

VANGUARD

Vol.43/No.8

August 1999



Wing deploys to Alaska for Cope Thunder

Nearly 100 members of the 192d Fighter Wing joined military people from 10 countries, 29 units and all branches of service to participate in the second Cooperative Cope Thunder in central Alaska from July 6-23.

"This deployment gave us a great training environment and an excellent opportunity to hone our skills at handling complex mission scenarios,

while dropping live ordnance on unfamiliar targets," said Colonel Stephen R. Hicks, 192d Fighter Wing commander. "It provided good experience for our pilots and our load crews."

"This deployment was comparable to flying to Europe," Hicks pointed out. "It took our pilots and aircraft 7 1/2 hours to get to Eielson.

They went through air refueling procedures six times to reach their destination. It is 4,600 nautical miles from Richmond to the interior of Alaska."

Participants from the United States, Indonesia, Australia, Japan, Thailand, Singapore, Malaysia, Brunei, Republic of Korea and Sri

Continued on page 3

Base plans Family Day activities!

Family Day is the big event on tap for Virginia Air Guard members and their families on Saturday, Aug. 14. Members of the State Headquarters, 192d Fighter Wing, and 200th Weather Flight and their immediate family members are invited to the free event. Activities begin at 11 a.m. with cookouts at individual work sections and continue throughout the day and evening.

When arriving on base for the event, families should park at the units where their family members work. Individual members are responsible for making sure their family members know where to park.

The dining hall will provide each duty section, work facility or building with hamburgers, hot dogs, cheese, buns, condiments, drinks, baked beans, potato chips, cookies, ice, plates, napkins, knives, forks, spoons and cups. Each duty section will provide their own grills, charcoal, lighter fluid, trash cans and bags, cooking utensils, coolers, and anything else they might want to include for their unit.

Following the barbecue, many sections will have exhibits. The list below outlines what most sections will be hosting:

- Fabrication—Shop open to families
- Munitions—View storage area/horse shoes, basketball and displays
- Engine Shop—Shop open to families/horse shoes and volleyball

- Accessories—Shops open with displays
- Avionics—F-16 rides at Engine Shop (miniature F-16)
- AGE—Hay rides
- Security Police—Face painting, weapons display
- Fire Dept.—Equipment demonstrations
- State HQ—Putt-putt golf
- Operations—F-16 video (every 30 minutes)
- Logistics—Moon Bounce
- Clinic—Badminton, rubber horse shoes, water balloon toss
- Comm Flight—computer games, video 'toaster' graphics, photo/graphic templates
- Fighter Wing—Base tours (by bus), Whopper Hopper

At 3 p.m. the base will recognize the people who participated in real-world deployments this year, and the Pistol Team for its outstanding finish during a recent competition. The ceremony will take place in front of the VaANG Memorial (across the street from the 192d FW Headquarters building).

Events conclude that evening with Guard Night at the Diamond. The ball game starts at 7 p.m. and tickets are \$4 per adult and \$2.50 for children and senior citizens. Call TSgt. Shirley Cooper, Ops, (804)236-6428, to buy tickets by Aug. 12.



Commander's Call

Take opportunity to thank families, enlisted corps

Over the next few months, we will have the opportunity to recognize two very important groups — our families and our enlisted corps. The Virginia Air National Guard couldn't exist without the support and many sacrifices made by our families. Likewise, we couldn't be successful as a unit without the hard work and dedication of our enlisted force.

On Saturday, Aug. 14, we will take time out to say thank you to our families. Family Day promises to be fun-filled and enjoyable! Encourage your spouse and children to attend; it starts with picnic lunch in the duty sections at 11 a.m. Let your family know how much you and your unit appreciate all that they do to support your military career in the VaANG.

This is also a great opportunity for your family to meet your co-workers and supervisor and understand that, even if you are deployed halfway around the world, they are not alone. They can call the base if problems should come up while you are deployed — we are family.

And even as we recognize those individuals who participated in contingency deployments this year (during the Saturday afternoon recognition ceremony), we realize that their ability to make these commitments was in no small part due to an equal commitment from their families.

In October we celebrate the ANG Year of the Enlisted Force. The 192d Fighter Wing enlisted corps is nearly 900 people strong. We couldn't fly; drop bombs; feed, house or pay our troops; or protect our resources without our exemplary enlisted force. You are the

backbone of our Wing, and I salute you!

Saturday, Oct. 16, we will start drill with a Year of the Enlisted Force 5k Run. That evening we will have a Year of the Enlisted Force banquet and dance at Ft. Lee. Our First Sergeants and a group of volunteers are working hard to make this a special day for our entire enlisted force. I encourage everyone to get involved in these activities.

The Year of the Enlisted Force events allow us to honor our enlisted members and thank them for their dedication and professionalism, and commitment to our nation, state and communities. This is also a great opportunity to congratulate our outstanding enlisted members for 1998: Outstanding Overall VaANG Guardsman and Outstanding NCO, TSgt. John Latoski; Outstanding Senior NCO, MSgt. Robert L. Seay; Outstanding First Sergeant MSgt. Toni Vincent; and Outstanding Airman, SrA. Johathan Z. Trodgon. These individuals maintain the highest military and professional standards. They are truly an asset to the 192d Fighter Wing and the VaANG. They set the benchmark for high achievement!



Col. Stephen R. Hicks

Editor's note: For more information about Family Day, see the story on page 1. For more information about Year of the Enlisted Force events and activities, see pages 4-6 and 12-13.

VANGUARD

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The editorial content is edited, prepared, and provided by the Public Affairs Office of the 192d Fighter Wing, Virginia Air National Guard, Richmond IAP, 50

Falcon Road, Suite 30, Sandston, VA 23150-2524. Write the PA office or call (804)236-6388 to submit material for publication.

The Vanguard is printed monthly and the deadline for submitting stories and photos is Sunday noon of the drill weekend of the month before you would like to see the item in print. Check out the electronic Vanguard on the base Intranet Web page and visit the VaANG on its public Web Site at www.va.ang.af.mil.

Wing trains at Cope Thunder...

Continued from page 1

Lanka took advantage of Cope Thunder's air and ground training opportunities.

Held at Eielson AFB, Alaska, Cope Thunder simulates the same wartime conditions pilots would face in combat. Although the exercise —

the largest air combat exercise in the Pacific — is held up to four times each year, the July exercise was only the second time this many Pacific Rim nations converged for one exercise.

Traditionally, the last Cope Thunder of the season emphasizes large force tactical airlift operations.

This year was no exception, with a large contingent of C-130 Hercules aircraft from the Air Force, Air National Guard, Japan air self-defense force, Royal Singapore air force, and Royal Thai air force participating.

149th Fighter Squadron pilot, Maj. Gregory Pietrocola, said the exercise is a great way to train.

"Every time we participate in an exercise like this, it helps our level of awareness and our ability to integrate with other units. This is what we would be doing in a real conflict. During day-to-day missions we don't get to train on such a broad scale. With 125 square miles of air space we got to practice over a variety of terrain and deal with many types of targets."

Cope Thunder integrates high-intensity airlift operations with fighter air missions. The C-130s operated off remote dirt strips near the Alaska Range and conducted numerous airdrops into the region, delivering troops and equipment to supply an active ground battle.

Approximately 120 Special Forces troops from the Army, Navy and Air Force conducted insertion, live-fire, and extraction exercises while being supported by a cohesive effort overhead from fighters and airlifters. The Navy SEALs performed riverine operations on the local rivers using high-speed watercraft to insert teams into simulated hostile areas.

The 353rd Combat Training Squadron maintains the aerial range, the largest in the Air Force. The range allows for realistic integrated training because of its training space, terrain variety, facilities and support.

Wing, Group, Squadron command structure

192d Fighter Wing Commander -- Col. Stephen R. Hicks

Vice Commander -- Lt.Col. Anthony R. Haynes

Wing Executive Officer -- Lt.Col. Rick Turner

Command CMSgt -- CMSgt. Wayne Keene

Wing Human Resource Advisor -- SMSgt. Robert Barnette

Wing First Sergeant -- MSgt. Susanne L. Dates

Support Group Commander -- Lt.Col. Ralph Barker

Support Group First Sergeant -- MSgt. Barry Coleman

Mission Support Flight Commander -- Lt.Col. Robert H. Pemberton

192d Student Flight -- Lt.Col. Robert H. Pemberton

Services Flight Commander -- Lt.Col. Freddie W. Baylor, Jr.

Security Forces Squadron Commander -- Maj. L.J. Cerritelli

Security Forces Squadron First Sergeant -- MSgt. Toni Vincent

Communications Flight Commander -- Capt. Michael Lovell

Medical Squadron Commander -- Maj. Gregory J. Biernacki

Medical Squadron First Sergeant -- MSgt. Doug Price

Civil Engineer Squadron Commander -- Lt.Col. Thomas P. Herbert

Civil Engineer Squadron First Sergeant -- MSgt. David Scott

Operations Group Commander -- Lt.Col. Peter Bonanni

149th Fighter Squadron Commander -- Lt.Col. William S. Busby

Operations Support Flight Commander -- Lt.Col. Donald Hayes

Logistics Group Commander -- Lt.Col. Johnny O. Haikey

Logistics Squadron Commander -- Lt.Col. Gary A. Wood

Logistics Squadron First Sergeant -- MSgt. Vincent Harris (retires Sept. 99)

Logistics Support Flight Commandeer -- Maj. Cynthia L. Hall

Maintenance Squadron Commander -- Lt.Col. Richard Middleton

Maintenance Squadron First Sergeant -- MSgt. Sherry L. Hankins

Aircraft Generation Squadron Commander -- Lt.Col. Raymond Fleischer

Aircraft Generation Squadron First Sergeant -- MSgt. Anthony Harris

Current as of July 1999



YEAR OF THE ENLISTED



Virginia Air National Guard



192 Communications Flight/ Multimedia - SSgt Jennie McQuay

Banquet tickets may be purchased from the following people:

MSgt. Suzanne Dates, Fighter Wing, ext. 6762

MSgt. Barry Coleman, Support Group, ext. 6368

MSgt. Vince Harris, Logistics Sq, ext. 7103

MSgt. Tony Harris, Aircraft Generation Sq, ext. 6776

MSgt. Sherry Hawkins, Maintenance Sq, ext. 6331

MSgt. Toni Vincent, Security Forces Sq, ext. 6828

CMSgt. Ray Bassetti, Maintenance/StHq Command CMSgt, ext. 6754

MSgt. Beth Martin, StHq, ext. 6014

MSgt. Dorothy Tatem, Logistics Sq, ext. 6367

Transportation Request to Ft. Lee for Year of the Enlisted Banquet


Anyone needing a ride from the base to Fort Lee, then back to the base after the banquet, should fill out this form and give it to your unit First Sergeant. (See first sgt. names above or on page 3.

Name & rank:

Squadron:

Duty phone:

Will spouse or date be attending with you?



Base plans fun run, banquet, dance to celebrate ANG Year of the Enlisted Force

Plans are underway at the 192d Fighter Wing to celebrate the Air National Guard Year of the Enlisted Force on Saturday, Oct. 16 with a 5K run in the morning and a banquet and dance that evening.

According to 192d FW First Sergeant, MSgt Suzanne Dates who is on the Year of the Enlisted Banquet committee, the day's activities are designed to emphasize fun and involvement from the enlisted troops, of all ages and ranks.

The day's events will kick off Saturday morning with a 5K Fun Run to be held on base. According to MSgt Rob Thomas, head of the fun run committee, prizes will be given to the winners in several categories and T-shirts will be awarded to everyone who participates. Refreshments will be available afterwards. The run registration form is on page 6.

"We're looking for volunteers to help with the run," Thomas said. "We really need spotters the day of the event." For more information or to volunteer for the run, contact Sergeant Thomas at ext. 6323, SMSgt.

Lisa Hernandez at Wing Safety ext. 6421, or TSgt. Ed Kelleher, Wing Historian ext. 6846.

A semi-formal banquet and dance for Guard members and their spouses (or significant other) will top off the day

(uniform wear is optional, but encouraged). The event will be held at the Fort Lee Officer's Club, beginning with a social hour from 6-7 p.m. The buffet dinner will start at 7 p.m. A dance featuring entertainment by disc jockey, Lt.Col. Freddy Baylor Jr., will follow immediately after dinner. SMSgt. Ed Smith will be master of ceremonies for the event.

Tickets for the banquet/dance are \$15 per person and can be purchased through your unit first sergeant or any of the tickets representatives listed on page 4. Transportation to and from the 192d to Fort Lee will be available for those who need a ride (fill out and send in the form on page 4).

Specially decorated items to commemorate the Year of the Enlisted Force will be for sale. Gym bags, fanny packs, T-shirts, sweatpants and sweatshirts are available in a variety of colors and feature the Year of the Enlisted logo.

The YOTEF committee meets every UTA Sunday at 2:30 p.m. in the State Headquarters

building conference room. Anyone interested in helping on any of the committees is welcome to attend. Anyone with questions about the event may contact their first sergeant for more information.

by SrA Ann Martin
Public Affairs office



Year of the Enlisted Force event!

Get teams ready for 5k fun run

Attention Runners and Walkers! The race will be run entirely on Base. It is open to all Virginia Air National Guard members and their families. The challenge is for Squadrons, Flights and Sections to field a team to compete for a Traveling Trophy. Teams will consist of 5 members with the first three counting towards the team score. Teams must have at least three runners. The team with the best three placements combined -- wins! The run will also feature age division awards in 10-year increments. The Year of the Enlisted Force planning committee and senior leadership encourage unit and family participation. Walkers will receive a finishers ribbon.

Registration for the 5k (kilometer) race is \$15 with a T-shirt, or \$5 with a water bottle. Your registration must be received by Sept. 18 to guarantee getting your T-shirt or water bottle. The race will begin promptly at 8:30 a.m. Sat., Oct. 16.

All children, 12 and under, are invited to participate in a 1/4-mile fitness fun run beginning at 9 a.m. with an entry fee of \$1. Times will be read aloud at the finish line but no official results will be recorded. All finishers will receive a commemorative ribbon.

Trophies will be awarded to the men and women winners in the following categories: 1st overall, and

the top three in the age divisions of 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over.

All proceeds will be used for Year of the Enlisted Force Run prizes and trophies. There will be water stops and medical support throughout the race. Random prizes will be given out at the finish before the awards ceremony.

Make registration checks payable to: VaANG Contingency Fund. Mail Applications to: 192d CF/SCBN (MSGT Thomas), 100 Falcon Road Suite 212, Sandston, VA 23150-2526 -OR- Deliver to 192FW Mailroom Attn: MSGT Thomas.

Year of the Enlisted Force 5k/Fun Run Registration Form

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____
 Date of Birth: _____ Age on race date: _____
 Gender: M F Shirt Size: S M L XL
 Event: Individual participant Team participant Children's Fun Run

Team Competition
 Team Name: _____ Unit: _____
 Runner #1: _____ Runner #2: _____
 Runner #3: _____ Runner #4: _____
 Runner #5: _____ Team Captain: _____

Waiver Must Be Read and Signed Before Mailing:

I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks

being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Air National Guard, the race officials, plus all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

Date

Parent's Signature if under 18

Top VaANG Troops of '98

Latoski: Outstanding Guardsman and NCO for Year

TSgt. John Latoski of the 192d FW Jet Engine Shop claims the most rewarding part of his job is seeing the aircraft takeoff and land safely. A humble statement to say the least coming from a man selected as the VaANG 1998 Outstanding NCO (noncommissioned officer) and Top Guardsman of the Year.

After receiving the Virginia Air Guard's highest awards, the 13-year Wing member said, "I'm just doing a job I really enjoy. When I found out I won these awards, I was very surprised."

Performing above and beyond the line-of-duty is nothing new to the 30-year old Williamsburg, Va., native. As a member of the ANG since 1986, the sergeant started his career as an honor graduate from Jet Engine Intermediate Maintenance School. He spent several years after that with the 192d as a successful temporary technician until 1991 when he became a full time technician with the unit.

Sergeant Latoski continually strives to make things better for his shop and the unit, and is always looking for new ideas to try. Some of the sergeant's many talents were put to work recently when he accepted the challenge of installing a closed circuit television system in the engine/aircraft test facility. This system increased safety for personnel during high-powered engine test runs. His contribution saved the 192d the cost of hiring an off-base contractor to install the system. He also assisted other guard units in the upgrade of their facilities as well. "It makes me feel good to be able to make a difference in the unit," Latoski said.

According to SMSgt. Mike Bouley, Propulsion Shop chief, Sergeant Latoski is the kind of person that always attacks a problem head on.

"He is always willing to help and doesn't give up on a job," said Sergeant Bouley. "He earned his awards and our shop is very happy for him."

Besides dedication to his military career, Sergeant Latoski is very active in community service. He has a total of 23 years of voluntary service to the American Red Cross. He also participates in motorcycle rallies to benefit charities and

organizations such as Muscular Dystrophy Association, Breast Cancer Research, underprivileged children and the Pediatric Unit at MCV Hospital. He assists with bloodmobiles and is on the Red Cross Disaster List to provide transportation to disaster victims and is on standby for shelter operations during natural disasters. "It is always a good feeling to make an impact on someone's life and know they appreciate it," Latoski commented. "Helping people gives you a great feeling of involvement."

According to Lt.Col. Richard O. Middleton II, unit commander, Sergeant Latoski is an outstanding individual who has excelled during his military career. "He is a solid performer and an excellent engine me-



chanic," the colonel complimented. "I look for him to do bigger and better things down the road."

For winning the top NCO and Outstanding Guardsman of the Year awards, Sergeant Latoski received a plaque and the Minuteman Trophy and a \$50 Savings Bond. He also received the Virginia Bronze Star Award during the recent change of command ceremony.

"I was honored to receive these awards," the sergeant concluded. "Now I hope someday to become a supervisor, but my ultimate dream is to possibly fly in the aircraft and feel the power of the engines I work on everyday!"

by SrA. Ann Martin
Public Affairs office

Seay takes top Senior NCO honors

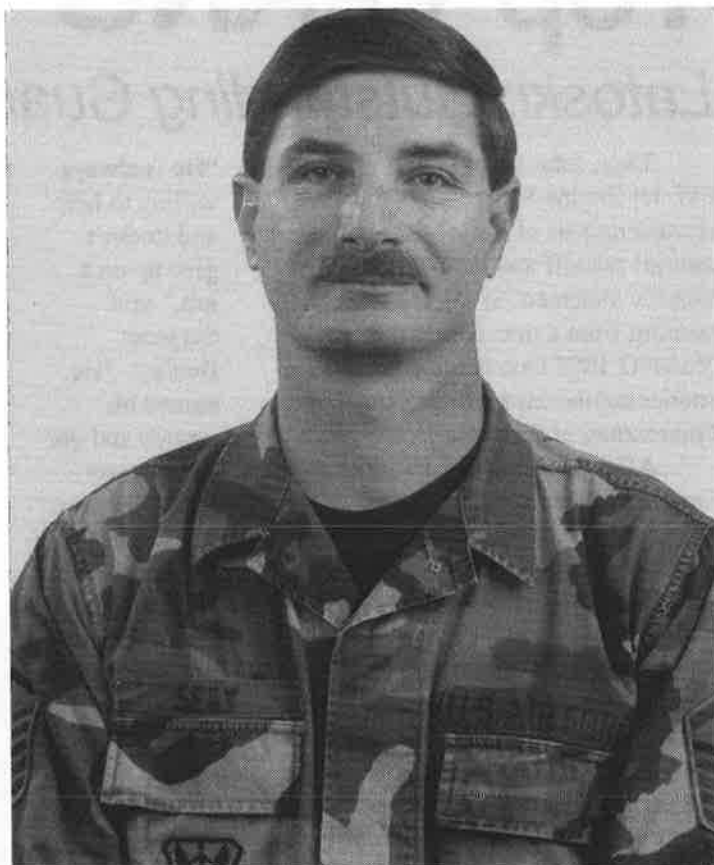
1.2 million dollars: As you try to fathom this amount, consider that the VaANG Outstanding Senior NCO of the Year for 1998 saved the USAF this amount with suggested improvements and modifications in his career field.

MSgt. Robert L Seay, an F-16 electronic warfare system craftsman, has demonstrated that job knowledge and proficiency are valuable necessities in the citizen soldier. What Seay has done is above and beyond expectations. His knowledge of the ALQ-184 EWS test equipment allowed him to identify equipment modifications resulting in AF savings of roughly \$1.2 million

His knowledge of the EWS pods and support equipment has also meant sharing Seay and his expertise with other units. At a conference he was asked to attend, Seay discovered that excess items for the ALQ-184 that were going to be disposed of could be used by 10 other Guard units. He sent a letter to stop the disposal of the equipment and had it forwarded to the 192d. He then rebuilt the equipment and sent it to the USAF and other Guard units that needed it.

"His avionics expertise is widely known and appreciated," said Lt.Col. Richard O. Middleton, II, avionics commander. "He is an outstanding avionics mechanic and a true team player. He has won a number of awards for his suggestions and has been frequently recognized in our squadron for his contributions."

Seay is a native Richmonder and joined the VaANG in March 1974 under the Palace Chase program after a two-year stint on active duty. He was hired as a full-time technician in May 1974 as the only trained F-105 EWS specialist. He was instrumental in training everyone assigned to EWS.



He deployed to Incirlik AB, Turkey, to support Provide Comfort II and assisted the 175th FW in Baltimore, Md., when the unit lost all but one qualified EWS pod technician to private enterprise. Seay is also involved in the VaANG Lunch Buddy (reading) program. Another citizen soldier, done good.
by TSgt. Michael Rawlings, Public Affairs office

Team needs help with on-going program

Thanks to ChalleNGe prom volunteers

State Headquarters wants to thank members of the 192d Fighter Wing and 203d RED HORSE Flight that have volunteered their personal time to assist with the semi-annual ChalleNGe Proms over the past five years. Without the help of Fighter Wing and RED HORSE folks, the proms would not have been as successful as they have been.

This dedicated troop of volunteers served as food transporters to the proms in Virginia Beach, interior decorators, punch bowl experts, fire place tenders, short order cooks, Mr./Ms. Dish Pan Hands, pizza flippers, master janitors, picture takers, and all-

round gofers! Thanks to you all!

And, more volunteers are needed! How would you like cheap lodging accommodations at one of Virginia's premier vacation spots — with a private beach? Throw in the satisfaction of working with highly motivated youths, and a free Saturday night meal to boot?

Do we have a deal for you! Join us for a weekend at Camp Pendleton — one weekend in June and one weekend in December for the ChalleNGe Prom. Accommodations are available on the base (\$4/night for single rooms; \$25 for a suite). We (volunteers) set up the prom on

Saturday morning (with ChalleNGe Cadet help), have the afternoon free for beach activities, shopping, relaxing, or hitting the Virginia Marine Science Museum, then come back to work the prom Saturday evening (plenty of goodies for the workers, too).

Clean up on Sunday morning is a snap, and the cadets help, too. It's a great way to demonstrate your Guard community service, and have fun at the Beach — all in one weekend.

Interested? Contact MSgt. Beth Martin at State Headquarters, ext. 6014.

Vincent earns Outstanding 1stSgt title

Being a good first sergeant is a job MSgt. Toni Vincent has learned well. In just over two years, the Security Forces Squadron first sergeant received her job's top honor as the 1998 Virginia Air National Guard's First Sergeant of the Year.

When notified of her award, Sergeant Vincent said she was very surprised, and humbled by the achievement. And in the same breath attributed the achievement to all the members of her unit who encouraged her to become a first sergeant.

"My unit really thought I'd be good for this position and when it came open, they really pushed for me to consider it," Vincent said. "They told me, with my professionalism and my even-tempered disposition, I'd be a good first sergeant. I really care about people, and that's important for any successful first sergeant."

Vincent started her first sergeant job in May 1997. Before that she had pulled duty in a variety of military jobs, which would help set the stage for her success as a first sergeant.

Her military career began in 1974 when she joined the Army Reserves as part of the 80th Support Battalion. She completed four years and exited the military until she joined the D.C. Air National Guard in 1983. There, she was attached to the (then) 113th Fighter Group at Andrews AFB in Security Police Law Enforcement. She joined the VANG in January 1990 and joined the 192nd Security Squadron in Law Enforcement. She worked as assistant NCOIC (noncommissioned officer in charge) for LE until her selection as first sergeant of Security Forces in May 1997. She completed the First Sergeant Academy at Maxwell-Gunther AFB, Ala., in January 1998.



According to the Richmond, Va., native whom currently resides in Charlotte, N.C., being a first sergeant is very rewarding personally and professionally. "I really enjoy what I'm doing," she said. "The key to being a good first sergeant is always being available to the members."

It doesn't matter that she lives over 300 miles from the 192d. She makes herself available anytime through e-mail and an 800 number. "I want to get the most positive result from a member that I can. Sometimes though, the job as first sergeant is not always pleasant, especially when you have to deal with poor or unacceptable behavior," she added. "But it is very rewarding to see that behavior turn around with proper guidance. Then we get back to positive results."

Vincent prides herself on address-

ing those issues and concerns that help her unit maintain a positive light. For instance, she recently addressed the need for and initiated a monthly weigh-in for SFS members. "Security Forces members are constantly on the go and need to be fit," said the first sergeant. "Fitness is a very important issue for me. Beginning next drill (August) our unit will do physical training every Sunday as well. The unit is pleased with these additions."

When not doing her duty as first sergeant for the Guard, Sergeant Vincent works full time at Phillip Morris as a product/process audit manager. She's been employed with them for the past 21 years. She attributes a lot of her success at her civilian job to the training she's received in the military. "I use my military management skills on a daily basis," she noted.

When not busy with her military and civilian jobs, Vincent enjoys listening to jazz, reading her Bible and bowling. Vincent isn't married and has no children, but likes to call the members of SFS her children. "We're a family unit, and I like it that way," she said.

According to Maj. L.J. Cerritelli, SFS commander, Sergeant Vincent emulates the standards Security Forces expect to keep. "She's the best!" he said. "What do you expect from the best — nothing less than VANG First Sergeant of the Year!"

"I want to thank the Security Forces members for all their support," Vincent concluded. "My job is, and will always continue to be, people."

Obviously, the people like what she's doing.

by SrA. Ann Martin
192d FW Public Affairs

Trogdon wins top airman honors



Superior performer, strong worker, very encouraging, always fun, excellent gentleman, and all-around good guy. These are some of the words used to describe SrA. Jonathan Z. "Zach" Trogdon, the 1998 Outstanding Airman of the Year for the Virginia Air National Guard.

Trogdon, a life support aircrew apprentice, joined the VaANG with lofty credentials. He graduated among the top 10% from Heritage High in Lynchburg, and was a member of three honor societies upon graduating from Mary Washington College in Fredericksburg. He brought this same drive and desire to excel with him to the Guard when he enlisted in September 1996. He completed both BMTS (basic military training school) and Tech school as an Honor Graduate. He demonstrated high proficiency and dependability upon returning to the unit and quickly assumed a leadership role in life support. Continued high proficiency through the Operational Readiness Exercises (OREs) and the Operational Readiness Inspection (ORI) resulted in Trogdon being singled out as a Superior Performer.

SMSGT Larry "Wayne" Hackett, chief of life support describes Trogdon as "a good, strong worker and a team player. An all around good guy."

Coworker SrA Michael J. Soroka, also a life support apprentice, agreed with Hackett description of Trogdon and added, "there is never a dull moment when you work with Zach."

Trogdon is currently pursuing a master's degree in Public Administration from the University of Charleston at South Carolina. Supervisors and co-workers alike say Trogdon epitomizes the spirit of the citizen soldier and believe he is a rising star in the future of the Virginia Air National Guard.

by TSgt. Michael Rawlings, Public Affairs office

AF gets court ruling 'ok' for memorial

After two years of skirmishes, the U.S. Court of Appeals for the Fourth Circuit ruled May 10 in favor of the Air Force Memorial Foundation. This gives a green light to completion of a memorial honoring the service's men and women.

The ruling marks the second time in the last year a federal court has dismissed a suit aimed at stopping construction of the memorial on Arlington Ridge, north of the Arlington National Cemetery. "This decision by the U.S. Court of Appeals marks the end of the controversy over the Air Force Memorial," said Chuck Link, Air Force Memorial Foundation.

"Our Air Force Memorial has now been approved by an act of Congress, by four different government agencies and has twice won

judgments in federal courts," he said. "It is time to move forward and allow the Air Force Memorial to join those honoring the other branches of the military in our nation's capital."

The Air Force is the only major branch of the armed services without a memorial site in Washington, D.C.

In its ruling, the Court of Appeals said that the U.S. District Court for the Eastern District of Virginia decided properly in favor of the foundation and the federal approval agencies.

The District Court had summarily dismissed the initial suit. It found that the Air Force Memorial Foundation and the U.S. government had complied with the provisions of the Administrative Approval Act and Commemorative Works Act in approving the

memorial site.

"Today's decision didn't come as a surprise," said Joe Coors Jr., chairman of the Air Force Memorial Foundation's board of trustees. "The National Park Service had long envisioned a memorial on the two-acre site selected for the Air Force Memorial. As the memorial takes shape on Arlington Ridge, I am confident that everyone will see how the design blends with and complements the two existing monuments on the site."

Arlington Ridge consists of 25 acres. The Iwo Jima Memorial occupies eight acres, and the Netherlands Carillon uses three. Twelve acres of open space will surround the three structures when the Air Force Memorial is set for completion in 2002. (AFPN)

Air Force Academy application procedures...

Slots available for Guard, Reserve troops

Appointments to the Air Force Academy are available for qualified enlisted members of the Air Force Reserve and Air National Guard.

Air Force Guard and Reserve personnel, 17 to 22 years of age, who want to attend the Prep School prior to entering the Academy should take the following steps:

Visit the Base Education Office or Base Career Advisor and read AFI 36-2021, "Air Force Academy Preparatory School."

Ask for Air Force Form 1786, the application for a nomination to the Academy and an appointment to the Prep School. Complete the form and give it to your unit commander. The Form 1786 and a letter of recommendation must be forwarded by the unit commander to arrive at the Cadet Admissions Office by January 31. If your base does not have the information available, contact the Academy Admissions' office at DSN 333-2520.

Complete the Pre-Candidate Questionnaire (PCQ) which the Cadet Admissions Office at the Academy will send when the application is received. Airmen meeting the minimum requirements based on an evaluation of their PCQ, receive a candidate kit and information on further processing requirements from the Cadet Admissions Office.

Write to the high school you last attended and request a copy of your high school transcripts be sent to the Director of Admissions, USAF Academy, CO, 80840-2200. Also, request transcripts from any preparatory school or college attended.

Take either the College Board Scholastic Aptitude Test (SAT) or the test from the American College Testing (ACT) Assessment Program.

Military personnel selected for admission to the Prep School will be notified when to report. Selection is based on academic records, extracurricular activities, military perfor-

mance, and a medical examination.

If appointed, airmen must agree to extend their enlistment prior to enrollment if it will expire before July 1 of the year they will enter the Academy. Airmen will be assigned to the Prep School in their current grade.

Members of the Army, Navy, and Marine Corps are not eligible to apply for the Academy nomination under the Air Force Regular and Reserve categories. Members of the Army, Navy, and Marine Corps who want to enter the Air Force Academy or the Prep School may apply for a nomination from a member of Congress. Details of application and eligibility are outlined in AFI 36-2021, "Air Force Academy Preparatory School," which is available to all services.

Civilian Candidates

Admission to the Prep School from civilian life is normally limited to those individuals who obtained a nomination to the Air Force Academy during the current year but were not selected for appointment. Candidates selected are primarily those whose records indicate that they have the potential for the Academy but need additional academic preparation to improve their chances for admission. The candidates who are offered Prep School appointments by the Academy will normally be notified during May and June. Individuals are not eligible for admission to the Prep School unless they receive an offer from the Academy Admissions Office.

When admitted to the Prep School, civilian candidates will become basic airmen in the Air Force Reserve. An airman who is dis-enrolled from the Prep School will be discharged from the Reserve with no further service obligation to the Air Force.

Academy Admission

All cadet candidates re-compete for an appointment to the Academy. Students are required to compete under

all nominating categories for which they are eligible, including Congressional. Additionally, students take the following Academy entrance examinations while at the Prep School: medical exam, the candidate fitness test, and admissions exams (SAT and ACT). There is no minimum achievement that guarantees cadet candidates an appointment to the Academy, but historically over 75% of those who enter the Prep School earn an appointment. That percentage is significantly higher than other nomination categories.

Reserve Airman Information

When admitted to the Prep School, civilian candidates will become basic airmen in the Air Force Reserve. Reserve airmen may find the following information useful as a new or prospective student at the USAF Academy

Preparatory School

1. Reserve airmen who attend the Prep School are called to active duty for the period of time necessary to complete the Prep School program. For retirement purposes, this active duty time is counted the same as if they enlisted in the regular Air Force. A reserve airman called to active duty to attend the Prep School is not considered a regular airman.

2. Reserve airmen will receive a designated rate of pay as determined by Congress (same amount as any Academy cadet).

3. Reserve airmen who dis-enroll from the Preparatory School are discharged from the U.S. Air Force with no obligation to serve in the inactive Reserves.

4. Reserve airmen receive an issue of military clothing upon arrival at the Preparatory School. Any lost or damaged clothing items must be replaced at their own expense.

*information courtesy of CMSgt.
Wayne Keene, Wing Command CMSgt.*

Our enlisted heritage

'Skeeter' Glenn remembers the early years

A Richmond native, Robert V. "Skeeter" Glenn enlisted in the Army in April 1945 at the age of 18. "In those days, all draftees and enlistees were assigned to infantry and then went to school for specialty training," he recalled. After infantry training, Glenn was assigned to the Army Air Corps. Although he didn't see overseas duty while World War II raged, Glenn went to Japan with the occupation forces after the war. He re-enlisted in 1946, but transferred to the Air Force Reserve in 1947 when the Army Air Corps officially became the United States Air Force. Two years later, he transferred to the Virginia Air National Guard, which had been formed two years earlier.

Glenn's brother, Tom, was a pilot in the Virginia Air Guard. Glenn began work that year as a technician with the 149th Tactical Fighter Squadron. "The base," he reminisced, "was a handful of wooden buildings; and the unit had about 250 people — the highest-ranking among us was a major."

In 1951, Glenn and other Virginia Air Guardsmen were called to active duty during the Korean Conflict. He spent a year at Turner AFB, Ga. Upon his return to Richmond, he worked in

the state Adjutant General's office, where he ran the publications section for 10 years. It was during that period Glenn was offered a direct commission as a captain. He declined, "Officers were not as outspoken then," he said. "If they were, they didn't last long. I felt as though I'd be of greater benefit

Berlin Crisis. Like other Virginia Air Guardsmen, he stayed at Byrd Field (now the Richmond International Airport). He found that people's views of the Guard and Reserves were changing. "Instead of being seen as weekend warriors, the Guard and the Reserves were seen as being a viable part of the Total Force," he said.



to the unit as an NCO." Glenn, who has a reputation for outspokenness, likely, figured he would last longer as an NCO.

During the 1950s and early '60s the unit went through extensive reorganization. Glenn set up the base's first NCO council. He served as first sergeant of every squadron in the 192d Tactical Fighter Group, except the fighter squadron. He worked for five adjutants general.

Ten years after the Korean Conflict, Glenn was again called to active duty — this time it was the 1961

He took an active role in promoting the welfare of the enlisted man. He served as the first vice-president of the Virginia Enlisted Association, and later was the first person to hold consecutive one-year terms as president of that statewide group. And he is the only Air National Guardsman to hold the presidency of the enlisted Association since the group's inception in 1974.

Glenn attributes his longevity in the Guard to a simple formula: "Know your people and listen to them. Get involved and have compassion." Ask him which era he enjoyed the most, and Glenn skirts the question. "All the eras proved to be challenging."

CMSgt. Robert V. "Skeeter" Glenn, one of the Virginia Air National Guard's true "institutions," retired January 1987 after a 38-year Guard career.

Fuel Your Future



**Virginia Air
National Guard
Recruiting
Referral Form**

Name of Referral:

Your Name:

Address:

**Duty Section
& Extension:**

Phone #:

**Call 1-800-643-7456 or
turn form in to any VaANG
Recruiter!**

Last chance to nominate Wing members for inclusion in ANG enlisted heritage book

This month is the 192d Fighter Wing's final chance to make sure its best and brightest enlisted people from the past half-century are included in the ANG's Year of The Enlisted Force Heritage Notebook.

The notebook is being compiled under the direction of the ANG Historian's Office. It will include a list of noteworthy achievements involving enlisted personnel in each ANG wing, and biographical sketches of enlisted

men and women who have made significant contributions to the mission. So far, only a handful of 192d FW members and retirees have been suggested for entry in the notebook. The deadline is the end of August.

Below is a nomination form. You may nominate up to 10 individuals, followed by a very brief reason for their nomination (ranging from outstanding achievement in a particu-

lar project or operation to sustained excellence in their career field.)

Don't let the efforts of your colleagues or former co-worker or supervisor go unrecognized. Please fill out the form below and send it as soon as possible to: TSgt. Ed Kelleher, 192FW Historian, VaANG, 50 Falcon Road, Sandston, VA 23150. Or you may e-mail your nominations to: edward.kelleher@varic.ang.af.mil

ANG Year of the Enlisted Force Heritage Notebook Nominations

Name: _____ Unit Assigned: _____
Achievement: _____

Name: _____ Unit Assigned: _____
Achievement: _____

Name: _____ Unit Assigned: _____
Achievement: _____

Name: _____ Unit Assigned: _____
Achievement: _____

Name: _____ Unit Assigned: _____
Achievement: _____

Name: _____ Unit Assigned: _____
Achievement: _____

Name: _____ Unit Assigned: _____
Achievement: _____

Get the latest safety directives

Stay current on OSHA, AFOSH rules

Why should I care about OSHA and AFOSH, you may ask?

OSHA (the Occupational Safety and Health Act of 1970) and AFOSH (Air Force Occupational Safety and Health program) exist to set the requirements for safe and healthful working conditions for men and women in the workplace.

OSHA and AFOSH authorize enforcement of the standards developed under the Act of 1970; by assisting and encouraging the states in their efforts to assure safe and healthful working conditions. OSHA and AFOSH provide for research, information, education, and training in the field of occupational safety and health, and related purposes.

As Air National Guard members we must follow OSHA as well as AFD (Air Force Policy Directive 91-2 Safety Programs). The Air Force is committed to providing safe and healthful environments both for Air Force people and for those affected by Air Force operations. As Air Force members, we must be ever alert to identify and control hazards and to

prevent mishaps. When mishaps do occur, we and the Air Force must learn the causes and take steps to ensure those mishaps are not repeated. This directive establishes the Air Force's approach to safety. (Nuclear Weapons and System Surety is covered separately under AFD 91-1, and Occupational Safety and Health is covered under AFD 91-3.)

The OSHA Act promulgated a series of safety and health laws (OSHA standards) and the Air Force has developed a series of specific occupational safety and health standards (AFOSH standards) based on OSHA guidance and standards. OSHA standards take precedence over AFOSH standards, as the Air Force cannot grant exemptions to OSHA standards; only the Department of Labor has that authority.

What does this mean to each of us?

All employees state, federal, and private are entitled under the law to have safe and healthful working conditions, and your employer is responsible for ensuring compliance

with the safety and health laws that provide you worker protection.

OSHA and AFOSH underlie every task you perform safely or not for the VANG. Supervisors: Identify and properly mitigate the hazards of your duty section. Workers: Know the hazards associated with the tasks you perform and always follow the proper procedures to avoid injury or illness. Everyone must work together to keep their work environments safe.

OSHA and AFOSH standards are accessible through the base Intranet. Go to any Intranet web page and type http://www.osha-slc.gov/OshStd_toc/OSHA_Std_toc_1910.html to get to OSHA 29 CFR 1910 Series and type <http://afpubs.hq.af.mil/elect-products/pubpages/91-pubs.stm> to get to AFOSH directives. Once you get to the publication locations you will most frequently use, save those web addresses in your "Favorites" folder so you won't have to type them into the address line again.

by TSgt. Leslie M. Cairns
Safety Specialist

Be aware of skin damage from sun

Warm weather is here, and people are spending more time outdoors. Although many believe tanning enhances beauty, it can be harmful.

You may even have noticed a new mole or two, while trying on summer clothes or swimsuits. Whether the moles were new or simply previously undetected, people tend to pay more attention to their skin in summer.

Melanoma is the deadliest form of skin cancer. Over the past several years there has been a dramatic rise in the number of people diagnosed with melanoma. The number of new cases of melanoma diagnosed each year is increasing faster than any other form of cancer in the United States. In 1998 an estimated 41,600 new cases were

diagnosed. An estimated 7,300 people died from melanoma in this country last year.

One patient was only 39 years old when diagnosed. He noticed that a long-present mole had become raised and bled on occasion. He brought it to the attention of his doctor a few weeks later and underwent surgery to remove what proved to be melanoma that same week. The disease spread to his brain approximately two years later. He has undergone several unpleasant treatment regimens at clinics around the country and is currently in remission.

Yet, he is relatively lucky. Most people do not respond well to chemotherapy once the disease has spread to internal organs. Melanoma is often

deadly unless it is caught early when it is the most treatable.

Early diagnosis is critical. If you detect melanoma early enough, your chance of surviving approaches 100 percent. If allowed to spread before diagnosis, the cure rate is nearly zero.

You can examine your skin by looking for moles that display any of the following characteristics:

- * Asymmetry: one half doesn't look like the other half.
- * Border irregularity: instead of a nice smooth border, its border resembles a map.
- * Extreme color variation: instead of an even tan-brown color there are

Continued on the next page

Be aware of skin damage from sun...

Continued from page 14

various shades of brown, black or sometimes even white, red or blue.

* A diameter larger than 6 mm: about the size of a pencil eraser.

You also want to look for any previously unnoticed moles, so you can track them in the future.

Take inventory of your skin. Using a wall mirror, examine the front of your body and as much of your back as possible. Open your mouth wide and check for dark spots you may not have noticed before. Look at your outer arms and then raise your hands over your head to see under your arms. Look at your palms. Look at your legs front and back, between your toes and at the soles of your feet. Using the wall and hand mirrors together, examine your scalp. Move your hair about and really take a close look. Take note of the back of your neck. Finally check your private parts and buttocks.

This may seem awkward, or even embarrassing, but you live with your skin every day and will notice subtle changes better than anyone. If you find anything unusual or about which you have a question, see your doctor. "Maybe it will go away," is a dangerous combination of words, especially where melanoma is concerned.

Perform self-examinations once every 2-3 months. In addition, it's a good idea to examine younger children periodically until they can be taught to check themselves. Although melanoma is rare among children, it does exist. Also, don't forget to help older relatives who may not have the eyesight or dexterity to examine themselves. It might be uncomfortable, but you may save a life.

Sunburns occurring in the pre-teen years, more than any other factor, increase the chance of developing a melanoma over a lifetime. Bursts of sunlight, especially leading to sunburn, in adult life also contribute to developing the disease. Protect yourself. Wear adequate sunscreen to prevent yourself and your kids from turning red. Early detection helps but, the ultimate cure for melanoma is prevention.

by Dr. (Maj.) Alfred Knable

74th Medical Group staff dermatologist (Air Force Materiel Command News Service)



In Memoriam...

DONNER, Lucia Jeanette Izzo, longtime secretary for the 149th Fighter Squadron (retired 1989), and mother of retired 149th pilot Gene Donner, died June 27 after a long illness.



VaANG Calendar of Events

August

14-15: UTA (Should pay NLT Aug. 27)

14: Family Day-- FREE-- Starting at 11 a.m., fun, games, picnic lunch. Recognition ceremony at 3 p.m. Ends with Guard Night at the Diamond: 7 p.m. Tickets for baseball game: \$4 for adults, \$2.50 for youth and seniors. Call TSgt Shirley Cooper, ext. 6428, to buy your ball game tickets. (See page 1 story for more info.) Quarterly Blood Drive cancelled due to Family Day.

21-25: Enlisted Association (EANGUS) national conference in Des Moines, Iowa

26: Women's Equality Day -- ratification of the 19th Amendment

28-29: Langley AFB (Hampton, Va) Community Appreciation Day (Air Show)

September

3-6: National Guard Association 120th General Conference in Atlanta, Ga.

18-19: UTA (Should pay NLT Oct. 1)

The Logistics Group, in conjunction with the Club, is hosting "Cajun Beach Fest" Saturday, Sept. 18 starting at 5 p.m. Logistics is looking for volunteers to help with the event. Anyone wanting more information, or interested in helping, may contact Lt Kathy Kahlson, ext. 6186 on drill weekends.

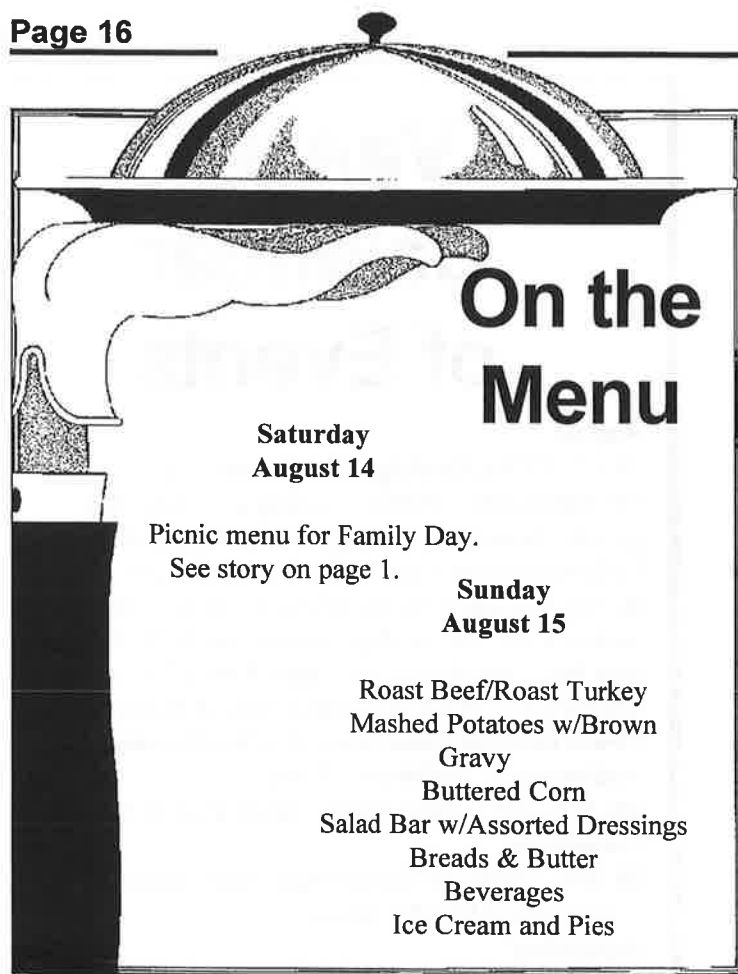
18-19: Oceana Naval Station Air Show

October

16-17: UTA

16: Year of the Enlisted Force banquet, dance and 5k run. Banquet & Dance tickets \$15 per person. Call your unit First Sergeant for more information. Special logo T-shirts, sweatshirts & travel bags are on sale. Get involved! Planning meetings are monthly in the State Headquarters Training Room--Drill Sundays at 2:30 p.m. (See pages 4-6 and 12-13 for more about the Year of the Enlisted Force events and activities.)

If you have an item or event you would like to have added to the calendar, call Public Affairs at ext. 6388, or visit the PA office during drill weekends (Wing Headquarters building, room 30 -- across from the Recruiters' offices).



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AF names ANG among top web sites for quarter

The Air Force has announced the results of its 5-Star Award for outstanding public web sites for the second quarters of 1999.

The winner is the Minot AFB, N.D., site (www.minot.af.mil), and second place goes to the Air National Guard site (www.ang.af.mil). In third place is Incirlik AB, Turkey (www.incirlik.af.mil). The winning sites competed against 26 other nominees.



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