

# The Creed

*Enlisted Association of the Arkansas National Guard*

**Fall 2008**

The No. 1 source of news and information for members of the Enlisted Association of the Arkansas National Guard.

When it comes to legislative issues and better benefits for Guardsmen, read your Creed.

Inside This Edition

[www.eaang.org](http://www.eaang.org)

Page 2 ...

**Resolutions:** Members approved 22 resolutions at 2008 annual state conference.

Pages 10-12

**Updated by-laws:** A by-law change was recommended by the Board and approved at the annual state conference.

Page 5 ...

**Auxiliary news:** A wrap-up of conference news.



## 22 resolutions approved, sent forward

By **MSgt Bob Oldham**  
*Resolutions Chairman*

We passed all 22 resolutions submitted at the state conference in May, several of which are directly related to state benefits. We've given our legislative team a lot to work with for the coming legislative calendar, and I'd like to thank all of you who submitted resolutions.

Resolutions are what gives the association its direction. Without them, the legislative committee wouldn't have any marching orders at the state capitol.

For the sake of space, the resolution numbers and what the resolutions pertain to are listed. If you'd like a complete copy of a specific resolution, go to [www.eaang.org](http://www.eaang.org).

**AR-1**  
Pertaining To: Employers Hiring Retired Civilian Workers To Replace A National Guard Or Reserve Member During Deployments Without Penalty To Social Security Benefits

**AR-2**  
Pertaining To: Employers Being Allowed To Pay The

Premiums For Their Employees Enrolled In Tricare Reserve Select

**AR-3**  
Pertaining To: Free Health And Dental Care For National Guard And Reserve Members

**AR-4**  
Pertaining To: Doctors And Dentists Accepting Tricare Medical And Dental Patients

**AR-5**  
Pertaining To: Tax Free Retired Military Pay In Arkansas

**AR-6**  
Pertaining To: \$12,000 In Military Pay Being Exempt From State Tax

**AR-7**  
Pertaining To: Free Or Waived Tuition For Arkansas National Guardsmen At State Public Colleges And Universities

**AR-8**  
Relating To: Increasing The Level Of Defense Spending As A Percentage Of Gross Domestic Product

**AR-9**  
Relating To: Amending Title 10, U.S.C. To Reduce The Age At Which A Reserve

Component Member May Begin Receiving Retirement Pay

**AR-10**  
Relating To: Department Of Defense Requirement For Medical And Dental Readiness

**AR-11**  
Relating To: Revisions To Management Policies For The Full-Time Manning Work Force For The National Guard

**AR-12**  
Relating To: Provision Of Mental Health Resources To Support All National Guard And Reserve Component Service Members Returning From Deployment

**AR-13**  
Relating To: Tricare Coverage For "Grey Area" Retirees Of The National Guard And Reserves

**AR-14**  
Relating To: The Medical Information Management In The National Guard Of The United States

**AR-15**  
Relating To: Recognition And Funding Of The Unique Dual Mission Of The National Guard

**AR-16**  
Relating To: Transition Assistance For Military Personnel (TAMP) Involuntarily Released From Full-Time National Guard Duty

**AR-17**  
Relating To: Force Management Of The National Guard And Reserve

**AR-18**  
Relating To: Tax Credits For Employers Of National Guard Members And For Self-Employed Members

**AR-19**  
Relating To: The Medical Information Management System In Homeland Response Operations

**AR-27**  
Relating To: Civil Support Team Training For The National Guard

**AR-28**  
Relating To: The Future Of The Air National Guard

**AR-34**  
Relating To: Adequate Funding To Resource Enhanced Security Requirements Directed By Chief Of Staff U.S. Air Force

### On the cover

SMSgt David Culwell watches as CMSgt Gary Wynn chips onto the green at Foxwood Country Club in Jacksonville at the Association's annual golf tournament this past Spring. Foxwood was a gracious host, and we'll be back there next year.

# Season's Greetings

### Publication Staff

**SMSgt Myra Cross**  
President

**SSG Regina Powell**  
First Vice

**SSgt Michelle Miller**  
Second Vice

**SGT. Maryah Osborn**  
Treasurer

**TSgt Michelle Lyons**  
Secretary

**SSgt Michelle Miller**  
Managing editor

**MSgt Bob Oldham**  
Contributing editor

*The Creed*

*Published four times annually for the members of the EAANG.*

## Association's best recognized at conference

Two 189th Airlift Wing members and the son of an Arkansas Air National Guard Headquarters senior NCO each received awards from the president of the Enlisted Association of the Arkansas National Guard at the association's annual conference in May.

### Director of the Year

Senior Master Sgt. Mike Lenahan served as the District Director for the 189th Airlift Wing, District 6. Sergeant Lenahan could always be counted upon to "be there" when needed. He effectively disseminated EAANG communications to his district. He volunteered at countless catering events and served as chairman for two committees, the joint Scholarship committee and the By-Laws committee. Sergeant Lenahan worked steadily at keeping the Enlisted Association membership of the 189th Airlift Wing the highest percentage of any brigade or wing in the state of Arkansas. This was evidenced by the high number of 189th Airlift Wing units that received 100 percent streamers.

### Chairperson of the Year

Master Sgt. Bob Oldham served as the committee chairperson for one committee and co-chair of another.

The Publications committee he co-chaired, which produced a very professional newsletter is a vital communications link with our members.

The Resolutions Committee has the difficult job of researching and verifying

submitted resolutions to ensure they apply to the state of Arkansas and our enlisted members. The Resolutions process is the groundwork for our legislative action plan. In addition to the two state committees, Sergeant Oldham is also the chairman of the Enlisted Association of the National Guard of the United States Publications Committee. His leadership on these committees has helped the advancement of enlisted members at the state and national level.

### President's Patriot Award

*(Editor's note: the President's Patriot Award verbiage is directly from an e-mail from CSM Ken Gillmore, EAANG president, who is deployed to Iraq.)*

This Award is at my decision. Some attending this conference might not understand why I came to this decision. In my eyes it was very easy.

If you look at our EAANG awards SOP it states "President's Patriot Award. Any individual or group who meets the criteria. Criteria: Nominee must have contributed exceptional service to the EAANG. Although a single accomplishment may be deemed a qualification for this award, particular consideration should be given to those individuals who have contributed exceptional service of a sustained nature.

Nominations may be made through the Awards Committee to the President as a recommendation only but must be received by 1 March of each year. The President's

Patriot Award is presented at the will and pleasure of the President."

The Nominee must have contributed exceptional service to the EAANG. The main way we keep our association running is by our Ways and Means.

When I became active in our association I have had the opportunity to work several catering events. I cannot tell you how many times Gary Wynn, David Culwell or I were begging our members to come and help. Time after time our great Auxiliary was there, but this award this year is not for them. There is no way we could thank our Auxiliary enough. With over 2,500 members you would think getting help would be easy. It is not. There was one individual who repeatedly came to the help of our Ways and Means catering events. In some cases this person was the only one doing the cooking for us. This person is not in the military or even an association member of our association. You might think this is good. You are right, but also take into consideration this person is still in high school and carried our association to success on several occasions.

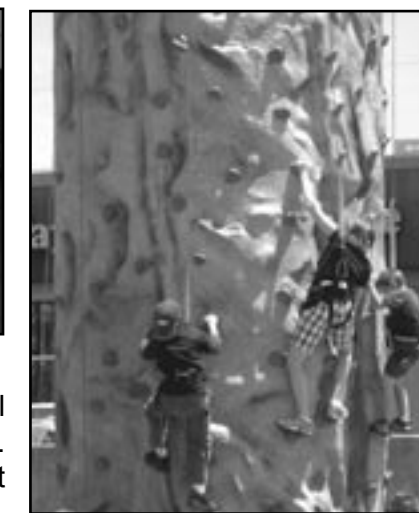
It is with great pleasure I award this year's President's Patriot Award to Blaine Culwell. Blaine I wish I could have been here to give you this award, but I know Senior Master Sgt. Myra Cross will thank you for me.

It is with people like you that make our association great. Thank You!



### Fun with family, civic leaders

Scenes from the Arkansas Army National Guard's 296th Medical Company as it held its Family Day and first-ever Civic Leadership Day. The medical company is based in Hot Springs. Community involvement is important for any military organization.



## Association can help get Soldiers, Airmen the care they need

CSM Deborah Collins  
*State Command*  
*Sergeant Major*

We have just finished attending a Benefit Dinner and Show by Ben Vereen who was raising money for the University of Arkansas Medical Sciences for their Psychiatric Research Institute. Now you may ask what that has to do with the Enlisted Association. I will tell you that UAMS is opening a new Psychiatric Research Institute and one of things they are actively trying to do is support all Service Members and their families who are having difficulties adjusting due to Post Traumatic Stress

Disorder or Traumatic Brain Injury. What has that got to do with the Enlisted Association, it has to do with the well-being of our Soldiers, Airmen and their Families.

As our Soldiers and Airmen continue to deploy for multiple deployments, more seem to have adjustment issues. We transition them from Citizen Soldiers to Warriors (turning Green as I like to call it) and we must put as much effort into turning them back from Warriors to Citizen Soldiers. We, as leaders, in our organizations must support them in their effort to receive the appropriate treatment and adjustment. If any of us (all

Service Members) have a broken leg, we get it fixed. The same principle must apply to our Soldiers, Airmen and Families that have any mental health problems. It is incumbent upon us that when the words "mental health" are mentioned, we must not have any inward or outward cringe; we must think in terms of getting it fixed just as we would a broken leg. We should not associate any form of PTSD and TBI as a sign of weakness, quite the contrary. It must be treated and accepted as any other Battle Injury.

Now where does the Enlisted Association come into play with this issue? We must continue to pursue the

appropriate benefits such as full time Health Care for our Soldiers and Airmen. With the annual EANGUS Conference just around the corner, and when our Association approves the Resolutions that establish our focus of efforts on the Hill, everyone should keep this in the forefront of your efforts. This is the true answer to many of our issues and the right thing to do for our Soldiers and Airmen. If you are not familiar with these issues, let me encourage you to do your self-development and become familiar with them. It is the way ahead to sustain our force and ensure the well-being of our Soldiers and Airmen. Hooah!

## Vereen salutes military, PRI with performance

LITTLE ROCK - A Broadway star shined a little light on some serious subjects while entertaining a packed house at the Arkansas Repertory Theatre July 18.

Tony Award winner Ben Vereen, who starred in the musicals "Jesus Christ Superstar" and "Pippin" as well as the TV miniseries "Roots," saluted the sacrifices of the nation's veterans and their families during his performance, a benefit for the University of Arkansas at Medical Sciences' Psychiatric Research Institute. A portion of the proceeds from the event will go toward research into treating post traumatic stress disorder and traumatic brain injuries.

Vereen shared with the audience, which included representatives from every branch of the U.S. military, his experience with traumatic brain injury, the result of an auto accident he suffered in 1992. Although he suffered a stroke

and was struck by a car the same day as the accident, Vereen, 61, showed no signs of frailty as he danced and scampered across the stage.

Accompanied by a four-piece band, Vereen honored his Broadway roots with a variety of show tunes from hits like "Hair," "Jesus Christ Superstar" and "Cats." He also paid tribute to his mentor, Sammy Davis, Jr., during a clip from "The Mike Douglas Show" that featured a duet between the two. Vereen, who served as Davis' understudy in "Golden Boy" on Broadway in 1964, then went into a medley of Davis tunes, including "For Once In My Life" and "A Lot Of Livin' To Do."

"You might feel overlooked, but I'm here to tell you...you're very much appreciated," said Vereen to the armed forces personnel before launching into a personalized version of Ben E. King's "Stand By Me." "When you say my armed forces are in trouble, call on Ben Vereen,



The Association's SSgt Michelle Miller with Ben Vereen at the Arkansas Repertory Theatre.

I'll be there on the double," he sang to thunderous applause. He concluded his performance with a musical tribute to the military, a number written by his guitarist Brian Nakagawa entitled "For These Things."

Vereen's visit to Little Rock included a dinner at the Capital Hotel the night before that was

highlighted by a color guard procession featuring members of the U.S. Army, Navy, Marines, Coast Guard and Air Force. He also toured the John L. McClellan Veterans Hospital the following day, meeting with hospital personnel and patients to sign autographs and shares stories of recovery.

## Auxiliary president's message

By Alma Vaughn  
*EAANGA President*

My name is Alma Vaughn, your new Auxiliary President. I live in Kensett with my husband, Chuck, who is in the Arkansas Army National Guard and is a member of the EAANG. We are proud to be a part of the EAANG family.

Although my life outside of EAANGA is filled with activities, such as Church, Eastern Star, and housekeeping. I am delighted to make time to serve as President of the Arkansas EAANG Auxiliary.

I proudly honor and support our troop at home and away in every way possible. The auxiliary stands behind our Enlisted Association in all they do. We are here to serve and support them in any way to benefit our soldiers and their family's.

As a family stands beside it members, we have stood proudly beside the Enlisted Association. The Auxiliary stood "Side By Side" with association and assisted "chowhounds" with their catering and cookouts. What fun we had. And the chowhounds supported us

with a nice \$2,500 check at annual conference. We have eagerly responded to the call of legislation. We will also continue with our Bakeless Bake Sale without a fuss or bother you've done your part by sending your contributions to Rita Brown. I thank all who participated in these events. I and the auxiliary will continue to do this, and in doing this, it will just make our organizations that much stronger. We are here to serve "you" the men and women who defend, and will continue to defend our great State and Nation. My prayers go out to

the deployed soldiers in and out of country and their families. I am honored to be a part of such a great organization.

I appreciate any and all support, ideas, comments, and suggestions this coming year. I hope, with your continued help to make this a successful year for all. Together, we will stand "Side By Side" in all we attempt and accomplish. Thank you for allowing me to serve you

If you have comments, questions, or suggestions please contact me a kelsey@ipa.net or call me at 501-742-3802. Again, thank you.



Linda Gillmore (center) holds her Spouse of the Year award. From left is Betty Hagerman, Alma Vaughn, Rita Brown and Bonnie Wood. Mrs. Brown is holding a \$2,500 check from the Association to the Auxiliary.

You deserve to be Spouse of the Year. Ask your Association spouse to nominate you for this prestigious award. It's never too early to send a letter, describing a spouse's support in any civic, neighborhood, church, school or job activity. Describe your family and how your spouse has supported your military career and send it to Alma Vaughn, P.O. Box 184, Kensett AR 72067.

## Resolutions can = solutions to your problems

By CPT Matthew W. Anderson  
SSG Regina Powell  
SSgt Michelle L. Miller  
Co-Chairs, Resolutions Committee

In preparation for the annual state officer and enlisted association conferences in the spring, the time has come once again to begin the process of developing and submitting resolutions for consideration. A resolution is a formal statement of a decision or expression of opinion put before or adopted by an assembly. Simply put, a resolution is an idea or a proposal about an issue that can help make the National Guard better for all of us. The resolutions adopted at the state NGAA/EAANG conferences will be forwarded to the national level for presentation at the NGAUS and EANGUS conferences. Resolutions adopted at the NGAUS and EANGUS conferences will then be taken to our political leaders in Washington, hopefully for approval and subsequent implementation. The results of the resolution process have a direct effect on the future of the National Guard in our state and the nation. It is through this process that the interests of the National Guard are presented and protected.

The National Guard continues to play an important role in defending and maintaining the great American democracy, and it is critical that we make sure the needs of our soldiers and airmen are being addressed. It is the responsibility of each of us to contribute to the resolutions effort.

We invite each of you to consider issues within the National Guard that need to be addressed. It is possible for an issue or idea conceived by one member within the state to subsequently become national policy or law. The vast majority of resolutions

normally submitted relate specifically to modernization of equipment or personnel issues; however, the process is not limited to those subjects.

When considering resolutions, please keep in mind that we have a much better chance for success if the issue applies on a statewide or national basis. In other words, think about what is good for the National Guard as a whole and not just a few individuals. All resolutions will be channeled to the appropriate national association through committee review.

Copies of the resolutions adopted at the 130th NGAUS Conference in September 2008 are available at [www.ngaus.org](http://www.ngaus.org) (click on Legislative Programs, then Current Resolutions). You may view the EANGUS resolutions at [www.eangus.org](http://www.eangus.org) or access the following link to view this year's resolutions <http://www.memberconnections.com/olc/pub/LCNG/cpages/legislative/resolutions.jsp>.

If you have an idea for a resolution, please provide some background information on what the issue or situation is and then provide your recommendation for addressing the issue. The resolutions committee members will be glad to assist you with the proper formatting. What we really need from you are your thoughts on what issues need to be addressed on a state and national level. The deadline for submitting resolutions is 1 March 2009. We look forward to hearing your thoughts and ideas.

### Resolution writing tips:

1. Resolutions may be proposed and drafted by any member of the National Guard Association of Arkansas (NGAA) or Enlisted Association of the Arkansas National Guard (EAANG). Please forward resolutions through command channels or

directly to one of the points of contact listed below.

2. Each level headquarters should review and screen the proposals for authenticity and validity, ensuring only those that apply on a state or national basis are forwarded.

3. All proposed resolutions must be received no later than March 1, 2009. Copies of all proposed resolutions selected by the committee for presentation to the state associations will be available at the NGAA/EAANG 2009 conferences.

4. Resolutions adopted by the NGAA and EAANG in general conference must be forwarded to their respective national associations no later than June 2009.

5. The resolutions adopted at the national conferences will either be forwarded to the appropriate policymakers urging their adoption or will be prioritized and placed on a working list at NGAUS/EANGUS for legislative action at the appropriate time.

### Formatting instructions

As a general rule, resolutions do not contain specific dollar requests nor do they indicate quantities. Also, individual companies or industries are not included. Formatting should be limited to one page, Times New Roman font with one-inch margins. There should be no bold or underlined words.

### Where to submit

Proposed resolutions may be forwarded through command channels or may be sent directly to the NGAA/EAANG Resolutions Committee via e-mail if possible to [jshere@ngaa.org](mailto:jshere@ngaa.org) or may be addressed to the NGAA/EAANG Resolutions Committee, P.O. Box 663, North Little Rock, Arkansas 72115. They may also be faxed to (501) 758-2097. Resolutions must be received by 1 March 2009.

### Expiration Dates for Veterans' Benefits

Many veterans benefits come with an expiration date, such as: (1) tuition assistance -- \$4,500 a year that expires as soon as you transition from Active Duty; (2) Montgomery GI Bill for Active-Duty -- expires 10 years from the date of last discharge or release from active duty; (3) Montgomery GI Bill for Selected Reserve -- 14 years from the date of eligibility for the program, or until released from the Selected Reserve or National Guard; (4) Veterans Education Assistance Programs -- 10 years from the date of the last discharge or release from active duty; and (5) Vocational Rehabilitation and Employment -- 12 years of separation from service or within 12 years of being awarded service-connected VA disability compensation.

For a complete list of benefits, go to [www.va.gov](http://www.va.gov).

## Army retiree corner

By William C. Wood  
Army Retiree Board Member

If Any Army Retirees get this Creed, please furnish me with your e-mail address. I have been trying to get the e-mail addresses from the laptop and have been told it has been modified and that none of our staff can get into the computer, will have to wait for SGM Ken Gilmore to get back to see if he can get into it.

If anyone knows of a retiree's e-mail address, please let me know so I can add them to my database.

We had the Don Johnson Memorial Golf Tournament, the State Convention at the Air Guard Facility at the Jacksonville Air Force Base. Did some catering. Looking forward to seeing everyone in Savannah.

### Tricare Medical Information

For retirees over 60, Tricare now covers the shots for shingles, Zostavax, the serum designed to prevent shingles, but coverage does not necessarily mean "free" for Tricare standard or Tricare for Life beneficiaries, just as any Tricare medical benefit beneficiaries must meet their deductibles and paying their cost shares. This means shingles vaccine could cost you \$100 or more if not handled right. Talk to your doctor to find out if your doctor offers this vaccine and if your doctor advises you need the vaccine. According to Tricare officials your physician should supply the vaccine and include the price of the vaccine and injection on the itemized bill for the office visit and injection.

Beneficiaries whose weight poses a serious health risk has a new surgical alternative available. For those who medically qualify, Tricare covers the laparoscopic adjustable banding (Lap-band surgery).

### SBP Paid Up

If you are 70 years old and paid in 360 months into the Retired Servicemembers Family Protection Plan. If you have achieved both, you will not have to pay any more, and your retirement check will increase that amount.

## New Association logo sought

It was suggested at the July 19 board meeting that the association design a logo that would enhance the association's identity.

It was suggested a contest be held for members to submit ideas.

If the membership approves the change and selects a new logo, the winning artist would receive a paid attendance to the annual state conference.

Please e-mail SSgt Michelle



Miller at [mlmiller@uams.edu](mailto:mlmiller@uams.edu) if you have any comments about such a contest or have an idea for a logo.



The Jacksonville Museum of Military History could use your help as it expands its archives of information about the Arkansas Air National Guard. Those who have items they would like to submit or anyone who would like to make a monetary donation can contact the museum or one of its many volunteers, such as Frank McClure pictured in the inset. One project Frank is working on is an interactive display that will show museum goers what it's like to fly a mission in a C-130 -- an Arkansas Air Guard 189th Airlift Wing C-130 to be exact. The project, when complete, will showcase for visitors how the Air Force gets cargo to troops on the ground while avoiding enemy threats and terrain.

## Jax museum needs your help

By Charlie Hagerman  
District 11 Air Retired

I finally made it a point to visit the Jacksonville Museum of Military History. I was very impressed. The museum was originally opened in 2006 with the Air National Guard beginning in 2007.

Retired SMSgt Frank McClure volunteers much of his time to collecting artifacts for the Air Guard display. Frank retired after 33 years in Supply.

The Air Guard display begins with a copy of General Orders placing the 154th on active duty in 1925 and continues to the present time.

The museum not only shows off the Air Guard but it has Army Guard information, too.

Anyone who stops by the base to visit the commissary

or to refill a prescription might want to stop by the museum, too.

Take the Main Street Exit and follow the blue signs that read "Military Museum." It's near the city's post office.

The museum is a 501 (c) 3 non-profit organization, which means you can donate money and write that off your taxes as a charitable donation. The museum's tax identification number is: 58-1978634.

The museum is currently trying to raise money for a demonstration C-130 ride. The total cost is about \$4,000 of which about \$3,000 more is needed.

Send checks to the museum marked for the Air National Guard display. Mail them to: Frank McClure, 6912 W. Republican Rd, Jacksonville AR, 72076.

# Snapshots from Savannah



Photos by MSgt Bob Oldham

(Left) SGT Maryah Osborn arranges the Arkansas delegation's workspace on the conference floor.

(Above) Arkansas' delegation together for a group photo before the final evening's abnquet.

(Right) Retired MSgt Charlie Hagerman (center) received the Spouse of the Year Award from EANGUS Auxiliary President Sheila Bandy and EANGUS President retired CSM Frank Lever.



Retired CMSgt Richard Green and EAANG President SMSgt Myra Cross enjoy a meal at All States Night where each state contributes to the dining experience.



Retired MSgt Charlie Hagerman brings home the Lifetime Achievement Award.

Amended May 2008  
ARTICLE I – NAME  
The name of the organization  
ARTICLE II – PURPOSES

SECTION 1: The purpose of this Association is to organize all enlisted personnel of the Arkansas National Guard to work together in unison for the purpose of advancing the standing, prestige, and welfare of the enlisted members. The Association will strive to improve the position and status of enlisted personnel in their relationship with their civilian community as well as in their military environment. These purposes will be sought after through affiliation with the Enlisted Association of the National Guard of the United States.

SECTION 2: This Association may engage in attempts to promote legislation to attain its purpose.

SECTION 3: This Association shall be a non-profit organization.

SECTION 4: This Association shall not participate in a political campaign on behalf of or in opposition to a candidate for public office.

ARTICLE III – MEMBERSHIP

SECTION 1: Classes of membership are:

- a. Annual
- b. Life
- c. Associate
- d. Honorary
- e. Corporate

SECTION 2: Qualifications and requirements for the membership classes are:

a. Annual: Annual membership is contingent upon active assignment as an enlisted member to an Arkansas National Guard unit or has transferred or requested transfer to the Retired Reserve, and is under the age of 60 years; or an enlisted member that becomes ineligible to retain active enlistment due to medical disability, requiring discharge. Upon application and payment of the prescribed dues and approval by the Executive Committee, an annual membership may be issued. Any annual member who reaches the age of 60 years in a membership year may be awarded a gratuitous life membership in the Association.

b. Life: Upon application and payment of the prescribed amount and upon approval by the Executive Committee of the Association, a person who is qualified to be an annual member may be issued a life membership, his/her life membership will be retained and continue to be rendered all the rights and privileges accorded this class membership.

c. Associate: Upon application, payment of the prescribed dues and upon approval by the Executive Committee of the Association, a person not otherwise qualified for membership may be issued an Associate membership. An associate member may not hold office or vote. An associate life membership may be purchased for one hundred (100) dollars.

d. Honorary: The Executive Committee of the Association may, by a majority vote, confer honorary membership upon a person who has rendered outstanding service to the Association; or the State of Arkansas, or any political subdivision thereof; or to the Arkansas National Guard. An honorary member may not hold office or be entitled to vote.

e. Corporate: Upon application, payment and approval of the Executive Committee of the Association, organizations with a common interest in the goals and objectives of this Association may join as corporate member. Corporate members will not be entitled to representation.

SECTION 3: Certified life and retired memberships existing prior to the 1989 membership year shall be rendered all rights and privileges which are accorded annual and life membership classes of the Association.

SECTION 4: The Board of Directors may establish checks and balances as necessary to insure that the membership of the Association adheres to these objectives and purposes.

SECTION 5: The yearly dues for an annual membership of the Association includes annual membership for EANGUS. The dues will be based on the individual's rank at time of joining/renewing. The dues will be the total of EANGUS dues plus the following amounts: E-1 through E-4/\$1.00, E-5/\$2.00, E-6/\$3.00, E-7/\$9.00, E-8/\$14.00, and E-9/\$17.00. Associate membership annual dues in the Association will be \$10.00 for officers and non-Arkansas National Guard members. Lifetime Associate Membership may be purchased for a one time cost of \$100.00 effective July 1997. Honorary membership is gratuitous. Corporate membership shall be in three (3) categories as follows: 1) Gold - \$1000.00; 2) Silver - \$500.00, 3) Bronze - \$200.00. Benefits to Corporate Members will be determined and reviewed annually by the Board of Directors. Life membership may be purchased prior to reaching age sixty. It shall be calculated by subtracting your present age from sixty, then multiply the result times your current membership dues, then add \$20.00.

SECTION 6: Membership shall be on a calendar year basis starting 1 January and ending 31 December.

SECTION 7: Numbered membership cards with a tear-away stub shall be printed for distribution to the membership. The Membership Chairperson shall arrange for printing and distribution of membership cards.

SECTION 8: Numbered membership cards shall be issued to the unit as expeditiously as possible. Upon payment of dues to the unit representative, the member will be issued a membership card. The return portion of the membership card and dues will be forwarded to the State office of the Association as soon as possible.

SECTION 9: Membership shall be maintained in an automated system separated into unit of assignment and retired membership. This system will include all eligible members and the member's mailing address.

ARTICLE IV – OFFICERS

SECTION 1: The officers of this Association shall be President, First Vice-President, Second Vice-President, Secretary and Treasurer. The officers shall serve for a term of one (1) year or until their successors are elected and duly qualified with the exception of the office of the Treasurer who shall be elected for a two (2) year term. Presidential and Vice Presidential candidates for office shall alternate between the Air National Guard and the Army National Guard each year; i.e. if the office of President is filled by a member of the Army National Guard, the office of First Vice-President must be filled by a member of the Air National Guard, with the office of Second Vice-President being elected from the Army National Guard. In the event no person from the appropriate branch is nominated, a member from the other branch may be nominated from the floor and duly elected.

SECTION 2: The President, First Vice-President, Second Vice-President, Secretary and Treasurer shall be elected at the annual conference.

SECTION 3: Ballots will be printed in advance of the annual conference listing the nominees for each office with sufficient space allocated for write-in candidates. Ballots shall be distributed by the election committee prior to the election of officers at the annual conference.

SECTION 4: Nominations may be made from the floor of the annual conference at any time after the report of the Nominating Committee and prior to the election for that particular office.

SECTION 5: Elections shall be in written secret ballot except when a candidate for an office is unopposed. A majority 2/3rd voice vote may be used to elect the unopposed officer.

SECTION 6: Ballots shall be counted by the Election Committee immediately after the voting has ended, and the results shall immediately be given to the Secretary for announcement.

ARTICLE V – DUTIES OF ELECTED OFFICERS

SECTION 1: The President shall preside at all meetings of the Board of Directors, be an ex-officio member of all committees, except the nominating and election

committees, exercise general supervision over affairs of the organization, exercise direct supervision of the Association employee(s), and perform such other duties as are ordinarily incumbent upon a President.

SECTION 2:

a. The Vice-Presidents shall perform duties as ordinarily incumbent upon a Vice-President and such other duties as may be assigned to him/her by the President.

b. Vice-Presidents will assume the duties and responsibilities of the office above them in the event of resignation, termination, extended absences due to military duty of 60 days or more, or removal from office. The Vice-Presidents will still be eligible to run for the next office at the annual conference.

ARTICLE VI – DUTIES OF THE SECRETARY and TREASURER

SECTION 1: The duties of the Secretary: The Secretary shall:

a. Act as registered agent with the Arkansas Secretary of State.

b. File any changes to the By-Laws of the Association with the Internal Revenue Office and the Office of the Secretary of State.

c. Attend all meetings; regular, special, Board of Directors, Executive Committee and Association.

d. Record and publish minutes of Board of Directors and annual conference meetings of this Association.

e. Keep the official copy of the By-laws with all amendments.

f. Perform other duties as assigned by the President.

SECTION 2: The duties of the Treasurer: The Treasurer shall:

a. Receive, receipt for and be custodian of all funds of the Association.

b. Deposit all funds in a bank, banks, trust company or companies to be designated by the Board of Directors.

c. Be responsible for correspondence as may be required for maintaining all records of monies collected, deposited, and disbursed in accordance with generally accepted accounting procedures.

d. Be bonded for the amount of two thousand dollars (\$2000.00), the cost of the said bond to be borne by the Association.

e. Serve as representative of the Association when entering into contractual agreements after consultation and approval of the Executive Committee. Unanimous approval is not required for

f. Ensure all bills and claims of the Association are paid.

g. Serve as Chairperson of the Finance Committee.

h. Have signature authority on all accounts of the Association.

i. Furnish a quarterly financial statement to Board of Directors and an annual financial statement to the general membership attending the annual conference.

j. Furnish the Association's CPA appropriate records for the preparation of the Internal Revenue Form 990 and 990-T.

k. Retain all financial records to comply with the Statute of Limitations of the Internal Revenue Service.

l. Ensure Internal Revenue Forms 990 and 990-T are filed with all appropriate federal and state agencies (i.e., Internal Revenue Service, State Attorney General's office, etc.)

ARTICLE VII – MEETINGS

SECTION 1: Annual Conference:

a. The Association shall conduct an annual conference on a weekend in March or April.

b. The purpose of the annual conference will be for the election and installation of officers, election and installation of Board Members by caucus, conduct of the general membership business session, and election of EANGUS Delegates.

Section 2: The Board of Directors shall meet on a quarterly basis or as otherwise determined by the President.

ARTICLE VIII – BOARD OF DIRECTORS

SECTION 1: The Association shall have a Board of Directors which will consist of the President, Vice-President, Second Vice-President, the immediate Past President, Secretary, Treasurer, five (5) Board Members from the Army National Guard, five (5) Board Members from the Air National Guard, one (1) Board Member representing the retired Air National Guard, and one (1) Board Member representing the retired Army National Guard. A list of districts with units represented will be kept in the office of the Association. This list will be certified by the Secretary and can only be changed by approval from the Board of Directors. The number of Board of Directors positions authorized for each district is as follows:

District 1 – 39th Infantry Brigade Combat Team one (1) position

District 2 – 142nd Fires Brigade one (1) position

District 3 – 77th Aviation Brigade one(1) position

District 4 – 87th Troop Command one (1) position

District 5 – JFHQ-Army one (1) position

District 6 – 189th Airlift Wing one (1) position

District 7 – 188th Fighter Wing one (1) position

District 8 – Air Guard at-large one (1) position

District 9 – 123rd Intelligence Squadron one (1) position

District 10 – JFHQ-Air and remaining GSUs one (1) position

District 11 – Retired Air one (1) position

District 12 - Retired Army one (1) position

SECTION 2: The District Representatives shall be elected at caucuses of members of each of their districts respectively per Section 1. The caucuses will be held at the annual conference of the Association. Each District Representative shall serve a two year term.

SECTION 2.1: District 8, formerly the 223rd Communications Squadron, is now an Air Guard at-large position. The position can belong to a member of the 188th Fighter Wing or the 189th Airlift Wing. Association membership is those units will determine which unit can fill the position. Whichever unit has the highest percentage of members can nominate a member from their unit to fill the position. If that unit doesn't have a member willing to serve, the position reverts automatically to the other unit. If both units have exactly the same percentage of members, the unit that hasn't filled the position most recently will nominate a person from their unit to the district.

SECTION 3: The President with the approval of the Board of Directors may appoint a member from the district to fill the representatives' position if a representative was not selected by the caucuses at the annual conference. If any representative fails to attend a called meeting for two (2) consecutive times without valid excuse, the office shall be deemed vacated by the Board of Directors.

SECTION 4: A quorum of at least forty-one percent (41%) of the voting members of the Board of Directors may transact the business of the Association at any official meeting. Each director should be notified either by mail or telephone at least two (2) weeks in advance of the meeting. In the event a district representative knows they will not be available to attend a scheduled meeting, they may send another member of their district with a proxy letter to the board meeting to act in their districts behalf.

SECTION 5: The appointment and compensation of all employees of the Association shall be the responsibility of the Board of Directors. This appointment and

compensation establishment shall be established annually by the Board of Directors.

SECTION 6: There shall be an Executive Committee of the Board of Directors which shall be composed of the elected officers of the Association. The Executive Committee shall have the power to act on emergency matters when it is necessary, not having sufficient time to call a full meeting of the Board of Directors.

**ARTICLE IX – COMMITTEES AND APPOINTEES**

SECTION 1: Standing committees may be appointed as necessary to administer any programs sponsored by the Association. The committee chairperson(s) will submit a proposed budget to the Budget and Audit committee chairperson outlining expenses anticipated to be needed for carrying out the business of the committee. The proposed budget will be submitted prior to preparation of the annual budget proposal prepared by the Budget and Audit committee to be presented at the annual conference.

SECTION 2: Nominations Committee: The Nominations Committee shall consist of the two most recent Past Presidents. In the event that one or both of the most recent Past Presidents is not able to fulfill their position due to death, health reasons, deployment, etc., then the President may appoint another Past President to fill the vacated position(s). The committee's duties will be to receive written nominations for the offices of President, First Vice-President, Second Vice-President, Secretary, and Treasurer of the Association. The committee member receiving the nomination will secure a letter of acceptance from the nominee and in turn will ensure that both documents are in the hands of the Secretary not later than thirty (30) days prior to the next annual conference.

SECTION 3: Election Committee: The duties of the Election Committee will be to distribute ballots to the membership, collect and count the ballots, certify the results of each office to the Secretary immediately after the results are known and destroy the ballots after certification. The Election Committee shall make its report to the general membership when called by the President.

SECTION 4: Activities Committee: It shall be the duty of the Activities Committee to plan all activities of the Association except the annual conference. All activities planned must be approved by the Board of Directors.

SECTION 5: Budget and Audit Committee: The Budget and Audit Committee shall audit the Association's financial records annually. This audit shall be conducted in January or February. Special audits, other than the annual audit, shall be conducted upon the request of the President. This committee shall also prepare an annual budget (covering a period of 1 May to 30 Apr) for conferences attendees' approval.

SECTION 6: Conference Committee: It shall be the duty of the Conference Committee to plan all activities of the annual conference. The Conference Committee shall be allowed to establish a minimum necessary fee for members attending the annual conference. This fee shall not be charged to those members attending the business meeting only. The Board of Directors must approve this fee which is to be announced not less than thirty (30) days prior to the annual conference. The purpose of this fee is to defray conference expenses.

SECTION 7: A Chaplain shall be appointed by the incoming President. The Chaplain shall conduct the invocation and benediction at Associations meetings and offer spiritual assistance when needed.

SECTION 8: The President will appoint a parliamentarian to assist in following proper procedures set forth in the Association's By-Laws and Robert's Rules of Order.

**ARTICLE X- BUDGET AND EXPENDITURES OF FUNDS**

SECTION 1: Expenses of Officers, Board of Directors, and Committees of the Association will be paid on the "actual expense" basis and only with approval of the Executive Committee. Normal expense is to mean gasoline, telephone, single lodging not to exceed the maximum local lodging rate on the current DOD Per Diem table when commuting outside a 50 mile radius, program materials, and meals that are used in the course of Association business.

SECTION 2: Social activities and charitable expenses must be approved by the Board of Directors.

SECTION 3: All allocations of funds in excess of bills due may be temporarily or permanently suspended or collection procedures invoked if after a report by the Treasurer, it is the opinion of the Board of Directors that expenditure of these funds would be detrimental to the Association.

SECTION 4: All expenses, bills or any dispersal of funds will be accomplished using a two party signature checking system for expenses in excess of \$500.00. Authorized signatures will be the President, and/or the Treasurer, and/or two annual or life members of the Association appointed by the Board of Directors at the first called Board of Directors meeting following the annual conference. A minimum of two (2) of the signature holders must live in the central Arkansas area. Fifty (50) dollars per month maybe maintained as petty cash.

**ARTICLE XI – ANNUAL ACCOUNTING PERIOD**

The annual accounting period of this Association shall close 31 December of each year.

**ARTICLE XII – PARLIAMENTARY AUTHORITY**

The rules contained in the current edition of Robert's Rules of Order shall govern the Association in all cases to which they are applicable, and in which they are not inconsistent with the Bylaws or the special rules of order of this Association.

**ARTICLE XIII – REPORTS**

SECTION 1: All committees shall submit a written report of their activities to the conference. Committee chairpersons shall, if directed, give periodic reports of their committee actions to the President.

SECTION 2: The Treasurer shall initiate and submit all necessary reports and returns required by the State of Arkansas and the Internal Revenue Service. Internal Revenue Service Form 990 will be filed within 60 days of the Association's annual accounting period.

**ARTICLE XIV – EANGUS DELEGATES**

SECTION 1: Effectively immediately upon passage of this amendment, the First Vice-President and Second Vice-President will automatically serve as delegates to EANGUS. Up to a maximum of eight (8) delegates will be elected at the Board of Directors meeting immediately prior to start of the business of the annual conference of the Association. Up to a maximum of four (4) each will come from within the Army and within the Air National Guard board members. These delegates will be elected within by their respective service directors. For the purpose of being nominated and elected as an EANGUS delegate, the Retiree Board Member will be included in the count of 4 from the service in which they retired. Nominations of these eight (8) delegates will come from the floor at the Board of Directors meeting and be received by a member not seeking nomination. Election will be by secret ballot.

SECTION 2: For the remaining vacancies, any number of nominations may be made from the floor during the business session of the annual conference to fill the vacancies. Vacancy delegate elections will be by secret ballot and counted by any Association member if all election committee members are nominated. The Election Committee will record and certify a by name list in the order of votes received (most to least) and provided it to the Secretary. If after elected, a delegate has to withdraw, the next person on the list will replace that delegate. The Secretary will provide a copy of the list to each person.

SECTION 3: The actual number of delegate authorizations will be determined at the Board of Director's meeting scheduled immediately prior to the annual conference. All vacancies will be filled from the list recorded and certified by the Election Committee and maintained by the Secretary after the annual conference.

**ARTICLE XV – AMENDMENTS**

SECTION 1: These By-laws may be amended at the annual conference by a 2/3rd vote of the members present and voting, providing that a 30-day notification to the membership has been given.

SECTION 2: The By-laws may be amended at the annual conference of the Association by a unanimous vote without prior notice provided the Bylaws Committee has reviewed the proposed amendments and made its recommendation to the membership.

SECTION 3: By-laws amendments adopted at the annual conference will become effective on the first day following the close of business of the annual conference, unless adopted amendment specifically states an implementation date.

2009 ENLISTED ASSOCIATION OF ARKANSAS NATIONAL GUARD  
EXECUTIVE BOARD and BOARD OF DIRECTORS

**President**

SMSGt Myra A. Cross  
23 Johnny Lane  
Sherwood, AR 72120  
M: 901-484-3873 O: 501-987-5244  
[myra.cross@arlitt.ang.af.mil](mailto:myra.cross@arlitt.ang.af.mil)

**1<sup>ST</sup> Vice President**

SSG Regina Powell  
4002 Fairplay Rd.  
Benton, AR 72019  
M: 501-650-1195 O: 501-212-5482  
[regina.l.powell@ar.ngb.army.mil](mailto:regina.l.powell@ar.ngb.army.mil)

**2<sup>ND</sup> Vice President**

SSgt Michelle Miller  
3805 Sioux Trail  
Jacksonville, AR 72076  
M: 501-951-3000  
[Mlmiller@uams.edu](mailto:Mlmiller@uams.edu)

**Treasurer**

SGT Maryah Osborn  
14446 Hwy 31N  
Ward, AR 72172  
M: 501-425-0834 O: 501-212-5174  
[maryah.osborn@ar.ngb.army.mil](mailto:maryah.osborn@ar.ngb.army.mil)

**Secretary**

TSgt Michele Lyons  
125 Anter Way Dr.  
Sherwood, AR 72120  
M: 501-944-9306 O: 501-212-5488  
[michele.lyons@ar.ngb.army.mil](mailto:michele.lyons@ar.ngb.army.mil)

**Past President**

SGM Kenneth Gilmore  
21350 Missouri Ave.  
North Little Rock, AR 72118  
M: 501-590-3264 O: 501-212-5491  
[kenneth.gilmore@us.army.mil](mailto:kenneth.gilmore@us.army.mil)

**District 1 – 39<sup>th</sup> IN BCT**

SSG Jeffrey Frisby (DEPLOYED)  
144 Oklahoma Ave.  
Jacksonville, AR 72076  
M: 501-425-0834  
[jeffery.f.frisby@ar.ngb.army.mil](mailto:jeffery.f.frisby@ar.ngb.army.mil)

**District 2 – 142<sup>ND</sup> FIRES BDE**

SFC David C. Duncan  
776 Madison S255  
Huntsville, AR 72710  
M: 479-856-8750 H: 870-741-8636  
[david.c.duncan@us.army.mil](mailto:david.c.duncan@us.army.mil)

**District 3 – 77<sup>th</sup> Aviation BDE**

SSG James Stiefvater  
6 Gwen Lane  
Conway, AR 72032  
M: 501-336-5939 H: 501-336-8353  
[james.stiefvater@ar.ngb.army.mil](mailto:james.stiefvater@ar.ngb.army.mil)

**District 4 – 87<sup>th</sup> Troop Cmd**

CSM Jerry Calhoun  
122 Fox Run Lane  
Higden, AR 72067  
M: 501-654-3034  
[jerry.w.calhoun@us.army.mil](mailto:jerry.w.calhoun@us.army.mil)

**District 5 – JFHQ -Army**

1SG Norris Cate  
785 Walkers Corner Road  
Scott, AR 72142  
M: 501-681-1677 O: 501-212-5036  
[noriss.cate@ar.ngb.army.mil](mailto:noriss.cate@ar.ngb.army.mil)

**District 6 – 189<sup>th</sup> AW**

SMSGt Michael Lenahan  
112 Hidden Valley Loop  
Maumelle, AR 72113  
O: 501-987-6274 H: 501-749-1105  
[michael.lenahan@arlitt.ang.af.mil](mailto:michael.lenahan@arlitt.ang.af.mil)

**District 7 – 188<sup>th</sup> Fighter Wing**

SMSGt Michael Frances  
4850 Leigh Ave  
Fort Smith, AR 72903  
M: 501-479-650-3067  
[michael.francis@arftsm.ang.af.mil](mailto:michael.francis@arftsm.ang.af.mil)

**District 8 – 223<sup>rd</sup> Cbt Comm. Sqdn**

VACANT

**District 9 – 123<sup>rd</sup> Intel Sqdn**

MSgt Don Breshears  
6605 Kenwood  
Cammack Village, AR 72207  
M: 501-804-5511 H: 501-661-1055  
[donbreshears@yahoo.com](mailto:donbreshears@yahoo.com)

**District 10 – JFHQ – Air & GSU's**

VACANT

**District 11 – Retired Air**

MSgt Charles Hagerman  
815 Wildwood  
Sherwood, AR 72120  
M: 501-935-4063  
[hagerhogs@aol.com](mailto:hagerhogs@aol.com)

**District 12 – Retired Army**

1SG William C. (WC) Wood  
1003 Coulter Road  
Sherwood, AR 72120  
H: 501-833-1606  
[wcbj.wood@comcast.net](mailto:wcbj.wood@comcast.net)

# Heart-healthy tips are good for life

We can't choose our parents. It may be more appropriate to say we can't choose our gene pool. Given the choice, some would want to be taller, thinner or heavier, while others might wish to change their hair color, eye color or any number of physical characteristics.

However, what's most important about our genetic traits is that many of us inherited the propensity for heart disease, stroke or diabetes and we didn't even have a say in the matter.

Even though a healthy heart is, to a large extent, dependent upon our parents and the genes we inherited from them, we do have some say in our heart's health. Everyone is aware of the importance of exercise and the heart benefits of cardiovascular exercise are well documented. Not only is exercise recommended for healthy individuals, but most people with heart disease also can benefit from some level of exercise.

Along with exercise, good nutrition is fundamental to maintaining a healthy heart. Even though you may have the odds stacked against you from a genetic point of view a heart-healthy diet coupled with exercise can ensure you are doing all you can to maintain a strong, healthy heart.

What are the best choices for a heart-healthy diet? The following are recommendations from the American Heart Association:

Limit how much saturated fat, trans fat and cholesterol you eat. These fats are usually found in meat, dairy foods and products that are commercially baked and fried. Cutting back on these foods can reduce your risk for cardiovascular disease by lowering "bad" LDL cholesterol in your blood.

## Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.

- Cuts of red meat and pork labeled "loin" and "round" usually have the least amount of fat.
- Remove all visible fat from meat and poultry before cooking.
- Remove skin from poultry before eating.

- Choose white meat when eating poultry.

- Grill, bake or broil meats and poultry
- Cut back on processed meats high in saturated fat and sodium.

Select fat-free, 1-percent fat and low-fat products.

- Minimize your intake of whole-fat dairy products such as butter and whole milk or full-fat dairy products (yogurt, cheeses).

- If you drink whole or 2-percent milk or use full-fat dairy products, gradually switch to fat-free, low-fat or reduced-fat dairy products.

## Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.

- Use liquid vegetable oils and soft margarines in place of hard margarine or shortening

- Limit cakes, cookies, crackers, pastries, pies, muffins, doughnuts and French fries made with partially hydrogenated or saturated fats.

Cut back on foods high in dietary cholesterol.

- Try less than 300 mg of cholesterol each day.

- Some commonly eaten cholesterol-containing foods

include eggs (about 200 mg per yolk), shellfish (50 to 100 mg per ½ cup), organ meats such as liver (375 mg per 3 oz), and whole milk (30 mg per cup).

## Cut back on beverages and foods with added sugars.

Many snack foods and beverages have added sugar. Cut back on added sugars to lower your total calorie intake. These foods tend to be low in vitamins and minerals and the calories add up quickly. Also, drinking calorie-containing beverages may not make you feel full. This could tempt you

to eat and drink more than you need and gain weight.

- Examples of added sugars are sucrose, glucose, fructose, maltose, dextrose, corn syrups, high-fructose corn syrup, concentrated fruit juice and honey.

- Read the ingredient list. Choose items that don't have added sugars in their first four listed ingredients.

Choose and prepare foods with little or no salt.

Foods low in salt lower your risk for high blood pressure and may help you control it.

- Compare the sodium content of similar products (for example different brands of tomato sauce) and choose the products with less sodium.

Choose frozen foods, soups, cereals, baked goods and other processed foods that are labeled "reduced sodium".

- Limit high-sodium condiments and foods such as soy sauce, steak sauce, Worcestershire sauce, flavored seasoning salts, pickles and olives.

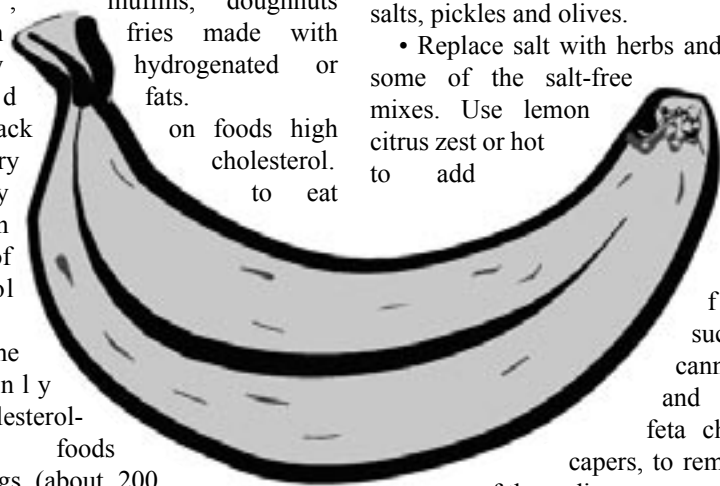
Replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.

- Try rinsing certain foods such as canned tuna and salmon, feta cheese and capers, to remove some

of the sodium.

- Aim to eat less than 2,300 mg of salt per day. Some people – African Americans, middle-aged and older adults and people with high blood pressure – need less than 1,500 mg per day.

Always consult your physician before making any major dietary changes especially if you have a medical condition that requires special dietary considerations. Make these healthy dietary choices on a daily basis regardless of the genetic hand you've been dealt. Your heart will be healthier for it.



**24th Annual Area IV Conference**  
**Registration Form**  
**13-15 February 2009**  
**Olive Branch, Mississippi**

ARNG  ANG  RETIRED  
**ASSOCIATION MEMBERSHIP:**  REG/ANNUAL  LIFE  ASSOCIATE  CORPORATE

Rank \_\_\_\_\_ Name \_\_\_\_\_  
(First) (Middle Initial) Last

Name to Appear on Badge \_\_\_\_\_

Title/Position \_\_\_\_\_ State: \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip

Daytime Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Will you have a spouse or guest attending? Yes \_\_\_\_\_ No \_\_\_\_\_

Spouse/Guest Name to Appear on Badge \_\_\_\_\_

Auxiliary Member: *Circle one:* **Yes** **No** Attending Auxiliary Activities: *Circle one:* **Yes** **No**

	Conference Fees	
<b>A R E A I V</b>	Prior to 1 Feb 09	
	<input type="checkbox"/> Conference EANGUS Member	.....\$ 45.00
	<input type="checkbox"/> Conference Spouse/Guest	.....\$ 45.00
	After 1 Feb 09	
<input type="checkbox"/> Conference EANGUS Member	.....\$50.00	
<input type="checkbox"/> Conference Spouse/Guest		
<b>TOTAL REGISTRATION FEES ENCLOSED</b>		<b>\$</b>

**ARRIVAL DATE:** \_\_\_\_\_ **DEPARTURE DATE:** \_\_\_\_\_

**PAYMENT:** Check:  # \_\_\_\_\_  Cash \_\_\_\_\_

*Please mail your registration to:*

**CMSgt Ricky L Myers**  
**201 North Newton Avenue**  
**Newton, MS 39345**

Need help with your Association membership drive? Contact any Board Member or District Representative on page 13, and they can schedule someone to speak at your roll call, commander's call or next drill to highlight the benefits of membership in the Enlisted Association of the Arkansas National Guard.

The Association works to provide better benefits for all enlisted members in the state and needs every member's support to continue to be successful during the state's legislative sessions. You can thank the Association for:

- Your free Guard tag
- The first \$9,000 in military pay exempt from state taxes

On the Federal level, EANGUS has directly helped every Soldier and Airman by:

- Ensuring we receive annual cost of living raises
- Keeping Tricare and pharmacy fees in check
- Extending VA health care from 2 to 5 years post deployment
- Raising creditable retirement points from 90 to 130 per year
- Allowing drill-status members to retire earlier for every 90 days served defending the Nation.

Both organizations do all this for less than \$2 a month combined for E-8s and below. Both state benefits listed above more than offset the cost of membership. See your District Representative today to join a winning team that's here to take care of you.