

The Creed

Enlisted Association of the Arkansas National Guard

Spring 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.

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www.eaang.org

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Ch-Ch-Ch-Ch Changes



A short message from our President on the battlefield

By SGM Ken Gillmore

Due to circumstances beyond my control (war), I'll be unable to attend this year's state conference.

I'm confident that SMSgt Myra Cross and the rest of the Board of Directors have everything under control.

I'm looking forward to a record membership this year, and I know the Army Guard is pushing forward for at least one Battalion to achieve 100 percent membership as the 189th Airlift Wing did last year.

Keep pushing to make this Association great.

One way we're working to make the Association better for you is through our online initiatives. At www.eaang.org, you can find our latest newsletters, contact information for your Board Members and a



listing of upcoming events.

We welcome any suggestions or ideas to help us better serve you. With this year's membership drive, we're asking

if you want The Creed digitally or in the mail. If you want it digitally, put your e-mail address on your registration form.

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A moment with Myra



By SMSgt Myra A. Cross
EAANG 1st Vice President

Wow it is 2008 all ready? I cannot believe it, where did the year go?

As I am sure you have heard, our President, SMG Ken Gilmore, is deployed with the 39th and I will be taking over the President's responsibilities for the remainder of his deployment. I look forward to working with each and every one of you.

Let's get ready for a great year for the Association. We are still working on maintaining a steady growth with more units gaining 100 percent memberships status. So far we have a great start, and I can only see "bright lights" at the end of the tunnel for the 2008 membership drive.

I would like to give thanks to SSG Reynaldo Acosta and all the members of the

JOC at Camp Robinson that are assisting in the in-putting of member information into the Association's data base.

What is new for 2008? The EAANG Board of Directors is working diligently in putting together an awesome State Conference this year. This year's conference is the beginning of a new direction for the Enlisted Association.

Due to all the deployments and the Fort Smith airshow, we have restructured this year's conference, which is a great time to energize new members

because we've waived conference fees.

Members will enjoy a free breakfast, free lunch and a free evening (with meal) at Dickey-Stephens baseball park in North Little Rock.

More importantly, this will expose members to our business session, which is how we strive for better state and federal benefits for you.

To take advantage, members must register for the conference by 9 May 2008.

See page 15 to register for our May 17



conference.

W.C. wraps up

William C. (W.C.) Wood 1SG (Ret)

Fellow retiree's I am looking forward to being your next Army Guard Board Member to the Enlisted Association of the Arkansas National Guard.

2007 State Conference

The Combined Conference, Officer's & Enlisted Association's of the Arkansas National Guard was held at the Embassy Suites in Rogers, Arkansas on 27-29 April 2007.

The conference started with a Memorial Service honoring the 17 Soldiers & Airmen lost in conflict from Arkansas and the rest of the country.

The Mayor of Rogers, COL Steve Womack (AR-ARNG) welcomed both associations

to his city. MG Bill Wofford honored 1SG (Ret) Nick Bacon, (Medal of Honor recipient from Arkansas.)

Keys to the City of Rogers were presented to MG Bill Wofford and 1SG (Ret) Nick Bacon. MG Wofford presented the Medal of Honor Flag to Nick Bacon.

A short film of 2006 in review was shown. Arkansas Guardsmen are doing great things besides the conflict in Afghanistan and Iraq we have service members in Arizona and New Mexico on border guards and during the hurricanes in Louisiana, Texas and Mississippi. Members of the Guard are now eligible to get up to three free license plates through the Guard, if you

were in Operation Desert Storm and Iraq Freedom you are authorized a tag for each one.

The Guard can now participate in Tricare and you will only have to pay 28% of the premium and the government will pay 72%.

The 189th Air wing at the Little Rock AFB was 100% in membership and received the Minute Man Award, MG Bill Wofford challenged each Battalion in the state to become 100% because when we try to get something passed in the legislature, State and National with 10,000-plus, with family and friends it could very well be 100,000-plus votes, and they will set up and take notice to something that large. So you see it does count to be a member of

the Enlisted Association of the Arkansas National Guard.

The Enlisted Association business session started at 1300, during the business session new officers were elected, President MSG Ken Gilmore, 1st Vice MSgt Myra Cross, 2nd Vice SSG Regina Powell, Secretary SGT Molly Crowe, Treasurer SGT Maryah Osborn, District Rep Retiree's Army W.C. Wood. Business was completed about 1630 hrs. Entertainment for the Banquet was an Elvis impersonator and a hypnotist

From the Army Retirees Representative: wish you would have been there you that weren't were sorely missed.

Your newly elected Representative.

Soldier educations

As Soldier that has served on Title 10 Mobilization orders on or after September 11, 2001, you may be eligible for educational benefits under the Reserve Educational Assistance Program (REAP), Chapter 1607, Title 10, U.S. Code, as established by the Ronald Reagan National Defense Authorization Act of 2005.

In accordance with this provision of the law, it is a requirement that you be notified of these benefits.

To obtain your Eligibility for Mobilized Soldier (EMS), or receive further instructions, go to the Web page listed below:

https://www.nationalguardbenefits.com/mgibweb/ch_1607_notification.aspx?sessionID=15571710-3a83-46ac-b623-933cc43c939a

Alternatively you can follow these steps to obtain your Eligibility for Mobilized Soldier (EMS) notification -

1. Go to <https://www.nationalguardbenefits.com>

2. Logon using your AKO username and password

3. Review and print your Eligibility for Mobilized Soldier (EMS) notification

POC for this is the ARNG GI Bill Support Team.

These are benefits that a Soldier who has served on Title 10 ordres has earned, and like any benefit, it's not a benefit if it's not used.

Soldiers are highly encouraged to further their education because not only does an education make them a better person, and lead to a higher earnings potential in the civilian sector, it often makes them a better Soldier.

Publication Staff

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The Creed

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

On the cover

On the left, the 39th Infantry Brigade proudly show their Enlisted Association pride while deployed in Iraq. On the right, the 223rd Combat Communications Squadron in Hot Springs was closed and the unit's flag cased.

What have you done for me lately?

CSM Deborah Collins

State Command Sergeant Major

To the Enlisted Members of the Arkansas National Guard:

Now is the time to buy your 2008 Membership in the Enlisted Association of the Arkansas National Guard!

WHYDFML? Do you know what this acronym means? What have you done for me lately? That is what this acronym stands for. Meaning that our potential members ask this question, WHYDFML?

There is a tremendous list to answer this question currently. However, in my opinion, the most significant thing if it were not for the work of your State and National Associations, then Tricare Select would probably have not passed.

What is Tricare Select? Tricare Select is health insurance for all our Soldiers and Airmen who do not have health insurance through the Federal Employees Health

Benefit Program.

The cost is \$81 for our service member and \$253 for our service member and their families.

You might ask how do I enroll?

Step 1 – Qualify by logging on to the Guard and Reserve Web Portal at <https://www.dmdc.osd.mil/appj/trs/>

– Complete the TRICARE Reserve Select (TRS) Request Form (DD Form 2896-1).

– Print and sign the form.

Step 2 – Purchase

– Submit the completed form with premium payment to regional contractor within specified deadline.

– If you qualify, you may purchase TRS coverage to begin in any month

throughout the year.

– Coverage begins on the first day of the first or second month after the postmark date of your TRS Request Form. The member can choose which month he or she wishes to begin coverage.

This is a huge benefit to our service members and families. This is a significant step toward medical readiness for our units.

There are several other things (WHYDFML?), but this is the most

important in my eyes.

Now, I ask you this question, WHYDFYAL? You got it - What have you done for your Association Lately? I would hope the answer to that question is I paid my 2008 Membership Dues!



Senior NCOs, NCOs lead by example

By CMSgt Normal Gilchrest

State Command Chief Master Sergeant

As we move forward we can reflect back to all the changes we as “Guard Members” have been through lately with the many deployments, tornados, floods and even relocations of our units/bases.

To get through all the changes we depend on each other as a team. Yet we still need to look to each other for providing individual strengths. This individualism of our civilian/military skill sets helps us fulfill our roles and responsibilities and make us into the Guard we are today.

All of our members have special skill or strengths in the civilian sector that could enhance your shop or the unit. Take the time to speak to them or look to see if their career and our military can be enhanced by cross training. We have a responsibility to the member and our units to evolve and progress as a team.

Our ever changing force serves to strengthen our nation and keep us a viable part of the military.

One way to ensure we are making better team members is to fully embrace the role of mentor for junior enlisted.

As NCO’s and Senior NCO’s you are the standard. The role model they are looking for is right in front of them, regardless if you choose it or not.

The old “do as I say and not as I do” mentality is not a feasible answer in today’s military. I am challenging you to step up and help them fulfill their promise by utilizing all of their skill sets. Seek out new opportunities to help them learn; find new training, schools or simple leadership classes that will help them in their responsibility as future role models.

In this way you are providing a whole component to your other team members as well. You are the future of our force. Whether we succeed or fail is a direct reflection of each and every one of us.

I am encouraging you to show pride in

every part of your role as “Guard Members.” Come to drill in clean uniforms, ready to learn or fulfill your job responsibility, regardless if you are full time or traditional. Everything you do does matter as someone is always watching and learning from you.

The other challenge I would ask of you is to support your Enlisted Association by showing up to support the events that help raise the money to get our voice heard.

I am looking to another record setting membership year for our Association. To do this we need you as mentors and role models to share the word of what our association does to the new members and junior members of your units.

Help them get the information to get involved and make a difference. In these times of change, we all make a difference.



Auxiliary happenings

By Linda Gillmore
Auxiliary President

Since our National Conference in Salt Lake City, the Auxiliary has had our regular business meetings and has been active in serving the Enlisted Association with their cookouts and catering events. We will continue the Bakeless Bake Sale, and we are scheduled to assist the Chowhounds on several events in months to come.

We had a wonderful state conference. The EAANG and the NGAA combined for our first joint conference. The conference was held in Rogers, AR at the Embassy Suites Hotel. The facility was beautiful and accommodated the conference well.

The EAANG Auxiliary and the NGAA Auxiliary shared a room for the Silent Auction. Thanks to all who donation items for the auction, the EAANGA raised \$288.00 on the auction and \$164.00 on the sell of pins cookbooks, flip-flops, and other items.

The Friday night event "Las Vegas Casino" was a blast. Thanks to all the college students who volunteered their time and support to this night, it turned out fabulous. Friday night's entertainment was an Elvis impersonator. He did a great job performing.

Saturday morning during the business meeting, we had two first-timers, Sarah Stiefvater and Tammie Combs and one guest, Marishesha Neal. Thank you ladies for attending. The first-timers were presented with gifts of candles made by Bea Shahan. Thank you Bea for the wonderful candles. In the business meeting, all previous officers were re-elected by acclamation. Betty Hagerman will remain as secretary, Rita Brown will remain as Treasurer, and Bonnie Wood will be Chaplain. The auxiliary voted to decrease our board members from 12 members to 8. Our board members are Janet Davis, Pat Clark, Alma Vaughn, Darlene Dillon, Kay Powell, Hope Troy, Jean Craig, and Sarah Stiefvater. Mrs. Jan Wofford preformed the installation of new officers. Thank you Ms.

ENLISTED ASSOCIATION ARKANSAS NATIONAL GUARD AUXILIARY

"ATTENTION" ALL AUXILIARY MEMBERS

We need you "NOW" When an enlisted Guardsman joins the "Enlisted Association Arkansas National Guard" his/her spouse automatically becomes a member of the "Enlisted Association Arkansas National Guard **AUXILIARY**. Unfortunately, this does not include the National Auxiliary (Enlisted Association National Guard of the United States Auxiliary, therefore, we are requesting that you take the time to join the national association **today**).

Joining the National Association Auxiliary is so important as far as our legislative efforts are concerned. We as an AUXILIARY write numerous letters to our congressmen asking for their support for our military issues. Numbers say a lot in our efforts and for 2008 our national membership was rather sad to say the least.

2008 Membership in the STATE Auxiliary

Arkansas membership in the State Auxiliary
Approximately: 1200
Associate members: 4

Membership in the **National Association** for Arkansas: 47
Associate members: 27

We are now starting our **2009** membership drive and request that you fill out the form at the bottom of this page and send in along with your check in the amount of \$7.00. This will mean so much in our legislative efforts for our Guardsmen. Our Senators and Representatives pay close attention to the number of memberships in our National Organization and we need to increase this desperately.

Also, an Enlisted Member can join the Auxiliary and become an **ASSOCIATE MEMBER** for only \$5.00.

PLEASE FILL IN THE FORM AND MAIL ALONG WITH YOUR CHECK FOR THE APPROPRIATE AMOUNT TO:

Rita Brown, Auxiliary Treasurer, 80 Silagy Drive, Greers Ferry, AR 72067
DEADLINE 12/30/2008

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Name _____		Phone Number _____	
Enlisted Association Member and Rank _____			
Street Address _____			
City _____	State _____	Zip Code _____	
\$7.00 National Auxiliary Member		\$5.00 Associate Member	
E-mail address: _____			

Jan, you did a wonderful presentation. The new officers were presented with candles made by Bea Shahan. The auxiliary voted to donate to two charities, the Youth Challenge Program, and the Three Cheerleaders Scholarship fund. We have answered to the "Call" with 650 plus letters to Congress and many through e-mail. Our guest Speaker was John Hefferman.

The Presidents Award was presented to Betty Hagerman for her hard work and dedication to the Enlisted Association and the Auxiliary. Thank you Ms. Betty. Rita Brown presented a Presidents plaque and a purple dream catcher to me as a gift from the Auxiliary. Thank you Auxiliary, for

See Auxiliary, page 9

Proposed Association by-law change

By MSgt Bob Oldham

One proposed by-law change has been recommended by the Board of Directors. The proposed change is to Article VIII.

With the deactivation of the 223rd Combat Communications Squadron, the District 8 representative to the Board from the 223rd Combat Communications Squadron effectively no longer exists.

The Board recommends making that District an Air Guard at-large position to keep the Board balanced with an even number of Army and Air members.

The Article currently reads:

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 – 223 Communications Squadron 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 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.

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.

Recommended change

The recommended change for this Article is for it to change District 8 to read:

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

And add 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 189th Airlift Wing. Association membership in 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.

Did you know ...

... that before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

... that there is easy eyeglass protection. To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.

... of a cleaning liquid that doubles as bug killer. If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Area 11, Hagerman strikes again

Charlie Hagerman
Areas 11, Retired Air

Most veterans appear to be unaware of a discount on auto license plates and registration fees that the Arkansas General Assembly has given them.

According to state officials, of the thousands of eligible Vietnam War veterans have purchased the discounted plates. Only 557 Korean War veterans have taken advantage to the discount.

State officials said all

those tags are available for a reduced price of \$4.50 for the first year and \$1.00 each year for renewal. This is the total price, not an additional fee on top of the normal cost of licensing a vehicle, which is \$27.50.

For most part, state officials said, veterans' license plates are limited to one per veteran, and that a copy of DD Form 214, the military form outlining the dates of service and assignments, is all that's needed beyond the normal requirements to qualify for the veterans' tags.



And the answer is.....

Elton Haynes, Charlie Hagerman, Carl Fewell and John McCoy. Norman Stark was also on the rip but not available for the picture. To view the trivia question please see our last edition on line at www.eaang.org

Guardsmen missing out on low-cost plates

Guard members and retirees in Arkansas are missing out on an inexpensive way to put a license plate on their vehicle and show their patriotism, according to one state official.

Low-cost Iraqi Freedom and Enduring Freedom license plates have been an option for service members since the state legislature passed a law allowing them in 2005. But sales of the plates have been slow; perhaps because military members just aren't aware they exist, said Roger Duren, the state's administrator of motor vehicles.

"We don't have a marketing section," he said. "We've never done that on any of the special plates."

As of July 31, the state has issued 985 Operation Iraqi Freedom Veteran plates and 124 Operation Enduring Freedom plates. In contrast, the Arkansas National Guard has deployed about 8,500 service members and Little Rock Air Force Base has deployed about 5,200 Airmen since Sept. 11, 2001, some of which have been

on multiple deployments. Those numbers don't include Army Reserve, Air Force Reserve, Marine Corps Reserve or Navy Reserve members from the state who have deployed.

Veteran plates – World War II, Korean War, Vietnam, Persian Gulf, Enduring Freedom and Iraqi Freedom – cost \$4.75 when they are initially issued and are \$1 to renew. The normal cost of putting a plate on an auto or renewing each year is around \$25.

Guard members and retirees will need their current registration, proof of insurance and a copy of their DD 214, showing proof of eligibility for the applicable car tag they want. Active duty members in Central Arkansas who don't have a DD 214 can take a letter on official letterhead from their commander to the central revenue office at 1900 West 7th Street in Little Rock that verifies the member served honorably during the period deployed to the Iraq area of operations or Afghanistan area of

operations.

Service members who receive the Purple Heart Medal for wounds in a war zone are eligible for a special plate. The Purple Heart – Combat Wounded plate is issued to "an Arkansas resident who has been awarded the Purple Heart Medal while serving in the U.S. Armed forces, or a resident who is the unmarried surviving spouse of a Purple Heart recipient," according to the state's Web site. The initial plate is free, but if one must be re-issued, it will cost \$3.75.

To apply for a veteran plate, service members and retirees in Central Arkansas will have to go to the central revenue office in Little Rock. Those who live outside of Central Arkansas should check with their local revenue office for the closest location.

More veteran plates and information about those plates is available on the Web at http://www.arkansas.gov/dfa/motor_vehicle/mv_plates_categories.php?category=Military.



EAANG thanks you for your membership. When you renew for 2008, encourage another Guardsman to join, too. The Association works on behalf of every enlisted Soldier and Airman, and we want each and every one of them to be a member of EAANG. The better our membership numbers, the more our elected officials will listen to our needs.

Common reactions after trauma

By Dr. Kevin Reeder

VA

Following a traumatic event, people typically describe feeling things like relief to be alive, followed by stress, fear, and anger. They also often find they are unable to stop thinking about what happened. Having stress reactions is what happens to most people and has nothing to do with personal weakness.

Many will also exhibit high levels of arousal. For most, if the following symptoms occur, they will slowly decrease over time.

Remember that most trauma survivors (including veterans, children, disaster rescue or relief workers) experience common stress reactions. Understanding what is happening when you or someone you know reacts to a traumatic event will help you be less fearful and better able to handle things. These reactions may last for several days or even a few weeks and may include:

Feeling hopeless about the future & detached or unconcerned about others
Having trouble concentrating, indecisiveness
Jumpy & startle easily at sudden noise
On guard and constantly alert
Having disturbing dreams/memories or flashbacks
Work or school problems
You may also experience more physical reactions such as:

■ Stomach upset, trouble eating

■ Trouble sleeping & exhaustion

■ Pounding heart, rapid breathing, edginess
Severe headache if thinking of the event, sweating
Failure to engage in exercise, diet, safe sex, regular health care
Excess

smoking, alcohol, drugs, food
Worsening of chronic medical problems
Or have more emotional troubles such as:

Feeling nervous, helpless, fearful, sad
Feeling shock, numb, unable to experience love or joy
Avoiding people, places, and things related to the event
Being irritable or outbursts of anger
Becoming easily upset or agitated
Self-blame or negative views of oneself or the world
Distrust of others, conflict, being over controlling
Withdrawal, feeling rejected or abandoned
Loss of intimacy or feeling detached
Use your personal support systems, family and friends, when you are ready to talk.
Recovery is an ongoing gradual process. It doesn't happen through suddenly being "cured" and it doesn't mean that you will forget what happened. For most, fear, anxiety, remembering, efforts to avoid reminders, and arousal symptoms, if present, will gradually decrease over time. Most people will recover from trauma naturally. If your emotional reactions are getting in the way of your relationships, work, or other important activities you may want to talk to a counselor or your doctor. Good treatments are available.

Common problems that can occur

Posttraumatic Stress Disorder (PTSD): PTSD is a condition that can develop after someone has experienced a life-threatening situation. People with PTSD often can't stop thinking about what happened to them. They may try to avoid people and places that remind them of the trauma

and may work hard to push thoughts of the event out of their head. Feeling numb is another common reaction. Finally, people find that they have trouble relaxing. They startle easily and are often on guard.

■ Depression: Depression involves feeling down or sad more days than not, and losing interest in activities that used to be enjoyable or fun. You may feel low in energy and be overly tired. People may feel hopelessness or despair, or feeling that things will never get better. Depression may be especially likely when a person experiences losses such as the death of close friends.

This sometimes leads a depressed person to think about hurting or killing him or herself. Because of this, it is important to get help.

■ Self-blame, guilt and shame: Sometimes in trying to make sense of a traumatic event, people take too much responsibility for bad things that happened, for what they did or did not do, or for surviving when others didn't. Remember, we all tend to be our own worst critics and that guilt, shame and self-blame are usually unjustified.

■ Suicidal thoughts: Trauma and personal loss, can lead a depressed person to think about hurting or killing themselves. If you think someone you know may be feeling suicidal, you should directly ask them. You will NOT put the idea in their head. If they have a plan to hurt themselves and the means to do it, and cannot make a contract with you to stay safe, try to get them to a counselor or call 911 immediately. The National

Suicide Prevention Lifeline is just a click away at www.suicidpreventionlifeline.org. Or you can call 1-800-273-TALK (8255).

■ Anger or aggressive behavior: Trauma can be connected with anger in many ways. After a trauma people often feel that the situation was unfair or unjust. They can't comprehend why the event has happened and why it has happened to them. These thoughts can result in intense anger. Although anger is a natural and healthy emotion, intense feelings of anger and aggressive behavior can cause relationship and job problems, and loss of friendships. If people become violent when angry, this can just make the situation worse as people can become injured and there may be legal consequences.

■ Alcohol/Drug abuse: Drinking or "self-medicating" with drugs is a common way many cope with upsetting events to numb themselves and to try to deal with the difficult thoughts, feelings, and memories related to the trauma. While this may offer a quick solution, it can actually lead to more problems. If someone close begins to lose control of drinking or drug use, it is important to assist them in getting appropriate care.

Recovery

Immediately following a trauma, almost everyone will find themselves unable to stop thinking about what happened. Many will also exhibit high levels of arousal. For most, fear, anxiety, remembering, efforts to avoid reminders, and arousal symptoms, if present,

[See Health, page 9](#)

Health

Continued from page 8

will gradually decrease over time. Use your personal support systems, family and friends, when you are ready to talk.

Recovery is an ongoing gradual process. It doesn't happen through suddenly being "cured" and it doesn't mean that you will forget what happened. But, most people will recover from trauma naturally over time. If your emotional reactions are getting in the way of your relationships, work, or other important activities you may want to talk to a counselor or your doctor.

Good treatments are available.

According to Vince Roca, MD at the North Little Rock VA:

1. Returning National Guard members get full VA coverage.

2. As far as mental health goes, they can go to the open access clinic by calling and arranging for services (501) 257-3999.

3. There is a MH crisis line that is available any time (501) 257-3229.

4. They don't have to be enrolled at the VA to get emergency services.

5. Some of the areas covered include PTSD, vocational training, substance abuse, general MH, marital therapy.

6. There is a community workshop called "Life Guard" for service members and their families offering adjusting skills help (501) 257-3227.

7. Tele-health is offered for medication, individual therapy, etc.

8. If a vet plans to harm his or her self, the family can call the local sheriff in outlying areas to transport to a safe place.

Military One Source here to help

By Ben C. Hulsey
MOS JFSAP -- Arkansas

I have been appointed as your Military OneSource Joint Family Support Assistance Program (MOS JFSAP) Consultant for the state of Arkansas. I have served as a member of the Air Force and Air Guard for the past 10 years, and have served here in Arkansas for the past two. As the state MOS JFSAP Consultant, I will be traveling through the state to meet with families and unit family support staff to assess needs, form relationships with community resources, and provide or refer to services. The JFSAP staff will work to build coalitions and connect Federal, state, and local resources and non-profit organizations to support active duty, guard, and reserve families.

Whether its help with child care, personal finances, emotional support during deployments, relocation

information, or resources needed for special circumstances, Military OneSource is there for military personnel and their families... 24/7/365!

The service is available by phone, online and face-to-face through private counseling sessions in the local community. Highly qualified, master's prepared consultants provide the service. Personalized consultations on specific issues such as education, special needs, and finances are provided. Customized research detailing community resources and appropriate military referrals are offered. Clients can even get help with simultaneous language interpretation and document translation services.

Our interactive Web site includes locators for education, child care, and elder care, online articles, referrals to military and community resources, financial calculators, live online workshops called Webinars, and "E-mail a consultant."

Additional resources include brief videos of consultants addressing common issues such as communicating as a couple, budgeting and managing anger. Face-to-face counseling sessions focus on issues such as normal reactions to abnormal situations (e.g. combat), couples concerns, work/life balance, grief and loss, adjustment to deployment, stress management, and parenting. Persons seeking counseling will receive up to six counseling sessions per issue at no cost to them.

To access a counselor in their local community, individuals may call a Military OneSource consultant directly. Service is available in CONUS as well as Hawaii, Alaska, U.S. Virgin Islands and Puerto Rico. Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families.

Auxiliary

Continued from page 5

all you do to support a great organization. Our next board meeting is scheduled for 10:30 am, 14 July 07 at the NGAA Bldg on Camp Robinson. I encourage all to attend.

The Saturday night Banquet was a blast. The meal was prepared nicely and the entertainment (The Incredible Boris) was hilarious. The Spouse of the Year Award was presented to Alma Vaughn. Thank you Alma for your dedicated service and support.

I am thankful and honored to serve as President of the Auxiliary another year. I would appreciate any advice and/or suggestions. I am

eager to serve and assist the Auxiliary, Enlisted Association, and EANGUS, our guardsmen and women and their families in any area to support and serve. I want to thank all of you who have supported and encouraged me in the past year. I look forward to serving with and for all of you again this next year.

Let's not forget our soldiers and airmen who are deployed. The Auxiliary's prayers go out to all of you and your families. We could never say thank you enough for what you do for our country. May blessings fall on you and our country for all you do to defend and serve. In addition, our thoughts and prayers go out to the Enlisted and Auxiliary members who are a little under the weather. Bless you and we hope for a healthy and speedy recovery.

Did you know ... that drinking two glasses of Gatorade can relieve headache pain almost immediately-- without the unpleasant side effects caused by traditional "pain relievers."

Butterbaugh vs. Department of Justice

A July 2003 Federal Court ruling stated that current technician employees may be eligible for restoration of leave (up to four days annually) if certain conditions applied. Retired or separated technicians may be entitled to back pay if such conditions applied. Claims may be filed as far back as the technicians' dates of hire. The most current forms and guidance for filing a claim is available online at <http://www.dfas.mil/civilianpay/butterbaughcaseinfo/>

Butterbaugh.pdf or assistance may be obtained by phone at (703) 607-5047.

The crux of the case is some technicians performed military duty and were charged military leave during their technician non-workdays, usually over weekends while performing 15 days of AT. They were "harmed" when they were charged leave or LWOP to perform subsequent required military duty. **IMPORTANT:** To file a successful claim for re-instatement of leave

for current technicians or compensation for retired or separated employees, the individual must prove that leave or LWOP was improperly charged during technician non-workdays. The biggest challenge for most claimants has been locating required civilian documentation such as Time and Attendance forms, Technician Leave forms, or Leave and Earnings Statements.

The Human Resources Office will assist with locating

documents for current, retired or separated technicians. Proof of military duty can usually be ascertained, but civilian leave documentation may not be available for years prior to 1996. Technicians are advised to search for their personal copies of technician leave or other evidence to support their claims. POC for filing an administrative claim is MSG Emerson, who can be reached at (501) 212-4205 or by e-mail at connie.emerson@ar.ngb.army.mil.



Oklahoma City Roundup

The 2007 EANGUS National Conference was held in Oklahoma City, Okla., last August. EAANG sent a large delegation that worked hard in committee meetings, pushing the state's issues forward onto the national scene. The conference ended with a formal banquet. Pictured above is the Arkansas delegation after the banquet.

Free oil changes for spouses of deployed

WASHINGTON, - A national motor oil company is partnering with a volunteer troop-support group to keep spouses of servicemembers deployed overseas on the road.

Chevron Products Company announced June 13 that its Havoline with Deposit Shield motor oil brand is partnering with Operation Homefront to launch a national program supporting military spouses.

The program, called Operation Havoline Star, will provide 1,000 free conventional oil changes, including lube and filter, at participating Texaco Xpress Lube locations. The program is available to

select military families with a financial need, and is available now through Dec. 31.

“Operation Havoline Star is one way we can help America’s military families in times of need,” said Alison Townley, consumer sector business manager for Chevron Products Company. “With this program, we are protecting the cars of the families whose loved ones are protecting our freedom.”

Eligible military families can receive a gift certificate for one free oil change redeemable at participating Texaco Xpress Lube locations across the country. The program limits each eligible family to one gift

certificate.

Operation Homefront will help administer the Chevron program by handling the application development and the review and selection process. Military dependants with an active-duty servicemember currently deployed overseas are eligible for Operation Havoline Star and can apply through one of Operation Homefront’s 31 local chapters or on the group’s Web site. Additional details about the program can be found on the Operation Homefront Web site, www.operationhomefront.net.

Operation Homefront is a member of America Supports You, a Defense Department

program connecting citizens and corporations with military personnel and their families serving at home and abroad.

“Our organization receives hundreds of requests for oil changes from our network of military families, but until now, we were unable to fulfill the requests,” said Amy Palmer, executive vice president of operations for Operation Homefront.

“Through Operation Havoline Star, we are able to help our military families take care of their car, one of their largest and most important investments.”
(Courtesy of American Forces Press Service)

Hearty meals everyone will love

Hearty Beef Stew

Ingredients

1 pound of cubed beef stew meat
3 cans of beef gravy mix
salt and pepper to taste
1 bag of mixed vegetables
2 cups of water
1 can of diced potatoes
1/4 cup diced carrots
1/4 cup diced onions
1/4 cup diced celery

Directions

Start by cooking off beef till done. Add in onions, carrots and celery. Cook until al dente.
Next add remaining ingredients and cook for about 15 minutes or until hot.
Serve when ready or hold on low heat until desired time.

Stuffed Potato Soup

Ingredients

2 pounds frozen hashbrowns
1/2 cup butter
1/2 cup chopped green onions
1 cup shredded cheese cheddar
2 cans fat free cream of chicken soup
1 cup milk
1/2 cup bacon bits

Directions

Thaw hashbrowns. Melt butter and add hashbrowns. Top with soup, milk, and cheese. Add milk and mix thoroughly. Heat until hot. Remove and add green onions.

To serve place in a bowl and top with shredded cheese, bacon bits and green onions.

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Did you know ...

... that you can cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-- even though the product was never been advertised for this use.

... that if you have a sore throat, you can mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

... that a rainy day cure for dog odor is the next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

... that Listerine kills toenail fungus. Soak toes for healthy looking toenails again.

Fun tips to try around the house

How many of these did YOU know about?

A sealed envelope - Put in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed. (hmmm...)

Use Empty toilet paper roll to store appliance cords. It keeps them neat and you can write on the roll what appliance it belongs to.

For icy door steps in freezing temperatures: get warm water and put Dawn dish washing liquid in it. Pour it all over the steps. They won't refreeze. (Wish I had known this for the last 40 years!)

To remove old wax from a glass candle holder, put it in the freezer for a few hours. Then take the candle holder out and turn it upside down. The wax will fall out.

Crayon marks on walls? This worked wonderfully! A damp rag, dipped in baking soda. Comes off with little effort (elbow grease that is!).

Permanent marker on appliances/counter tops (like store receipt BLUE!) rubbing alcohol on paper towel.

Whenever I purchase a box of S.O.S Pads, I immediately take a pair of scissors and cut each pad into halves. After years of ! Having to throw away rusted and unused and smelly pads, I finally decided that this would be much more economical. Now a box of S.O.S pads last me indefinitely! In fact, I have noticed that the scissors get 'sharpened' this way!

Blood stains on clothes? Not to worry! Just pour a little hydrogen peroxide on a cloth and proceed to wipe off every drop of blood. Works every time! (Now, where to put the body?)

Use vertical strokes when washing windows outside and horizontal for inside windows. This way you can tell which side has the streaks.

Straight vinegar will get outside windows really clean. Don't wash windows on a sunny day. They will dry too quickly and will probably streak.

Spray a bit of perfume on the light bulb in any room to create a lovely light scent in each room when the light is turned on.

Place fabric softener sheets in dresser drawers and your clothes will smell freshly washed for weeks to come. You can also do this with towels AND linen.

Candles will last a lot longer if placed in the freezer for at least 3 hours prior to burning.

To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously as the salt will absorb all the dust and dirt and leave your artificial flowers looking like new! Works like a charm!

To easily remove burnt on food from your skillet,! Simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stove top.

Spray your TUPPERWARE with nonstick cooking spray before pouring in tomato based sauces and there won't be any stains.

Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.

When boiling corn on the cob, add a pinch of sugar to help bring out the corn's' natural sweetness.

Cure for headaches: Take a lime, cut it in half, and rub it on your forehead. The

throbbing will go away.

To get rid of itch from mosquito bites , try applying soap on the area and you will experience instant relief.

Ants, ants, ants everywhere. Well, they are said to never cross a chalk line. So, get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.

Use air-freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.

When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, and then pull it off. Scotch tape removes most splinters painlessly and easily.

Now look what you can do with Alka Seltzer..... Clean a toilet. Drop in two Alka Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous China

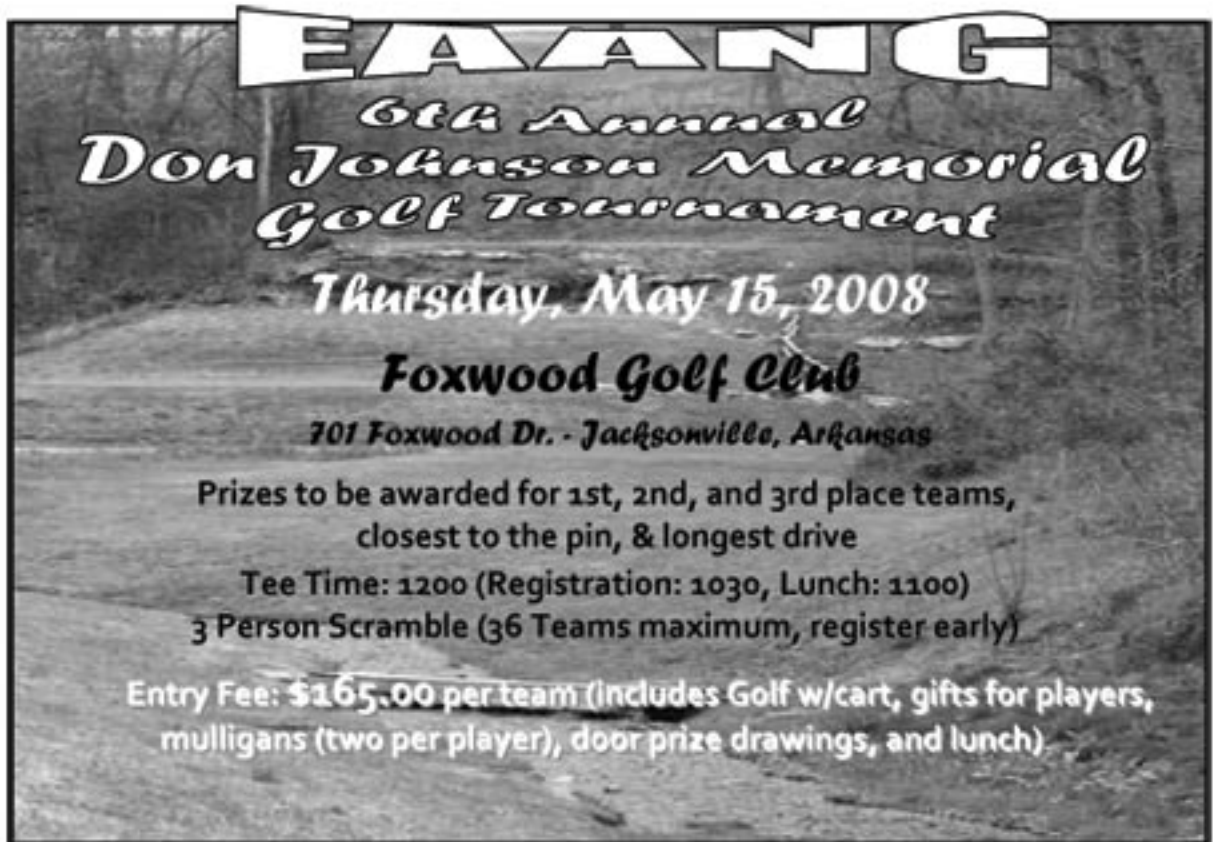
Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka Seltzer tablets.

Polish jewelry. Drop two Alka Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

Clean a thermos bottle. Fill the bottle with water, drop in four Alka Seltzer tablets, and let soak for an hour (or longer, if necessary).

Unclog a drain. Clear the sink drain by dropping three Alka Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, and then run the hot water.

Makes you wonder about ingesting Alka Seltzer, doesn't it?



EAANG
6th Annual
Don Johnson Memorial
Golf Tournament
Thursday, May 15, 2008
Foxwood Golf Club
701 Foxwood Dr. - Jacksonville, Arkansas

Prizes to be awarded for 1st, 2nd, and 3rd place teams,
closest to the pin, & longest drive

Tee Time: 1200 (Registration: 1030, Lunch: 1100)
3 Person Scramble (36 Teams maximum, register early)

Entry Fee: **\$165.00 per team** (Includes Golf w/cart, gifts for players,
mulligans (two per player), door prize drawings, and lunch)

PAYMENT METHODS: CHECK or CREDIT CARD

RETURN THIS FORM TO: EAANG P.O. Box 535, North Little Rock, AR, 72115-0535

Name on Card _____

Card Type: (____) Visa (____) MasterCard

Card Number _____ Exp Date ____/____

Signature _____ Amount: \$ _____

POC: SSgt Michelle Miller, (501) 686-5392, ML.Miller@uams.edu

CMSgt Gary Wynn, (501) 987-2321, gary.wynn@arhitt.ang.af.mil

Team Members

Name	E-mail or Address	Phone
_____	_____	_____
_____	_____	_____
_____	_____	_____

Preference for Pairing:

List Names _____

Deadline for submission of form is: May 1, 2008

**ENLISTED ASSOCIATION OF THE ARKANSAS NATIONAL GUARD
12th GENERAL CONFERENCE & EXHIBITION
May 17, 2008
189th Operations Group Auditorium, BLDG 118
LITTLE ROCK AIR FORCE BASE
JACKSONVILLE, ARKANSAS**

***** All the events (excluding the Golf Tournament) for this years conference
are at no cost to the member *****

RANK _____ NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAYTIME PHONE (_____) _____

GUEST NAME _____

GUEST NAME _____

.....

**ALL MEALS: CONTINENTAL BREAKFAST, LUNCH, MEAL AT THE GAME,
WILL BE PROVIDED BY THE ENLISTED ASSOCIATION**

NUMBER ATTENDING THE AWARDS LUNCHEON: _____

GUEST SPEAKER: MAJOR GENERAL WILLIAM WOFFORD

NUMBER ATTENDING THE AUXILIARY MEETING: _____

NUMBER ATTENDING THE FAMILY NIGHT EVENT (BALLGAME): _____

***** CONFERENCE REGISTRATION ***
REGISTRATION MUST BE RECEIVED BY 9 May 2008. NO ON SITE REGISTRATION**

***** IF ATTENDING THE BUSINESS MEETING ONLY (NOT THE AWARDS LUNCHEON OR FAMILY NIGHT),
YOU DO NOT NEED TO REGISTER. *****

**OPTIONAL EVENT (ADDITIONAL COSTS REQUIRED)
GOLF TOURNAMENT, FOXWOOD GOLF CLUB MAY 15, 2008
PLEASE COMPLETE SEPARATE ENTRY FORM
(PAYMENT OF ENTRY FEE SHOULD BE ATTACHED TO THE GOLF TOURNAMENT REGISTRATION FORM)**

**IF NEEDING TO MAKE HOTEL RESERVATIONS MAKE THEM DIRECTLY WITH
THE WYNDHAM RIVERFRONT LITTLE ROCK
1-866-657-4458 or 501-371-9000
ASK FOR THE MILITARY RATE**

MAIL TO: EAANG, P.O. BOX 535, NO LITTLE ROCK, AR 72115-0535

Air Guard inspector general notes

By Maj. James Guffy
Air Guard IG

We have all heard of the IG but what do they do? A great question that deserves a great answer.

IGs are the “eyes and ears” of the commander. My job is to keep the AR ANG commander informed of potential areas of concern as reflected by trends; function as the fact finder and honest broker in the resolution of complaints; I educate

and train commanders and members of the Arkansas Air National Guard on their rights and responsibilities in regard to the Air National Guard and Air Force IG system; and I help commanders prevent, detect, and correct FWA (Fraud, Waste and Abuse) and mismanagement. Personal complaints and FWA disclosures are very important in helping commanders discover and correct problems that affect the productivity and morale of assigned personnel.

Resolving the underlying cause of

a complaint may prevent more severe symptoms or costly consequences, such as reduced performance, accidents, poor quality work, poor morale, or loss of resources. Even though allegations of a complaint may not be substantiated, the evidence or investigation findings may reveal deeper morale or other problems that impede efficiency and mission effectiveness.

Stay tuned for next month’s edition of One Minute with The IG and never forget, we are here to help.