

The Creed

Enlisted Association of the Arkansas National Guard

Summer 2007

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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Members recognized at state conference

ROGERS, Ark. – The Enlisted Association of the Arkansas National Guard presented its annual awards honoring four members for outstanding service. The awards were presented during the association's annual conference held here pril 27 – 29.

The Association presented the President's Patriot Award to retired Warrant Officer John Heffernan. The President's Patriot Award is presented to a member who has contributed exceptional service to the Association, either in a single accomplishment or over a sustained period. (This is the only award that the Association can give to someone who is



Photo by Maj. Keith Moore

Retired Warrant Office John Heffernan, Master Sgt. Bob Oldham, retired 1st Sgt. W.C. Woods and retired Master Sgt. Charlie Hagerman pose with their awards.

EAANG Director of the Year:
Command Sgt. Maj. Steve Halstead

EAANG Chairperson of the Year:
Staff Sgt. Michelle Miller

not an annual or life member of the Association). Heffernan was cited as a constant source

of information and assistance to service members, retirees and family members. He has been instrumental in securing funding and assistance for the annual retirees' breakfast.

The Enlisted Person of the Year Award was presented to Master Sgt. Bob Oldham, a first sergeant for the 189th Airlift

Wing of the Arkansas Air National Guard. This award is presented to an annual or life member of the Association which has distinguished him/herself as particularly outstanding in service to the Association and the Arkansas National Guard. This requires more than superior performance of one's normal duty.

It requires offering exceptional contributions over

an extended period of time to merit the award.

Master Sgt. Oldham has contributed greatly to the success of his unit and the Association, both on a state and national level. He publishes the 189th Airlift Wing's monthly newsletter, serves as first sergeant of the 154th Training Squadron, and is the elected

[See Winners, page 4](#)

Message from the EAANG President

By Master Sgt. Ken Gillmore
EAANG President

I would like to start off by saying thank you to everyone for allowing me to serve you as the Enlisted Association President this year. I truly want to be your voice, but if you don't take the time to let your district representatives know what you need, I cannot fight for it.

Our great association is not mine, it's not the board of directors, it is yours. We need more people to get involved. We say this in almost every Creed, but we do not see much movement on anyone trying to step up and volunteer. I know everyone is busy with our full-time jobs, but surely you can find time to help a little. The sole purpose of this organization is to fight for your benefits.

I know everyone gets tired of talking about membership numbers, but we need to address it. As of now, we have about 2,600 members in Enlisted Association of the Arkansas National Guard. Understand, there are about 10,000 members of the Arkansas National Guard, both Army and

Air. This means only about 26 percent of our members believe in our Association. I don't know about you, but these numbers stink, we can do better. If you get this newsletter, just get one person who is not a member to join. If everyone would do that we would now be at 54 percent and the No. 1 state in our Area.

If I could put into words how much membership numbers mean and truly make you see how important you are, I would hope everyone would fight for new members. When we go to Washington, D.C., and fight for your benefits, like early retirement or Tricare benefits, numbers matter. Our politicians listen to numbers, not people. I have experienced this first hand. Please, please try to get a new member in our association.

Our catering has made a lot of money this year, but it takes volunteers to work the cooker. With 2,600 members in our association, there should not be a



reason why a teenager (Blaine Culwell) should be responsible for standing in front of our cooker for 10 hours one day. Blaine thank you very much! This cooker makes money for us all. There are really two people who have been responsible for all cooking events.

Gary Wynn and David Culwell have been the rock of our only cash cow (our cooker). This money goes to support all of us. I understand everyone cannot be at all events, but can't you help at one all year? David and Gary cannot be at all events.

I know this letter may have come across a bit hard and strong, but I don't know what else to do to get you involved in your association.

Message from the 1st Vice President

By Master Sgt. Myra A. Cross
EAANG 1st Vice President

Wow was 2007 a great year for Membership. As your outgoing Membership Chairman, let me first thank each and every one of you for your efforts to increase membership this year. Membership made history this year and it was awesome. We were able to make the 189th Airlift Wing the first wing/battalion to have 100 percent membership since the inception of the Enlisted Association of the Arkansas National Guard. This milestone is great for the Enlisted Association and great for the each of our members.

The Association could not have gotten the members that

we did without the help of our Officers and the Enlisted Senior Leaders. That being said, I want to thank all who helped in reaching our members goals. We had quite a few 100 percent memberships from the Army Guard and this should not be overlooked.

A lot of our unit representatives worked tirelessly to help the Enlisted Association keep our numbers up. We have to



continue to work to make this association great. Thank you very much for your support and let's keep the momentum going.

I enjoyed my service to you as your 2nd Vice President

and would like to take this time to thank you for letting me continue as the new 1st Vice President. I hope to

continue to represent you as an Executive Board member. Please let us know what the Enlisted Association can do for you our members.

I see the Enlisted Association doing great things in the coming year. We will again be here in the North Little Rock area for our 2008 Conference. The executive board and board of directors have great plans to make it a conference that all will enjoy.

It is an opportunity for all of our members to come out and enjoy a great time. With the conference being in Little Rock, I challenge all of our members to bring a Guard member to the conference.

See Comments, page 3

New district rep for Army Guard retirees

By Retired First Sgt. William C. (W.C.) Wood
Retired Army EAANG
District representative

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

State Conference 2007

The Combined Conference, Officer's and Enlisted Association's of the Arkansas National Guard, was held at the Embassy Suites in Rogers, Ark. on April 27-29. The conference started with a Memorial Service honoring the 17 Soldiers and Airmen lost in conflict from Arkansas and the rest of the country.

The Mayor of Rogers, Army Guard Col. Steve Womack welcomed both associations to his city. Maj. Gen. Bill Wofford honored retired First Sgt. And Medal of Honor recipient Nick Bacon.

Keys to the city of Rogers were

presented to General Wofford and Sergeant Bacon. General Wofford presented the Medal of Honor Flag to Sergeant 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. Very soon every member of the Guard will be able to participate in Tricare. You will only have to pay 28 percent of the premium and the government will pay 72 percent. The 189th Airlift Wing at the Little Rock AFB was 100 percent in membership and received the Minute Man Award. General Wofford challenged each ballation in the

state to become 100 percent 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 the politicians will sit 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 1 p.m., during the business session new officers were elected: President, Master Sgt. Ken Gillmore; 1st Vice, Master Sgt. Myra Cross; 2nd Vice, Staff Sgt. Regina Powell; Secretary, Sgt. Molly Crowe; Treasurer Sgt. Maryah Osborn.

Business was completed about 4:30 p.m.. Entertainment for the weekend 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.

Comments

Continued from page 2

Bring someone who has never been to a conference or someone who hasn't been in the last few years. Those of you who were in attendance at the 2006 Conference remember how much fun we had at the Wyndham, so tell a friend so that the 2008 Conference will be even more successful.

Lastly, let me join President Gillmore in stressing that we are doing great things with the Catering cooker. We still need the support of you the member

to continue to make this successful. When the call goes out for volunteers, be one of the members who come out to help. We are always willing to accept any assistance whenever we can get it.

Thank you again and remember the Enlisted Association is a Membership-driven organization. The executive board and board of directors work for you the member. We also need your help to make the Enlisted Association of the Arkansas National Guard a successful organization. SUCCESS can not be gained without U.

Retired Air news, notes

By Charlie Hagerman
District 11, Retired Air

The annual conference in Rogers was a lot of fun. Although only two Air Guard members showed for the retiree

breakfast. The past president's luncheon was a little better attended.

The chow hound catering team has been rather busy lately. We served the SWAT team at Camp Robinson and

three retirees – Wilbur Gentry, Wayne Cullins and Tommy Campbell – came out and had a real good time supporting this fundraiser. If you're interested and are available, call me at 835-4063 or call Gary Wynn at 837-0247.

The Air Guard retirees meet

for breakfast the first and third Friday of each month at the Golden Corral in North Little Rock. We start showing up around 8 a.m. and eat at 8:30.

The price is right, too: \$5 for your meal and a \$1 tip.

Make a note and put it on your calendar to come join us.

Publication Staff	Sgt. Molly Crowe Secretary
Sgt. Maj. Ken Gillmore President	Staff Sgt. Michelle Miller Managing editor
Master Sgt. Myra Cross First Vice	Master Sgt. Bob Oldham Contributing editor
Staff Sgt. Regina Powell Second Vice	
Sgt. Maryah Osborn Treasurer	

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for the members of the EAANG.

Winners

Continued from page 1

secretary of the wing's first sergeants council.

For the Association, Oldham has co-chaired the state publications committee improving the Enlisted Association's newsletter, served as co-chair of the joint resolutions committee with a member of the National Guard Association of Arkansas.

Nationally, Oldham chairs the publications committee using his skill and expertise to improve communications among Guard members across the country. Personally, Oldham is also pursuing a bachelor's degree in journalism at the University of Arkansas at Little Rock.

The Meritorious Service Award was presented to Retired 1st Sgt. W.C. Wood. This award can be bestowed upon any Enlisted Association annual or life member. To be eligible, an individual must have distinguished him or herself with exceptional meritorious service or an act toward another individual, group or their country. A single act may merit this award. 1st Sgt. Wood has given any, many years of dedicated, faithful service to

the Enlisted Association and the Arkansas Army National Guard. Although retired, his service continues. He has served in many capacities including previously being the organization's Executive Secretary.

He has volunteered countless hours with the Enlisted Association's Catering Team, and contributed to the Enlisted Association Auxiliary by helping them with their many projects and letter writing campaigns.

The final and most prestigious award, the H. Lynn Wassell Leadership Award, was presented to Master Sgt. Charlie Hagerman. This award was created after the untimely death of Brig. Gen. H. Lynn Wassell, a former commander of the Arkansas Air National Guard, in a private plane accident in 1984. The award can be given to any annual or life member of the Enlisted Association which has distinguished him or herself through outstanding leadership accomplishments and abilities demonstrated while serving their community, civic and religious organizations, unit of assignment, the Arkansas National Guard and the Enlisted Association. Master Sgt. Hagerman has been the embodiment of this award for



Photo by Maj. Keith Moore

Alma Vaughn with her husband, Charles.

many, many years. He served over 43 years in both the Arkansas Army and Air National Guard retiring in the 1990s from the Arkansas Air National Guard. Although he has been retired for many years he still continues to lead.

In the Enlisted Association, he has been extremely involved at the state, area, and national levels. He has served in nearly all leadership positions including the president. His volunteer spirit has contributed to the Enlisted Association

catering team earning in excess of \$16,000 in revenue. Additionally, he has served as an Area IV director and chairman.

At the national level, he is known as an expert in parliamentary procedure and for always being very open and honest even in the most difficult of situations.

He not only leads but exemplifies true leadership by mentoring current and future

See Awards, page 13



501-940-0617, Ken Gillmore, 501-590-3264 or Gary Wynn, 501-837-0247.

As always, EAANG

members are encouraged to help with these events as all proceeds are returned to the association.

Enlisted Association caters to you

If you're in a pinch, let the Enlisted Association cater to your cookout needs.

With a little advance notice, the chowhounds will come to your event, cook on site, feed your party and clean up their mess, leaving you with time to enjoy your event without having to worry about the meal.

There is a 50 meal minimum. Cost per person is:

- \$6 for hamburgers and hot

dogs

- \$7 for barbecue
- \$9 for catfish
- \$9 for steaks
- All meals include two sides, bread and tea.

They'll work military or civilian events, so the next time you have that promotion party, unit picnic or corporate outing, keep the chowhounds in mind.

For more information or for a quote, call David Culwell, at

How you can support EANGUS on a national level

EANGUS speaks with your U.S. Representatives in the House and Senate on a daily basis.

Our agenda focuses on you - members of the Army and Air National Guard. However, we can't do it all alone.

We need you to contact your respective Congressmen and Senators to voice your opinions and concerns on issues that affect your National Guard careers

and benefits. This legislative section of our website offers you an insight into topics that we are currently pursuing, and it alerts you to actions you can take to help us while we help you in these efforts.

If you want to know who you need to write, simply go to www.eangus.org/legislative/default.asp. Scroll down the page and enter your zip code in the box.

EANGUS working for you

Enlisted Association of the National Guard of the United States was formally organized in 1972 with the goal of increasing the voice of enlisted persons in the National Guard. Beginning with twenty-three states, EANGUS now represents all 54 states and territories, with a constituency base of over 414,000 soldiers and airmen, their families, as well as thousands of retired members. Headquartered in Alexandria, Virginia, a stone's throw from Washington DC, EANGUS maintains a full-time staff to represent your interests to the Pentagon and on Capitol Hill. EANGUS is a non-profit organization.

C'mon ya'll, answer 'The Call' with a Hog Call

When EANGUS asks us to answer "The Call," EANGUS members must do so in force. All you have to do is go to the EANGUS Web site www.eangus.org and forward e-mail responses to your Congressional delegation.

It's easy, does not take much time, but a lot is at stake. More important Call's to follow as the process in the Senate moves at a pace, well let's not go there.

1. Go to the bottom left side of home page write to Congress

2. Enter your zip code
3. Select the issue that our noted (currently) 4 with more to come)
4. Read the information and letter. Select e-mail
6. Select topic (military)
7. Fill in information as requested you can select to have that information saved
8. Select send EANGUS a copy.
9. Press the Send button

Don't forget to have your spouse do the same thing, pass this on to co-workers.

Now is the time for all good men and women to come forth and put the Guard issues out front.

If you do not do this and we do not get a benefit then all you will have to do is look in the mirror and you will see the person who is the blame. Let's show what EANGUS is all about.

After the first 12 hours of these being up on the system with over 33,000 e-mails sent there was only one response.

-- Courtesy of EANGUS



A fishy tale

Just over 47 years ago on May 19, 1960, to be exact, this photo (or one very similar) appeared in the Arkansas Gazette.

The photo was taken at Adams Field. The three fish in the photo weighed 73 pounds and were caught on Lake Ouachita near the Air National Guard training site. Can you identify these four individuals? Check out the next edition of the Creed for the answer.

Big Sugar Golf Club *sweet for some, not for others*



Volunteer Rick Sugg and State Command Chief, Chief Master Sgt. Normal Gilchrest, enjoy a break at the golf tournament.

INSET: Brig. Gen. Riley Porter, Arkansas Air National Guard commander, demonstrates how he would score a hole in one if given the opportunity.



Photos by Michelle Miller
The Red Bull girls were a welcome sight on hilly Big Sugar Golf Course.



The rough was rough and the challenging course was tough for the 39th's Jeff Frisbee, who received little help from his Air Guard golfing partner, Bob Oldham.



Besides natural water hazards and occasional sand traps, golfers had to keep an eye out for the wildlife, too. A stray hit into the rough or near a creek often resulted in a close encounter of the unintended kind.



Col. Bob Bishop, Air Guard JAG, seemed right at home on the course. Rumor has it he even offered to set up shop to offer legal advice.



Chief Master Sgt. Steve Arnold, 189th Airlift Wing command chief master sergeant, and his wife, Linda.



Photos by Maj. Keith Moore

Banquet attendees were entertained by a hypnotist as they watched their fellow Soldiers, Airmen and family members who were under the spell of Boris (at right).



(Right) Maj. Gen. Bill Wofford, Arkansas' adjutant general, presents Nick Bacon with the Medal of Honor flag.

(Above) Nick Bacon displays the flag to the audience at the joint NGAA/EANGUS conference.



Enlisted Association members gather for a group photo after the banquet.

which would reduce from 60 to 55 the age at which a Reserve Component member may begin receiving retirement pay.

- to have the Department of Defense fund its dental requirement for annual dental examinations.

- to locate C-130 international training at the 189th Airlift Wing, Arkansas Air National Guard, Little Rock Air Force Base, Ark.

- to make permanent the current health care and dental care benefits for members of the National Guard and Reserve Component.

- to develop a common pay and benefit status for all workdays for Guard and Reserve members.

- to changing the Civil Service Retirement System for military technicians.

Resolutions lay the groundwork for what EAANG and EANGUS do for their members.

Without resolutions, neither organization has a legislative agenda to pursue.

Anyone can submit a resolution. The key to a successful resolution is that it must be clear, concise and actionable.

The background information should summarize why a change is needed. Specifics are key. Show examples if you have

them.

Also, include a recommended solution. Remember, the people who read the resolution might not be an expert on the topic. Give them a concise understanding of why the resolution should be approved.

Once a resolution is approved, it's forwarded to EANGUS for action at the National Conference. If it's only a state issue, it's forwarded to the EAANG Legislative Committee for action.

The EAANG Legislative Committee consults with key Guard leaders and other affected organizations to ensure an inequity or a need for change exists.

In some cases, the issue may have already been resolved through a law or policy that the submitter might not have been aware of.

Once the resolution clears those hurdles, the legislative committee pushes forward to contact key decision makers, seeking legislative support.

Sometimes support comes fast, other times it takes persistence. A prime example is Tricare Reserve Select. EAANG and EANGUS has been asking for health coverage for Guardsmen and their families for years. Beginning Oct. 1, every Guard member and their family will have access to health insurance.

Joint Conference pushes EAANG resolutions on

The 2007 Joint Conference between the National Guard Association of Arkansas and the Enlisted Association of the Arkansas National Guard was a first for the state.

Both associations overcame the challenges of holding a joint conference, putting on a great show for their rank-and-file members.

EAANG's business session resulted in 10 resolutions being passed and forwarded to EANGUS for the national conference in Oklahoma City.

Those forwarded resolutions sought:

- Tricare for members of the National Guard and the Reserve Component.

- full time manning of the Army National Guard.

- to end the inequitable treatment of Guard and Reserve personnel while in a temporary status.

- to offer tax credits for employers of National Guard members and for self-employed members.

- to amend Title 10, USC,

Auxiliary president's summer update

By Linda Gillmore
Auxiliary President

Since our National Conference in Salt Lake City, the Auxiliary has had its regular business meetings and has been active in serving the Enlisted Association through cookouts and catering events. The Auxiliary 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, Ark. 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 on the auction and \$164 on the sale 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



Photo by Maj. Keith Moore

Auxiliary President Linda Gillmore with her husband, EAANG President Master Sgt. Ken Gillmore at the joint conference banquet in Rogers, Ark.

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 eight. Our board members are Janet Davis, Pat Clark, Alma Vaughn, Darlene Dillon, Kay Powell, Hope Troy, Jean Craig, and Sarah Stiefvater. Jan Wofford preformed the installation of new officers.

Thank you Ms. Jan, you did a wonderful presentation. The new officers were presented with candles made by Bea Shahan. The auxiliary voted

President's plaque and a purple dream catcher to me as a gift from the Auxiliary. Thank you, Auxiliary, for all you do to support a great organization.

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.

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 President's 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

It pays to stay in the Guard

By Senior Master Sgt. Buddy Burns,
Arkansas ANG Recruiting and Retention superintendent

Staff Sgt. Aleta Posey recently received a \$4,000 cash bonus because of her decision to reenlist in the Arkansas Air National Guard.

Sergeant Posey is an information management specialist with the 188th Fighter Wing at Fort Smith.

She and several other traditional ANG members took advantage of a recent initiative termed "Target 107K", an Air National Guard effort to obtain 107,000 people in the Air National Guard by Sept. 30.

Under the five-month initiative, members in Air Force specialties not included in the 2007 ANG incentive list may receive a \$4,000 lump sum reenlistment bonus.

Members whose specialty is on the list may receive an incentive of \$7,500. This is just one example of the many benefits Air Guard members receive from the Guard.

All Air Guard members

currently receive:

- Non-contributory retirement eligible at 20 years of service
- Valuable skill technical training
- T S P retirement fund (comparable to civilian 401K)
- Low-cost life and dental insurance



Staff Sgt. Aleta Posey

- State government employees receive 15 military leave to perform annual training
- No-cost personal vehicle license plate
- Community College of the Air Force automatic enrollment
- Unlimited commissary and

active duty
■ VA eligibility for home loans

Also, depending on their eligibility, members may also receive:

- Montgomery GI Bill (up to \$309 a month for college or vocational training)
- Guard tuition assistance up to \$1,000 per semester for college or vocational training (if funds are available).
- 25 percent tuition waiver at most state supported colleges and universities
- Student Loan Repayment Program (up to \$20,000 for existing or future loans).

I encourage all of our Traditional Guard members to take advantage of the ANG Guard Recruiting Assistance Program. Air National Guard recruiting assistants can earn additional income assisting ANG recruiting efforts by identifying well-qualified men and women for service in the ANG. RAs earn \$2,000 for each new recruit who enlists and reports to Basic Training/AMS or for each prior service member who completes a 90-day affiliation with the unit.

For more information on GRAP or how you can benefit by staying in the Air Guard, call (501) 987-6846.

Ark. Army Guard strength is great

By SGM Larry N. Rankin
Recruiting and Retention

The Army National Guard, nationwide, has surpassed the 350,000 strength goal and is over 100 percent strength for the first time in recent history.

At the end of June 2007, the Arkansas Army National

reached a total strength of 8,313, making the state over 100 percent of the 8,300 authorized.

The Arkansas Army National Guard can attribute the surge to units contributing to strength maintenance, the Guard Recruiting Assistance Program, and the efforts of the recruiting and retention force.

I would like to extend a thank you to all the members who are participating in this program.

- First \$9,000 of military pay is exempt from state income tax (enlisted and officers)

- base exchange privileges
- Space A travel
- Morale Welfare and Recreation usage same as

First time users of the GI Bill can find the process confusing and often frustrating. If you are planning to use your GI Bill benefit, there are five facts you must know to help make the process easier.

1. You have 10 years to use your benefits.
2. The GI Bill is not federal financial aid.
3. You can stop and start using the MGIB as needed.
4. A "month" of benefits doesn't always mean a month.
5. The GI Bill pays according to the number of credits you take.

Go to www.gibill.va.gov for more information.

Red Cross can help

Gota Guard member deployed and a family emergency at home?

Call 1-800-540-2000 to speak with someone in the American Red Cross' Emergency Services department.

You'll need to have your service member's military address, social security number and the name, address, and

phone number for the relative who is either sick or deceased prior to your call.

The Red Cross will verify the emergency and send a message to the deployed location. In many cases it takes mere hours for the member to be notified.

The deployed commander decides if the member can return home.

Front and center

By **Command Sgt. Maj. Deborah Collins**
State Command Sergeant Major

Fellow Enlisted Soldiers, We had a tremendous Conference this year. The Joint Conference was a success. The attendance of our enlisted Soldiers was less than I had hoped it would be, but we still had members there that had never attended a conference before. I know some were really concerned about having a Joint Conference, but I think we proved it was possible and there were positive things that came from it. The facility was fantastic.

Enlisted membership is still a concern and something we all need to continue to work on. The new membership year will be kicking off very shortly. When the National

Association goes to Congress to lobby for the many benefits and changes that we need to move from a Strategic Reserve to an Operational Force, our representatives always ask, "How many constituents does your organization represent?" So numbers, the more the better, are an important factor.

Many of you could reap the benefits by doing nothing, but that is certainly not the way we as Citizen Soldiers normally do things.

I remind you of the first line of the NCO Creed that applies to all of us, and is also conveyed in the Soldier's Creed, "No one is more professional than I, I am a Noncommissioned Officer, a leader of Soldiers. So I encourage you to buy your membership and encourage someone else to join the Enlisted Association."



Chief Master Sgt. Normal Gilchrest and his wife, Carolyn, at the Joint Conference in Rogers, Ark. The command chief master sergeant said he was disappointed at the small number of Air Guard members who showed up for the conference. With one entire wing at 100 percent membership, the turn out could have been better.

'Air' ing out his view

By **Chief Master Sgt. Normal Gilchrest**
State Command Chief Master Sergeant

educating of our members can achieve.

I want to personally lay out a challenge to everyone to find one person that is not a member of the EAANG and work with them and educate them on what their membership means for them, their family and our future as the Guard.

It is their voice that changes what happens with future benefits as Guard members. We have a formal challenge with the Army Guard to achieve even greater numbers, but we can only do this with your help, this is your association, and without you we have no voice.

In this time of joint involvement, it is essential that we use all of our synergies to move the Guard mission forward.

I am asking each and every one of you to make this a total force imitative to accomplish our goals of 100 percent involvement of all enlisted members in Arkansas.

I want to take this time to express how excited I was to see many new faces at this first ever joint conference. In attendance, we had a larger showing of junior enlisted than last year, which is extremely important to the Enlisted Association and the future of this organization.

The showing of Air Guard members at the conference was disappointing. Attending the conference is an excellent time to find out what direction we are moving as an organization, hear some of the top leaders and network with army and Air Guard members across the state.

I want to personally thank all who helped the 189th Airlift Wing achieve 100 percent membership in the Enlisted Association. This amazing accomplishment shows what teamwork, leadership and the



Photos by Maj. Keith Moore

Command Sgt. Maj. Deborah Collins and her husband, Michael, at the Joint Conference banquet in Rogers, Ark. The command sergeant major says the association had a great year, but the association needs more Soldiers to participate in the Enlisted Association of the Arkansas National Guard.

Parenting tips for dealing with military children

For children that have to deal with parents that are on active military duty it can be very stressful. With all the coverage on the news, their fears can become heightened. Below are some tips and suggestions that parents and teachers can use to help children in military families cope with the situation.

1. Keep in contact. Its important for children to keep in touch with their parents overseas so allow them to email or call them if possible. If not write letters or send packages.

2. Make a scrapbook. If a child's parent is going to be away for an extended period of time, have the children create a journal, scrapbook or photo album of current events taking place to share with their mom or dad when they return. Pay particular attention to holidays and special occasions like birthdays, school plays or graduations.

Kids will want to help parents "catch up" on these events when they return.

3. Comfort your child. Some parents will record themselves reading a story or sharing

a family experience before they leave. That way, when the child is feeling lonely, they can listen to their parent and feel a connection even though they are miles apart. Letters, photos, and cards are other ideas to use so a child has something to look forward to.

4. Honesty. Reassure your child that everything will be ok but don't make any unrealistic promises.

5. Kids need some predictability. Don't make any promises that you can not guarantee but share with your children that the parent will call when they can, not a specific date and time.

6. Homework and in class time. Children may feel distracted or less motivated to do work with a parent serving military duty. They may also have a hard time completing homework due to

anxiety. Teachers should be told if a student has a parent on active duty. This may help them understand their participation and academic standing if it changes.



Tips like these can help children, like Ashley Worcester, cope with deployments. She is the daughter of Master Sgt. Ryan Worcester and step-daughter of Mrs. Coleen Worcester, both of the 189th Civil Engineering Squadron.

Awards

Continued from page 4

Enlisted Association leaders.

The Spouse of the Year is Alma Vaughn. Her husband Sgt. 1st Class Charles Vaughn, wrote: "To say that I would be lost if it were not for my wife is an understatement. She has stood beside me for 10 years.

"Even before we were married, she understood that being in the military was the biggest part of my life. She watched as my unit was deployed three different times.

She was always there when I needed her. Her letters were always what I needed to lift my spirits when I was away.

"The times we could talk on the phone helped me to get through the deployments. Always knowing that she could take care of everything at home allowed me to concentrate on the mission I was on. Even after returning home, she understood when I needed time by myself.

"She truly has the spirit of a military wife. Knowing when and what to say, at the time I needed to hear it. Even when her day had been bad, or she

was having a rough time she never complained to me while I was away.

"During these times when we never know when we might be called up, she is my rock. She has supported me in whatever decisions I have made. She has always been active in Family Support and did whatever was asked of her.

"She is active in the Enlisted Association Auxiliary and enjoys working with them to promote our way of life. She also works with the youth at church.

"I do not think a man could ask for a better partner in life.

7. Get connected with other military families. Kids that have parents on active military duty will be able to talk to each other about their thoughts and fears.

8. Limit time spent watching TV. Children may feel they need to watch the news to see what is going on with the war, however too much coverage can be overwhelming and cause anxiety. Watch the news with your children and inform them of what is going on if they don't understand and be there to answer any other questions they may have.

9. Be there for each other. Its important to give your child the attention they need especially being the only parent available. Be supportive and available as much as you can, and make family, friends, and teachers also aware of the situation so they can help.

10. Let children express themselves. Kids are most likely going to have some reaction to the war, government or world politics so encourage them to get it down on paper and submit it to local newspapers, the radio or TV stations, or even elected officials.

Having a parent on active duty can bring significant stress to ones life, especially a child's. Most kids however do a great job of coping with the experience and go about their daily lives normally. However creating an open, honest and supportive environment will make them feel comfortable and at ease if they do need help coping with the situation.

These are only a few reasons that I think she should be spouse of year, because she does so much and asks so little in return."

The recipient of the Auxiliary President's Award is Betty Hagerman.

Mrs. Hagerman has been active with the Auxiliary since 1985 and credits the founding members for their encouragement.

She was president from 1999 to 2001 and has since served in various capacities. She feels committed to helping the Association and serving the Soldier.

To your health

A banana a day can help keep the Dr. away

Bananas contain three natural sugars - sucrose, fructose and glucose - combined with fiber.

A banana gives an instant, sustained and substantial boost of energy. Research has proved that just two bananas provide enough energy for a strenuous 90-minute workout.

A banana can help overcome or prevent a substantial number of illnesses and conditions, making it a must for a daily diet.

Depression: According to a recent survey by people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work: Studies at the Institute of

Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases.

It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective

Disorder: Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

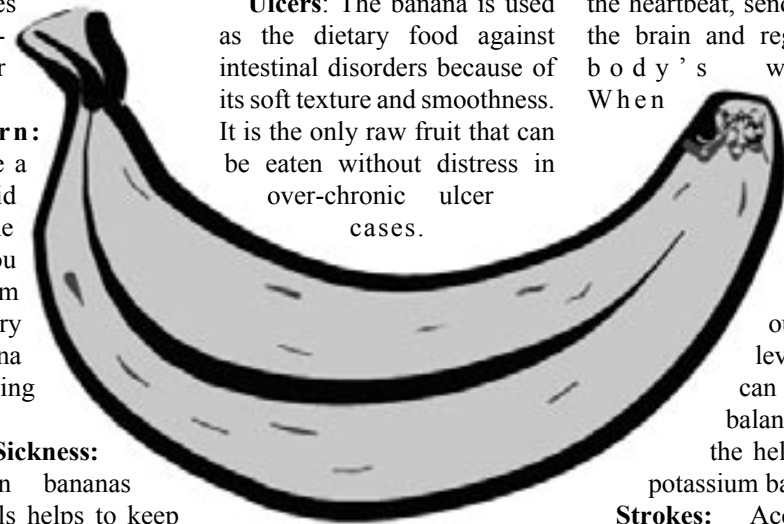
Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance.

When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

Strokes: According to research in *The New England Journal of Medicine*, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%.

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

(Source: www.FineTuneYou.com)



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.

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)

EARLY BIRD SPECIAL: \$150.00 per team if registered and paid by Feb 15, 2008

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

MSG Ted Walker, (501) 212-7792, ted.walker@us.army.mil

Team Members

Name	E-mail or Address	Phone

Preference for Pairing:

List Names _____

Deadline for submission of form is: May 1, 2008

Key upcoming dates

Board of Directors Meetings

- Sept. 29, 9 a.m., Camp Robinson, NGAA office
- Dec. 15, 6 p.m., Camp Robinson, NGAA office
- Jan. 12, 2008, 9 a.m., Camp Robinson, NGAA office
- April 19, 9 a.m., Camp Robinson, NGAA office
- May 15, North Little Rock Wyndam, at annual state conference

In memory ...

Shirley Coburn, 1984-1985 President of the Enlisted Auxiliary and Life Member of the National Auxiliary died Aug. 6, 2007, in West Memphis.

For many years Shirley worked on various committees and was the conference chairman for several years doing a fantastic job. She had an unwavering love for the Association and Auxiliary and was truly a "Side-by-Side" lady.

Water: just drink plenty of it to stay healthy

Eight reasons to ensure you drink enough water every day.

#1. Seventy-five percent of Americans are chronically dehydrated.

#2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.

#3. Even mild



dehydration will slow down one's metabolism as much as 3%.

#4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

#5. Lack of water, the No. 1

trigger of daytime fatigue.

#6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

#7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a



printed page.

#8. Drinking five glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one

is 50% less likely to develop bladder cancer.

But the question remains: Are you drinking the amount of water you should drink every day?