



## ***Newsletter for the Louisiana National Guard Enlisted Association***

**Summer 2026**

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### **A QUICK HELLO FROM THE PRESIDENT**

#### **We're Stronger Together: Getting Ready for What's Next!**

**Hey LANGEA Family, Friends, and Supporters!**

As we head into the second half of 2026, I want to send a huge thank-you to every single one of you. Your hard work, sacrifice, and support of the Louisiana National Guard Enlisted Association make all the difference. Let's remember: we're here for one main reason—to stand up and be the voice for Louisiana's enlisted Soldiers, Airmen, retirees, and families!

We've had our hands full lately! Whether you're serving on the front lines, helping during state emergencies, supporting a loved one in uniform, or keeping our veteran and retiree communities strong, you keep showing everyone why our entire Louisiana family is the best in the country. But while you're doing your part to look out for others, LANGEA is working hard behind the scenes to back every single one of you up!

Just recently, our team went to represent Louisiana at the 55th Annual EANGUS National Conference in sunny Daytona Beach, Florida. I'm so proud of what they got done. In this issue, our Army Director has put together a great wrap-up of the trip, highlighting the big ideas and changes we're pushing for at the national level.

Remember, standing up for our rights isn't a spectator sport! The benefits we have today—and the ones we're fighting for tomorrow—only happen when members like you speak up. So, please stay active, chat with your buddies about joining, and get involved in our state association. Together, we'll make sure Louisiana's voice is too loud to ignore!

Thanks again for everything you do. Keep up the amazing work!

**Master Sergeant Erica Gomez**

*President, LANGEA*

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# THE BIG DAYTONA BEACH WRAP-UP: REPORT FROM THE ARMY DIRECTOR

## 55th EANGUS Annual Conference | Daytona Beach, Florida

July 31–August 3, 2026

**Hey there, LANGEA Members!**

I had the awesome privilege of heading down to Daytona Beach to represent all of you—our amazing Louisiana enlisted Soldiers, retirees, veterans, and military families—at the 55th Annual EANGUS National Conference.

The conference brought together enlisted association representatives from across the nation to discuss issues affecting the National Guard, consider proposed resolutions, engage senior leaders, conduct association business, and establish priorities for future legislative advocacy.

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## GOOD NEWS: IDEAS ON THE MOVE!

I spent a lot of time in the resolutions meetings, looking over ideas that could help with our benefits, training, healthcare, school, retirement, and family support.

Here's a quick look at the ideas that got the green light to move forward:

- **Support for Our Relief Foundation:** Officially recognizing the National Guard Relief Foundation so it gets the backing it deserves.
- **Help for Spouses:** Opening up MyCAA benefits to spouses of Title 32 AGR members. (We've got to look out for our families!)
- **Mind Matters:** Keeping the funding going for Army Guard psychological-health programs.
- **A Helping Hand:** Better access to substance-abuse treatment for our traditional Guard members.
- **Resting Easy:** Making sure qualifying Guard members and their families can be buried in national cemeteries.
- **Paycheck Protection:** Keeping Guard training and pay safe and sound, even if the government shuts down.

- **Simpler Rules:** Cleaning up the messy, confusing duty-status system so it's easier for everyone.
- **Gym Perks:** Getting money back for gym memberships (thanks to a successful last-minute tweak!).
- **No More Waiting on Paperwork:** Setting up a standard, speedy timeline for getting your DD Form 214.

*Quick heads-up: Just because these ideas cleared this first hurdle doesn't mean they're law just yet! It just means EANGUS now has the green light to go to bat for them in Washington.*

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## WHAT WE'RE FIGHTING FOR NEXT

The conference also spotlighted a few major goals we're pushing for that could make life a lot better for Louisiana Guard families:

- Making sure the National Guard Relief Foundation is officially recognized.
- Keeping a close eye on any changes to our full-time support and technician jobs.
- Pushing hard for the Major Richard Star Act to help our combat-injured retirees.
- Making sure the Guard gets the exact same GI Bill benefits for the same service.
- Better TRICARE healthcare options and more mental health support.
- More resources, school options, and job help for military spouses and families.

We've definitely got our work cut out for us! We'll be working closely with Congress, the military, and other states to keep pushing these issues forward all year long.

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## LEARNING AND MAKING CONNECTIONS

It wasn't all business! I spent a ton of time hanging out in Army-specific meetings, Area IV get-togethers, and panel discussions with top enlisted leaders.

It was an incredible chance to swap stories with other states, see how they're helping their members, and bring some great new ideas back home to make LANGEA even stronger.

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## WHAT'S IN IT FOR YOU?

At the end of the day, my main job is to make sure your voice is heard loud and clear, both here at home and up in Washington.

Our trip to the conference helped us deliver on these promises:

| How We Help                 | The Friendly Breakdown                                                                         |
|-----------------------------|------------------------------------------------------------------------------------------------|
| <b>Showing Up</b>           | We made sure Louisiana's enlisted Soldiers had a seat at the table.                            |
| <b>Going to Bat for You</b> | We pushed your everyday struggles and needs right to the top of the priority list.             |
| <b>Staying in the Loop</b>  | We're bringing back great info to share and make our next push even stronger.                  |
| <b>Making Friends</b>       | We built stronger relationships with national leaders and other states to boost our influence. |
| <b>Keeping Promises</b>     | I'll keep a close eye on these bills and let you know whenever things move.                    |

The national conference is over, but our work is just getting started. I'm excited to keep working with the LANGEA team, our members, and EANGUS to spot problems, share information, and fight for policies that help our entire Louisiana Guard community.

Thanks again for trusting me to represent you!

**Sincerely,**

**Sergeant First Class Greg Cawthorn**

*Army Director, LANGEA*

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## A WIN FOR YOUR WALLET: STATE AUTO INSURANCE DISCOUNT GETS AN UPGRADE!

Less Paperwork, More Savings for Our Louisiana Heroes

We've got some fantastic news that directly affects your pocketbook! You might remember back in 2023 when LANGEA helped push a major state policy into law, securing a **25 percent discount on auto insurance** for Louisiana military members.

Well, thanks to some recent updates from the Louisiana Department of Insurance, this benefit just got a whole lot better and much easier to keep!

### What's New?

Previously, you had to jump through hoops and reapply for this discount every single year. Not anymore! Under the newly upgraded rules, **you only have to apply once**. No more annual paperwork headaches just to keep the savings you've earned.

### How to Claim Your 25% Discount:

If you haven't signed up yet, or need to submit your one-time application under the new rules, the process is simple:

1. **Grab the Form:** Download the official Louisiana Application Form for Military Discount (available online through the Louisiana Department of Insurance).
2. **Fill It Out:** Complete and sign the form.
3. **Submit It:** Send the completed form along with your required eligibility documentation (listed directly on the form) straight to your auto insurance agent or insurance company.

This is exactly why LANGEA exists—translating your service into real-world relief for you and your family. Less hassle, more cash in your pocket!

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# LANGEA INFORMATION & RESOURCES

## Why You Should Stick With Us

We're way stronger when we stick together! LANGEA is 100% committed to fighting for the pay, benefits, and quality of life you deserve.

- **Spread the Word:** Pass this newsletter along to other Soldiers and Airmen in your unit!
- **Get Stuck In:** Don't be a stranger! Join a committee, come to a meeting, or pitch your ideas for next year's conference.
- **Keep in Touch:** Update your email address so you never miss out on important updates or local events.



Executive Board



Executive Board & Professional Development