

official newsletter of the 124th Fighter Wing

# THE BEACON



COMBAT EXCELLENCE-ALWAYS ON MISSION



# FROM THE WING COMMANDER

COL. TIM DONNELLAN

*Welcome to this Special Edition Deployment version of The Beacon! This will be the first of four publications that will go out over the course of our deployment cycle, well into the next calendar year. In it you will find articles and resources that you and your families will find useful in final preparation for your deployment. This is also unique in that it has been mailed out to all our deployers, so families will have a printed copy for reference. Please keep this edition close for the contact information of all the 124th Fighter Wing agencies available for assistance. This first publication deals primarily with final preparation issues, benefits, and resources at you and your families' disposal. Our second edition, which will come out this summer will help with sustainment, while the third and fourth will address reconstitution and re-integration. The intent of these special editions is to maintain contact with families with useful, relevant, and timely information that you have asked for through yellow ribbon feedback and conversations with your commanders. It's impossible to capture all of the information that each member and family will need, so please continue to engage your leadership with input on what you need to make your deployment successful, for both you and your family.*

*I would like to give a special thanks to our Force Support Squadron, Family Support Section, and our Public Affairs Office for the phenomenal amount of thought and work they are putting towards supporting this massive endeavor over the next year. It's hard to imagine now, but in a very short time you will be preparing for the homecoming you thought was so far away, and nothing can help that happen faster than a good start. Thank you for answering your nation's call and proving that once again our nation's strength lies not in our stockpile of arms, but in the will of our citizens to be ready, willing, and able.*

*Attack!*

*Donut*



# FROM THE WING COMMAND CHIEF

CHIEF MASTER SGT. TAMMY LADLEY



*Hopefully you are well rested from the holidays. I hope you were able to take some time to spend with your family and friends.*

*Now the time is here for us to do what we do best. Prepare our brothers and sisters for combat! I know this will be a difficult time for us all and I am asking for your patience and professionalism. We will get through this; it will take us all working as a team to be successful. If you are deploying or have a loved one deploying please know we will do all our best to ensure your loved ones are taken care of, however don't forget this is a combat deployment.*

*If you are leaving behind a family, you should know with confidence that the Airmen remaining behind WILL answer the call to assist your family if required. Just ensure your family has this Beacon with all the contact numbers and that they are aware your guard family is here for them.*

*I realize this deployment could and probably is creating a hardship for families and employers, I wish it didn't. Our nation has called and we have answered. You and your loved one are crucial to the success of this mission. To the men and women of the 124th who have answered this call, THANK YOU!*

*To the Airmen deploying ~ I have true faith in your professionalism. While deployed, I expect nothing less than excellence. I am confident you will exhibit the Air Force core values and live by the "Little Brown Book" (AFI 36-2618). Remember to be a good WINGMAN! I am certain you will make the 124th Fighter Wing and the State of Idaho very proud!*

*To the families ~ I truly appreciate all you have and will sacrifice during this time. I promise I am here if needed. Don't hesitate to call or email. (208) 571-7405 ~ [tammy.s.ladley.mil@mail.mil](mailto:tammy.s.ladley.mil@mail.mil). I am always available to assist.*

*-Chief Ladley*



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## KEY CONTACT NUMBERS

#### CHAPLAIN:

208-422-6468 OR 208-541-9723

#### FAMILY SUPPORT:

208-422-5374 OR 208-599-4758

#### YELLOW RIBBON:

208-422-6788

#### ANG DIRECTOR OF PSYCHOLOGICAL HEALTH:

208-422-5377 OR 208-863-3015

#### ANG FINANCE OFFICE:

208-422-5848

#### HUMAN RESOURCE OFFICE (HRO):

208-422-3338

#### LEGAL:

208-272-5199

#### AMERICAN RED CROSS:

1-877-272-7337

#### TRIWEST (TRICARE):

1-888-TRIWEST (1-888-874-9378)

#### ESGR:

208-272-3544

#### MILITARY ONE SOURCE:

1-800-342-9647 OR MILITARYONESOURCE.MIL

#### MILITARY FAMILY LIFE CONSULTANT

208-272-8398 OR 208-577-1025

#### PERSONAL FINANCE COUNSELOR

208-272-8332 OR 208-215-8804

#### STATE YOUTH COORDINATOR

208-272-8397 OR 208-890-5268

Want the latest and greatest news from the 124th Fighter Wing? Don't wait for the next printed edition of The Beacon. Click below or copy the link into your browser:

[bit.ly/getEDGE](http://bit.ly/getEDGE)

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# Your personal life support network

By John Spurny  
124th Fighter Wing Family Support

The process of finding a solid support network can be a daunting task anytime but it is especially challenging for a loved one during a military member's deployment cycle. Many factors effect one's processing of where to turn in the event of a situation beyond the norm that needs a quick, accurate resolution. Ultimately, part of a uniformed member's readiness posture is their own personal deployment support plan. This is one of the most important responsibilities levied upon them and it carries far reaching consequences. If you think about this more you'll see it also relates to the civilian side of life.

One would agreeably suggest that "the system" should take care of those left behind during deployment and contingency operations. Yes, and in fact there are a variety of support agencies that have been created and/or put in place to allow systemic support. Family Support, readiness groups, (both formal and informal) outreach organizations, Chaplains and our Director of Psychological Health. The individual's chain of command allow for the system to engage out of mission necessity with community concern.

But what steps have you (the one who wears the uniform) taken as part of your own

personal readiness plan. Think about spouses, moms, dads, grandparents, children, siblings, aunts, uncles, friends and neighbors that inherently add to your sense of balance in normal day to day life. One would have to agree they deserve selective inclusion into your life on a daily basis, but also when you wear the uniform. All of those listed above are life enablers that can directly contribute to you, the service member doing the mission for both our nation and state. "As goes the family, so goes the member" is a phrase particularly important to today's Air National Guard. So, how well do you as a member of the Guard take care of those who take care of you?

Pride, sense of duty, patriotism, sacrifice and dedication are all values and qualities a family program hears about when given the opportunity to talk to families. Guess what? Those are the same topics that arise in many leadership consultations as well. Combine these "fab five" with effective communication and heads up planning for your family structure and you have set the groundwork for a solid circle of support regardless of your life status. Nurturing your family relationships is part of increasing your readiness posture while helping to shore up facets of an effective deployment support

plan. By doing this you have set in motion your own life support network. This network and the investments you make into it will be there for you and your loved ones in both good and bad times.

Your life support network should include planning, preparedness and direction. All three of these will put at ease your life enablers once shared (during deployments in particular). The five W's and one H are the approach and delivery you should fully discuss, understand and implement. Who, what, where, when, why and how are the backbone questions that need YOUR answers to allow your life supporters to not only function but flourish on a daily basis and especially during any deployments.

You can apply these six questions to just about everything from finances to health related topics. The more subjects addressed and answered will make it easier to navigate life's journey. The beauty of this process is that it extends to your deployment capabilities and enhances that posture easily. Knowledge is power...if those you want in the KNOW, actually KNOW then your affairs and business will be seamlessly taken care of especially during contingency operations. This reduces stress for all parties concerned.

So...who's in your corner ready to watch your back? Have you thought about the 5 W's and the H? Who's on the team you have built? Do they have what they need to be able to assist? Do they know where to find things they may need in your absence? Be sure and let them know how important they are to you...because you are certainly important to them or they wouldn't be there for you! Planning a life support network isn't always easy. For help contact the 124 Wing Family Pro-

gram Office at 208-422-5374 or via e-mail at [john.a.spurny.nfg@mail.mil](mailto:john.a.spurny.nfg@mail.mil)

*For additional information regarding the Yellow Ribbon Program or any Family Readiness questions you may have, contact Tech. Sgt. Heather Speidel at 422-5369 or Mr. John Spurny at 422-5374.*



## Life: A practice for all of us

**By Patricia DeBor**  
**Director of Psychological Health**

We all have obstacles, things that 'appear' to block or hinder progress. How we internalize and maneuver them is very individualized. Sometimes it is difficult to see that we are the only true block that stops us from seeing where to go next. As a result, anxiety, stress, lack of sleep and worry are byproducts.

These secondary physiological and psychological byproducts are like the bugs on our windshield. They stop us from seeing clearly. So, how does one clear them off? Catch them before they splat? Use cleaning solvent to wipe them away for a while? What happens if they come right back? We all know they will, eventually. That is life!

We all play different roles in keeping the Mission of the Idaho Air National Guard running smoothly. However, we some-

times need a little help to find solutions to clear the byproducts away, to see clearly and persevere. If you find you are not mixing the right solvent to clear the bugs, reach out for solutions from others.

Life is a practice. We are in this together, existing with obstacles. That is why we sometimes need to lean on one

other to help find solutions to help clear our vision. If you find yourself needing assistance know that there is help available. You don't have to endure alone.

As a licensed professional counselor I offer free and confidential services for all members of the Idaho Air National Guard and their families.

*To utilize the free and confidential counseling services contact Patricia at 208-422-5377 or via email at [patricia.l.debor.civ@mail.mil](mailto:patricia.l.debor.civ@mail.mil)*



# FOUR PILLARS

*Airmen of the 124th Fighter Wing,*

*Great job right out the gate in 2016! We have been running and have not stopped for a break. As we near the dates of these upcoming deployments it is a good time to do a self-check to ensure we are mission ready. The four pillars of Comprehensive Airmen Fitness are a tool to measure readiness.*

## MENTAL

Approaching life's challenges in a positive way by demonstrating self-control, stamina and good character with choices and actions; seeking help and offering help.

## PHYSICAL

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, flexibility and body composition derived through exercise, nutrition and training.

## SOCIAL

Developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views and experiences.

## SPIRITUAL

Strengthening a set of beliefs, principles or values that sustain an individual's sense of well-being and purpose.

*Take time for a real self-check and reflect on these four areas. Grade yourself and have a spouse or close friend also give you a grade. Make adjustments if needed to be well-rounded in all four areas. Seek help if necessary to make improvements or to learn new strategies for growth in the four areas of Comprehensive Airmen Fitness. Stay strong and keep focused!*

*-Chaplain Howarth*



*For additional chaplain support or to talk with a chaplain call Capt. Ian Howarth at 208-841-9720 or send an email to [ian.w.howarth.mil@mail.mil](mailto:ian.w.howarth.mil@mail.mil)*

*If you are unable to reach Capt. Howarth please contact Chaplain Capt. Mike Porter at 208-559-2154*

# LEAVING ON A JET PLANE

Airmen with the 124th Fighter Wing have a lot to accomplish before they deploy. One of the final checks to ensure Airmen are medically, legally, financially, and personally ready to deploy is the personal deployment function line, otherwise known as a PDF line.



# THE HEART OF THE SPEAR

*As the mighty warriors of the 124th Mission Support Group (MSG) get ready to embark on one of the most unprecedented deployment time periods in our Fighter Wing's history, we stand ready to execute our wildly varied combat support responsibilities with confidence and enthusiasm. Never before have so many members of the MSG been called upon to deploy during the same time frame as the aviation package. Between now and July, members will depart in several waves to multiple locations around the globe. Make no mistake about it; whether this is the first deployment for you or the 10th, each member is ready to execute the mission!*

*To the men and women of the Mission Support Group, you have trained hard for your mission abroad and you have diligently stayed the course. Whether serving in Logistics Readiness, Security Forces, Force Sustainment, Communication's Flight or the Civil Engineer Squadron, as you gear up to leave your families, know that your guard family is prepared to help out if needed. There are many resources available and assistance can be provided at a moment's notice.*

*To the families of the Mission Support Group, we stand ready to provide First Class support as your loved ones serve the nation on foreign soils. I thank you in advance for loaning them to us. They serve an important calling, but your sacrifice will not go unnoticed. We are here to provide assistance and answer questions if needed. Please allow the 124th Mission Support Group to be an extension of your family during this time.*

*First Class or Not at All*

*Col. Stephanie Sheppard, 124th Mission Support Group Commander*

## Family Member's Contact Numbers for the Mission Support Group

### Logistics Readiness Squadron

Senior Master Sgt. Timothy Gibson 208-422-5573  
Master Sgt. Leroy Armbruster 208-422-6191

### Security Forces Squadron

Master Sgt. Timothy Davidson or  
Senior Master Sgt. Eugene Rosin 208-422-5897

### Communications Flight

Master Sgt. Aileen Castro 208-422-5840

### Civil Engineer Squadron

Lori Roudenbush 208-751-3623

### Force Sustainment Squadron

Maj. Brenda Lienke 208-422-5352  
Chief Master Sgt. Ronald Hinshaw 208-422-5375



# COMMITTED TO EXCELLENCE

Warriors,

*Thank you for the journey that you and your families are about to embark on. As your commander let me be the first to tell you that I am so proud of you and honored to be your fellow patriot. We have made sure that you have obtained the best training and mentorship available and are ready to engage in this mission outside of the United States. For some of you, this may be your first deployment and some of you are seasoned veterans. Remember to watch out for your wingman.*

*Family support is available through the 124th Medical Group Key Spouse program. This is your resource and we will assist all families with any needs they have while you are deployed. Staff Sergeant Amber Falcon is the Medical Group Key Spouse and will be contacting the spouses prior to, and during, the deployment. Our Key Spouse program is your family's wingman.*

*If any needs arise for either you or your spouse, you are welcome to contact Staff Sgt. Falcon or my executive officer Capt. Tim Mitchell. Thank you for the sacrifice that you are making for our great nation and know you are not alone. I am honored to be your wingman.*

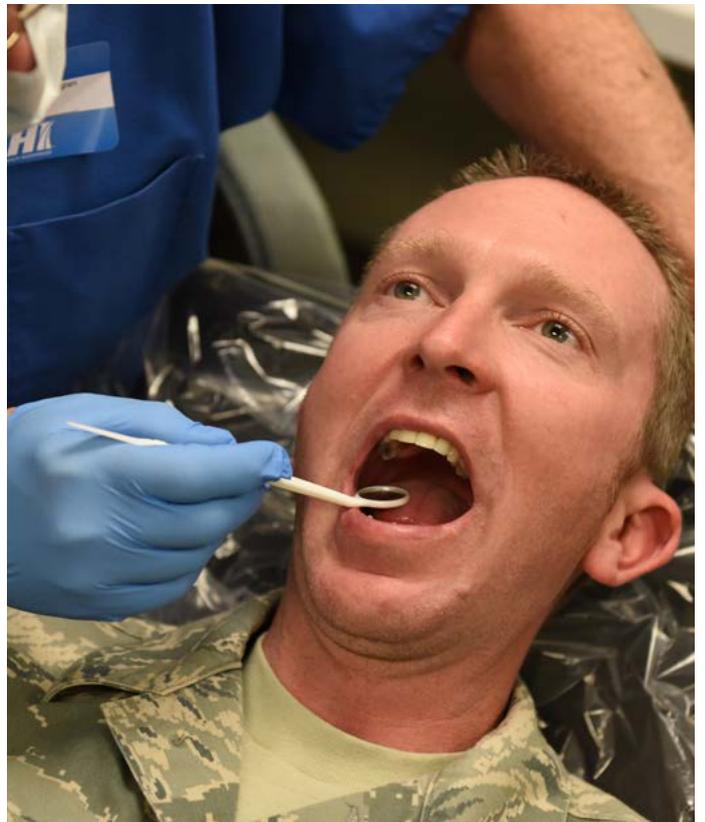
*Respectfully,*

*Col. Brandon Isaacs, 124th Medical Group Commander*

## Important Contact Numbers for the Medical Group

Staff Sgt. Amber Falcon 208-422-5369  
Capt. Tim Mitchell 208-789-3584





# LETHAL DOMINANCE

*Warriors of the 124th Operations Group,*

*This deployment chapter in the proud heritage of the Idaho Air National Guard is yours to write. How will your narrative read?*

## THE UNITED STATES OF AMERICA

TO ALL WHO SHALL SEE THESE PRESENTS, GREETING:  
THIS IS TO CERTIFY THAT THE PRESIDENT OF THE UNITED STATES OF AMERICA  
AUTHORIZED BY THE EXECUTIVE ORDER, 16 JANUARY 1969 HAS  
AWARDED

## THE MERITORIOUS SERVICE MEDAL

TO  
*AIRMAN PROUD T. SERVE*  
FOR  
MERITORIOUS SERVICE  
*AEF 16-2 / RCP-4*

### ACCOMPLISHMENTS

*Airman Proud T. Serve distinguished herself in the performance of outstanding service to the United States of America as a highly trained, supremely disciplined and devoted warrior guardsman, USCENTCOM, during AEF 16-2 / RCP-4. During this period, Airman Serve represented her Country, the State of Idaho and her family in a manner consistent with the highest tradition of honor and duty. His sacrifice was measured in lives saved, in confidence emboldened and faith renewed on the battlefield by the sheer sound of freedom that is the mighty A-10C Warthog, its merciless 30mm Gatling Gun and the deliverance on the promise of two fateful and permanent words "Cleared Hot". Her service was validated by the example demonstrated to family, friends and devoted patriotic Americans everywhere- that freedom isn't free. That it comes at a cost measured in time away from loved ones and priceless moments missed. His absence became a source of strength, grounded in validated combat action, revitalized appreciation of loved ones and a resurgence of devotion to God and Country. The singularly distinctive accomplishments of Airman Serve reflect great credit upon herself, the Air National Guard and United States Air Force.*

### GIVEN UNDER MY HAND

*When all Idaho Air Guardsman return home safely with Honor*

CHARLES Q. BROWN JR.  
Lieutenant General, USAF  
Commander, USAFCENT

*I have the utmost confidence in your training and an unshakable faith in your abilities to come together as One Team Focused on Lethal Dominance in Combat.*

*Make this deployment one to remember. Connect with your comrades in arms, hold tight to the bonds of home and loved ones and be relentless in your pursuit of the enemy.*

*There are many more chapters to write and there is no greater calling than this.*

**ATTACK!**

*Col. Shannon Smith, 124th Operations Group Commander*

# READY, RELEVANT, REVERED

*Deployers,*

*You are preparing to take part in an incredible adventure. I envy you. You will be tested, stretched and challenged at every turn but I have no doubt you will rise to the occasion. Whether are aware or not, you have been guided and trained by your NCO's and given all the tools you will need to not only succeed but to excel. All that is required of you is to focus on the task at hand and you will execute your mission flawlessly. With that said, I want to ask you, what have you done to make sure your family and loved ones are similarly set up for success here at home?*

*No one can predict the future but I can tell you it will be impossible for you to be successful in the area of responsibility if your mind is here in Idaho worrying about some life event. Whether you know it or not your family counts on you each and every day to help hold your world together and when you are gone there will be a hole. Simple things like filling the propane tank on your bar-b-q grill can become major sources of frustration if your family members staying at home don't know how to do it. Knowing that, I want you all to take an inventory of the tasks you do on a daily and monthly basis to figure out what steps you can take to ease the stress for loved ones while you are gone. Will your loved one be paying your bills while you are gone? If so, make sure you write down a schedule detailing when payments are due and any passwords associated with your accounts.*

*Also, take care of as many things as you can now that will need attention while you are gone. Items such as getting the oil changed in the cars, checking the tires to see if they will make it through the summer, setting up an appointment to get the sprinklers turned on or having the lawn mower tuned up are only a few of the small things you can do while you are home to make sure there are no crisis while you are gone.*

*Further, how is your house doing? Have you had the HVAC system serviced lately? How old is your water heater? I'm not saying these items should be proactively changed but what happens if any of these go out while you are gone? Do yourself a favor; create an "In Case of Emergency" quick reference card that has important information on it your loved ones can use to handle these issues. This card can include everything from a HVAC company you trust to your insurance agent. This type of pre-planning will not only make life easier on those staying here but on you as well.*

*I thank you for your hard work and continued dedication to your state and nation. Carry out what we continuously train for and know your sacrifice is recognized and appreciated.*

*-Col. Scott Salois, 124th Maintenance Group Commander*



# Pre-Deployment Phase

## Communication:

- Who is your spouse's/significant others/dependents source of support during deployment? Do they understand your Family Care Plan?
- Did you leave a copy of your orders and deployed address with your loved one?
- Have you discussed forms of communication available?
- Include communication activities for children i.e. Postcards, drawings etc.
- Consider a videotape series of book readings or special messages.
- Do your loved ones know emergency notification procedures?
- Who is the squadron point of contact?
- Do they know your Social Security Number and unit of assignment?
- Do they have the Red Cross #? (1-877-272-7337)
- Do you have e-mail connectivity? What is a good alternative?
- CONTACT THE KIDS SCHOOL...Inform teachers and counselors.
- Make arrangements for special days that you will be gone ahead of time.
- Birthdays, anniversaries and holiday celebrations can be shopped for in advance.
- Local flower shops will make arrangements well in advance to assist your situation.

## Finances:

- Do you have a BUDGET? Have you reviewed it with your dependent(s)?
- What arrangements have you made for paying your bills?
- Do you have an address book listing your creditors addresses and phone numbers? Can you lower interest rates on any loans?
- Did you include account numbers and balances in the above book?
- Where are your assets located? Bank accounts, bonds, mutual funds.
- Have you used allotments to pay major expenses?
- What are the changes in your pay going to impact and how?
- Have you considered on-line banking?
- A special power of attorney is required if you need to have someone else access you finance records.

## Medical Issues:

- Where are the medical and shot records: Yours and your families?
- Are all immunizations up to date?
- Are you AND your family enrolled in Tri-Care?
- What other medical/dental benefits may be available?
- Key phone numbers available and understood.

## Vehicle Concerns:

- What is the condition of your vehicle?
- Where should the vehicle be taken for repairs if needed?
- Can you get reduced insurance while you are away?
- Is your registration current? How about your tags? Insurance?
- What is your vehicle tire condition and correct tire inflation?

## Important Documents:

- Have you listed important documents and their location and provided this information to a trusted family member? Perhaps a safe deposit box?
- Does your spouse understand SGLI insurance and the significance of a Will/Living Will?
- What insurance is in force and where are the policy numbers?
- Did you discuss Power of Attorney requirements? Many financial institutions require Special Power of Attorney in lieu of a General POA for account access.
- Do you have a letter of instruction (not to be confused with a will)? This instrument is not a legal document. It clarifies your thoughts and can ease decisions if you die unexpectedly by providing insight into your feelings.
- Where are the car title and other important property documentation?
- Where are the marriage certificate, birth certificates, and adoption paperwork?
- Where is the TAX information? Federal and State.
- Do your dependents have a current ID card?
- LEAVE A COPY OF YOUR ORDERS WITH YOUR FAMILY!

## Personal Deployment Plan

After you have reviewed the previous information, make and take time to jot down and address any and all areas of personal concern to you and your family members prior to deployment. This is a good first step to formulating you and your family's personal deployment plan.

## Single Service Members & Your Parents

Remember, much of this information is transparent across the board. Ensure you have a plan, are prepared and can deploy and return safely. Single service member's and single parents have varying and unique requirements. Your family unit as you define it deserves to know your plan of action to cover your involvement in contingency operations and state emergencies. Using this guide is a good first step in getting things down on paper so informed discussion can take place concerning your military and personal affairs.

# It's the total package

By John Spurny  
124th Fighter Wing Family Support

When one has the opportunity to inform, communicate and educate the feeling of making a positive contribution it cannot be ignored. Have you made a contribution lately? We often take time do it for strangers so why wouldn't we do it for our own families? Ask yourself if your loved ones know what it is you do for the Air National Guard. More importantly why you do it, and what you specifically bring to your section, unit or team. Where do you and they (your family) fit in?

The world situation is changing today as much as any time in recent history. Guardsmen from all walks of life in all ranks are routinely stepping up to the challenges of change, while continuing the proud traditions of the "Citizen Airman" on a worldwide scale. Bottom line is they are doing the mission at hand with no frills and little fanfare. Transparent and seamless are descriptive ways our Air National Guard men and

women blend into the total force concept. They know it and they train for it, but do our families really understand it and their own critical connection to the National Guard? I hope so, as there is a lot to be proud of once you understand the dynamics of National Guard service. Commitment, balance and training are all rolled up into Guard member's service.

Guard families are also stepping up to a myriad of challenges and change... Just as they have throughout history and as they will certainly again in future contingencies. Families are at the center of readiness... the old adage heard in many venues pertains very much to Guard families: "If they aren't happy, nobody's happy" and you can bet this trickle-down effect reaches all the way to the unit level. Mission accomplishment is dependent upon personal, professional and family readiness. It's the total package!

Make and take the time to in-

troduce your family to the halls and walls of the place you spend your "one weekend a month and two weeks a year" while serving this great nation. Introduce them to your co-workers and supervisors. Many of the family members of the 124th Fighter Wing know what sacrifices they make and certainly see, feel and understand the sacrifices made by their uniformed member. That's great, but think about those who do not understand!

Parents, siblings, wives, husbands and children are all contributing in their own ways to the national defense of this country through the support they give their respective Guard member. Why not take and make the time and invest in your family's well being by providing them with the answers to these three simple questions so their sacrifices and yours are more clearly understood? This will help them realize fully the extent and level of commitment put forth by those that serve.



## Does your family know and understand what their benefits are?

**SUGGESTION:** Everybody loves perks! Share your knowledge of the benefits associated with your status in the Guard. Provide your family updated information and changes accordingly. If unsure what is available ask for information and resources.

## Has your family been shown where to go to find out specific information that would make the stress of a deployment easier to endure?

**SUGGESTION:** A quick tour of your duty section followed by the once over of building 400 will save your loved ones time, effort and stress in the event they may need to seek assistance during a deployment or in your absence. Most of the helping agencies have offices in building 400.

## Do they know whom to contact if there are issues to resolve beyond the normal scope of daily life during a deployment?

**SUGGESTION:** Information and referral is something the 124th Fighter Wing does exceptionally well. Next time your loved ones happen to visit don't hesitate to introduce your chain of command and the various helping agencies designed for direct problem solving. The "unknown" causes stress, especially under deployment conditions. Knowledge is power...share the knowledge today and power down the stress of the unknown!

*Make a difference on how your service affects your family. Family awareness and support are a large part of the puzzle for a successful military career. Take the time to inform, communicate and educate. The burden you lessen could well be your own! For more information on family programs contact John Spurny at 422-5374 or [john.a.spurny.nfg@mail.mil](mailto:john.a.spurny.nfg@mail.mil)*

# The act of self sabotage

By Staff Sgt. Nicholas Jensen  
Special to The Beacon

The New Year is already in full swing and many of us have set goals of getting in better shape. We have many reasons to do this such as; looking better, passing the Air Force's annual fitness assessment, being more active for your kids or spouse, or even entering a very ambitious physical competition. What is the first thing we think about when we know we want to increase our fitness level? All too often we think we have to spend lots of time in the gym or on the track and be on an exercise plan. While we should be on an exercise plan in order to meet these goals, hours in the gym alone do not necessarily get us closer to that goal. The most difficult part of increasing the fitness level is where we unknowingly sabotage ourselves the most. This is the dreaded nutritional part of the equation.

I know many people reading

this have already cringed when they think of the diets they have tried or the diets they know their friends have tried. I have seen some of my own friends on fad diets that make them lose weight, but it causes them to always be tired, lose muscle mass, or look sickly. In order to get our bodies to function the way we want them to, we need to give them the correct building blocks to do that. Hours in the gym lifting weights, or running hundreds of miles will not do us any good if we are sabotaging our own progress by not giving our bodies the right nutrients they need in order to build muscle and aid in weight loss. In fact, these hours spent might be counterintuitive to our goals. If our bodies are not fed correctly, the body can start breaking down the muscle to power itself instead of burning fat or getting stronger. That process

can leave you weaker than when you originally started. To make matters worse, some of these improper diets cause the body to store up more fat for later. The body is quite complex and it cannot be cheated to achieve these goals.

The nutritional world can be very hard to navigate, but luckily we have many resources to help. These resources can be found at reputable websites such as [Choosemyplate.gov](http://Choosemyplate.gov) as well as through professional dieticians and nutritionists. We do have several qualified people within our own wing and there are nutritionists available to us through the Mtn. Home Air Force Base Health and Wellness Center (HAWC) to help us succeed.

Don't sabotage your fitness goals through improper nutrition. As the saying goes, "Abs are made in the kitchen".

*-Health and Wellness Center Contact Information and hours-  
208-828-2175*

*7:30 a.m. - 4:30 p.m. Monday - Friday*

# 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:

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

### Hostile Fire Pay (HFP).

This entitlement is paid at the 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.

