



VANGUARD

192d Fighter Wing

Virginia Air National Guard - Richmond IAP - Sandston, VA

MajGen Thackston retires as TAG

Virginia's Adjutant General, MajGen Carroll Thackston, retired Aug. 14.

His successor has yet to be named by Governor Gilmore.

General Thackston has served as the Commonwealth's Adjutant General since July 1, 1994. He was commissioned a second lieutenant in 1955—upon graduation from the ROTC program at the Virginia Military Institute. He served in the Army Reserve until he was called to active duty in May 1961.

The officer joined the Virginia Army National Guard in April 1963, and was assigned as detachment commander of the 1173d Transportation Company. In May 1964, he assumed command of the company. General Thackston held that position until October 1977, when he became commander of the 116th Support Battalion of the 116th Infantry Brigade.

During 1979, General Thackston returned to the state headquarters as special projects officer, state safety officer, and then as assistant chief of staff. He was promoted to chief of staff in December 1986. He served as Assistant Adjutant General for Army until June 1993, when he retired from that position.

In an open letter to all Virginia National Guard members, General Thackston wrote: "I want to thank you all for your hard work and dedication over the past four years. Your

understanding, patience and willingness to work through countless obstructions have been superb.

In both the Virginia Army and Air National Guard we are very close to 100 percent of our authorized strength...this is so important during a period of downsizing. This is remarkable...

The Virginia Army and Air National Guard continue to be leaders in many other ways too numerous to mention; however, I want each of you to know how much I appreciate your efforts.

I have thoroughly enjoyed the great associations and friendships of Guard members over the past 35 years, and I will greatly miss this. I ask that you give my successor the same cooperation and support you have given to me, as I want to see our great Virginia Guard continue to be a national leader. I am confident you will do this. I bid each of you an affectionate farewell."

LtGen Baca retires; Davis possible successor at NGB

LtGen Edward Baca, National Guard Bureau chief for the last four years, retired July 30.

Proponents of the National Guard cite Baca as "the leader for the time." They applauded him for putting and keeping the Guard in one of its highest states of readiness, and for integrating

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Commander's Call**Survey evaluates ability to work together**

During the September Unit Training Assembly (UTA) we will conduct a base-wide survey. The survey is called the Military Equal Opportunity Climate Survey (MEOCS), and consists of a 10-page booklet containing more than 100 questions. The areas to be surveyed include:

- Sexual harassment and discrimination,
- Differential command behavior toward women and minorities,
- Positive equal opportunity behaviors,
- Overt racist/sexist behaviors, and
- Reverse discrimination.

The survey is really about how we get along. Is there equal treatment for all members of the unit? Is the climate in the unit one that promotes harmony or are we working against each other?

Thoughts from the CMSgt of the AF**Leadership points to remember, practice**

Editor's note: This is the fifth part of a paper written by SMSgt of the Air Force Eric W. Benken. It is part of the chief's Back to Basics program. A complete copy of this paper can be picked up in the 192d FW Public Affairs office.

Being a leader has always been tough and always will be. You have to willingly subject yourself to public scrutiny and the scrutiny of your troops. You have to face critics who are often big on words, but who seldom have the courage to put themselves in the breach. But as the saying goes, "someone has to do it." But don't get discouraged; always take comfort in the fact that you are doing your best. Accept constructive criticism from credible sources. You also need to know that being a leader in the '90s is much different than the '80s. We are no longer a large, in-garrison force facing a Cold War adversary with few contingencies. We are

In a way, the survey is like taking a test. You will have to answer a lot of questions. The good news is we are just seeking your view of the health of the unit. I ask that you be patient, the survey will take a little time. I ask that you have an open mind, the results of this survey will be helpful. Recognize that we all have opinions and that those opinions differ and that we don't always know how others feel. Our ability to work together determines how effective we are, and how effective we are will determine our future.

When the survey is complete we will send it to the Defense Equal Opportunity Management Institute to have the results compiled. I will share the results of the survey with you.

Col. Robert O. "Bob" Seifert

a much smaller air expeditionary force, taking the fight to wherever it happens to be. We are a force on the move and we have many more challenges to face in this and coming decades. To help you step up to them, I suggest the following:

Focus on the Mission

Our mission is to fly and fight. There are things we have little control over—things that are worked by experts at the Air Staff, Defense Department or congressional level. Have faith that leadership works those issues the best they can, with the interest of the troops always the first priority. In my experience at the Pentagon thus far, I have found tremendous professionals working overtime to do the right thing for the troops. They deserve our support. Go to work everyday with your mission in mind and avoid

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Thoughts from CMSAF Benken...

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distractions and worrying over things that are beyond your control.

Communicate only Facts

Information is power. We need to put factual information into the hands of the troops. They need to know as much as we can tell them so we can avoid the rumor mill. There is a lot of misinformation that comes from the "barracks lawyers"—people who persist in spreading rumors but fail to get the facts. If you have a question, seek out the ones who are in the know. Commanders and first sergeants should be sources of information that are credible and reliable.

As an individual, practice the art of "getting the facts" and avoid passing incorrect information. There is an insatiable appetite in America for news that is controversial. Always consider the source and make judgments only after getting the facts and both sides of a story.

Encourage Innovation

People facing overwhelming challenges will always resort to innovation to overcome them. We must encourage our force to be innovative and to constantly look for new and better ways of doing their jobs. Brainstorm! Look at every task and try to figure a way of doing it better and more efficiently. Successful people and units never give in; they work even harder in the face of adversity.

Understand the Legislative Process

There are many people who believe that the Chief Master Sergeant of the Air Force or the Chief of Staff can "just order a pay raise" or "change how the GI Bill operates." These issues are legislative in nature, and while we can certainly advocate quality of life improvements, it is illegal for us to lobby Congress. Each of us must take responsibility for those issues that involve legislation. Become a member of a private

organization that can lobby legally on your behalf. (Such as the Va Army/Air National Guard Enlisted Association, the Enlisted Association of the National Guard of the U.S.—EANGUS, the Va National Guard Association, the National Guard Association of the U.S., or Air Force Association). And we must exercise our right to vote.

Apathy is unacceptable and we have absolutely no right to complain if we are not part of the democratic process. The preservation of our benefits and compensation is our responsibility.

Be an Advocate for Your Troops

As a supervisor and leader, you need to know your troops—know their needs. You are just as responsible for the troops as the commander and first sergeant. It is an inherent NCO responsibility. Be a part of the solution. Give your commander feedback when you discover something while you are out and about on the base, whether it is positive or negative.

Never Forget that We Are Military Professionals

We must avoid becoming too corporate. Comparing our profession to the private sector has little value. The profession of arms is a unique profession, one that demands much more from us than the average person. All of us have volunteered to sacrifice, and some of us will pay the ultimate sacrifice while serving our nation. The tools of our trade are complex and lethal. We must serve in an environment of trust. Our very lives depend on how each of us executes our responsibilities.

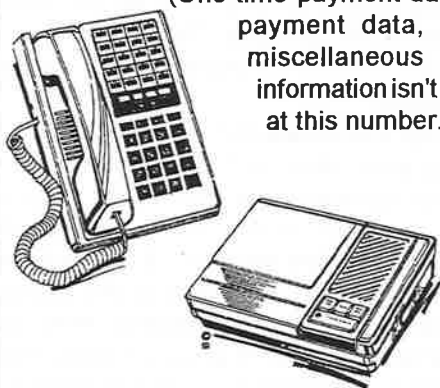
Remember, you are part of a profession with a long legacy of heroes and you walk in their shadows. To be associated with the military is to be part of the best America has to offer. When all is said and done, you will have proudly served your nation—where the bottom line was not profit, but freedom.

Hotline offers Mil Pay information

Traditional Guard members and Air Guard Reservists (AGR) have a new, automated way to get current military pay information.

Call 1-800-755-7413 for military pay information on:

- Amount of last regular paycheck.
(One-time payment data, travel payment data, or other miscellaneous payment information isn't available at this number.)



- Direct deposit and address information.
- List of allotments currently in effect (no history information).
- Current leave balance and the last leave posted to pay record.
- Debt balance information.
- Federal and state tax data.
- Reissuing of W-2s (for prior tax year only).

If you have military pay questions or concerns, have your most recent Leave & Earning Statement (LES) in hand and call your financial institution or the ANG Military Pay Hotline (1-800-755-7413).

If you still have questions or concerns, call the 192d Finance Mil Pay section at (804)236-6314 or DSN 864-6314.

AF changes AmEx card for VISA

Air Force travelers on official duty should not leave home without their Visa cards beginning Nov. 30. That's when the new Visa travel card issued by Nations Bank replaces the American Express card, ending a five-year contract.

"The change brings the Department of Defense into the 21st century with a card that has greater worldwide acceptance," said Michael Weber, program manager for the Air Force travel card program, Office of the Air Force Comptroller, Policy and Banking. Visa is accepted at six times the number of automated teller machines and by seven times as many merchants as American Express, say officials.

More than 400,000 Nations Bank Visa cards will be issued to Air Force travelers. The VaANG will start using the new card in November.

"Some of the final policies on who will get a card and the type of card each person receives are still being developed," Weber said. "We plan to have various cards available to satisfy the many needs and types of travelers."

The Visa travel card will not be a credit card in the traditional sense, cautioned Weber. "Travelers will not be able to carry a balance, and bills will be payable on receipt. As was its predecessor, the Nations Bank Visa card is strictly for official business.

"We're excited about the new contract," he said. "We listened to travelers comments and incorporated many of their suggestions into program improvements."

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New option streamlines AmEx payments

In an effort to make paying your government travel American Express bill even easier, the base Finance office and AmEx has approved the use of Split Disbursement.

What is Split Disbursement?

Split Disbursement refers to a payment option many agencies and organizations offer their Government cardholders. With Split Disbursement, you can authorize your approving Finance office to pay American Express directly for the official travel expenses charged to your government travel card.

What about out-of-pocket expenses incurred during official travel?

When you authorize Split Disbursement, any out-of-pocket expenses you incur can be reimbursed by your agency, using electronic funds transfer to a direct-deposit account which you specify.

How can Split Disbursement help?

Split Disbursement can be useful to you and

your approving Finance office. You reduce or eliminate the need to forward any personal funds to American Express. Often, you'll no longer write a personal check to pay your monthly billing statement, so your risk of being late with a Government Travel Card payment is reduced. Also, you can have any reimbursements credited to your personal bank account more quickly. Your agency will save time and administrative costs, too.

What do I have to do?

Call MSgt Paulette Burrell, base Finance, ext. 6594 with questions or for enrollment information. Once you've arranged participation, make sure you reconcile your monthly billing statement, and process any required expense vouchers promptly.

Remember, any unreimbursed or non-reimbursable expenses remain your responsibility, and you must pay American Express for them directly, as always.

New gov't travel card will be VISA...

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The most far-reaching change is an online, real-time Internet-capable point-and-click software program, known as EAGLS. It will serve agency program coordinators at the major command, base and unit level as well as card holders.

Rather than going through reams of paper at the end of the month to track a particular card holder for their commander, program managers will be able to electronically access individual accounts. They will have immediate access to all transactions and the capability for immediate, online maintenance and changes.

"For example, if a card holder's ATM limit needs to be raised or lowered, the change will be effective as soon as the base program manager

types in the information," Weber said. The manager can also limit spending by card holders with a record of card abuse and turn cards off and on electronically.

Card holders will also find many conveniences in EAGL. They can access Nations Bank newsletters, check their balance and even print out a copy of the monthly statement before it arrives in the mail.

Another convenience for travelers is safety. "Since the card is so widely accepted, travelers won't need to carry large amounts of cash," Weber said. "Even if there's not an ATM available, you can walk into any bank that accepts Visa, and they will give you cash just as if you were pulling it from an ATM."

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Total Air Force prepares for new millenium

Chief of staff Ryan explains AEF

Calling it "the next logical step" to support the warfighter and enhance the quality of life for all airmen, Air Force leaders unveiled details Aug. 4 for the expeditionary aerospace force.

Acting Secretary F. Whitten Peters and Chief of Staff Gen. Michael E. Ryan described the EAF as "a far superior way to respond to crises."

Under the expeditionary aerospace force, individual air expeditionary forces, or AEFs, would be on call or deployed up to 90 days at a time by Jan. 1, 2000. Elements would come from lead bases of "shooters," or fighter wings, supported by people and equipment from other bases both stateside and overseas.

Ryan said the overall EAF would consist of about 10 air expeditionary forces, with two on call at any given time to respond to contingency or humanitarian hot spots around the world.

The result, according to Peters and Ryan, will be a more responsive force for commanders in chief and better quality of life for all airmen who can plan for known deployments far in advance. "During the Cold War," Peters said, "the Air Force was a garrison force focused on containment and operating as wings primarily out of fixed bases in the United States, Europe and the Pacific.

"Over the last decade, we have closed many of those fixed bases, and our operations have been increasingly focused on contingency operations in which selected squadrons deploy from [these locations] to forward bare bases for the duration of the mission."

The secretary said that these units deployed on an ad hoc basis into command-and-control structures unique for each operation. This approach, Peters and Ryan agreed, has taken a toll on Air Force people during frequent, long

deployments and on airmen left at home station to fill the void. Ryan explained that the solution lies in recognizing that the many, relatively small contingencies the Air Force has supported in recent years will be the way the Air Force can expect to operate in the future. He cited last fall's rapid build up of forces in Iraq as a good demonstration of how individual AEFs, using the light, lean and lethal concept, would operate in a joint environment.

The expeditionary aerospace force concept, Peters, Ryan and other Air Force leaders decided, is the logical answer as the Air Force prepares for the 21st century. "The kind of contingencies we've been supporting are not going to go away," Ryan said. "We have a world-class Air Force, and this is a natural evolution in the way we organize, train and employ aerospace forces. We need to transition to the EAF so we can better meet the mission and take care of our airmen in the future." The chief of staff emphasized that the Air Force would continue to respond to contingencies around the world, using better scheduling of people and resources.

As the general explained, the expeditionary aerospace force, drawing on individual AEFs, "is the best use of aerospace power for the warfighting CINCs. The Air Force will do that by more efficient use of the total force — active-duty, civilian, Air National Guard and Air Force Reserve — which allows us to decrease operation tempo on our folks." The Air Force, Peters said, wants to build on the system already in place in which guardsmen and reservists pull regular temporary duty within a deployment. In the AEF, members of the reserve components can rotate to meet their normal military commitments and

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AFCS Ryan explains expeditionary plan...

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work out arrangements with their employers more than a year in advance.

The Air Force also plans to create about 5,000 positions to support deployed forces by switching authorizations from specialties less likely to deploy. Competitive sourcing and privatization, along with some headquarters reductions, will make these changes possible. The new positions would be spread across roughly 29 bases, using small manpower boosts to ease the tempo for highly stressed support forces.

Peters and Ryan talked about the key features of the EAF concept:

- Each air expeditionary force will be on call to handle contingencies for about 90 days roughly every 15 months; on average, two AEFs out of about 10 will be on call at any time.

- Units assigned to AEFs will train as they will fight. During certain periods, active, Guard and Reserve units will train together using integrated command and control provided by a lead wing plus command elements from constituent units. "Importantly, AEF units will train for deployment together in exercises such as Red Flag," Peters said.

- Deploying forces from each AEF will be specifically tailored to a contingency in support of warfighting CINCs, making the air forces lighter, leaner and more lethal than before.

The acting secretary said the men and women of the total force "will also be big winners" with the expeditionary aerospace force in place:

- It will add more predictability and stability to their lives as units deploy forward or remain on call for operations during a known 90-day window.

- All operational units will have a schedule of deployments — for training and exercises, as well as known contingency deployments — up to a year or more in advance. This will provide guardmembers, reservists and their employers

much better notice of deployments, allowing better use of those forces.

- Support forces deployed abroad, as well as those who remain at home stations, should have reduced tempo, thanks to the realignment of the 5,000 positions filled across the force.

"We have wonderful airmen who do all that we ask them to do," Ryan said, "and they've told me they deploy too often, on too little notice and work too hard when at home filling in for others deployed. So, the EAF is the right approach for our people. Above that, the EAF will provide the warfighting CINCs a superior 21st century fighting force." (Air Force News Service)

VaANG joins lunch buddy program, seeks volunteers

The 192d Fighter Wing is looking for 15-20 people willing to give one lunch hour a week to a child at a local school.

Wing Commander Col Robert Seifert is asking the base to adopt a program called Lunch Buddy. He hopes enough volunteers come forward to support the program at Seven Pines Elementary School in Sandston and at Jacob Adams Elementary School on Laburnum. He is looking at Thursday being the VaANG volunteers' visit day to those schools.

Full-time base employees, as well as traditional Guardmembers living or working in the Richmond area, are urged to volunteer for this program. "If you can't support the program every week, perhaps there is someone else in your work section that you could trade off or rotate with every other week," Col Seifert suggests. "This is an excellent program that allows us to help children in our community. We have a strong tradition of helping in the community and I hope that tradition continues to

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VaANG People in the News...

Chaplain Wilkerson joins 192d

The 192d Fighter Wing welcomes a new chaplain into its fold: Chaplain (Maj) Roosevelt Wilkerson Jr. The chaplain joined the unit earlier this year.

Chaplain Wilkerson earned his bachelor's degree from Paine College in Augusta, Ga. He earned his graduate degree from Duke Divinity School (A&T State University), N.C., and his doctoral degree in Pastoral Care and Supervision from Union Theological Seminary, N.Y.

He has served as a pastor for more than 26 years. He has ministered in Dayton, Ohio; Augusta, Ga.; and Raleigh, Cooleemee, Chapel Hill and Durham, N.C. He is currently the pastor of the Saint Luke United Church of Christ in Goldston, N.C.

His most recent Air Force Reserve assignment was at Pope AFB, N.C. Some of his past assignments have taken him to Grenada, Haiti, Panama and to Desert Shield/Desert Storm. Due to his expertise in Critical Incident Situations, he was requested by Air Combat Command to assist with response activities after a major aircraft crash at Pope AFB in 1994. He was also part of the Crisis Team deployed to Plattsburgh AFB, N.Y. in 1995.

Chaplain Wilkerson is currently the chief of religious services at the North Carolina



Department of Correction. His responsibilities include the direction and leadership of 125 chaplains who serve in correctional facilities across North Carolina. While working in this capacity, he has been selected as the state chairperson of the Health and Spiritual Healing Coalition.

In addition to Chaplain Wilkerson's military commitments, he is involved in a variety of community activities. He is married and has a daughter and a son.

by TSgt Jerome Wade, Chapel staff

Lunch buddy program...

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grow and spread. The public becomes more aware of us as a community and national asset and recruiting can benefit, too." The program at Jacob Adams involves 4th & 5th graders. Volunteers join students for lunch and may help

the student with classwork and serve as a mentor. The program at Seven Pines is being developed and may involve 2nd & 3rd graders. Volunteers will join students for lunch and listen to them read. For more information, or to volunteer for the program, call Capt Eliot Evans, ext. 6826, or Maj Garrie Denson, ext. 6467.

White starts 4 year tour at NGB

Missing: One dedicated, outgoing, positive, motivated education & training manager.

TSgt Anthony A. "Tony" White was summoned to the Air National Guard Readiness Center, July 30, for a four-year active-duty tour. He is the new ANG program training manager—handling career development course (CDC) and on-the-job training (OJT) policy issues.

"Things have been going well here," White said before leaving the 192d. "Over the past couple years I've done a lot of short-term tours and temporary duty assignments (TDYs) to advance my job knowledge and become a valuable asset to the 192d. The Readiness Center noticed some of the extra things I was doing. They offered me a job. It was the perfect opportunity," he said.

White has really enjoyed the time he's spent with the 192d and would not rule out returning some day. "I have been fortunate to work for excellent commanders during my time with the 192d. White sends out a special thanks to LtCol Ralph Barker, Support Group commander, and SMSgt Mike Gates, NCOIC of base training, for

letting him design and run the base Education & Training program as he saw fit. "They supported my training and helped me grow," he said.



White is particularly proud of his efforts with the Community College of the Air Force program. "A lot of hard work went into developing our CCAF program," he said. "It is a very beneficial program for our enlisted force. I hope graduation numbers stay high."

"We'll miss Tony," said Barker. "He kept a good, positive attitude and always took an interest in his job. He did a lot to get the education program going."

"I've had a good career here. I'll miss the closeness of the people," he said. Then in a business tone, added, "There are very good people in the VaANG. We've got a lot of good, young people. Encourage them to pursue job training and their education. If you are currently enrolled in a CDC, remember to keep studying and prepare adequately for your end-of-course test."

White will continue residing in Richmond. by TSgt Michael Rawlings, Public Affairs

Pistol team takes 3rd at championship

The Official Match Bulletin has been posted and the 192d FW Pistol Team earned 3rd place honors at this year's Chief of the National Guard Bureau (CNGB) Championships.

The matches were hosted by the National Guard Marksmanship Training Unit May 30-31 at Camp Joseph T. Robinson, North Little Rock, Ark. This year's Smallbore Pistol (.22 caliber) Team deployed May 29-Jun 1 to compete in the annual CNGB Tournament.

Congratulations to team members TSgt David Simmons (PMEL), SSgt Krag-Stevens Cash (AGE), SSgt Steve Zettlemoyer (PMEL), and SSgt Alton Coston (Engine Shop). Cash placed 3rd in the Individual Category.

Their performance at the CNGB Tournament was a fitting culmination of superior efforts and support by all team members this year, said TSgt Philip Thomas, team leader. "Well done everyone!"



1stLt Jackie Minter, left, and SrA Avis Bennett, 192d Civil Engineer Sqdn, set up a cot during a previous CE bivouac. The civil engineers will hold their annual

bivouac at the far end of the base during the September UTA. CE support during drill will be minimal. Dial ext. 6445 with CE emergency response calls.

Sisson earns civilian commendation

SSgt Lester A. Sisson, a 192d FW weapons load journeyman and a Richmond Police Dept. dispatcher, recently received a Letter of Commendation for his exemplary performance during a shooting at a Richmond high school in June.

Sisson, was monitoring the radio on what he thought was going to be a quiet morning, when a police officer's call alerted him of a shooting at Armstrong High School and the subsequent pursuit of a suspect.

"It was just a matter of staying under control and doing my job," Sisson said. "There was a lot of radio traffic. Once I made the simulcast, everyone heard what was going on and wanted to get involved. My priorities were to the officer in pursuit (of the suspect)."

"Even though I'm experienced in emergency communications, I was totally in awe of

Communication Officer Sisson's aplomb and control," wrote Lt. Leonard Brightwell, City of Richmond Police, D Platoon, 2nd Precinct, in the commendation presented to Sisson. "Sisson's demeanor and self control under such intense pressure should be held out to his contemporaries and police officers alike as an example to be emulated. The mission was accomplished successfully without the slightest compromise of documentation or officer safety," Brightwell wrote.

Sisson was happy the situation was quickly brought under control without further incident. He knows his role is important and he tries to handle every call with the highest level of professionalism. Communication is very important," he said. "If communication breaks down, you have the chance of missing something or having something go wrong. I just did my job the best I could."

Baca retires; Davis nominated for vacancy...

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the Guard more fully into peace and wartime missions. He continually worked to ensure the best possible training, equipment and resources for National Guard troops.

President Clinton has nominated the National Guard Bureau's vice chief, MajGen Russell C. Davis, to be the next chief of the National Guard Bureau, pending Senate approval. Davis should have a relatively easy, quick confirmation since he underwent the investigative process as candidate for vice chief in 1995.

He moved to Washington in 1980 when he became executive to the chief of the National Guard Bureau. Two years later, he became wing commander in the District of Columbia Air National Guard. In 1992, he became

commanding general of the D.C. National Guard.

The Alabama native has more than 4,700 flying hours. His bachelor's degree is from the University of Nebraska, followed by a law degree from Drake University. His military education includes Squadron Officer School, Air Command and Staff College, and Industrial College of the Armed Forces.

The chief serves at the request of the president for a four-year term—which may be extended until the mandatory retirement age of 64. The chief and vice chief may not be members of the same service. The vice chief's term ends when an officer of the same service is appointed chief.

No announcement has been made as to a possible successor to Davis as vice chief of NGB.

New gov't travel card will be VISA...

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In light of the worldwide acceptance of the Nations Bank Visa card, monthly ATM limits will be lowered to \$500. "We felt this was a significant figure to cover most requirements travelers will encounter," Weber said. In extraordinary situations, card holders will be able to have their ATM limits raised.

Another benefit of switching to Visa is a decrease in ATM fees, from 2.75 to 1.9 percent. According to Weber, this will save the Air Force about \$120,000 each month.

Split disbursement, a method developed under the American Express program to make it easier for travelers to pay their bills, also will eventually be available under the Visa program.

At the time a travel voucher is filed, split disbursement allows travelers to designate an amount of money to be paid directly to American

Express with the remainder going to their personal accounts. "This is a very popular program," Weber said.

"However, if someone travels partly on the American Express card and then switches over to Visa when the new contract kicks in, we won't have the capability to do a three-way split between American Express, Nations Bank Visa and the traveler," Weber said.

To avoid this, split disbursements will be suspended after Oct. 1. "Once we completely transition to Visa, we can open the program back up," he said. "There's no established date, but I would expect it to be available by January or February."

Once the contract expires, American Express officials ask that card holders cut up their old cards and, if stationed overseas, mail them back to the company. (Air Force News Service)

News you can use...

Club holds meeting, elections

A general membership meeting of Club 149 is scheduled for Sunday, Sept. 20. The meeting starts at 11 a.m. and lunch will be served.

The purpose of the meeting is to elect new officers and members of its board of governors. If you are interested in serving in either of these capacities, please contact MSgt Jackie Atkins, ext. 6303. Also contact Atkins to make your lunch reservation for the meeting. The club cannot survive without your leadership and support. Make it a point to be there.

ANG wins best web site award

Check it out! The Air Force has announced the most recent quarterly winner of its 5-Star Outstanding Public Web Site Award. This quarter's winner is the Air National Guard's site (www.ang.af.mil).

Second and third places went to Air Chronicles (www.airpower.maxwell.af.mil), and the McGuire AFB homepage (www.mcquiere.af.mil).

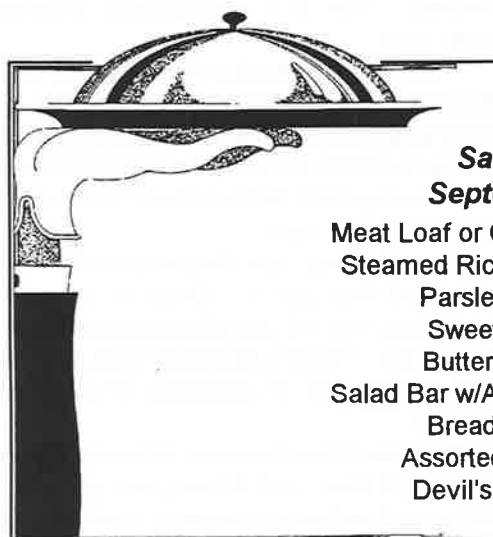
Air Force congratulations were sent to ANG Director MajGen Paul Weaver and ANG Webmaster SMSgt Ed Tejada for creating a top-flight web site. The ANG web site was rated highly by judges for its "great design features and smart graphics. It is easy to navigate and provides lots of great information for visitors. This site is a great example for other Air Force web projects to follow."

The ANG web site will be considered with other quarterly winners and the end of the year to determine the Annual 5-Star Award winner.

Wing members to take survey

During the September drill weekend, the 192d Fighter Wing will conduct an anonymous, base-wide survey. The survey is called the Military Equal Opportunity Climate Survey (MEOCS); and its purpose is to assess the health and well being of the unit. It will address a number of issues pertaining to fairness and

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On the menu...

Saturday September 19

Meat Loaf or Grilled Ham Steak
Steamed Rice w/Brown Gravy
Parsley Potatoes
Sweet Potatoes
Buttered Carrots
Salad Bar w/Assorted Dressings
Breads & Butter
Assorted Beverages
Devil's Food Cake

Sunday September 20

Baked Chicken
Roast Beef
Mashed Potatoes
Brown Gravy
Green Beans
Salad Bar w/Assorted
Dressings
Breads & Butter
Assorted Beverages
Ice Cream & Dessert

News you can use...

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treatment. The 100-plus question survey should take 15-20 minutes to complete. Results of the survey will be made available once they have been compiled. For more information about the survey, please see Wing Commander Col Robert Seifert's comments on page 2.

VA lowers life insurance fee

The Department of Veterans Affairs has lowered the Servicemembers' Group Life Insurance Program premium, according to Air Force Personnel Center officials at Randolph AFB, Texas.

The new rates, which became effective July 1, changed from 85 cents to 80 cents per \$10,000 of coverage. Servicemembers now pay \$16 per month for \$200,000 of coverage, versus the previous premium of \$17.

Officials said the reduction is the result of program management efficiencies achieved by the Office of Servicemembers' Group Life Insurance and the continuing low fatality rates. (AFPC News Service)

Women's council meets Sat.

The next meeting of the base Women's Advisory Council is set for Saturday, Sept. 19 at 1:30 p.m. in the Operations Building pilots lounge. After this meeting, it is anticipated that future meetings will be scheduled on a quarterly basis.

All Women's Advisory Council representatives are urged to attend the meeting, or to send an alternate representative if they are unable to attend.

Army finds computer virus

Beware of a new, insidious virus traveling the cyber-world! The Army Computer emergency Response Team has discovered a hostile file

attachment hidden as a free Microsoft Internet Explorer upgrade. This attachment could potentially divulge information contained on a home or local area network system, or perform other malicious functions. The virus is definitely a threat to automation systems, according to Army computer specialists.

A number of commercial e-mail users have reported receiving e-mail from "Microsoft" with the subject "Free! Your upgrade for Microsoft Internet Explorer." The e-mail contains an attached executable file and has been reported to send SMTP (mail) packets containing system and or file information to sites outside the U.S. This e-mail is a fake. Don't run the attachment; it is a Trojan program.

Be prepared for increased base security during UTA

Shortly after the U.S. Embassy bombings in Africa, security was increased at all U.S. military installations.

As this Vanguard went to press, "Alpha" security precautions were being implemented at the Guard base. These precautions may still be in effect when the September drill weekend arrives (Sept. 19-20). Be prepared for increased security measures--bring your military ID card to drill with you and be prepared to show it when you go through the gate Saturday morning. If you work on the flightline, be sure to have your line badge displayed properly and be prepared for limited access to the flightline.

Also, if you should see anything out of the ordinary on or around the perimeter of the base, anytime you are at the base, call the 192d Security Forces Squadron, Central Security Control (CSC) immediately at ext. 6360.

Update on military Anthrax shots

WASHINGTON (AP) — The Pentagon has begun its inoculation program against the deadly threat of anthrax for troops in the U.S.

Troops in the Persian Gulf began getting the shots earlier this year. In December, Defense Secretary William Cohen ordered all of the military's 1.4 million men and women in uniform to take the series of shots to protect against a biological attack. The program began in the Persian Gulf, officials said, because chances were deemed highest there for an attack by Iraq.

A Pentagon official, speaking on condition of anonymity, said troops heading for Korea would be among the first to get the next round of

shots. In April, two sailors were discharged from the Navy and 12 others given lighter punishments for balking at the mandatory shots. "The shots are mandatory," Pentagon spokesman Col Richard Bridges said. "It's that simple. They don't have a choice if they want to wear a uniform." The refusals appeared to stem from a wariness about the drug, which is not experimental and has been used for decades.

The immunization program consists of a series of six shots given over 18-months--followed by an annual booster. Anthrax is a disease normally associated with animals but it can be used as a weapon against people.

Sept. marks prostate awareness

September 21-27 is prostate cancer awareness week. Prostatic cancer is the second leading cause of death in American males, lung cancer being number 1. The average American male has a 1 in 8 chance of developing prostatic cancer in his lifetime.

Just what is the prostate and what does it do? The prostate is an almond shaped gland that surrounds the upper portion of the urethra. It grows throughout a man's life, having the greatest physiological growth during puberty. However, after age 45, the prostate begins to grow again--sometimes leading to a condition called BPH (Benign Prostatic Hyperplasia).

What are the symptoms of prostatic disease? The answer is usually "none." However, there may be blood in the urine, painful urination or ejaculation and sometimes-lower back pain of unknown origin. If you have any of these symptoms, contact the clinic or your private doctor immediately. If you are diagnosed with BPH or Prostatic Cancer, is surgery your only option? NO! There are many non-surgical treatments for both of these disease entities.

And you won't become impotent if you have to be treated for one of these diseases.

Often time the question arises as to what one can do to possibly prevent the development of BPH or Prostatic cancer? Well, there are some studies that suggest vitamin E, tomatoes, aspirin and saw palmetto (an herb), might decrease your risk of developing these diseases. Eating a low fat diet might also decrease your risk. So be **smart**, if you're over 50, have a yearly digital rectal examination and get a psa reading. Prostatic specific antigen is a protein secreted by the prostate that increases with BPH and some prostatic cancers. If you have a family history of prostatic cancer you are at increased risk for the development of cancer yourself, so get checked. If you are African-American your risk for prostatic cancer is 30% higher than the general population.

Prostatic cancer if not totally preventable is treatable when diagnosed early. The early diagnosis is dependent on you. Let us help you.

by James E. Jones, Jr., M.D. FS
Commander, 192d Medical Squadron

Editor's note: Below is the official order of the 192d Fighter Wing's Fiscal Year 1999 drill and annual field training schedule. Please clip and save this official order. This order may be copied and given to you civilian employer. Informational copies of the drill schedule are available on the base local area network and also on the VaANG web site at:

<http://va.ang.af.mil>

VIRGINIA AIR NATIONAL GUARD
192d Fighter Wing (ACC)
50 Falcon Road, Suite 1
Sandston, VA 23150-2524

Special Order MX - 4

11 AUG 98

1. The following is the Unit Training Assembly (UTA) Schedule for the 192d Fighter Wing, Virginia Air National Guard, for the period of 1 October 1998 through 30 September 1999. All members of the 192d Fighter Wing, VAANG, are hereby ordered to attend all Unit Training Assemblies as shown on training schedule unless attending a Split UTA (SUTA) or Rescheduled UTA (RUTA).

SCHEDULED UTAS:	03 - 04 October 1998	17 - 18 April 1999
	07 - 08 November 1998	01 - 02 May 1999
	05 - 06 December 1998	12 - 13 June 1999
	09 - 10 January 1999	10 - 11 July 1999
	06 - 07 February 1999	14 - 15 August 1999
	06 - 07 March 1999	18 - 19 September 1999

20 March - 03 April 1999 -- Annual Field Training, CRTC, Savannah, GA

2. AM assemblies will be 0800-1200 (Sat) 0700-1100 (Sun) and PM assemblies will be 1300-1700 (Sat) 1200-1600 (Sun), with the following exceptions: Assembly for one flight of Food Services Personnel: AM 0630-1030 (Sat) 0530-0930 (Sun), PM 1100-1530 (Sat) 1000-1430 (Sun). Additional duty hours to cover special work requirements such as pre-flight, post-flight, etc. will be scheduled by each unit as required. Each UTA will be no less than four hours duration excluding lunch periods.

3. Excused absences from UTAs must be for a reasonable cause and must be arranged in advance by the individual and his/her supervisor. To be excused, an absence must be made up through equivalent training (EQT). EQTs with pay must be performed within 30 days of the missed UTA and within the same fiscal year. EQTs without pay (retirement points only) can be performed any time during the member's anniversary year. Only four (4) EQTs with pay are permitted each fiscal year.

4. Commanders may utilize Rescheduled Unit Training Assemblies (RUTAs) to achieve training objectives using maximum availability of equipment and full-time personnel resources that cannot be achieved during UTAs and SUTAs. A RUTA must be requested, approved and documented in advance of the missed UTA.

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COMMANDER, 132D FW

SO MX - 4

Veterans relive combat stress after seeing 'Saving Private Ryan'

Veterans Administration Hospitals and clinics around the country are reaching out to veterans reliving combat stress or dealing with post traumatic stress syndrome after watching the hit movie, "Saving Private Ryan."

The graphic realism of the World War II movie left strong memories in a notable number of U.S. war veterans, according to VA health specialists. The Department of Veterans Affairs has a toll-free number (1-800-827-1000) veterans may call if they need to talk with a specialist about the feelings the movie brought back.

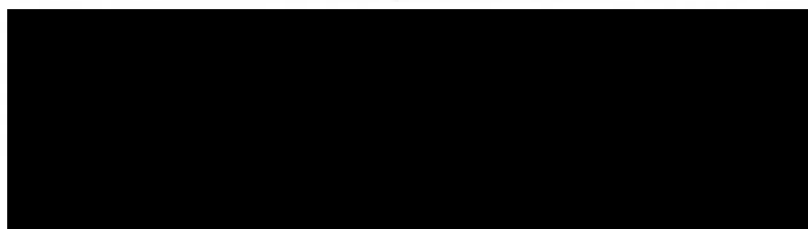
There are three VA hospitals in Virginia: Hampton, Richmond and Salem, and a VA Hospital in Washington D.C. that can help veterans with mental distress. There are also VA clinics in Alexandria, Norfolk, Richmond and Roanoke.

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