit Deployment Manager and Unit Health Monitors are and communicate with them. They will have the rosters of individual medical requirements.
- Do not complete your Web Health Assessment until asked to do so. For most people this will be the December UTA.
- Arrive on time for your scheduled appointment during the PHA Festival so we can ensure a good continuous flow for everyone.
- Pay attention to your last dental exam dates. If you are going to go overdue during your deployment then please get scheduled with your civilian dentist before you deploy. You can locate your last dental exam date and review your IMR here <https://imr.afms.mil/imr/AppDir.aspx> or through the AF Portal under Quick Links by clicking on IMR/ASIMS.

For any questions or concerns your MDG Points of Contact are:

PHAs/Dental/IMR/Scheduling/Initial GBCs/Vision/Gas Mask Inserts: Primary: SSgt Joy Alts: MSgt Harp, CMSgt Taylor

Fitness/Profiles/469s/Con-Leave/Quarters: Primary: SSgt Joy Alts: MSgt Harp, CMSgt Taylor

MEB/WWD/DAWG/Flying Waivers: Primary: MSgt Harp Alts: CMSgt Taylor, SSgt Joy

Deployments/Occupational Health/Food/Facilities: Primary: TSgt Wilson Alt: MSgt Labrum

Health Records Management/DD 2813/SF 603A: SMSgt White, SSgt Mullins

The 124th Medical Group's main phone line is 422-5369, then select the extension of the area you need.

You Can Change a Life.



Hi, I'm Jeremy.

Sorry you can't see my face, but my story is a sensitive one. I had to be removed from my parents' home at age six due to drug abuse and violence. I was brought to a wonderful CFC-supported charity that provides temporary shelter for children like me while they find a permanent solution. When I arrived, my shoes were tattered and I had to start school the next day. But thanks to donations like yours, when I came back to the shelter I was presented with the first pair of brand-new shoes I had ever owned. It felt so good! Someone cared about me, and loved me. Now I am in a much better situation, but I hope to never forget that something as simple as new shoes can make all the difference in the world to someone in need. Thank you!

Dear Idaho Air National Guard Airmen:

I encourage you to read the touching story of Jeremy, as featured in this picture. As he says, the story is a sensitive one, and he is a minor, so we can't show you his face, sadly. But he represents the unfortunate situation for many children, and we can help.

Maybe you've read the stories we've sent so far and you've thought, "I'd like to help, but I just can't afford to right now." I understand – we've all been there! Sometimes just coming up with lunch money can seem like a stretch.

Perhaps the best thing about the CFC is the payroll giving option. By pledging just one or two dollars a paycheck—whatever you feel you can afford—your pledge will accrue automatically over the year, and the only thing you'll feel is good. And that's how the people you help will feel, too. You CAN change a life.

CLICK HERE <http://www.intermountaincfc.org/Home.aspx> to give to a cause that matters to you.

Oh, and your payroll gift won't start to accrue until the first pay period of 2016, after the Holidays are behind us!

Thank you!

Michael Heninger, SMSgt, IDANG
CFC Manager

THE BEST OF THE BEST

124TH RECEIVES AIR FORCE AWARD

By Tech. Sgt. Joshua Allmaras
124th Fighter Wing Public Affairs

GOWEN FIELD, IDAHO (Nov. 10, 2015) -- The Airmen of the Idaho Air National Guard's 124th Fighter Wing received the Air Force Outstanding Unit Award for their meritorious service from Oct. 1, 2012 to Sep. 30, 2014.

The 124th Fighter Wing distinguished itself during this period by executing more than 7,800 mishap free flying hours, the medical group maintained an 87% individual mobilization rate, the operations support squadron conducted 180 hours of training which resulted in 82 students being trained at the only A-10 intelligence formal training unit, more than 11,500 meals were served, more than 480 passengers and more than 135 short tons of cargo in support of seven exercises were processed, and the wing created a five day NCO enrichment course with three sessions per year.

"The Airmen of the 124th Fighter Wing have demonstrated that they truly embrace the wing motto of first class or not at all," said Col.

Tim Donnellan, the 124th Fighter Wing commander. "The Air Force has recognized the sacrifices our Airmen make and the hard work they accomplish each and every day they serve their community and their country."

During the award time period, the medical group conducted the first physical health assessment festival ever, the maintenance group received an excellent on their logistics compliance assessment program inspection, and the mission support group did phenomenal on their environmental, safety and occupational health compliance assessment and management program inspection, said Donnellan.

"The competition was extremely keen," said Lt. Gen. Stanley E. Clarke III, the director of the Air National Guard. "Each winner is commended for having been selected from an outstanding group of nominees. The dedication and commitment of the members of these organizations enable the Air National Guard to fulfill its commitment to the missions of

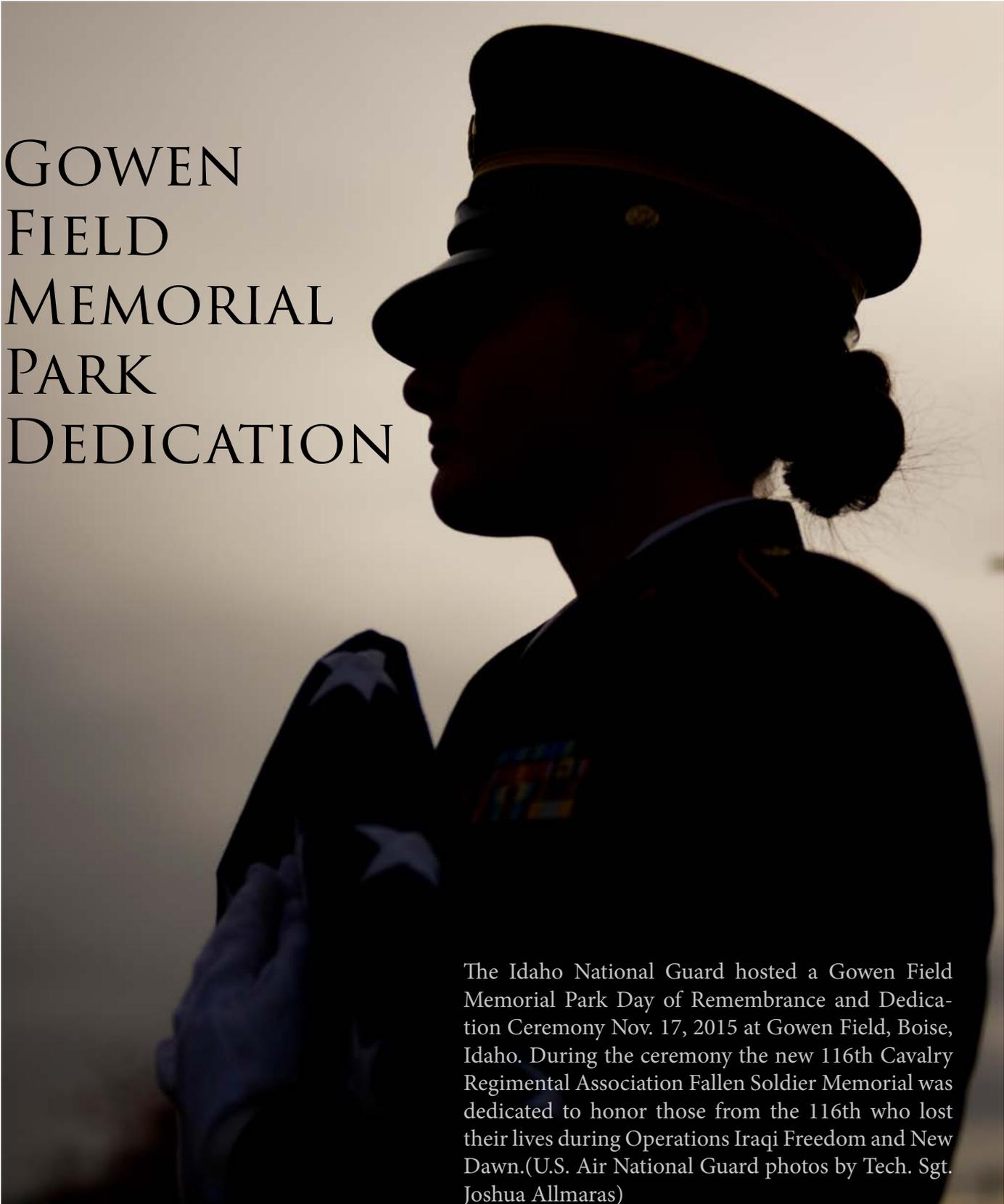


peacekeeping, humanitarian relief, domestic improvement, and most important of all – defense of America. Again, my congratulations to the best of the best."

The Air Force Outstanding Unit Award is awarded by the secretary of the Air Force to units that distinguish themselves by exceptionally meritorious service or outstanding achievements that set them apart from similar units. It was established in 1954.

"I'm extremely honored to serve with each and every one of you," said Donnellan. "America and Idaho are better as a result of your sacrifice."

GOWEN FIELD MEMORIAL PARK DEDICATION



The Idaho National Guard hosted a Gowen Field Memorial Park Day of Remembrance and Dedication Ceremony Nov. 17, 2015 at Gowen Field, Boise, Idaho. During the ceremony the new 116th Cavalry Regimental Association Fallen Soldier Memorial was dedicated to honor those from the 116th who lost their lives during Operations Iraqi Freedom and New Dawn.(U.S. Air National Guard photos by Tech. Sgt. Joshua Allmaras)

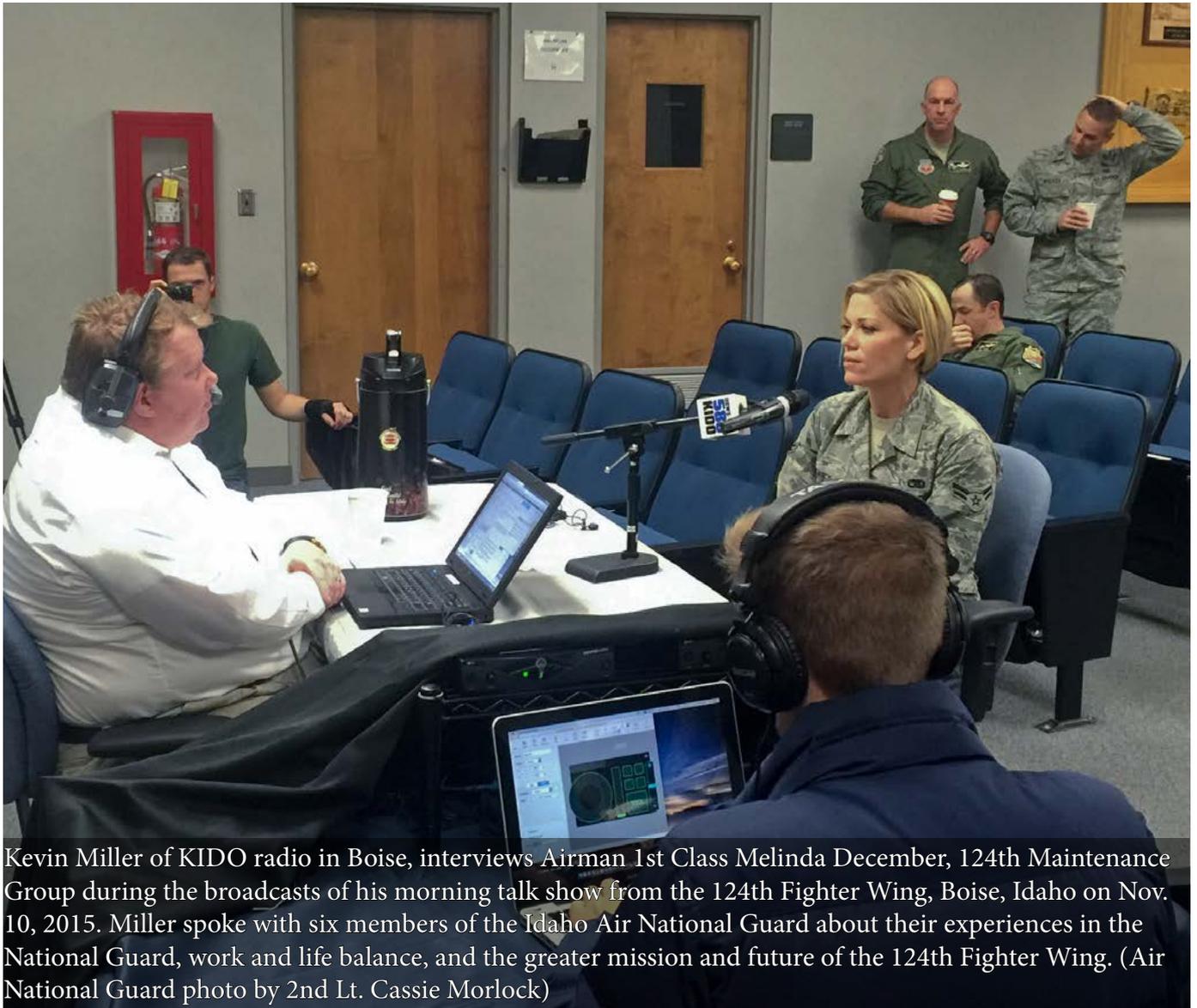


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THE TALK OF THE BASE

KEVIN MILLER WITH 580KIDO HOSTS SHOW ON GOWEN



Kevin Miller of KIDO radio in Boise, interviews Airman 1st Class Melinda December, 124th Maintenance Group during the broadcasts of his morning talk show from the 124th Fighter Wing, Boise, Idaho on Nov. 10, 2015. Miller spoke with six members of the Idaho Air National Guard about their experiences in the National Guard, work and life balance, and the greater mission and future of the 124th Fighter Wing. (Air National Guard photo by 2nd Lt. Cassie Morlock)

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Kevin Miller of KIDO radio in Boise, meets an A-10 Thunderbolt II Pilot, Lt. Col. James Walker after the broadcast his morning show from the 124th Fighter Wing, Boise, Idaho on Nov. 10, 2015 . Miller spoke with seven members of the Idaho Air National Guard about their experiences in the National Guard, work and life balance, and the greater mission and future of the 124th Fighter Wing. (Air National Guard photo by Tech. Sgt. Sarah Pokorney)



Kevin Miller of KIDO radio in Boise, speaks to 124th Maintenance Group, Crew Chief, Master Sgt. Alan Stoker about the A-10 Thunderbolt II after the broadcast of his morning show from the 124th Fighter Wing, Boise, Idaho on Nov. 10, 2015. Miller spoke with six members of the Idaho Air National Guard on the show about their experiences in the National Guard, work-life balance, and the greater mission and future of the 124th Fighter Wing. (Air National Guard photo by Tech. Sgt. Sarah Pokorney)

WORDS FROM THE PULPIT



CANDLELIGHT SERVICE

Sunday December 6, 2015 6:30pm - 7:30pm
 Art Moore Chapel, Gowen Field Air Force Base

Join us as we celebrate the spirit of the Christmas season with music and fellowship

Strong Bonds Christmas Dinner

Tuesday December 8th, 2015
Dinner served at 6:00pm
Riverside Hotel
2900 E Chinden Blvd, Boise, ID 83714

Come join in the holiday fun with dinner, crafts, games and a chance to see Jolly Old Saint Nick!!!



Must have a ticket to attend!
One ticket per person – tickets are limited!
 Get tickets from your Chaplain 272-4311 starting December 1st.



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