

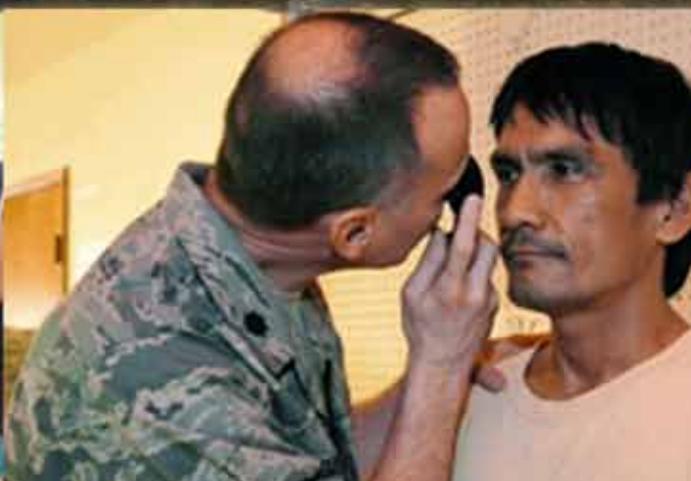
POTOMAC

AIR MONTHLY

April 2012



113TH MEDICAL GROUP GOES TO HAWAII!



PROVEN · VIGILANT · READY

**CHECK OUT THE 113 WING'S
OFFICIAL FACEBOOK PAGE!**

[HTTP://WWW.FACEBOOK.COM/PAGES/113TH-WING-OFFICIAL/152193864852946](http://www.facebook.com/pages/113th-Wing-Official/152193864852946)

113th Wing members win 1st AF awards

By Staff Sgt. Tabitha Gomes
113 Wing Public Affairs

In February 2012 the Continental U.S. North American Aerospace Defense Command Region -1st Air Force (Air Forces Northern) announced the 2011 annual award winners.

Lt. Gen. Sid Clarke, Continental U.S. NORAD Region-1st Air Force (AFNORTH) commander said the competition this year was top notch. "When I arrived here in August, I quickly picked up on the outstanding level of service we provide this nation every day," General Clarke said. "And these award winners continue to raise the bar for those who follow in their footsteps. Congratulations to all on a job well done!"

The 2011 Continental U.S. NORAD Region-1st Air Force (AFNORTH) annual award winners for the Intelligence, Surveillance and Reconnaissance included the 113th Operations Group. This year, the 113 OG was awarded the Operations Group Intelligence/Operations Support Flight or Operations Support Squadron/Intel Outstanding Unit of the Year.

"We were competing against all other Air National Guard Intel shops in Continental U.S. NORAD Region -1st Air Force (AFNORTH), which includes every F-15 and F-16 unit in the ANG," said Major Christopher Slate, the Outstanding Air Reserve Component ISR Field Grade Officer of the Year.

The 113th OG/ISR supported the 121st Expeditionary Fighter Squadron as the first ANG F-16 unit to deploy to Operation Enduring Freedom supporting sorties and Joint Tactical Airstrike Requests leading the transition from active duty to the National Guard with no gap in JTAR execution. Members were also recognized as a superior team during Unit Compliance Inspection for Survival Evasion Resistance and Escape and Force Protection program practices.

Staff Sgt. Mario Ricci, recipient of the NCO award, it all in stride. "I was very humbled to be the recipient of such an award, especially given the number of other outstanding units and analysts within the 1st AF," said Sergeant Ricci.



DCANG Senior-NCO wins top award

By Staff. Sgt. Tabitha Gomes
113th Wing Public Affairs

Master Sgt. Jeffery A. Bentley lives by the motto "don't do good work, do great work" which is actively shown by his accomplishments. Sergeant Bentley spent seven and a half years in the active duty Air Force and more than three years in the DC Air National Guard as the 113th Maintenance Group training manager.

Within 2011 Sergeant Bentley was awarded Non-Commissioned Officer of the Quarter, attained his third Community College of the Air Force degree in Education and Training and completed seven Unit Compliance Inspections as a part of the Exercise Evaluation Team for various units.

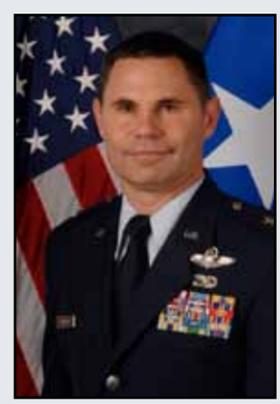
While attending the Non-Commissioned Officer Academy in April 2011, Sergeant Bentley was presented the John Levitow award. He was also recognized for superior performance by the Air National Guard Bureau Logistics Compliance Assessment Program inspection team for being number one of 45 Honor Roll recipients for an impressive Maintenance Training program.

With all his accomplishments, Sergeant Bentley was recognized as the recipient of the Lieutenant General Leo Marquez Award for 2011. "When I received my award I was surprised and humbled," Sergeant Bentley stated. He expressed gratitude for the award but was very humble and said "I just do my job."

Sergeant Bentley recently transferred to the Calif. Air National Guard to take a commissioned officer opportunity with a C-130 maintenance squadron. "The men and women of the



113th are some of the finest I've come across in my military career," Sergeant Bentley commented. "I was afforded many opportunities here and will represent DC while in California."



Brig. Gen. Jeff Johnson, 113th Wing commander

Commander's Action Line

The Commander's Action Line gives all Airmen a direct link to the 113th Wing commander for any questions or suggestions regarding the 113 WG.

The action line can be used to express constructive points of view on the policies and procedures of the wing, as well as discuss safety and security issues. The goal is to provide you with an accurate, timely response.

Airmen should use this tool after coordinating problems or concerns with supervisors, first sergeants or commanders. If you're not satisfied with the response or are unable to resolve the issue, e-mail the action line at 113WG.CAGL@ang.af.mil.



Chief Master Sgt. Ronald Anderson, 113th Wing command chief master sergeant

<p><i>Potomac Air Monthly</i> Editorial Staff</p> <p>Brig. Gen. Jeffrey R. Johnson 113th Wing Commander</p> <p>Col. George M. Degnon 113 WG Vice-Commander</p> <p>Chief Master Sgt. Ronald Anderson 113 WG Command Chief</p> <p>Tech. Sgt. Craig Clapper Editor</p> <p>Maj. Elizabeth Kreft Public Affairs Officer</p> <p>Master Sgt. Dennis Young Public Affairs NCOIC</p>	<p>Tech. Sgt. Gareth Buckland Journalist</p> <p>Tech. Sgt. Nicole Carattini Photographer</p> <p>Airman First Class Jennifer Hotte Broadcaster</p> <p>Master Sergeant Jessica Dearie Contributing Photographer</p> <p>The <i>Potomac Air Monthly</i> is the official newsletter published by and for the 113th Wing, District of Columbia Air National Guard. The contents of the <i>Potomac Air Monthly</i> are not necessarily the official views of, or</p>	<p>endorsed by the U.S. government, Department of Defense, Air Force, Air National Guard, National Guard Bureau or the D.C. Air National Guard.</p> <p>To submit articles or photography to the <i>Potomac Air Monthly</i>, send them to craig.clapper@ang.af.mil or contact the 113 WG Public Affairs office at 240-857-4867.</p> <p>The Public Affairs Office address is: 113th Wing, DCANG 3222 E. Perimeter Rd. Andrews AFB, MD 20762.</p>
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113th Wing Security Forces head out



Spray him down!

Lt. Col Paul Quirion, operations exec working group director, Air National Guard Bureau, is hosed down by Tech. Sgt. Jimmy Arbogast, Maj. Christopher Slate, and Staff Sgt. Mario Ricci after he returns from his final flight Mar. 3 at Joint Base Andrews, Md. (Photo by Staff Sgt. Tabitha Gomes)



Senior Airman Rufus Parker III and Staff Sgt. Gerald Glenn fill up their plates with pulled pork, baked beans and more at the 113th SFS send-off in the 113th WG auditorium. (Photo by Tech. Sgt. Craig Clapper)



113 SFS members load onto a bus, as they prepare to deploy to their forward location. (Photo by Tech. Sgt. Craig Clapper)



Col. Dan Shea, 113th Mission Support Group commander, shakes hands with 113 SFS members before they depart to their forward location. (Photo by Tech. Sgt. Craig Clapper)



WELCOME TO THE UNITED STATES OF AMERICA

Master Sgt. Sean Young, 113th Wing recruiter, gives a tour of the 113 WG to the 104th Starfighter Squadron, Brantford Air Cadet Squadron, a ROTC group from Canada visiting the United States. (Photo by Tech. Sgt. Craig Clapper)



113 SFS members wait for the start of the 113 WG send-off in their honor, as they prepare to deploy to a forward location. The send-off included a hearty feast, family members, and a rousing speech from Brig. Gen. Jeff Johnson, 113 WG commander. (Photo by Senior Master Sgt. Charles Gass)

121st Weather Flight deploys to Ft. AP Hill

By Lt. Col Brad Benson
JFHQ-DC Public Affairs Officer

The 121st Weather Flight, commanded by Maj. Karen J. Shelton-Muir, practiced conducting weather operations from a deployed location recently. The flight deployed to Ft. AP Hill, where they set up tents, generators and a tactical weather station to simulate deploying and maintaining operations during a simulated National Capitol Region disaster. The deployment also allowed the Weather Flight to practice working in conjunction with the Virginia National Guard weather team.

The team convoyed to Ft. AP Hill from Joint Base Andrews; they maintained command and control contact with Joint Force Headquarters, D.C., along the way. Upon arrival, they worked closely with members of the Virginia National Guard weather unit, setting up a tactical weather station and a series of S2 tents for use as a tactical weather shop, men's and women's barracks, and an eating/break area. "This is essentially what a Patriot Missile Battery would look like in the field," said Chief Master Sgt. Stephen Gamache of the Virginia National Guard.



The 121st Weather Flight then worked in shifts to support simulated weather operations including preparing weather reports for aircrews and uploading local weather observations.

During the exercise, a delegation from Joint Force Headquarters, led by Brig. Gen. Kenny Ricket, toured the area. General Ricket praised the team "getting out in the field to prepare for future missions." Col. J. Daniel Caine, who also toured the facility with the JFHQ delegation, pointed out the value in practicing field operations. "Its always different doing your job in the field," Colonel Caine commented.

Most of the equipment used during the exercise was borrowed from the Virginia National Guard. The team and delegation discussed how to fully equip the 121st for potential future

remote operations.

The group also conducted an awards and decorations ceremony during General Ricket's visit. Two 121st members were presented medals by General Ricket. Staff Sgt. Gerow received the AF Commendation Medal for his work during deployment to Iraq. Staff Sgt. Edward Williams was awarded the Army Achievement Medal for his support of the 2009 Presidential Inauguration.



Master Sgt. Kevin Atkins, 121st weather flight, briefs the delegation from Joint Force Headquarters, led by Brig. Gen. Kenny Ricket about the capabilities of the deployed tactical weather shop. (Photo by Tech. Sgt. Craig Clapper)



Chief Master Sgt. Stephen Gamache, weather superintendent, VAANG, resets the brains on a AN/TMQ-53 tactical meteorological observing system "TMOS" while deployed to Ft. AP Hill. (Photo by Tech. Sgt. Nicole Carratini)

Earth Day 2012 right around corner

By Dan Mallam
113th Civil Engineering Squadron

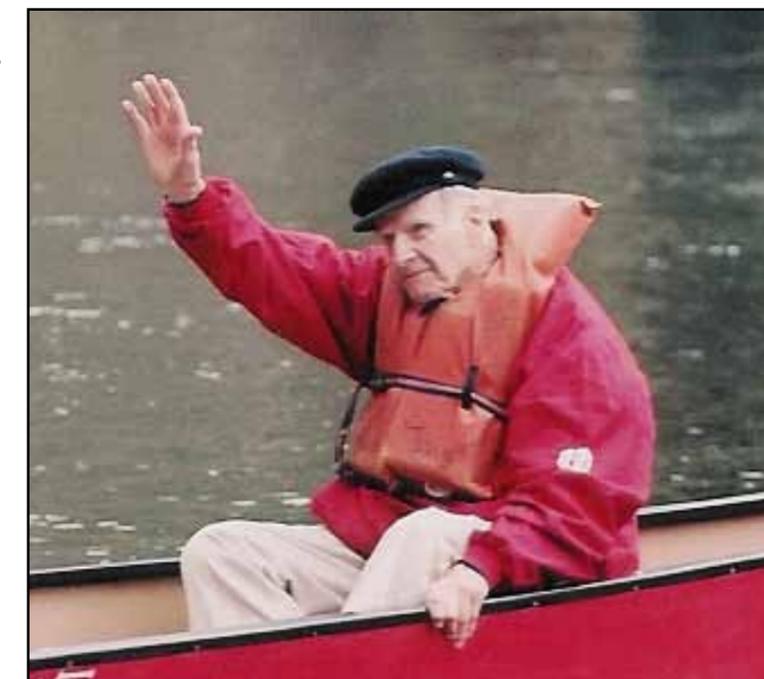
The celebration of Earth Day on Joint Base Andrews will be held April 20.

There are several things you can do both here at Joint Base Andrews and at home. Most things are very simple but make a huge difference overall. Recycling is one of the easiest ways to contribute. Paper, cardboard, glass, aluminum cans, metals, batteries, oils, paints, and household chemicals are just a few of the products that are fairly easy to recycle. On base, we have many Initial Accumulation Points and recycling bins for use. AMEC is the company that is used on JBA to help with recycling and hazardous materials management. They are open Monday through Friday from 7 A.M. to 4 P.M. and can be reached at 301-981-9202 or 301-981-0644.

Another easy way to exercise environmental stewardship is to turn off your computer screens, lights, and electronic devices when not in use. You can also close your windows if they are open prior to leaving your work area for the day. This will save energy which as we all know continues to rise in cost.

Other environmentally friendly practices include: buying green products when you can, composting food and yard wastes to reduce the volume in our landfills, leave grass clippings on your lawn in place of fertilizer, planting trees and shrubs to prevent erosion and promote infiltration of water into the soil, eliminate unnecessary trips with your vehicles by planning your routes and errands that you need to accomplish with other scheduled events or on your way to and from work.

These are but a few things you can easily do that will help make the difference. Our resources are valuable and costs are continuing to rise all the time. These simple suggestions will help save our resources and at the same time help all of us save money.



U.S. Senator Gaylord Nelson, founder of Earth Day

Earth Day began in the United States in 1970 and the concept for Earth Day was founded by the late Wisconsin U.S. Senator Gaylord Nelson. He was looking for a way to gain political and national support for our Planet. Senator Nelson was a recipient of the Presidential Medal of Freedom for his efforts. He passed away in 2005, but his legacy endures through his message and the level of support that our nation demonstrates during the many Earth Day events. First held on April 22, 1970, Earth Day has become an annual national event to learn about ecology and what we can do to reduce environmental impact. Earth Day is formally recognized every April 22.

If you want to be involved with the Earth Day events on Andrews, please get permission from your supervisors/officers and notify the environmental office at 857-0434 or e-mail Capt. Duane Peterson or Dan Mallam.

CHRISTMAS IN APRIL IS COMING!

If you aren't familiar with Christmas in April, it's a one day, nation-wide volunteer effort, to repair the homes of below-income senior or disabled residents. This is our 19th year for this very worthwhile effort. This year, we are repairing two homes. Dates are 27 and 28 Apr. 27 April is primarily for demo work. The DCANG goal is to provide 15 to 20 skilled workers. If you have roofing, carpentry, painting, plumbing or electrical skills and would like to help out, please contact our POC for the 113th Wing, Lt. Matthew Duller, Deputy BCE via e-mail or 857-7166.

113th Medical Group deploys to Hawaii in support of Tropic Care 2012

Story By Tech. Sgt. Craig Clapper
Editor

The 113th Medical Group recently deployed 19 of its members in support of Tropic Care 2012 to provide real-world medical services for the medically underserved island of Kauai, Hawaii. The joint-task force, comprised of Active, Reserve, and National Guard assets of the U.S. Armed Forces, provided included medical, dental, and optometric care to individuals with unmet community health needs.

The 113 MDG members arrived on Feb. 26 and immediately started to work. Master Sgt. Elias Sepulveda, 113 MDG first sergeant, knew the medical members had a challenging road ahead.

“When we first arrived, the organization truly wasn’t up to par, however, after we got to work, and settled in, everything really came together,” said Sergeant Sepulveda.

During the two-week deployment, the 113 MDG professionals were able to care for more than 10,000 patients in three separate work areas, including the Kapa’a Community College, Hana Pepe Armory, and All-Saint’s Church. Doctors and medical technicians were able to accomplish wellness check-ups; dental exams; primary care; and even fabricating more than 3,600 pairs of glasses for individuals in need.

“The Hawaiian natives were grateful for the simplest form of medical care,” said Tech. Sgt. Jackie Constance, 113 MDG medical technician, upon her return from the deployment. “To have people hug, kiss and bring you food on a daily basis speaks volumes. Being a part of this service was most re-



Senior Airman Malcolm Williams, 113th Medical Group, DC Air National Guard takes blood pressure of patients before they are seen by optometrists, medical doctors, or dental surgeons as part of an Innovative Readiness Training mission in Kaua’i, Hawaii on March 5. (Photo by Tech. Sgt. Melissa E. Chatham)

warding.” The 113 MDG members were also able to gain valuable training while on the deployment as well. They had the opportunity to get signed off on critical Readiness Skills Verification (RSV) tasks. RSV’s are unique to the medical community in that after enlisted members receives their 5-level, they must refresh their hands-on skill every two years.

The 19 113 MDG members, along with the more than 300 joint-task force members, slept on cots on the Armory floor in field conditions, with showers facilities over one-half mile away. However, with hard work, comes time to relax, and Sergeant Sepulveda and the 113 MDG were able to take advantage of Hawaii’s offerings.

“Alternate work schedules were created to allow the members to do some sight-seeing and essentially have a little down time while they were there,” said Sergeant Sepulveda, adding “we definitely made sure to have some fun whenever we had a chance.”

All in all, Tropic Care 2012 was a very exciting, challenging, and rewarding experience for everyone involved. The citizens of the island of Kauai were able to receive critically required medical care and the 113 MDG members provided outstanding care, while learning invaluable training. Master Sgt. Naonda Lott, NCOIC joint Air Force, Air Reserve, Air National Guard, Army medic contingency, was extremely proud of the actions of the 113 MDG.

“It was very satisfying and a great leadership opportunity,” said Sergeant Lott, deployed as a medic to keep her medical skills current. “If I had the chance to do it again, I would go in a heartbeat.”



Tech. Sgt. Jaqueline Constance, 113th Medical Group, D.C. Air National Guard takes blood pressure of patients before they are seen by optometrists, medical doctors, or dental surgeons as part of an Innovative Readiness Training mission in Kaua’i, Hawaii on March 5. (Photo by Tech. Sgt. Melissa E. Chatham)

A guide to better fitness and better scores

By Tech. Sgt. Richard Noon
113th Communications Squadron

Whether your goal is to just pass (>75) the Air Force Physical Training test or score an excellent (>90 points), how you train for the test has a dramatic effect on your score and your overall health. The AF PT test is broken up into three categories, each of which are timed: 60 seconds for as many push-ups you can complete; 60 seconds for as many sit-ups you can complete; and a timed 1.5 mile run equivalent to your age bracket. For this article we will focus on improving the last, but longest category of the test, your run (Barring injuries that may prevent you from running regularly).



If we train our bodies to do more than the minimum required exercises we raise what’s known as our total lactate threshold (the exercises you can complete before fatigue sets in and slows your performance) and therefore your endurance. In order to increase your run speed, and lower your over-all time, try the following these three techniques:

1. **TRAIN FOR MORE** Running longer than your test (>1.5 miles) will drain your muscles’ supply of polysaccharide carbohydrates known as glycogen (energy). Nearing empty signals your body to stock even more glycogen, so you have more fuel to draw on in the future. Also, longer runs develop your ability to transport and use oxygen more efficiently, which allows you to run longer before reaching your lactate threshold.
2. **TRAIN HARDER** Training harder, such as running at a faster pace for longer periods will train your body to rely on fat for its source of fuel, which means you won’t run out of carbohydrates as quickly and can therefore hold your pace for a longer time. This longer pace will cut down on your shorter runs, such as a PT test, and therefore produce more points on your test.
3. **TRAIN WITH INTERVALS** Of all training runs, interval workouts are the most potent for improving your overall fitness. Short, hard efforts beef up your cardiovascular system by increasing the volume of oxygen-rich blood your heart pumps with each beat. With more oxygen feeding your muscles, the harder and longer they can be used. An example set of Interval training based on running type is listed in the table below.

RUNNER TYPE	TEMPO	INTERVAL	TEMPO	INTERVAL	TEMPO	INTERVAL
NOVICE	Sprint	1 minute	Slow Jog	3 minute	Walk	1 minute
INTERMEDIATE	Sprint	2 minutes	Jog	2.5 minutes	Walk	30 seconds
ADVANCED	Sprint	3 minutes	Fast Jog	2 minutes	Repeat	Sprint

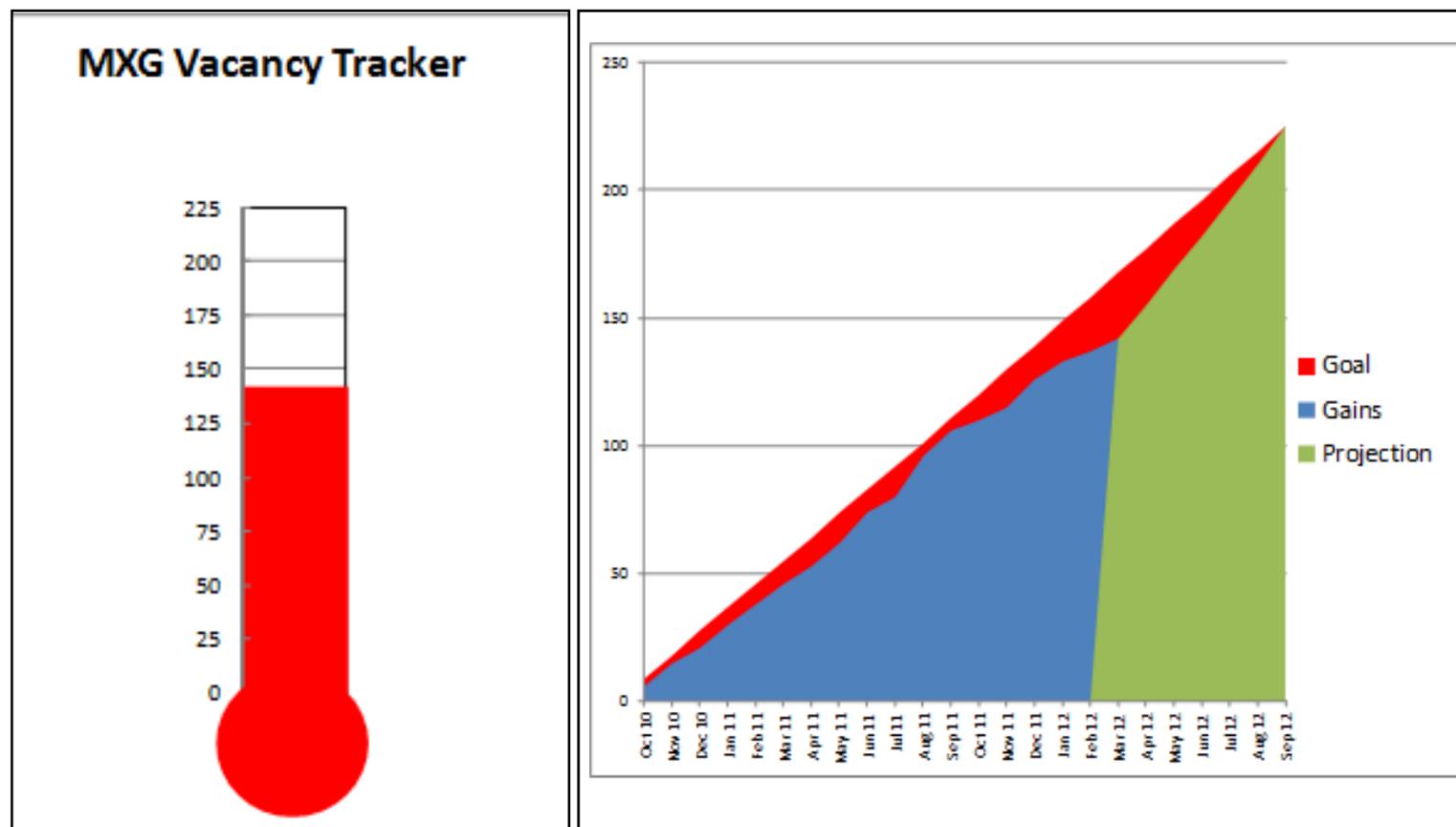
Congratulations to our latest CCAF Graduates!

- Staff Sgt. Katherine B. Gavin-Collins** - Logistics degree (LRS)
- Chief Master Sgt. Tia Harris** - Restaurant, Hotel, and Fitness Management (WG)
- Tech. Sgt. Timothy L. Lopez** - Aviation Maintenance Technology & Construction Technology (MXS)
- Tech. Sgt. Shelby S. Marra** - Aviation Maintenance Technology (MXS)
- Senior Airman Danielle E. Mittler** - Aviation Operations (201st)
- Retired Chief Master Sgt. Kenneth S. Rose Jr.** - Criminal Justice & Human Resource Management (WG)

Changes within Recruiting Services

By Master Sgt. Sean Young
113th Wing Recruiter

The Recruiting Team presents the fourteenth installment of the 113th Wing's MXG Vacancy Tracker. As of today, the Maintenance Group needs 83 new members in 6 months for the Wing to stay a viable option for the Air National Guard and the Air Force. This tracker is helping measure everyone's participation on the stakes. The thermometer/bar style graph depicts our starting point, current status and end point. The area chart shows the same but with an added timeline. This timeline will help determine our success over time.



We are certainly glad to have additional participation from unit members in our efforts. We still have a Wing Incentive Program to help incentivize your unit referrals. This program will recognize your efforts with incentive flights with unit awards and decorations (Achievement Medal/Commendation Medal). Unfortunately, the National Guard Bureau referral program has been suspended until further notice. Please check regularly with the Recruiting Staff if you are interested in status updates. One additional bit of information, due to budget cuts, Recruiting Services is not authorized to purchase any promotional items. This means we do not have give-aways for unit member events at this time. We will let you know when and if this changes.

We need everyone's contribution and enthusiasm for the Wing to succeed. Please contact the Recruiting Office at 301-856-9110 to find out how you can help achieve the mission. We fully appreciate everyone's support in this endeavor.

TRICARE extends health care coverage to eligible young adults
The TRICARE Young Adult (TYA) program is a premium based health care plan available for purchase by qualified dependents. TYA offers TRICARE Prime and TRICARE Standard coverage worldwide. TYA includes medical and pharmacy benefits, but excludes dental coverage.

WHO IS ELIGIBLE?
If you are an adult-age dependent, your sponsor's status determines whether you are eligible for TYA Prime and/or TYA Standard. You may generally purchase TYA coverage if you are all of the following:

- A dependent of a TRICARE-eligible uniformed service sponsor
- Unmarried
- At least age 21 (or age 23 if previously enrolled in a full-time course of study at an approved institution of higher learning and if the sponsor provides at least 50 percent of the financial support), but have not yet reached age 26
- Eligible to enroll in an employer-sponsored health plan as defined in TYA regulations
- Otherwise eligible for TRICARE program coverage
- Married

You may not purchase TYA coverage if you are:

Once you complete and sign the application, take it, along with your initial premium payment, to a TRICARE Service Center, or mail or fax it to your regional contractor. Your completed application must include the first three months of premium payments, paid by personal check, cashier's check, money order, or credit/debit card. After the initial three-month payment, premiums must be paid in advance by monthly

automated electronic payment.
ENROLLMENT IN TRICARE YOUNG ADULT

After enrolling in TYA, you and your sponsor will need to visit a uniformed services identification (ID) card-issuing facility to obtain an ID card for you. You must bring two forms of ID; one must be an unexpired government-issued ID card with a picture. If you enroll in TYA Standard, your coverage will begin the first day of the following month after your enrollment application is processed and payment is received. If you enroll in TYA Prime, your coverage will follow the 20th-of-the-month rule: As long as your enrollment application is received by the 20th of the month, coverage can begin on the first day of the following month. Note: You may be eligible for the Continued Health Care Benefit Program after TYA coverage ends, unless you have been locked out of TYA coverage. TYA Prime has the same copayments as TRICARE Prime and TOP Prime. TYA cost-shares contribute to individual and family deductibles and to your family's catastrophic cap. The annual deductible varies based on your sponsor's category. For more information on costs, visit www.tricare.mil/costs.

TRICARE YOUNG ADULT STANDARD COSTS AND FEES
The 2011 monthly premium for TYA Standard coverage is \$186, and will drop to \$176 beginning on January 1, 2012. TYA premiums are adjusted annually, effective January 1. Ongoing premiums must be paid in advance by automated payment. Premiums are not credited to de-

ductibles or catastrophic caps. TYA Standard has the same cost-shares as TRICARE Standard and TRICARE Extra in the United States and TOP Standard overseas. TYA cost-shares contribute to individual and family deductibles and to your family's catastrophic cap. The annual deductible varies based on your sponsor's category. For more information on costs, visit www.tricare.mil/costs.

New TRICARE Dental Plan
Beginning May 1, 2012, The TRICARE Dental Plan (TDP) will be administered by MetLife. As the TDP contractor, MetLife will manage enrollment, claims processing and customer service. You will receive a welcome package and a new enrollment card in the mail ahead of the May 1st start date. The transition should be seamless for you, and no new enrollment forms or other paperwork are needed. However, if you pay your premiums through a direct payment from your checking account or credit card, you need to contact MetLife to reauthorize this payment to ensure there is no break in coverage.

MetLife has also created a new TDP Web site, available at <https://mybenefits.metlife.com/tricare>
Also, if you pay your monthly TRICARE Dental Program premiums by electronic funds transfer (EFT), please remember to reauthorize your EFT payment with MetLife before 20 Apr 12. Please call MetLife at:
CONUS: 1-(855)-MET-TDP1 (1-855-638-8371)
OCONUS: 1-(855)-MET-TDP2 (1-855-638-8372)



ARE YOU ELIGIBLE FOR RETIREMENT?

Thinking about Retirement? Read this FIRST!!!!

Commentary by Connie Moore – Room 108 Wing Building – 240-857-9746

Basically BEFORE individuals “SUBMIT A REQUEST FOR RETIREMENT” “I ask that you download the “view all” point credit summary from the virtual MPF web site. Bring that to one of our retirement planning sessions - Planning sessions are Tuesday’s and Thursday’s 10am and 2pm and 11AM Saturday or 3PM Sunday on UTA. I will sit down with you and review the point summary to help decide on the ideal time to retire and to ensure the point summary is correct. If there are discrepancies it could take a couple of months to correct. Every point is worth money in retired status so the more points you have the higher your retired pay.....

Then we establish an ideal retirement date-- and suggest a visit to the Commander before entering anything in the system-----preferably about 12 months away but not less than six months out. Remember traditional enlisted members only have

to wear grade for one day to retire at that grade.....so if you want promotion it needs to happen before submitting request to retire---otherwise the system will block promotion. Next we start working on the VA Compensation Claim - retiring individual needs to obtain copies of medical records from all area facilities (Malcolm Grow, Bethesda, Walter Reed, our med group) and or civilian sources ---- suggest follow up on “medical issues” - cardiac stress tests, EKGs, Ortho or other individual clinic appointments relative to previous LOD or active duty injuries or illnesses.....

Finally we suggest spouse and member come in for “insurance review” and

Survivor Benefit Plan briefing.... the SBP/Retired Pay Form needs to be notarized with spouse signature and submitted to ARPC before Retirement Order is generated. I am a Notary.

Mr Rickey Hopkins our Transition Assistance Advisor (he is here on Tuesday and Thursday) and I both can give “Mandatory Pre-Separation Briefings” required for all separations and retirements and for military members who have been on active duty for 180 or more days. If the retiring individual is a technician please refer all civil service questions to Ms Bobbie Hall for Technician Benefit briefings and retirement actions.

If individual is AGR they often need to talk to Chief Towns to get orders amended to match projected retirement date. For AGRs and those close to age 60 we also discuss Tri-care health and Dental or “Hopkins Health Plan” for member and family during retirement....for traditional Guardsmen discuss “gray” area

benefits i.e. retiree dental, Space A travel.

I encourage everyone to request a “records review printout” and/ or a Security Clearance printout as well as print off their record from “VMET” - these documents will help when creating resume’s or filling out security questionnaires in future. If moving away from the area you need to make an appointment with TMO - to discuss packing and moving information.

Verify leave balances and map out strategy for terminal leave and “Permissive TDY”.... consider starting new job while on terminal leave Make an appointment with MS Turner to discuss CCAF degree status---Make an appointment with MSgt Cumberbatch to review GI Bill eligibility.

I suggest to all prospective retirees !!!! Plan on attending TAP (Transition Assistance Program), the Department of Labor hosted workshop. This will help you understand jobs availability and prepare for future employment as a civilian or as an entrepreneur. You are in duty status (not personal leave) but attend in civilian clothes. To register to attend you need to call 301-981-7087 (available twice a month) Colonel or Chief can attend Executive TAP over at the Pentagon or at the Naval Yard we can provide contact information.

When you finish out processing checklists from unit, MPF and/or AGR plan to go to MPF customer service to get “retired” ID cards for member and family members. Officer or enlisted if you wish to bestow any awards/decorations on prospective retirees contact SMSgt Chase, MPF.

New Hours of Operation for Freedom Hall Dining Facility effective 1 April



Monday - Friday

- Breakfast..... 0530-0800**
- Lunch..... 1100-1300**
- Carry Out..... 1300-1430**
- Dinner..... 1600-1800**
- Carryout..... 1800-1930**
- Midnight..... 2300-0030**

Weekends/Holidays

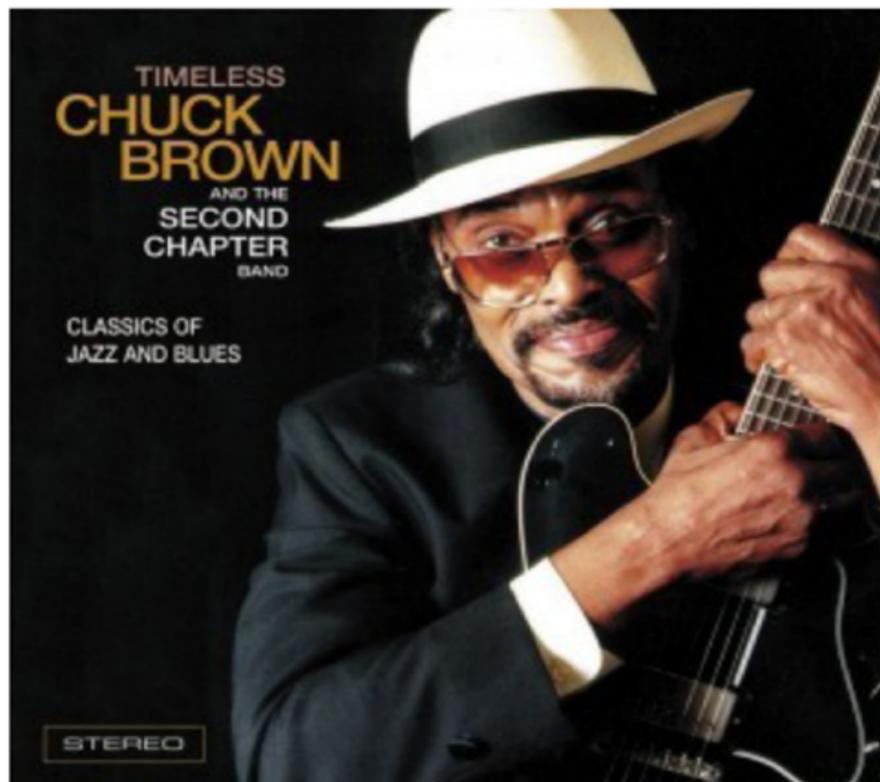
- Brunch..... 0700-1200**
- Supper..... 1430-1730**
- Carryout..... 1800-2100**
- Midnight..... 2300-0030**

For more details, call 301.981.6661

3rd Annual DC National Guard Military Ball 2012



Featured Entertainment



DATE: SATURDAY, MAY 12, 2012

TIME: 1900-2400 HOURS

Location: Hyatt Regency Washington

On Capitol Hill
400 New Jersey Ave. NW
Washington, DC 20001

FOR HOTEL INFORMATION AND
RESERVATIONS: [HTTPS://
RESWEB.PASSKEY.COM/GO/C7585906](https://resweb.passkey.com/go/c7585906)

Reception and Dinner

Individual Price: \$70.00

Table Price: \$840.00 (Seats 12)

Valet Parking: \$20.00

Free Transportation from
DC Armory

Music by Chuck Brown
"The godfather of Go-Go," Chuck Brown is the undisputed sole founder and creator of Go-Go music, a hypnotically danceable genre deeply rooted in funk and soul that he developed in the early 70's and the only form of expressive culture to originate in the district of Columbia.

Get your tickets now! Tickets are selling fast

Ticket Distribution and Information

POC: CPT Tekeshia Allen,
DC National Guard
202-685-9945 or via email at
Tekeshia.allen@ng.army.mil

POC: SMSgt Joseph Smiley
Air Force
240-857 3070 or via email at
Joseph.smiley@ang.af.mil

Uniform Requirements

- Dress Blues
 - Dress Mess
 - Army Service Uniform (Blue)
 - Formal Dress (i.e. Tuxedo, Ball Gown / Dress)
 - Army Class A Uniform (Green)
- Priority : Dress Blue (Army/ Air Formal Uniform)

SEXUAL ASSAULT AWARENESS MONTH CLOTHING DRIVE

APRIL 2012

When survivors of sexual assault undergo a sexual assault forensic examination, their clothing may be taken as evidence. If the survivor does not bring a change of clothes, then they are given hospital scrubs for their return home.

The items collected will be donated to the D.C. Rape Crisis Center to be provided to hospitals for sexual assault survivors.

ITEMS NEEDED

Men's under wears

Women's under garments

T-Shirts

Sweatpants

Sizes of XS, S, M, L, XL

All items must be new and never worn

BIN LOCATIONS

201 AS: Bldg 1234

113 LRS: Bldg 3212

113 MXG: Bldg 3119

113 OG: Bldg 3029

113 WG/MDG/CES/CF: Bldg 2352



SARCS

Capt Natasha Taylor 857-4014

Capt Byron Coward 981-0564

VICTIM ADVOCATES

1st Lt Kalea Texeira 612-7969

MSgt Brian Tjarks 857-9316

SSgt Mia Harris 857-5119

SSgt Tamira Robeson 857-3211