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192d Fighter Wing
Virginia Air National Guard - Richmond IAP - Sandston, VA

ORI '98: Superb performance; great teamwork across board!

The bag has been unpacked, the laundry is done and the Operational Readiness Inspection is already becoming a distant memory.

However, each one of us should carry a sense of pride in our accomplishments from that short, but intense week. The Wing did an excellent job—starting even before the IG team arrived on April 16 and continuing through the final loads of troops and equipment arriving home safely April 28. But, for most unit members a sense of exhilaration, or at least relief, ran through them about 5:30 p.m. Thursday, April 23, when Wing Commander, Col Bob Seifert, declared an end to the war and complete victory over the “enemy.”

A near-full-house crowd showed up at Groves High School, Garden City, Ga., for the IG Out Brief on Saturday, April 25. BGen Terry Maynard, deputy adjutant general for air, and Col Bill Jones, VaANG chief of staff, flew into Savannah that morning for the out brief. There was some disappointment as the IG's computer system failed and the troops weren't given the expected sound & slide pre-show. But, the results were stunning—everything from loading bombs to making breakfast—received high ratings and glowing comments from the inspectors. We performed our mission exceptionally well and rated equally high on our

ability to survive and operate in a war environment.

The unit scored high across the board and performed superbly, and in the words of LtCol Greg Renko, 9th Air Force Inspector General, “Your spirit and hard work were fantastic. Your enthusiasm and go-for-it attitude can't be beat. I am proud to notify my superiors that the 192d is ready to be sent anywhere, anytime in defense of our nation.”

In addition to the consistently high ratings, the Wing earned three Best Practices citations, and 18 teams (totaling more than 220 people), and 24 individuals were recognized for superior performances.

Afterward, LtCol Johnny O. Haikey, 192d Logistics Group commander said, “The teamwork was great; I've never seen it this strong. It was a great feeling; everyone should be very proud of what we did. We tackled everything the inspectors threw at us.”

The Wing won the war on several fronts, starting with a great rapid runway repair job and qualification time by the 192d Civil Engineer team at the end of February. The unit's Security Forces Squadron excelled in its round-the-clock ground combat exercise at Ft. Pickett at the same time the rest of the unit was in Savannah.

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Commander's Call

Thank you for hard work; bring family to ORI celebration

It is time to say thanks for the hard work that went into our successful ORI. The out brief and written report is proof of the superior performance of the unit. We put a lot of time and effort into this inspection. Much time was spent in chem gear and many hours were spent planning and practicing. For a lot of you the personal hardship of leaving family and/or getting off from the job or school was significant. I know many of you missed exams and juggled work schedules that required makeup. It was truly appreciated.

The effort was worth it. This was without a doubt one of the finest performances in the unit's history. Out of 169 graded areas there were

neither unsatisfactory nor marginal grades. As a matter of fact, 95% of our grades were excellent or outstanding! That is a remarkable fact and one you can be proud of. All areas performed superbly and attitudes were the best! It was a huge effort and it was worth it.

On Sunday afternoon of the June drill we will have a family day/recognition event to celebrate our success. Plan on being there. You deserve the recognition and your family deserves to see where you spend so much time!

Col. Robert O. "Bob" Seifert

Wing prepares for Maple Flag

Nearly 80 Wing members will head to Canada in just a few short weeks to participate in an upcoming Maple Flag exercise.

Maple Flag is a multi-national training exercise designed to give pilots broad-based, realistic training, complete with adversaries and a variety of targets. And adversary is the part the 192d will play this year. As "Red Air" aggressors, it will be the 192d's job to replicate Soviet tactics and weapons strategies.

LtCol Johnny O. Haikey, Logistics Gp commander, will serve as detachment commander and Capt Scott Croxton, 149th Fighter Sqn training officer, will be project officer for the deployment.

Individuals going on this deployment will process during the May drill. Processing information will be sent to shop supervisors with people going on this deployment.

The contingent will leave Richmond on May 30 and is scheduled to return home around June 13. The two-week exercise is conducted at Cold Lake, Alberta.

Medical Sdn seeks First Sgt applicants for vacancy

The 192d Medical Sq is seeking applications from any VaANG member eligible to apply for the squadron's first sergeant vacancy.

The application deadline has been extended through close of business Sunday of the May drill. Anyone wanting more information or wishing to apply for the position may call SMSgt Mary Gamache at (804)236-6307.

Anyone who still needs to fill out a travel voucher for the ORI in Savannah is asked to stop by Finance during the May drill to complete the necessary paperwork.

Local skies abuzz with F-16s, 15s

The skies were abuzz with activity during the March drill weekend as our F-16s pitted their war-fighting skills against a team of F-15s from Langley AFB.

With the 192d Fighter Wing's Operational Readiness Inspection (then) fast approaching, F-15s from the 71st Fighter Squadron flew in to help the 192d with Dissimilar Aircraft Combat Tactics (DACT) training.

Several times over the March 14-15 weekend, the F-15s took to the skies as the "bad guys" to fly against the 192d's F-16s.

The two units fly together regularly. According to Maj. Craig "Soup" Campbell, 149th Fighter Squadron weapons officer, but the March training was geared specifically toward the ORI. "The training gave us a great opportunity to gear up for our ORI, April 18-25 in Savannah, Ga.

"The F-15s helped us simulate war conditions," Campbell explained, "by flying as the aggressor force." A total of 24 sorties were flown during the drill weekend. During each mission a cell of four F-16s did battle against four F-15s for intense air-to-air and air-to-ground training. An additional 16 sorties were flown on Fri., March 13—eight flown out of Langley and

eight out of Richmond.

According to Capt. Ron Banks, 71st Operations Squadron A Flight commander, the training was an awesome opportunity for DACT. "We don't get enough of this type of training," he said. "We were able to help the 192d prepare for their ORI, and we got to do what we do best. It was great training to fly four F-15s against four F-16s. That's the number we'd have (for a mission) if we went to war. During training it's usually two versus two.

"We accomplished what we set out to do," Captain Banks continued. "The jets were good to fly and the weather was great. On top of that, I must commend the F-16 unit. They are the most professional team we've seen in a long time—active duty or guard. It was an honor to fly with them."

Major Campbell concluded saying, "With Langley's support we built our scenarios to be even more difficult than the ORI, to ensure we are ready. The training was a total success. Everyone involved in the DACT training did a great job and we're ready for our ORI!"

by Senior Amn. Ann Martin
192nd FW public affairs

Base plans graduation ceremony

Six earn CCAF degrees

The latest class of Community College of the Air Force graduates included six members of the Virginia Air National Guard.

The six airmen completed the requirements to earn their associate's degrees during the last semester. A graduation ceremony is set for Sunday morning, May 17; the time and location will be announced at the Saturday morning staff meeting.

Congratulations go out to the following

individuals: TSgt Joshua L. Costen, associate's degree in Logistics; SSgt Robert B. Russin, associate's degree in Financial Management; SSgt Christopher P. Fleischer, associate's degree in Aircraft Systems Maintenance Technology; SSgt Ronald W. Gray, associate's degree in Avionics Systems Technology; SSgt Tonya L. King, associate's degree in Paralegal and SSgt Erland C. Cline (who recently retired from the Medical Sq).

Association honors top airmen

The Virginia Army/Air National Guard Enlisted Association annual conference was held in Roanoke, Va., March 27-29. Important matters concerning all Guard members were discussed.

The Enlisted Association has lobbied hard for two pieces of legislation in our state government. HB680 is a bill asking to increase the Guard state tax deduction to cover \$15,000 in Guard income for all Guard members. This bill has passed the House and is now in the Senate where it may be attached to the appropriation bill. The other bill requests reduced-price license tags for Guard retirees; it won't pass this year.

The Enlisted Association recognized the VaANG's three outstanding airmen of the year at its Saturday night banquet. SMSgt James Regan (Senior NCO of the Year for '97), Maintenance Sq, was awarded the Virginia Bronze Star; SSgt Melvin Washington (NCO of the Year for '97) and SrA William Creeden (Airman of the Year

for '97), Aircraft Generation Sq, were awarded the Virginia Commendation Medal by MajGen Carroll Thackston, Virginia's adjutant general.

The Enlisted Association awarded Creeden a \$1,000 scholarship. They also awarded a \$1,000 scholarship to SMSgt Kenneth Whitlock's daughter.

The Enlisted Association needs every enlisted Guard member. Our state representatives always want to know how many members are in a lobby group. The VaANGEA presently has more than 1,200 members—mostly from the Army Guard. They can use your help and support—join today. For E-1 through E-4 it only costs \$20 per year. SMSgt Mike Duke is our area representative. He can be reached at ext. 6310 or you may call me at ext. 6510 during Unit Training Assembly.

by CMSgt Ray Bassetti

VaANG Senior Enlisted Advisor

Weather Flt joins Army in field

With less than 24 hours notice, a team from the 200th Weather Flight found itself deployed in support of a Virginia Army Guard field training exercise (FTX) during the April drill weekend.

Seven weather specialists, led by Maj Robert E. "Chuck" Wallace deployed to Ft. A.P. Hill in heavy rains, high winds and saturated ground to support the 1-158 Air Cavalry and the 2/224 Aviation Battalion. Both are helicopter units; the Air Cav operates HH-1 gunships and the aviation battalion flies UH-60 troop carriers.

The two Army Guard elements called the weather flight around noon Fri., April 3, requesting weather support. A quick assessment of personnel and equipment on the part of full- and part-time weather flight staff determined they could support the FTX. That afternoon was a flurry of preparation, and by 7 the next morning

everything was ready and the preliminary forecast for the weekend had been completed. The team got to A.P. Hill around 10:30 a.m. and within 30 minutes had established communication links and disseminated the forecasts to both teams. The team's assessments were very accurate. Their forecast missed that afternoon's actual rain-stop-time by 5 minutes!

To make the best use of their time while in the field, the team practiced tactical night-driving techniques that evening. Sunday brought in new weather information; forecasts were completed and disseminated and the unit packed up and bugged out, all by 9 a.m.

"Our customers were delighted and our weather team got a great training experience," said MSgt Steve Gamache, full-time weather staff.

Encouraging positive change & diversity

Barnette takes on new wing job

Last year as the 192d Fighter Wing was in the final countdown to its 50th anniversary celebration, a new wing staff position was filled—a job designed to encourage change and diversity within the unit.

The position is called the Wing Human Resources Force Management NCO and MSgt Robert N. Barnette Jr, then Support Group first sergeant, was picked for the job.

Since then he's attended the HRFMCO technical training school, moved into his new office and started tackling the job.

Barnette describes his job as enhancing the unit by encouraging positive change and diversity. "We're looking passed the equal opportunity program and affirmative action. The goal of the job is to help make the unit more broad based—diverse. I'm here to help the commander

with these issues, and to ensure all Guard members are treated fairly. Since the Guard is a microcosm of our community, we need to mirror that community," he explained.

"This program is inclusive. Its intent is to create within Guard units an environment where people's differences are valued," Barnette continued, "which can be a challenge in the military. We can make the unit stronger by including people of many races, nationalities and religious and cultural backgrounds. We also

look at gender, age and academic backgrounds. As we learn to value each other's differences, we can use that to our advantage. Our differences can enhance our ability to handle new and complex problems. Diversity offers us a chance

to look at a problem or issue from many sides, which can make us a better, more effective team."

Initial areas Barnette will focus on include: assisting the recruiters, developing pro-active relationships with large civilian employers in the area, developing mentoring opportunities for enlisted members, and enhancing recognition programs (for unit members and supportive civilian employers).

Barnette said his stint as Support Group first sergeant was a good primer for the Human Resources Force Management NCO job,

but this job is much broader in scope. He still finds listening to people very important, but instead of dealing with day-to-day concerns, now he finds himself looking at larger, long-range issues. His new office is rm. 31A in the Wing Headquarters building (enter through rm. 30 and turn left) or call ext. 6762.

The noncommissioned officer works with wing leadership, various base councils and his counterpart at the State Headquarters, CMSgt Ed Shaw.



Murphy earns top MPF title



She was just doing her job, but folks in the 192d Military Personnel Flight felt MSgt Valerie Murphy went the extra mile. They honored her recently by naming her their MPF Member of the Year for 1997.

As part of winning the award, Murphy received a reserved parking place for a year and the satisfaction of a job well done. When describing her award, the Fredericksburg, Va., native said, "I just do my job to the best of my ability. I'm happy my hard work has been appreciated."

The Noncommissioned Officer in Charge of Personnel Employment, Relocation and Readiness has been a full-time Air Guard

Reservist for almost 17 years. She spent several years in personnel at the State Headquarters, and for the last five years has called the 192d FW home.

"I've grown up a lot here and learned quite a bit from the people in this unit on how to be a better person," she said. "I take pride in what I do. I always strive to give 110 percent in everything I do."

According to Capt David Biggs, chief of MPF Customer Service branch and a members of the award's selection committee, Sergeant Murphy has gone above and beyond the knowledge of her job and everyone else's job, too. "She's a very dynamic person and very deserving of this award."

LtCol Rick Turner Jr., director of Personnel, added, "Sergeant Murphy projects a very positive image with a can-do attitude. She's very quick to respond to customer needs and is a very conscientious worker."

When not busy at work, Murphy spends time at her Sandston home with husband Bill, who is a retired chief master sergeant. She has one son and three stepsons. The military is a way of life for the Murphy family and her 19-year-old son recently enlisted in the Air Force.

The enthusiastic and energetic sergeant also spends some of her free time playing golf. She enjoys doing aerobics and also lifts weights.

As far as her future goals on the job, she strives to continue making her supervisors look good, and aspires to be a better supervisor herself. With the MPF Member of the Year award under her belt, she may be well on her way!

by SrA Ann M. Martin
192d FW public affairs

Leaving soon for Readiness Center tour

Udriet receives Volunteer Medal

SMSgt Charlie W. Udriet III was the first member of the Virginia National Guard to earn a new Department of Defense award—the Military Outstanding Volunteer Medal.

It is awarded to military members who perform sustained volunteer service, which reflects favorably upon the military and civilian community.

Udriet, state recruiting and retention superintendent, earned the award for his long-time volunteer work as a deputy reserve sheriff for Henrico County. The senior noncommissioned officer has been a reserve sheriff since 1985. He helps the regular patrol force and performs special assignments including special-event traffic control, school visits and handling traffic stoppages. "The deputy reserve sheriffs keep the full time force from getting tied up. I act as an extra set of eyes and ears on the road," Udriet explains. He is a sworn officer, wears the uniform when on duty and has to maintain the necessary state certification and training. "It's a lot like

being in the military," Udriet said.

"Receiving this award means a great deal to me," he added. "It is fantastic to have DoD acknowledge your volunteer work and show appreciation for what individuals are doing for their unit and community." The DoD award was created in 1993.

Editor's note: After spending 28 years with the Virginia Air Guard, Udriet will start working for the National Guard Readiness Center on May 18. He will serve a 48-month, 13-day tour as the new chief of Retention Operations. He thanks everyone in the VaANG for their support over the years and reassures us he will be back to visit. "I've worked with the best people in the Air Guard here. My home will always be here. I take a lot with me because you've given me so much," he said. He asks everyone to support the entire VaANG recruiting staff as it goes through the biggest transition it has faced in 20 years. Information about recruiting staff changes will be in future issues of the Vanguard.



Two major events observed



MSgt Karl Mercer, 203d first sergeant, holds the unit guidon as BrigGen Terry Maynard, deputy adjutant general for air, oversees the 203d Red Horse

Flight Change of Command from LtCol William A. Prosise Jr, to LtCol Thomas J. Turlip (far right). Chaplain (LtCol) James Knuth looks on.

Unit dedicates new Vehicle Maintenance Complex...

Despite cold temperatures, rain and cutting winds, the 203d Red Horse Flight (at the State Military Reservation in Virginia Beach) was a hub of activity Sat., April 4.

The unit observed two major events that morning: the dedication of its new Vehicle Maintenance Complex and the first change-of-command in its 13-year history.

The facility dedication kicked off the morning with the Adjutant General of Virginia, MajGen Carroll Thackston; Deputy Adjutant General for Air, BrigGen Terry Maynard; a number of invited guests and unit members in attendance. Weather forced the event in-doors—into one of the vehicle maintenance bays in the new building.

The ceremony culminated seven years of construction activities—providing the unit with all

new facilities. When the 203d was federalized in 1985, it was issued 10 World War II era buildings scattered across the SMR. They required a great deal of renovation work just to make them habitable, but they served as home for the unit until new facilities were built to replace them. Ground was broken for the start of new facilities in 1991. First came new headquarters and supply buildings—completed in 1992. Site improvements including water, electric, sewer systems and roadwork were also added that year. A new engineering and storage facility followed in 1996.

Dedication of the Vehicle Maintenance Complex marked the completion of construction activities. The \$2.2 million facility, designed by Krummell & Associates and built by Curtex Construction Corp., was completed at the end of 1997. The new complex houses 77 personnel and equipment for two shops: the Vehicle Maintenance section which is responsible for maintaining both

at 203d RHF over April drill

light and heavy equipment, and the Air Fields flight, which performs heavy horizontal construction.

"This facility is a real step up from our former buildings," said MSgt Rodney VanMeter, Vehicle Maintenance supervisor. "We are very grateful for the new maintenance complex." The facility replaces two WWII buildings, and features many conveniences and state-of-the-art vehicle repair capabilities, including: classrooms, exercise/weight room, kitchenette, vehicle lifts and an overhead crane, an exhaust system for running vehicles in the maintenance bay, a paint booth, washrack, battery room and equipment storage areas.

"It is a real showplace," said SMSgt Gerald DeVault, NCOIC Air Fields flight. "Having such a great place to come to really enhances morale and gives us more pride in who we are and what we do."

...Conducts first change of command in history of unit

The change of command ceremony began shortly after the dedication. As the 203d Red Horse Flight conducted the first change of command in its 13-years of existence, it celebrated the accomplishments of its past and embraced the challenges of the future.

A standing-room only crowd of senior military leadership, special guests and unit members flooded the unit's auditorium for the official ceremony. After posting the Colors, Chaplain (LtCol) James A. Knuth said the invocation. General Maynard presented outgoing commander, LtCol William A. Prosisie Jr, the Air Force Meritorious Service Medal (his first Oak Leaf Cluster). Then the official change of command took place with the passing of the unit's guidon from Colonel Prosisie to the new commander, LtCol Thomas J. Turlip.

Prosisie described his job for the last 13 years as keeping everyone in the unit walking between the white lines—keeping everyone focused on what is at

the end of the road." As he steps down from command at the 203d and prepares for his new duties at the State Headquarters, he said, "The 203d is full of great people who made my job much easier. I'm going to miss this, but change is necessary to keep people motivated. Change energizes us and allows us to focus on new visions... I will always carry with me the contentment as a former commander—watching an outstanding unit do its job. I've been blessed many times in life, but my time with the 203d ranks at the top.

"The success of the 203d is due to the unit's excellence in homework, legwork and teamwork, and the outstanding legacy we've developed over the years is not the end but just the beginning," Prosisie concluded.

General Maynard thanked Prosisie for accepting the challenge to develop a world class organization. To Turlip he said, "You've got big shoes to fill, but we know you'll do well. You can't fail with the great people you have here."

General Thackston added to the accolades saying, "It is remarkable how far the unit has come in 13 years. We in Richmond are very proud of the 203d and we thank you for all the outstanding work you've done. You've left your mark all around the world and here at home."

Editor's note: An article introducing Col Turlip will run in next month's Vanguard.



Gen. Rose retires with 35 years service to VaANG

After 35 years of service to country, commonwealth and community, BrigGen Wilbur E. "Bill" Rose retired in December 1997. He served as the state deputy adjutant general for air for the past six years.

He joined the Virginia Air National Guard in February 1963 and was commissioned a second lieutenant in July of that year. He finished basic pilot training in September 1965 at Reese AFB, Texas, and graduated from F-100 flight training at Luke AFB, Ariz., in May 1966 at which time he returned to the 192d Fighter Group.

General Rose served in a variety of positions within the 192d, including: air operations officer, chief of command post, group plans officer and deputy commander for operations. He was the 192d Fighter Group commander from April 1989 until April 1992, when he was appointed deputy adjutant general for air—the highest Air Guard billet in the state. He was promoted to brigadier general March 11, 1993.

The general was a command pilot with more than 3,000 hours in the F-84, F-105 and A-7. Over the years he received a number of awards including the Meritorious Service Medal with 1 device and the Air Force Commendation Medal with 1 device. During his retirement ceremony he was awarded the VaANG Legion of Merit and received a state promotion to major general.

General Rose was applauded by Virginia Air Guard members of every rank and title. He was hailed for always working to ensure the best for his people, and for being a master at planning and looking ahead. "Much of what we have and enjoy today is due to his efforts," remarked BrigGen Terry Maynard, the current deputy AG for air. "We thank him as he strolls into the sunshine for a well-deserved retirement."



Upon his retirement, General Rose was promoted to major general in the Virginia state militia. He was pinned by his son, Michael, and daughter, Cathryn, during his December retirement ceremony.

General Rose's wife, Jane, and their children Michael and Cathryn attended the retirement ceremony and reception. Rose thanked them for their support and acknowledged all the sacrifices they made over the years, "It went beyond missed birthdays, anniversaries and school programs," he said. "We developed our own corollary to Murphy's Law. Ours was Mrs. Murphy's Law and it said: Anything that can go wrong will go wrong when Mr. Murphy is gone."

To fellow Air Guard members he said, "I joined the unit as a cook in the mess hall. I've had

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General Rose and his wife, Jane, and their son and daughter, Michael and Cathryn, greet guests at the reception after the general's retirement ceremony. Maj Debra Wesley, 200th

Weather Flt commander, and CMSgt Ray Bassetti, new state senior enlisted advisor, talk with the Rose family. Photos by Combat Visual Information Staff.

Gen. Rose retires...

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a great time over the last 35 years. It has been an honor being a member of the Virginia Air Guard. I feel privileged to have been a part of this great unit.

"The highlight of my career was working with so many great people—that's what makes a unit and great people like you make a great unit. Always maintain your positive attitude and high performance; they will take you far," he concluded.

CE member wins civilian job award

A member of the 192d Civil Engineer Squadron recently won a national-level award for excellence in his civilian job.

Superintendent Jeffery W. Frazier has been recognized by the American Jail Association as their Correctional Administrator of the Year for 1998. Frazier is a Certified Jail Manager (CJM) of the Northern Neck Regional Jail, Warsaw, Va.

The American Jail Association, representing more than 3,400 jails across the country, presented the prestigious award to Frazier at the end of April, during the association's annual training conference & exposition in Cincinnati, Ohio.

Frazier is the fifth Regional Jail Superintendent from Virginia, over the past six years, to receive this award. When asked how he feels about receiving this award, Frazier said it was his staff who really deserved the recognition. He said winning such an award would not have been possible without the support, cooperation and effort of the people who work for him, the Northern Neck Regional Jail Board, the governing bodies and the citizens that he serves.

In the Virginia Air National Guard, TSgt Frazier serves as a heavy equipment operator assigned to the 192d Civil Engineer Sq.

May marks Stroke Awareness Month

Know risk factors, symptoms

May is Stroke Awareness Month. Following is information explaining what a stroke is, risk factors, warning signs and symptoms and statistics about strokes.

What causes a stroke or brain attack?

Stroke is a cardiovascular disease that affects the blood vessels supplying blood to the brain. It is also called a brain attack.

A brain attack occurs when a blood vessel bringing oxygen and nutrients to the brain bursts or is clogged by a blood clot or some other particle. Because of this rupture or blockage, part of the brain doesn't get the flow of blood it needs. Deprived of oxygen, nerve cells can't function; the part of the body controlled by these cells can't function either. The devastating effects of stroke are often permanent because dead brain cells aren't replaced.

Risk Factors

Those which can be treated or controlled:

--High blood pressure—the most important controllable risk factor for brain attack.

--Heart disease—after high blood pressure, it is the most important risk factor.

--Cigarette smoking—causes damage to the cardiovascular system in many ways.

--Transient Ischemic Attacks (TIAs) are strong predictors of stroke.

--High red blood cell count—even a moderate increase thickens the blood, making clots more likely.

Those risk factors which can't be changed:

--Age—the chance of stroke more than doubles for each decade beyond age 55.

--Male sex—overall, men have a 19 percent greater chance of stroke, especially for those under age 65.

--Race—African-Americans have a much higher risk of death and disability other races.

--Diabetes mellitus—an independent risk factor for stroke, is also strongly correlated with high blood pressure.

--Prior stroke—the risk of a recurrence is greater than for someone who's never had a stroke.

--Heredity—the risk is greater for those who have a family history of stroke.

Warning signs and symptoms

--Sudden weakness or numbness of the face, arm or leg on one side of the body.

--Sudden dimness or loss of vision, particularly in one eye.

--Loss of speech, or trouble talking or understanding speech.

--Unexplained dizziness, unsteadiness or sudden falls, especially along with any of the previous symptoms.

Stroke statistics

--Nearly 3,890,000 stroke survivors are alive today.

--Estimates are that stroke accounts for half of all patients hospitalized for acute neurological disease.

--Twenty-eight percent of annual brain attack victims are under age 65.

--From 1984—1994 the death rate from stroke declined 19.8 percent.

--During 1993, females comprised 60.7 percent of stroke fatalities.

--The 1993 death rates for stroke victims were: 26.8% for white males and 52.% for black males; and 22.7% for white females and 39.9% for black females.

--Nearly 500,000 people suffer a new or recurrent brain attack each year (based on the Framingham Heart Study).

by SSgt Tyrelle Rogers , 192d Medical Sq, Health Promotions program

News you can use...

CAC meets during May drill

The commander's Advisory Council will meet in the Wing Headquarters Conference room on Sat., May 16. The time will be announced at the Saturday staff meeting. Council members are required to attend. Anyone with questions may contact Maj Darrick Seale, Social Actions, ext. 6582.

Women's Council to gather

The VaANG Women's Council meets at 2 p.m. Sat., May 16. The location will be announced at the Saturday staff meeting. All representatives are asked to attend. If you have questions about the meeting or the women's council, call MSgt Brenda Kirby, base chapel, ext. 6387.

Get ready for annual aerobics

All Virginia Air Guard members are reminded that it's time to prepare for the 1.5 mile run or 3 mile walk to meet annual aerobics test requirements. Most duty sections schedule aerobics tests for the June drill. Check with your supervisor, or Orderly Room staff, to find out when you are scheduled for testing. Orderly Rooms also have time charts indicating time limits (by age) for both the walk and run tests. Be sure to have your running gear ready!

Make last minute donations

Anyone wishing to make a last minute donation to the Air Force Assistance Fund (AFAF) and/or the Virginia National Guard Foundation may do so by contacting Capt David Biggs, fund drive project officer, in the Military Personnel Flight (MPF) or by calling him at ext. 6589.

The deadline for donating to these worthy charitable assistance programs is close of business Sun., May 17. Donations may be made by cash, check or payroll deduction and all donations are tax deductible. You may specify which agency your contribution will go to.

Please make a "Commitment to Caring."

Donations help Guard members and widowed Air Force spouses during times of crisis and hardship.

Support YES drill competition

Come out and watch the drill competition Saturday afternoon and support the Richmond middle school students.

The Richmond Public School system Youth Experiencing Success (YES!) students will be performing drill maneuvers and competing for top marching honors during a competition on base. It will be held outdoors; however, if the weather is bad it will be held in the maintenance hangar. More information about the event will be available at the Saturday staff meeting.

Call CE for all pest control

Insect season is upon us, and with no notice you may find pesky creatures invading your space. If you notice any insect infestations in your office or work section, call civil engineering. Only certified personnel may spray or use pesticides on base—this includes store-bought pesticides. Call CE if you need to have an insect problem handled.

Watch out for phone scams

Earlier this year, a seaman station at Norfolk Naval Air Station received a phone call from someone saying he was an AT&T service technician. The alleged technician said he was testing the phone lines, and to complete the test he needed the seaman to press two numbers on the keypad, the pound sign (#), then hang up.

Luckily, the seaman was suspicious and refused to do this. After contacting the phone company, it was discovered that, had the requested numbers been pressed, the caller would have gained access to the seaman's telephone line, allowing the caller to place long distance calls on the seaman's phone bill.

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More news you can use...

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This scam is believed to have originated from local jails or prisons. If you get a phone call like this one, hang up, go to another phone line and call your phone company. (Langley AFB legal center)

Health monitors meet Sunday

The 192d Fighter Wing Health Promotions program will go through a series of changes, starting this month, according to SSgt Tyrelle Rogers, Health Promotions program NCOIC.

Changes in the program are designed to create a more health-conscious Air National Guard. Unit Health Monitors will meet Sun., May 17 at 2 p.m. in the base Dining Facility. Rogers said, "Remember, it's not how much you know or don't know that makes the difference, but how much you are willing to learn and share with others."

CCAF wants your thoughts

The Community College of the Air Force is asking members of the ANG to submit agenda

items for the upcoming Education Services Advisory Panel (ESAP) meeting scheduled for August. The panel provides an interface between CCAF and the education services field by providing a vehicle for communication to better serve the mutual interests of students and the ANG.

The panel consists of 21 members from the Air Force, Air National Guard and Air Force Reserve. ANG has two seats on the panel, currently held by the 192d Fighter Wing's Education Manager, TSgt Tony White, and SMSgt Lynn Rhyne from the North Carolina ANG.

"I'm asking members of the VaANG to think about the CCAF and educational concerns you feel should be brought to the attention of the panel," White said. "Please contact me before May 29 with questions, comments, problems or issues that you feel the panel should address." White may be reached by e-mail, mail, base distribution or phone. For more information about the Education Services Advisory Panel, call White at (804)236-6436.



On the menu...

Saturday May 16	Sunday May 17
Roast Beef	Hamburgers
Grilled Chicken Breast	Cheeseburgers
Steamed Rice	Hot Dogs
Mashed Potatoes	Baked Beans
Brown Gravy	Macaroni Salad
Peas	Yellow Cake
Brownies	
Salad Bar	
Short Order Bar	

ORI '98...

Continued from page 1

Security Forces successfully repelled repeated enemy attacks against their air base—in bitter weather and driving rain.

At the end of the Out Brief, Col Seifert said, "This is the finest team in the Air National Guard. I couldn't be more proud of the team effort; it was a class act. We've shown the Air Force that we can go anywhere in the world and fight and win. As a team there is no challenge we can't meet.

"I thank each of you for the hard work and dedication you've given over the past several months and especially over the last few weeks.

We've done a great job, and as a team we have much to be proud of. An ORI can be a defining moment in a unit's history; it can dramatically affect a unit and its future. People will remember what we did here over these few days, and we did some great things. It is a fantastic feeling to be on this team with each of you. I couldn't be more proud."

Col Seifert and the entire 192d Fighter Wing thanks the State Headquarters, the 203d Red Horse Flight and the 200th Weather Flight for the support they provided before and during the inspection. This ORI showed Team VaANG at its finest!

Clinic heads to Alpena for combat medical readiness training

More than a dozen medical staff from the 192d Medical Squadron will fly to Alpena, Mich., on June 14 for a week-long Combat Medical Readiness Training exercise.

The exercise will include medical professionals and technicians from other Guard units and will include both classroom and field work. The training is held every four years and is designed to keep medical personnel proficient on operating the Air Transportable Hospital and working in field conditions in a war-time environment.

Medical people participating in the training will spend three days in the field and complete a compass course with night navigation training and mass casualty training.

LtCol (Dr) Carmen Gonzalez-Lawless will be deployment commander. 192d medical staff will return to Richmond on June 20.




Join us for the ORI Celebration in June!

It is a Family Day picnic and ORI recognition opportunity. The event is set for Sunday, June 14, starting at noon and running throughout the afternoon. It will be held at the Dining Hall and the adjoining patio.

Picnic lunch will be provided for unit members and their families. Work sections will be open for visits.

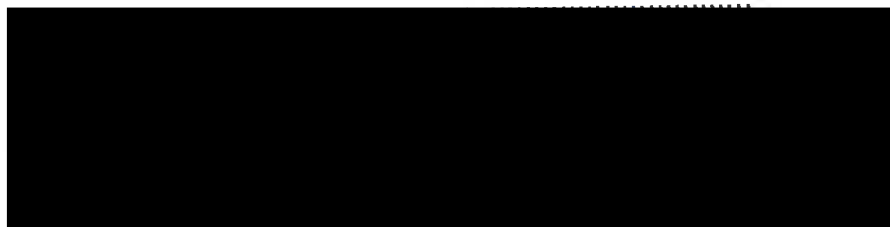
Bring your family to this special event! Don't miss it!



May 6--Nurses Day
*A special thanks to the nurses of the
 192d Medical Squadron!*
 LtCol Cynthia Brown
 Maj Patricia Murray
 Maj Shirley Douglass
 Capt Marlene Henley
 Lt Rochelle Hart
 and a special thanks to recently
 retired LtCol Joan Brumfield.
 Other important dates to remember
 this month:
 Mother's Day May 10
 Memorial Day May 25
 May is also National Bike Month!

*What's Inside
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