

THE

official newsletter of the 124th Fighter Wing

BEACON



COMBAT EXCELLENCE-ALWAYS ON MISSION



FROM THE WING COMMANDER

COL. TIM DONNELLAN

Warriors of the 124th Fighter Wing -

I hope this publication finds our deployed members settling into their new schedules, and our next round of RCP deployers finalizing their preparation for departure. This is another special edition of the Beacon, but unlike our last one that focused solely on deployment preparation, this one will discuss sustainment for those who are already in place. I hope you will find the articles and announcements in here useful and insightful, as we all learn to adjust to this “new normal”.

The city of Boise and the Treasure Valley as a whole have been absolutely phenomenal in their level of support, and we’re just getting started! Our family support staff has been receiving offers weekly and is creating a calendar of events. These events and programs, some of which are for deployed member’s families and some of which are for all military, including special offers and programs. They are not for the intent of giving a financial benefit, but for the purpose of truly wanting to make life easier during the deployment. The city of Boise has rolled out their “Our Troops, Our Families” program which is gaining momentum.

If you are the spouse of an airman, whether deployed or not, you should have been contacted already by someone in your organization. This person will be providing you with information on various programs, Yellow Ribbon, and special events. If you have not been contacted, please get in touch with either your first sergeant or commander and let them know you haven’t heard from anyone. It’s critical that we have the ability to contact each and every spouse so you are aware of all the support programs being offered by the 124th Fighter Wing and those wanting to help. It will be your decision to take part in the activities and we want to be sure you are aware of everything offered.

I’m proud of every one of you and your families, whether you are already deployed, preparing to deploy, or holding down the fort here in Idaho. It’s not easy, I know. But I also know that if we stick together we’ll get through it, and when it’s all over we’ll be asking ourselves where the time went. Let your commander know if there is anything you need and we’ll begin working it right away.

As always, if you have a specific concern that you feel needs my immediate attention, please take advantage of the Commander’s Hotline found inside this publication. I look forward to seeing all the families at our upcoming events!

Attack!

Donut

FROM THE WING COMMAND CHIEF

CHIEF MASTER SGT. TAMMY LADLEY



What an emotional month April was for the unit. I am confident that if it was emotional for me, it was even more so for you. I know it was tough getting ready and sending the majority of our personnel out the door. I will never forget the vision of that 777 on the ramp with all the Airmen boarding that flight, especially watching the families wave goodbye to their loved ones. What a mind-blowing accomplishment it was for the fighter wing. The airmen in this organization never ceases to amaze me. I am so proud of each and every one of you.

We still have work here to do and more airmen to deploy. I ask for continued support and patience as we send the remaining Airmen to their deployed locations. Continue to be the professional Airmen you all have been and if you need support, don't hesitate to ask.

I am hoping by now you have found your new "normal". I'm sure this time has not been easy, but remember you are not alone. Please reach out to someone on Gowen if you need anything. We have several resources available to you. There are several upcoming events for families, please stay in touch with your unit's family coordinator for more information. Just remember if you have concerns that are not being addressed, please don't hesitate to reach out.

Stay focused and I am always here for you! I am just a phone call or email away

208-571-7405 or tammy.s.ladley.mil@mail.mil

-Chief Ladley



CONTENTS

THE BEACON

2 COMMANDER'S CORNER

MESSAGE FROM COL. DONNELLAN

7 THANK YOU

MESSAGE FROM THE OPERATIONS GROUP

10 SUSTAINING THE WARFIGHTER

MESSAGE FROM THE MISSION SUPPORT GROUP

13 EMOTIONAL DISORGAINIZATION

MESSAGE FROM THE DIRECTOR OF PYSCH. HEALTH

16 MAINTAINING YOU

MESSAGE FROM THE MAINTENANCE GROUP

6 OUR TROOPS, OUR FAMILIES

CITY OF BOISE MILITARY SUPPORT

8 MAINTAIN BALANCE

MESSAGE FROM THE MEDICAL GROUP

12 SOCIAL SUPPORT

FITNESS ADVICE

14 NEW NORMAL

SUSTAINMENT PHASE INFORMATION

18 440,000 POUNDS

PICTURES FROM APRIL

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

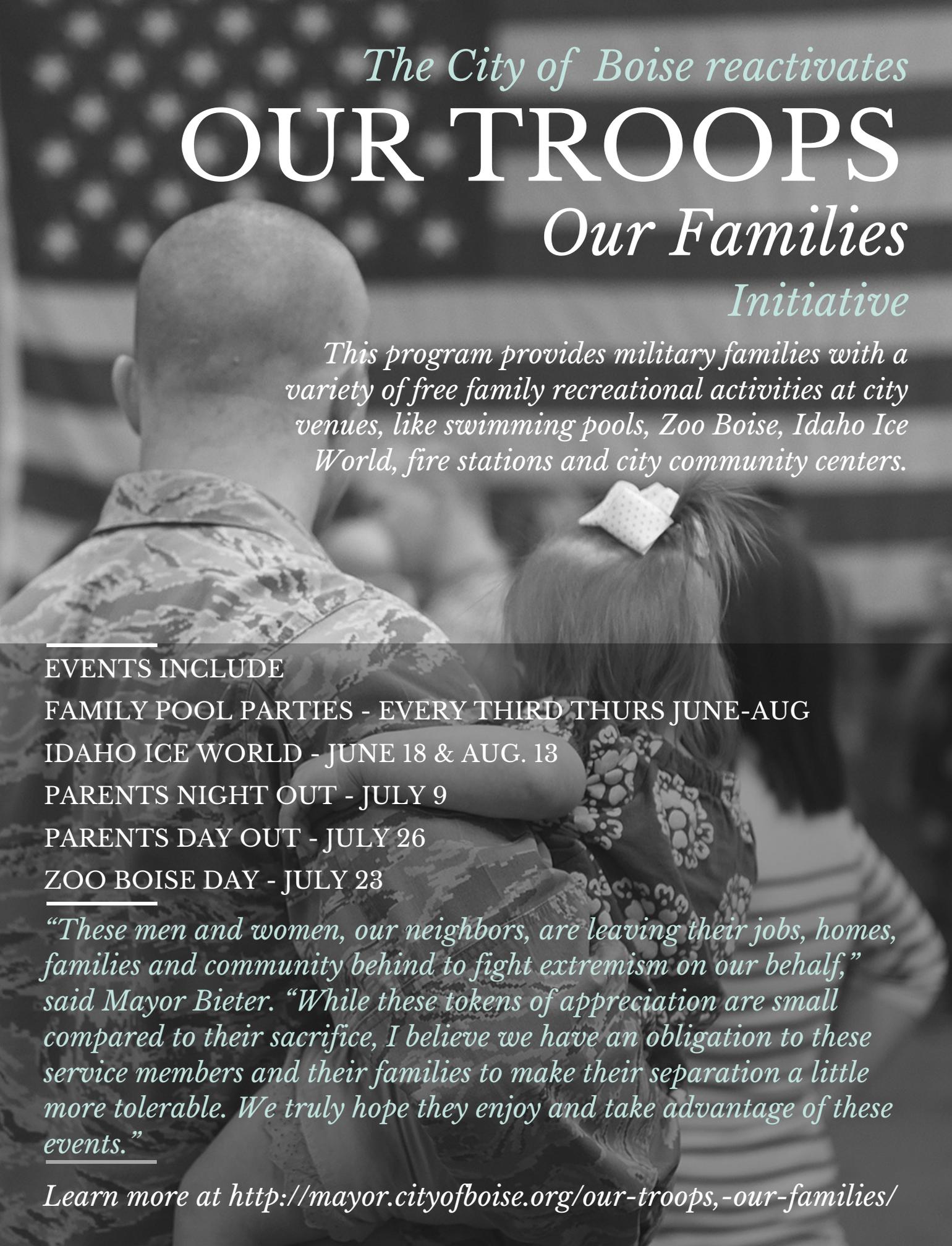
THE BEACON is the official magazine of the 124th Fighter Wing, Idaho Air National Guard. It is published monthly by the wing public affairs office. Views expressed may not be those of the U.S. Air Force, Air National Guard, Department of Defense or U.S. Government.



This hotline is available for members of the 124th Fighter Wing and their dependents that would like to address any concerns during the deployment to include any media concerns or issues that may arise.

COMMANDER'S HOTLINE

208-422-5000



The City of Boise reactivates
OUR TROOPS
Our Families
Initiative

This program provides military families with a variety of free family recreational activities at city venues, like swimming pools, Zoo Boise, Idaho Ice World, fire stations and city community centers.

EVENTS INCLUDE

FAMILY POOL PARTIES - EVERY THIRD THURS JUNE-AUG

IDAHO ICE WORLD - JUNE 18 & AUG. 13

PARENTS NIGHT OUT - JULY 9

PARENTS DAY OUT - JULY 26

ZOO BOISE DAY - JULY 23

“These men and women, our neighbors, are leaving their jobs, homes, families and community behind to fight extremism on our behalf,” said Mayor Bieter. “While these tokens of appreciation are small compared to their sacrifice, I believe we have an obligation to these service members and their families to make their separation a little more tolerable. We truly hope they enjoy and take advantage of these events.”

Learn more at <http://mayor.cityofboise.org/our-troops,-our-families/>



THANK YOU FOR YOUR SERVICE

Thank you for your service to our great nation. For you, it means sacrifice. It means putting on hold the normalcy of your life. For you, it is personal, not merely a notion or an ideal. For you, service to country is more than a motto or slogan. Service to country bears the face of a loved one. For you, it is all too clear the price that is paid for the boundless freedoms we enjoy.

For you, service requires active participation because you have chosen not to be a spectator. With your choice, you willingly joined less than 1% of Americans who understand that freedom isn't free. That freedom often calls for action to preserve, to protect those who are oppressed and to join those who will stand against tyranny.

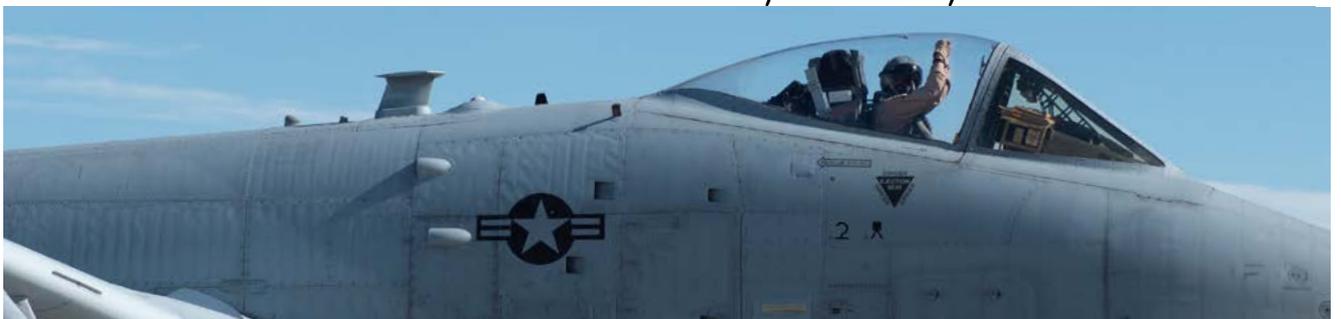
For you, service requires faith, a faith that does not always come easy. Distance, time and the unknown can act to break down faith. Despite these challenges, your faith is bolstered because you chose to serve and in doing so joined a profession of arms that knows no rival or peer. Because you serve, you know that what makes us different, what makes us the greatest military power in the world, is the will and moral courage of the individual Airman. Because you serve, an Airman is willing to fully commit to being the best at what they do. This Airman is emboldened by your love and support. Because you chose to serve, this Airman willingly embraces the burden of "supporting and defending the constitution of the United States against all enemies..." Because you chose to serve, this Airman is the culmination of the worst for our enemy and the best for our soldiers and Airman on the battlefield. Because you chose to serve, lives will be saved-this is a fact.

With service comes longing, anguish and loneliness, and sometimes fear. But from the bitterness of these hardships emerge the sweetness of reunion, the embrace of pride and the validation of perseverance.

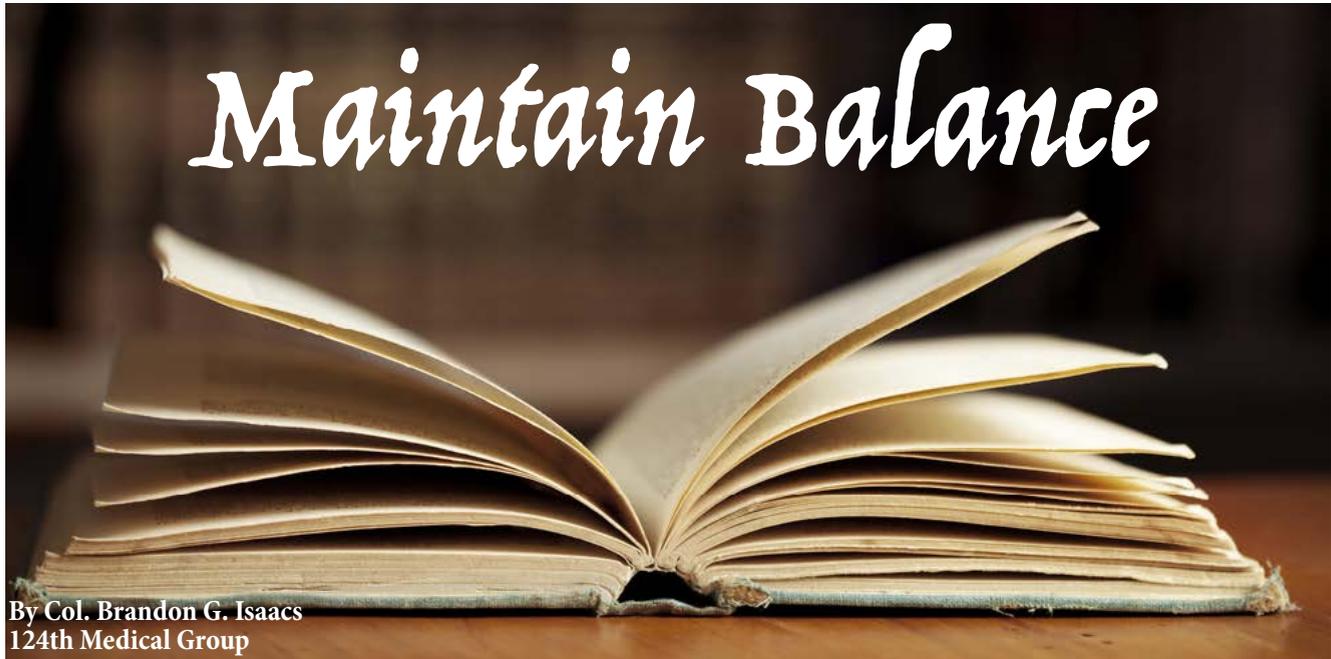
If July brings you reunion, I thank you for your sacrifice. If July brings you separation, I pray for strength, courage and a faith that sustains you until your reunion.

Above all, on behalf of a grateful nation, I thank you for your service. For without you, the military family, we could not fully accomplish this mission that we are called to do. To Fly, Fight and Win.

Col. Shannon Smith, 124th Operations Group Commander



Maintain Balance



By Col. Brandon G. Isaacs
124th Medical Group

We as a wing have spent countless hours and put forth commendable efforts to get our fighting airmen ready and prepared to deploy. We have all been working to accomplish whatever is necessary to be prepared for the task we are now participating in. We are seeing great results for our efforts both deployed and at home and we should be proud of those efforts. As we continue to sustain a very high ops tempo, we are beginning to feel the effects of stress, no matter the position we have taken in this process. This stress needs to be managed to sustain operations.

Those who are put into stressful situations, learn to survive and perform at a level higher than they had ever anticipated and their training takes over their actions. As military members, particularly as guard members, we face many new and dif-

ferent tasks different than we are used to seeing. Over time these tasks and situations can become very challenging, particularly when you are required to maintain a high ops tempo for an extended period of time. Eventually, many will show signs of that stress starting to erode their stamina. Not only do we see this happening to our deployers, but we see the same levels of stress manifest in those who are left behind to man the home front whether on station or at home with spouses, significant others and other family members.

Stress can manifest itself in many ways such as anxiety, depression, substance abuse and aberrant behaviors, all with untoward consequences. Each of these behaviors is a manifestation of the stress and the person's ability to manage it appropriately. The key to stress management is to maintain bal-

ance and be whole.

A person has three key parts to being whole and they are: Mind, body and spirit. If there is too much emphasis put into one area at the expense of the other, there is stress and imbalance. You should take care of these three areas simultaneously to maintain balance. When you are stressed you focus all energy on the task at hand and forget the key principles that keep you whole, sometimes as a matter of survival.

When it comes to your mind: Read or study something of interest, expand your horizons, do your CDC's or PME, yes, but also allow yourself time to build your personal mental development. Read books or literature that gets you out of the situation temporarily.

When it comes to your body: regular exercise is the key. Do something every day where you



get your heart rate up and break a sweat, even if it is only for 10-20 minutes. Exercise does many things that are helpful in more ways than just physical. We all know about metabolism, physical fitness and weight loss, but are you aware that exercise also causes a release of a chemical in your brain called Dopamine, which is a natural mood stabilizer and gives you a feeling of euphoria? Think runners high. Exercise is a great temporary escape from the current situation and allows your subcon-

scious mind to deal with it in a healthier way.

When it comes to your spirit: Remember you have a soul and your spirit gives you a sense of universal balance. Spirituality and religion are not necessarily identical and I cannot suggest that a religious belief is the answer, however religion and spirituality can be intertwined. Religion can nourish your soul and your spirit, or in the state of extremism it can torture it. Find the ways that help your spirit to grow. Meditation is a good way

to hit the reset button on your spirit. It allows you to connect to whatever higher source you hold true to your belief system, even if it is no deity.

Employing each of these strategies will help you to keep a balance, which in the long run gives you a healthy set of coping mechanisms. Take care of yourself either at home or abroad. By doing so you will ultimately be better able to take care of your responsibilities with your position in the guard.

Here is to your health.



SUSTAINING THE WARFIGHTERS

By Col. Stephanie L. Sheppard
124th Mission Support Group

Nearly a quarter of the members scheduled to deploy from the 124th Mission Support Group (MSG) are in theater and performing remarkably. The remaining deployers are finishing up pre-deployment actions and preparing to embark on their respective journeys in the coming months.

In the Logistics Readiness Squadron, the men and women are doing a great job supporting the aviators and maintainers who are taking the fight directly to the enemy by ensuring the aircraft war reserve stock is available to the warfighter. These deployed warriors work tirelessly to ensure the mission is not degraded. Congratulations to Airman 1st Class Fitzwater, who was selected as the Outstanding Airman of the Quarter for the Airman category!

In the Communications Flight, the deployed cyber warriors, are supporting the Engineering and Installation Team (E&I), Civil Engineering (ECES), and

several internal components of the Communication Squadron (ECS), Contracting, and the Cyberspace Systems Integrator (CSI-D). In the short time at the deployed location, Tech. Sgt. Holladay was named Warrior of the Week and was specifically singled out for effectively managing the resources needed to move critical projects closer to completion. Outstanding job Holladay!

Security Forces Squadron members are tasked with defending the force as well as the installation from enemy threats. At the deployed location, this safety and security mission is vital to supporting combat operations. The deployed defenders are superstars who have crushed fellow defenders from other bases with their vast experience in training, flight operations and front gate procedures. Despite the short time in country, the entire squad of superior performers is already standing out amongst the best.

The Civil Engineer Squadron is gearing up for their deployment and making last minute preparations for their base support mission. Deployed Emergency Manager, Master Sgt. Huffman, is standing out above his peers. He was tasked with coordinating all incoming flights for new personnel, as well as all outgoing flights for departing members. In addition, he also took it upon himself to find a creative way to help an airman return home early to attend a family member's funeral. He was recognized for going above and beyond what was expected of him as an Emergency Manager. Excellent work Huffman!

The Force Sustainment Squadron personnel at the deployed location are working in Personnel, Food Service, Lodging, Fitness, Ticket and Tours, accounting, and Morale, Welfare and Recreational (MWR). The MWR center delivers events such as basketball, volleyball and card tournaments to allow unit mem-



bers to relax and unwind from the daily rigors in a deployed location. Currently Master Sgt. Ross and Master Sgt. Dayton are shift leads for the Food Service Section and are proving to their active duty counterparts that their Air National Guard experience far exceeds the standard. Staff Sgt. Valdez made a great first impression with the squadron leadership and was selected

to become part of the Commander's Support Staff. Great job!

Congratulations MSG deployers! You continue to prove your amazing skills and abilities while deployed! To the home station MSG members, your monumental efforts make awesome things happen every day! It is astounding to watch your efforts come to fruition and you are simply

the best combat support group in the Air National Guard!

Family members – your MSG representative will be contacting you soon, if they haven't already, to let you know what events are planned. There are some great activities, so please take advantage of them and as always let us know how we can be of assistance to you. Your contacts below remain poised to help:

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

Chief Master Sgt. Ronald Hinshaw 208-422-5375



SOCIAL SUPPORT AND EXERCISE ADHERENCE

By Staff Sgt. Kyle G. Young
Special to The Beacon

Whether you were aware of it or not, the mind is an important part of exercise adherence. When we are deployed the biggest factor why we continue to exercise is social support. Social support increases exercise adherence. There are five types of social support: Instrumental (having a spotter when lifting, financial, getting rides to the gym), emotional (having someone encourage you), informational (getting tips and advice pertaining to exercise and/or nutrition), companionship (spouse, friend, gym partner), and validation (if they can do it, so can I).

In a deployed environment, which a majority of our unit is in right now, companionship support is what initially drives each individual to work out. We see our co-workers and roommates go to the gym and since there is not much to do during our time off, it is relatively simple to join them. When we're at the gym, we are given emotional support as we encourage each

other with that last repetition, we give each other advice on nutrition while at work or in our rooms, our gym partner helps us spot a lift, and we might see someone else who pushes him or herself a little harder which drives us to go just a little bit more. In a deployed situation, all five sources of social support become clear.

But, who will provide those sources of support when we get home?

You should identify at least one person in your life who motivates you and believes in you. This person is your companionship support. In my life, that person is my wife. She is also my emotional support. If I have a bad day at the gym, I can always count on her to forget about it and focus on tomorrow or the next training day.

I count on my coach for informational support, as he is the one to give me instruction while I am in training.

As a full-time student, I count on my wife to help pay for our

membership. She is my instrumental support. Yes, without the membership I can still train, but then I'm missing the informational support from a coach by training on my own.

And lastly, my validation support comes from seeing the other members of the gym push themselves day in and day out. We even have a 62-year-old woman who trains with us doing the same movements, just with less weight. She is twice my age and if she can push herself, I can too.

These are the people that provide me support in my life. It can be one person or it could be multiple people. So to whoever is reading this, I challenge you to think about who in your life is your social support. Who is in your life that allows you to do what you do every day? Who motivates you? Who inspires you?

When you do have those people, there is nothing that can stop you.



EMOTIONAL CYCLE OF A DEPLOYMENT - STAGE THREE

EMOTIONAL DISORGANIZATION

As you adjust to new responsibilities it is normal to feel a little overwhelmed. You may be asking "How will I handle everything by myself?" This is all very normal. Sometimes it is good to hear that you are not alone. Other spouses, children, and partners are right in there with you. Other common things to look for are: feeling guilty for fighting beforehand, feeling lonely, some difficulty sleeping and making decisions or your children may be upset.

Know that I am here to help. Feel free to reach out to me via phone or e-mail. Also, I have a lot of community resources that might help you get through this time.



GET IN TOUCH: ● 208-422-5377 ● Patricia L. Debor ● patricia.l.debor.civ@mail.mil

NEW NORMAL

After the fog of pre-deployment and the deployment has passed; both you and your family will find a “new normal.” Life in most circumstances revolves and centers on routine and structure (even when deployed).

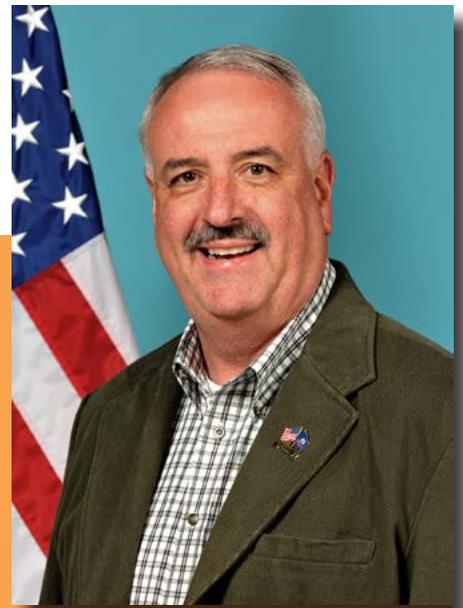
Remember, the goal of preparing for deployments is to keep a level of personal and family readiness so the event itself is survivable and ultimately leads to building resilience for all parties concerned.

Establishing and following a routine during the sustainment phase is essential. Include regular communication in the routine. This includes e-mail, phone, video calls and even good old snail mail. Make sure to include the children as both recipients and senders of messages.

Kids will have their own issues concerning deployment. Various ages will act differently. Be sure their school is aware of your family’s circumstance. Be watchful of prolonged or unusual behaviors. Know where there are resources available if the situation should escalate. School counselors, clergy, grandparents, and your own support network of friends and family are good places to start.

Sustainment is where families adapt, evolve and develop into their “new normal.” Remember, from the mind frame of the deployed person they tend to hold a “freeze frame” in time from when they left home. Changes and adaptations to the deployment experience itself can cause conflict upon return for all of the parties affected. Be aware and not afraid of this aspect as you anticipate the return and reunion period.

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.



124TH FIGHTER WING

Emergency Notification

IF YOU NEED TO CONTACT A
DEPLOYED FAMILY MEMBER
IN THE EVENT OF AN
EMERGENCY
THAT REQUIRES THEIR
IMMEDIATE PRESENCE

CONTACT THE AMERICAN RED CROSS
24HR HOTLINE
AT

1-877-272-7337

THE FOLLOWING INFORMATION IS HELPFUL
-SERVICE MEMBERS RANK AND PAY GRADE-
-SERVICE MEMBERS NAME-
-SOCIAL SECURITY NUMBER-
-SERVICE BRANCH-
-UNIT-
-ZIPCODE/APO/FPO-
-DUTY PHONE/HOME PHONE-

MAINTAINING YOU



Have you ever stepped back to take notice of how much time we spend taking care an airplane when it is on the ground compared to how long it is actually flown? Of course prior to launch you can see the crew chiefs reviewing forms while performing minor maintenance and preparing the plane for launch, but that pales in comparison to how much maintenance had to happen just to get the plane to the point where is ready to launch. These items include time compliance technical orders, mounds of preventative maintenance, corrective maintenance, one-time inspections, phase inspections, depot inspections and much more. All of these items are work that is required to ensure the pilot is given a plane that has been maintained, and more important, sustained to the point that it is in prime operating condition so we can complete a mission.

Now, if we put that much effort into an aircraft shouldn't you take some time to put some effort into yourself? Let's face it, all of us have plenty going on already, but are those the right things to sustain you? More importantly, by sustain I don't mean just physical sustainment such as in eating three meals a day, but spiritual and mental sustainment as well. Take some time to reflect on this question; what do you do to sustain your overall health when things get stressed or overwhelming? Chew on it for a bit, what is your escape mechanism?

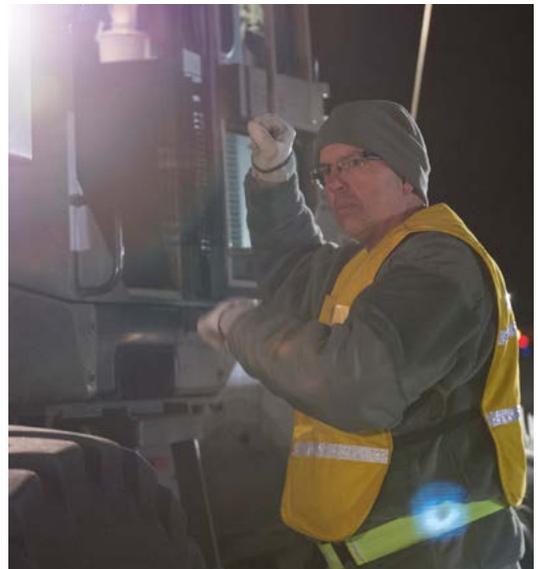
This can, and should be, different for all of us. Of course exercise is a great solution and one I encourage, but I also recognize that not everyone enjoys it and that is fine. For some people yoga is the ticket, for others it's fishing, some people even climb to the top of a hill and just sit to watch the world go by. My point is all of this is great and I want to encourage each of you to take some time to actively sustain yourself. Doing so will make you a stronger more resilient airman better equipped to deal with the issues we face on a day-to-day basis.

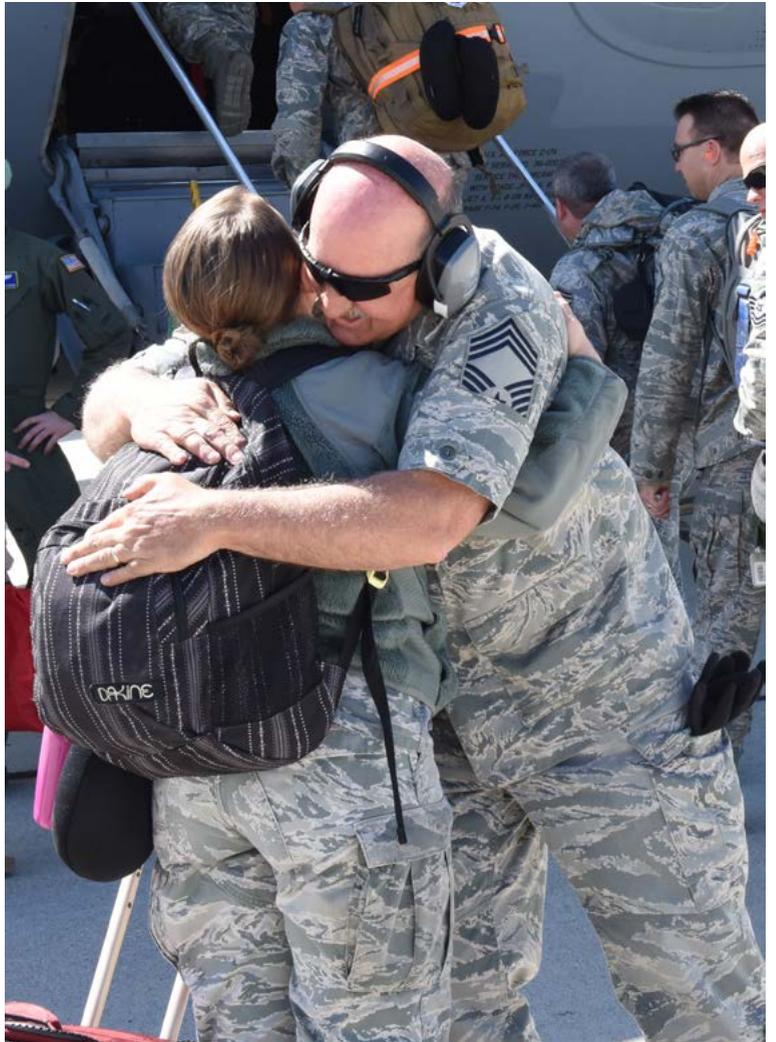
-Col. Scott Salois, 124th Maintenance Group Commander



440,000 POUNDS

The Idaho Air National Guard deployed more than 380 airmen, 220 tons of cargo, and A-10s in April 2016. Here are few more pictures of the people behind the scenes.







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