

VANGUARD

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May 1999



Leadership announces change-of-command

Hicks takes reins of 192d Fighter Wing

On Saturday, May 1, Col Stephen R. Hicks will take command of the 192d Fighter Wing. The Change-of-Command Ceremony will begin at 3 p.m. in the Maintenance Hangar. All retirees and base personnel are invited to attend. Military members may wear their duty uniform of the day. A reception will follow at the Dining Hall.

Colonel Hicks is a command pilot with more than 2,900 hours flying T-37, T-38, F-105, A-7, C-26 and F-16 aircraft. He pinned on his eagles March 3.

As Colonel Hicks moves into the Wing commander position, LtCol Peter A. Bonanni will become the new Operations Group commander. Chief MSgt Wayne Keene, Wing Safety, has been selected as the Wing's new

Command Chief Master Sergeant (formerly senior enlisted advisor). Keene was promoted to CMSgt on April 18.

Colonel Hicks succeeds Col. Robert O. Seifert, who is moving to the VaANG State Headquarters as its new chief of staff. BrigGen William C. Jones, Jr., the current chief of staff, will become the new deputy adjutant general for air. Jones was promoted to brigadier general effective March 25.

The current deputy adjutant general for air, BrigGen Terry A. Maynard, retires May 3. A reception honoring General Jones as the new deputy AG for air will be held Sunday, May 2, in the Dining Hall. During the reception, the State Headquarters will also take time to recognize General Maynard's retirement.



Virginia honors VaANG enlisted force

Virginia Governor James S. Gilmore, III, and the state legislature honored Virginia ANG enlisted personnel with a Year of the Enlisted Force proclamation presented in a ceremony during the April drill.

More than 200 airmen and women, noncommissioned officers and officers gathered in front of the 192d Fighter Wing headquarters building April 18 to hear the proclamation and welcome its bearer, The Honorable Jay Katzen, state delegate from the 31st District, and his wife Paddy.

Katzen is currently serving his third term in the Virginia house of Delegates, representing Rappahannock

County and parts of Fauquier and Warren counties. For more than 23 years Katzen served the American people as a Foreign Service Officer in the U.S. State Department with posts in Congo, Mali, Romania, Zaire, Burundi, Australia and at the United Nations. He currently serves on the Labor and commerce, Militia and police, Finance, Agriculture and Transportation Committees.

Also attending the ceremony and speaking to the gathering was MajGen Claude A. Williams, Virginia's adjutant general.

The Delegate presented the proclamation, talked with a number of

base personnel, spoke with local news media and ate lunch in the Dining Hall. After reading the proclamation, Delegate Katzen presented the document to one of the Virginia Air Guard's newest members, A1C Robert H. McCormick, III, Maintenance Sq. Corrosion Control Shop, and son of SMSgt Robert H. McCormick, Jr., Wing Finance.

A special thanks goes out to CMSgt Ray Bassetti, Command CMSgt, for all the work he did planning and organizing the ceremony, and to MSgt Gerald Golden, master of ceremonies, and SMSgt Mike Duke for formal introductions.

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

Commander's Call

Thank you for your support & for letting me stand at front of line!

On Saturday afternoon of the May drill the Wing will conduct a change of command ceremony. In America changes of leadership are non-violent. I can assure you this one will be peaceful.

On Saturday, Colonel Steve Hicks will assume command of the wing. Colonel Hicks is a professional leader. The unit is fortunate to have an individual of this caliber to lead the unit into the future. He has been a member of the unit for more than 25 years and has served in many key leadership positions. His level of commitment to the unit is unmatched. He is a hard worker who will set the finest example for all of you to follow. While he will assume command of the wing, remember it is your wing. He can not be successful without your help. His success is your success. Being wing commander may look like a glamorous job. It can be a very demanding.

I want to thank all of you for the support you have

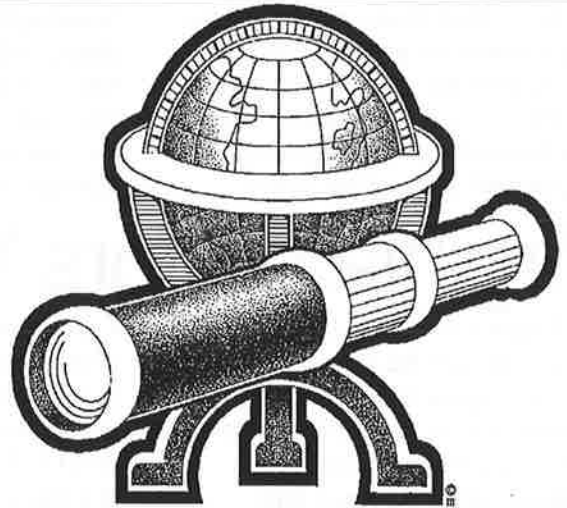
given me during the time I have served as commander. This unit is blessed with many wonderful and talented people. It has been an honor to work with all of you.

I especially want to thank our vice-commander LtCol Tony Haynes, our four group commanders, Col Hicks, Operations; LtCol Johnny Haikey, Logistics; LtCol Ralph Barker, Support and LtCol Cindy Brown, Medical. They are talented team players who have been important to the success we have enjoyed. I also want to thank LtCol Bob Pemberton my executive officer and CMSgt Jim Stanley who served as my senior enlisted advisor. The unit is fortunate to have both of them

Good luck in the future. Thanks for letting me stand at the front of the line for awhile.

Col Robert O. "Bob" Seifert

Celebrate the cultural diversity of the U.S. during Asian-Pacific Heritage Month--May 1999!



VANGUARD

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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.

AFAF campaign kicks off in May

As in past years, members of the Air National Guard have the opportunity to make contributions to the Air Force Assistance Fund Campaign. The AFAF was established to provide an annual effort to raise funds for the charitable affiliates that provide support to the Air Force family (active duty, retirees, reservists, Air National Guard and their family members, including surviving spouses) if needed. Organizational affiliates of the AFAF are the Virginia

National Guard Foundation, Air Force Aid Society, the Gen. and Mrs Curtis E. Lemay Foundation, The Air Force Enlisted Men's Widows and Dependents Home Foundation, Inc. and the Air Force Village Foundation.

All of these organizations help Air Force people with aid in emergencies, with educational needs, or to have a secure retirement home for widows or widowers of the Air Force members in need of financial assistance.

This year's Campaign will run through June 13; key workers have been designated in work sections throughout the base to assist you with your donations as well as to answer any questions.

Contributions can be made by check or cash. If by check, make it payable to the 192d FW Contingency Fund. All contributions are tax deductible. The base program coordinator for this year's campaign is CMSgt Catherine Desper, ext 6302. All contributions will be greatly appreciated.

203d supports civil engineers at Al Jaber

Members of the 203d RED HORSE Flight recently deployed to Al Jaber Air Base, Kuwait, in support of Operation Southern Watch.

The 203d is a heavy construction unit capable of building roadways and facilities. The engineering personnel at Al Jaber needed construction support to clear the backlog of projects on the books.

The 203d sent an advance team on Feb. 8, followed by two deployments of 39 personnel each. The trip over was a huge undertaking in itself. The increased Anthrax vaccination requirements were overcome through the excellent support provided by the 192d Medical Sqdn and the 192d Military Personnel Flight.

Most personnel deployed for 17 days, while some diehards stayed for both deployments. After an arduous 32 hours of travel, including a five-hour bus ride, three five-hour airplane legs and an armed convoy escort into the airbase, the airmen arrived. Led by Maj Paul Julian, construction by the first group quickly began. An Air Force rescue helicopter unit had been redeployed from Camp Doha in northern Kuwait and needed a home immediately.

The RED HORSE team was given nine days to complete the construction of two general purpose shelters (GPS), interior partitions and an adjacent parking area. Led by Lt Jennifer Glasgow and TSgt Darryl

Riddle, the first GPS was constructed to the customer's desires in record time and the helicopter Operations personnel were able to move in at the end of the second day. LtCol Flander, the base Support Services commander said simply, "Amazing!"

During the deployments, hostilities escalated with Iraq. The base flew several missions against Iraq in support of the no-fly zone. As a result, base security was extremely high. As Capt Rick Watkins said, "This is as close to the front lines as we've ever been." His deployment also constructed a Life Support facility for an F-16 squadron, a deck around one of the two base swimming pools and another Operations Center for the helicopter unit.

Several personnel worked with the base Civil Engineering unit conducting base maintenance and covering shortfalls of overworked sections.

The second deployment picked up where the first deployment left off. They built another GPS for the fighter pilots. This one involved an addition onto an existing facility and included traditional drywall, drop ceiling and carpeting. They built a facility for the security police and did numerous Health and Welfare projects, including a fence around the softball field. One of the more important projects involved upgrading roads around the base.

Al Jaber is located about one-hour southwest of Kuwait City. The American compound is within the Kuwaiti airbase. Very few unit members were allowed to venture off the Kuwaiti base due to the threat level. Earthen berms, sandbag and concrete bunkers and miles of concertina wire served to remind everyone of the potential dangers of the region.

Life on base wasn't bad for the Guard members. Work kept the boredom away. A recreation center, the pools, church, a small gymnasium, ball fields, a small BX and a jogging trail served to help pass free time.

Probably the biggest surprise was the weather. February and March are winter in the desert with highs in the 70s and overnight lows around 45 ° Fahrenheit. Temperatures were relatively cool, but extreme conditions often arose. In the course of the month they were on site, the 203d experience three severe storms bringing driving rain and gusty winds. On two occasions, tents were flooded and had to be evacuated. A sandstorm confined everyone to quarters for half a day. Fortunately, the 120° temperatures were still a few months away.

Conditions were good for construction. SSgt Louis Dafoe said, "It was great. We felt like we made a difference. We had a real mission and made a positive impact on the lives of the active duty people at the base."

contributed by LtCol Mike McCarthy
203d Operations officer

Retiree assoc. welcomes 20-year members

Retired or currently serving in the Virginia Air National Guard but have at least 20 years military service? There is a group looking for you: The VaANG Retiree Association.

We're a proud bunch and we're always looking for new members to share that pride with. The retiree association did an incredible amount of work preparing aircraft era displays in the maintenance hangar for the 50th anniversary celebration in 1997.

The group has monthly meetings called "socials." Anyone with 20 or more years in the Air Guard may join.

Dues are \$12 per year. Meetings are open and members, their spouses and friends are always welcome. The group offers a number of activities to become involved in.

Meetings are held on the second Thursday of each month at 7 p.m. at the Club. Social hour lasts 30 minutes with the meeting starting at 7:30. For more information call SMSgt Bob Walton at ext. 6541 or 6373. This is a great organization and it can be even better with more members!

by SMSgt Bob Walton
VaANG Retiree Association rep

Note dates, deadlines for SRNCO Academy classes

The USAF Senior Noncommissioned Officer Academy (SRNCOA) is the highest level of Air Force enlisted professional military education (PME). The mission of the academy is to conduct a program of PME to prepare selected Senior NCOs to better fulfill their leadership and management responsibilities.

Commanders are requested to nominate their most professional Senior NCOs. Senior NCOs from all MAJCOMS (major commands), the Air National Guard (ANG), and the Air Force Reserve are selected to attend the Academy. Applicants should apply for the SRNCOA as soon as possible to ensure a slot in the FY00 schedule. Class dates are as follows:

- 00A Nov. 1– Dec. 15, 1999
- 00B Jan. 19 – March 1, 2000
- 00C March 16 –April 26, 2000
- 00D May 10 – June 21, 2000
- 00E July 13 –Aug. 23, 2000
- 00F Sept. 6 – Oct. 18, 2000

To be eligible to attend the SRNCOA, the following criteria must be met.

1. Be in the grade of E-7 or E-8. E-7s must have at least 24 months time-in-grade (TIG); applicant clearly demonstrates a potential for increased leader-

ship and management responsibility and has completed an in-residence NCO Academy or Leadership School (this is an important selection factor).

2. Have at least one-year retainability from graduation date.
3. Hold a Secret or Top Secret security clearance.
4. Be within body fat limits outlined in AFI 40-502.
5. Be recommended by the immediate supervisor, with the concurrence of the applicant's commander.
6. Not be under investigation or charged with an offense punishable under the UCMJ.
7. Wait at least 2 years between completion of in-residence NCO Academy and the start of a USAF SRNCOA class.
8. Have taken the Air Force Reading Achievement Test (a grade of 9.0 or higher is desirable).

All interested applicants should contact SMSgt Mike Gates, MPF Training officer, ext. 6590, to apply. Applications must arrive at ANG/MPTEE not later than June 7, 1999, with all appropriate levels of endorsements to include State Headquarters. Be sure to allow enough time for mailing and delivery.

VaANG officer pool applications due in MPF by June UTA

The Military Personnel Flight (MPF) is currently accepting applications from individuals interested in becoming an officer in the Virginia Air National Guard.

The VaANG policy for filling vacant non-rated/non-professional officer positions within the state is to establish a pool of qualified applicants at the beginning of each fiscal year (Oct. 1).

The pool consists of individuals selected from all applications received, that meet the qualification requirements. People placed in the pool are reminded that should they not be selected for a vacant position during the year, they must reapply the following year. Applications are not automatically retained in the pool at the beginning of the new fiscal year. Some of the commissioning requirements are as follows:

--- AGE: Individuals must be commissioned by age 35. No age waivers will be considered.

--- EDUCATION: A bachelor's degree is desired. Waivers of education will be considered. Applicants must have a minimum of 90 semester hours for consideration of a waiver.

--- TEST REQUIREMENTS: All applicants must take the Air Force Officer Qualification Test (AFOQT). If a person tests and qualifies, their scores won't expire. An MPF representative can explain required qualifying scores.

The application submission deadline for the coming fiscal year is close of business Sunday, June 13. Applications submitted after that date won't be considered.

For more information about becoming an officer in the VaANG, call MSgt John Rollings at ext. 6708, or stop by the MPF.

On target: Wing marksmanship team takes top honors at state contest!

Phase I (State Championships) of the 1999 National Guard Bureau Marksmanship Tournament has been completed. The 192d Fighter Wing competed with teams in the smallbore rifle and smallbore pistol disciplines, and one Wing team member competed in the combat pistol discipline with the following results:

Smallbore Rifle -- 192d FW won 1st Place (State) in the team category. Team members are:

CMSgt Raymond Bassetti, Engine Shop
TSgt David Simmons, PMEL
TSgt Philip Thomas, Fuel Shop
SSgt Samuel McMinn, AGS Flight Line

Smallbore Pistol -- 192d Fighter Wing won 1st Place (State) in the team category. Team members are:

SSgt Krag-Stevens Cash, AGE Shop
TSgt Philip Thomas, Fuel Shop
Maj Carl Bess, CRF
SSgt Samuel McMinn, AGS Flight Line

Combat Pistol -- SSgt Alton Coston, Engine Shop, won 1st Place (State) in the individual category.

Phase II Team Matches (Smallbore Pistol & Smallbore Rifle) will be completed at home station (Sandston) during March. The top five teams in the nation will be invited to Camp Robinson, North Little Rock, Ark., to compete for the national title.

The balance of the 1999 Phase I competitors included: LtCol Johnny O. Haikey, Logistics Group; TSgt Gilroy Phaup, Logistics Support Flight; SSgt Steven Zettlemoyer, PMEL; and SSgt Tobee D. Smith, AGS Flight Line.

"Thanks and WELL DONE to all 1999 participants... there is no team success without the unselfish commitment of all its members," commented TSgt Philip N. Thomas, Sr., 192d FW Marksmanship Team leader.

For information about joining the marksmanship team contact Thomas at ext. 6810/6378, or e-mail philip.thomas@varic.ang.af.mil.

CE performs bare base buildup, runway repair during Silver Flag

Nearly 40 Civil Engineer Sq members deployed to Tyndall AFB, Fla., March 20-27, for Silver Flag. The unit takes part in the exercise every three years.

The Civil Engineering contingent included Fire Dept. and Disaster Preparedness personnel. 192d Services Flt staff also participated in the week-long bare-base training.

VaANG troops worked and trained with active duty CE units from Shaw AFB, S.C., and F.E. Warren AFB, Wyo. Training included setting up field latrines and showers, temper tents, generators and water bladders as well as layout of facility locations. They made sure all facilities had power and water for essential operations.

The group identified runway damage, repaired craters using fiberglass matting, set up airfield lighting and markings, and installed a Mobile Aircraft Arresting System.

The firefighters practiced moving people from smoke-filled buildings and controlling structural and airframe fires. Disaster Preparedness worked on detecting and plotting both nuclear and chemical weapons attacks. Services

people planned meals and set up the portable field kitchen.

"All the teams worked well together and completed their mission in a timely and very professional manner. They performed extremely well during the bed down exercise on evaluation day," said 1stLt Jacqueline Minter, 192d assistant base civil engineer. The units also took part in

gathering and evaluating intelligence on enemy actions. Information evaluations were passed on to the commander to determine personnel MOPP levels. DP personnel would detect and plot weapons attacks. Teams were responsible for management of CCA and shelter planning and evaluations. Reconnaissance after attacks is a large responsibility for DP staff.

IG to hold conference period

The 192d Medical Sq (MDS) will undergo a Health Services Inspection (HSI) during the June UTA. Inspectors from the Air Force Inspection Agency will conduct an Inspector General (IG) and Fraud, Waste and Abuse personal conference period on Saturday, June 12 from 11 a.m. - noon.

Individuals may see the inspector without an appointment; however, to minimize waiting, an appointment is best. Any inspection team member may be contacted during the inspection to arrange an appointment.

The purpose of the conference is to provide reserve component person-

nel with an opportunity to communicate directly with an AF/IG representative. However, not all matters are appropriate for action by the AF/IG. Examples of unsuitable issues include civilian EEO complaints, claims against the government, correction of military records, appeals of EPRs and OPRs, the Suggestion program and those matters covered by negotiated grievance procedures in the Master Labor agreement.

Fraud, Waste and Abuse disclosures; personal complaints other than those identified above; and those matters involving medical unit operations are appropriate.

Information security condition heightened

Understand shared risks of networks

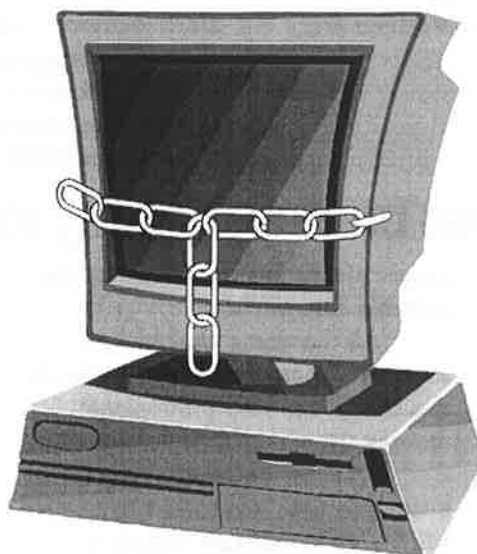
In the wake of the Melissa computer virus and the variations of it (e.g. Pappa B) that are cropping up around the world, computer security has become a high priority issue. Because of the current threat of these viruses on military computer networks and communications systems, the base is currently in Information Operations Condition (INFOCON) BRAVO.

This means there is a "specific risk of attack" to our information and communications systems. As a result of this, everyone was asked to re-accomplish their passwords during the April drill. To be accepted, the new passwords had to have a minimum of eight characters in accordance with AFSSI 5027, para. 5.2.2. The passwords must consist of alphanumeric characters with at least one special character. Also, all dial-up capabilities have been disabled until the INFOCON level allows us to reactivate these capabilities.

Everyone needs to increase their awareness of information system security measures. Follow guidance on protecting your password. Use a password-protected screensaver (activated by clicking on Start, ScreenSaver). Remember to continue virus scanning everything downloaded from diskettes, the Internet and all e-mail attachments. If you receive an e-mail that you feel could be harboring a virus DELETE IT from your e-mail account and be sure to empty it from your wastebasket.

The military is currently on the lookout for the Papa B computer virus effecting MS EXCEL and Outlook. The AF Emergency Response Team (AFCERT) has received information concerning the Excel Macro Worm. The worm replicates in the form of a Microsoft Excel spreadsheet. Using the macro language in Microsoft Excel in conjunction with Microsoft Outlook, the worm sends copies of itself to e-mail addresses configured in Outlook's address lists. In order for this worm to

self-propagate, one must have both Microsoft Excel and Microsoft Outlook installed on their computer system. The Papa A variant has a serious bug in its code and does not work. This bug was fixed in the Papa B variant, which is able to spread via the Internet. The macro worm creates an Outlet object using Visual Basic instructions and reads the list of members from your Outlook Global Address Book. An e-mail message is



created and sent to the first 60 addresses in your address book. The e-mail sent by the worm looks like this:

From: (name of infected user)
TO: (60 NAMES FROM ALIAS LIST OF THE INFECTED USER)
Subject: "Fwd: Workbook from all.net and Fred Cohen"

Urgent info inside. Disregard macro warning.

Attachment: XPASS.XLS"

The worm then attaches the Excel spreadsheet to the e-mail and sends the message, propagating itself further. Such mass mailings can cause network congestion and an increase in load on e-mail servers forcing them to be shut down. The worm contains an additional payload with a random trigger. The payload performs a ping on two

different IP addresses for an indefinite amount of time potentially causing a denial of service and additional network congestion.

The worm will not self-propagate simply by reading your e-mail. You must launch or run the attached Excel spreadsheet. The Excel spreadsheet attachment was originally named XPASS.XLS or CRACKED.XLS. However, filenames are easily changed so, the worm may spread as a different filename Dr. Fred Cohen and the web site at all.net have nothing to do with the worm. Authors of this worm simply want to harass him. The worm won't spread to other XLS files; it just mails XPASS.XLS around. The virus was first seen on commercial sites and now appears to be targeting military systems.

If you receive an e-mail of this nature, do not open the attachment and report all occurrences to your Computer System Security Officer (CSSO), the BNCC Help Desk, ext. 6866, or the Information Assurance Office, ext. 6119. A new McAfee DAT file was distributed on April 13 to clean this worm out of the base system. You may obtain a copy of the latest McAfee Virus Software and DAT file (4020) from the Intranet (<http://www/cf/helpdesk/helpdesk.htm>) for your home PC.

The Mellisa virus affects various Microsoft Software Products, particularly Outlook e-mail clients and MS Word documents by using Microsoft Outlook to e-mail the infected document to the first 50 people from your Outlook address book. It overwrites the first macro in open documents and in the Normal.dot template with the macro virus code as well as turn off your macro detection in Word. The infection is widespread and may result in denial of service against e-mail servers and/or sensitive documents may be inadvertently disclosed.

Continued on page 8

Parents owing money feel passport restrictions

Nearly 2 million people, some of them in the Air Force, could have a tough time getting passports if they are behind in child support payments.

For more than a year, the State Department has enforced a law that forbids passport issuance to parents more than \$5,000 behind on payments. While falling into debt might have been easy, clearing one's name, many have found, is a long, drawn-out process.

The Personal Responsibility and Work Opportunity Reconciliation Act of 1996 took effect Oct. 1, 1997. Since then, the State Department, working with the Health and Human Services Department, has refused to issue passports for those listed in its database of deadbeat parents.

The Air Force doesn't track how many passport applicants have been rejected for failure to pay child support, but says that possibly hundreds of people could be impacted by this ruling.

TSgt Daniel White, noncommissioned officer in charge of Air Force passport matters, told of another technical sergeant assigned to Maxwell AFB, Ala. He applied in July for an expedited passport and visa to travel to Argentina for 14 days, a process that normally takes seven to 10 working days for just a passport. White's office received the application July 14 and, because the sergeant wanted to leave July 19, packaged and sent the request that same day to the State Department. The next day, the experts began a nine-step clearance process. From initial review through other verifications, the application moved swiftly along; that is, until it hit a brick wall.

When State Department case-workers checked the sergeant's name against the Health and Human Services database, "That's where he got nailed," White said. The applicant's papers were placed in "name-check hold" July 16, and the State Department sent him a letter stating why he

could not receive a passport.

Some people, after receiving the letter, rush to their county court house to verify that their account is paid up. Then they send a verification letter to the State Department. That, White said, does not work. Parents who owe child-support must instead go to the child-support enforcement agency in the state that had jurisdiction in their divorce. If the account is in order, that state agency sends a letter to Health and Human Services, which updates the database each week for the State Department.

If that sounds like a long process, it is. In the Maxwell sergeant's case, it was not until Feb. 25, that the State Department received notification on the weekly database update that his

account was in order. The State Department then removed the hold on his application and forwarded it to White's office, who sent the sergeant's passport to him March 3. With the State Department rigidly enforcing child-support rules, White said parents in arrears should clear their accounts quickly, lest their inability to deploy affect their unit's readiness.

White said that neither his office, the passport agency nor State Department have any information concerning the defaults of an applicant's child support obligation, and that this decision cannot be appealed to the Air Force or State Department. For more information on this issue, call the Air Force Passport Matters Office at DSN 223-7262. (Air Force Print News)

Base, AF hotlines always available to members

The Air Force's senior leaders want military and civilian employees to remain aware of the service's sexual harassment hot line.

The Air Force Personnel Center operates the hot line, which is set up to receive inquiries about sexual harassment and other forms of discrimination. The numbers are toll free 1-800-558-1404, DSN 487-7849 or commercial (210) 652-7849.

"First we expect our people to use their chain of command," said MajGen Don Lamontagne, AFPC's commander. "However, the hot line opens another channel of communication for those who have a question, concern or complaint about sexual harassment or discrimination. The Air Force has zero tolerance for sexual harassment and discrimination and we take each call very seriously."

An AFPC Call Center representative answers each call to the hot line. Callers with a sexual harassment or discrimination concern are forwarded

to a qualified Social Actions counselor. Counselors ensure callers understand the avenues available to them and also ensure complaints are channeled to the proper authority. Counselors are available to take calls during normal duty hours 7:30 a.m. to 4:30 p.m., CST.

After normal duty hours, voice mail is available for callers to leave messages. Counselors return after-hours phone calls on the following duty day. Counselors are available 24 hours a day for emergencies or when an immediate response is desired. The call center voice mail will instruct callers how to reach an after-hours counselor.

To access the VaANG Hotline, dial 1-800-643-7458 and select 9 from the menu, or if local, dial 236-6503. State Headquarters executive support staff officer, LtCol William A. Prorise Jr, will answer your call or the 24-hour answering machine will take your message and he will get back to you.

Know risks, symptoms of stroke

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

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

Risk factors that can be treated or controlled include: 1)High blood pressure—the most important controllable risk factor for brain attack. 2)Heart disease—after high blood pressure, it is the most important risk factor. 3)Cigarette smoking—causes

damage to the cardiovascular system in many ways. 4)Transient Ischemic Attacks (TIAs) are strong predictors of stroke. 5)High red blood cell count—even a moderate increase thickens the blood, making clots more likely.

Risk factors that can't be changed: 1)Age—your chance of stroke more than doubles for each decade beyond age 55. 2)Male sex—overall, men have a 19 percent greater chance of stroke, especially for those under age 65. 3)Race—African-Americans have a much higher risk of death and disability than other races. 4)Diabetes mellitus—an independent risk factor for stroke that is also strongly correlated with high blood pressure. 5)Heredity—the risk is greater for those who have a family history of stroke.

Warning signs and symptoms of a stroke include: 1)Sudden weakness or numbness of the face, arm or leg on one side of the body. 2)Sudden dimness or loss of vision, particularly

in one eye. 3)Loss of speech, or trouble talking or understanding speech. 4)Unexplained dizziness, unsteadiness or sudden falls, especially along with any of the previous symptoms.

Stroke statistics: Nearly 3,890,000 stroke survivors are alive today. Estimates are that stroke accounts for half of all patients hospitalized for acute neurological disease. Twenty-eight percent of annual brain attack victims are under age 65. From 1984–1994 the death rate from stroke declined 19.8 percent. During 1993, females comprised 60.7 percent of stroke fatalities. The 1993 death rates for stroke were 94 percent higher in black males than white males, and 75.8 percent higher for black females than white females. Nearly 500,000 people suffer a new or recurrent brain attack each year (based on the Framingham Heart Study). by SSgt Tyrelle Rogers, 192d Medical Sq, Health Promotions program

Understand shared risks of networks...

Continued from page 6

If you receive any e-mail messages with the "Subject: IMPORTANT MESSAGE FROM <username> and Body: Here is the document you asked for...don't show anyone else," DO NOT OPEN THE MESSAGE or the included attachment list1.doc. Delete all occurrences of this message from your INBOX as well as your DELETED items folder or trash.

The Information Operations Condition (INFOCON) recommends actions to uniformly heighten or reduce defensive posture to defend against computer network attacks (CNAs) and to mitigate sustained damage to the DOD information infrastructure, including computer and telecommunications networks and systems. The INFOCON is a comprehensive defense posture and response based on the status of information systems, military operations and

intelligence assessments of adversary capabilities and intent. The INFOCON system impacts everyone using DOD information systems, protects systems while supporting mission accomplishment, and coordinates the overall defensive effort through adherence to standards. It presents a structured, coordinated approach to defend against and react to adversarial attacks on DOD computer and telecommunication networks and systems.

While all communications systems are vulnerable to some degree, factors such as low-cost, readily available information technology, increased system connectivity, and standoff capability make CNA an attractive option to our adversaries. CNA is defined as operations to disrupt, deny, degrade or destroy information in computers and computer networks, or the computers and networks themselves.

Each level reflects a defensive

posture based on the risk of impact to military operations through the intentional disruption of friendly information systems. INFOCON levels are NORMAL (normal activity), ALPHA (increased risk of attack), BRAVO (specific risk of attack), CHARLIE (limited attack), and DELTA (general attack). Countermeasures at each level include preventive actions, actions taken during an attack, and damage control/mitigating actions.

In today's network-centric environment, risk assumed by one is risk shared by all. Unlike most other military operations, a successful network intrusion in one area of responsibility (AOR) may, facilitate access into other AORs. This necessitates a common understanding of the situation and responses associated with the declared DOD INFOCON. These actions must be carried out concurrently in all AORs for an effective defense.

Our enlisted heritage

Chief Myers relates career highlights

CMSgt (retired) Ashby M. Myers was born May 10, 1927, in Richmond, Va. He graduated from Varina High School in 1946, and enlisted in the Virginia Air National Guard in June of 1948.

During his 39 years of service, Chief Myers served in a variety of duties including aircraft Crew Chief, Corrosion Control, Tire Shop, Phase Dock Chief, Quality Assurance Inspector, and Chief of Quality Assurance. He served with the unit during two activations. The first time for 21 months, during the Korean War, when the unit deployed to Turner AFB, Ga., and Godman AFB, Ky. The second, for 11 months at Richmond, during the Berlin Airlift Operations.

Chief Myers is married to the former Betty Burke. They have three children and presently reside in Henrico County, Va.

The Chief says that since the organization of our unit in 1947, the quality of aircraft maintenance has always been outstanding. The first Chief of Quality Assurance was MSgt James Gayhart, followed by CMSgt Francis Stonnel and CMSgt Willie F. Hall. Each of these men ensured that nothing short of first class quality maintenance was ever accepted. They established the standard for those who followed.

When the unit lost an F-105 and Maj Jim Gunter over Fort Bragg, N.C., TSgt David Gay discovered the cause of the engine failure. The unit was able to pass this information to all other units flying the F-105 and prevented other crashes. When another F-105 crashed off the coast of North Carolina, Sergeant Gay identified a cracked low pressure fuel bowl that allowed the starvation of fuel to the engine. Then LtCol Bill Jones ejected safely.

Chief Myers recalls MSgt Larry

Parsons finding insulation severely chaffed on F-105 generator wires, and TSgt Louis Phillips discovering severely damaged engine compressor blades, on an A-7D. Both discoveries prevented serious mishaps.

MSgt Gerald G. Ellyson received an outstanding achievement award when he discovered the cause of a jammed flight control stick on one of our A-7D aircraft. At nearly the same



time, this condition almost caused the loss of an A-7D in the Colorado Air National Guard. The events surrounding this mishap were published in Readers Digest. Sergeant Ellyson discovered an electrical plug on new anti-collision light assemblies for A-7D aircraft were improperly assembled causing improper clearance on a pitch control push pull rod bellcrank. We were the lead unit investigating and correcting this problem.

When A-7D aircraft started experiencing inflight emergencies due to AC Power Control Panel failures, MSgt Paul Smith, from Avionics, and TSgt Steve Tuck, from the Electric Shop, found the cause. Smith and Tuck locally manufactured test equipment to verify the improper Depot adjustments. They worked with the Navy Depot responsible for this item and fixed the problem.

Note from CMSgt Ray Bassetti, VaANG State Headquarters Command Chief MSgt: This is the first in a series of articles summarizing VaANG input

for the ANG Year of the Enlisted Force Heritage Book. VaANG submissions will be forwarded to National Guard Bureau. These are just some of Chief Myers' recollections exhibiting the dedication and professionalism of the Virginia Air Guard enlisted force. The sense of sincere caring and the dedication to the pursuit of safety exhibited by these men helped make our unit a world class organization.

Chief Myers was and is a man of unquestionable integrity who was respected by his peers. His years of work and dedication have not gone unnoticed. Chief Myers, the unit's fourth Chief of Quality Assurance was a mentor to many of our unit's current supervisors and workers. Just like Chief Myers, our job is to pass this culture on to the men and women following us!

Record enlisted career highlights for heritage book

This year has been designated Year of the Enlisted Force by the Air National Guard.

The National Guard Bureau is spearheading the Enlisted Heritage Book--designed to bring together in one volume, biographies of exemplary Air Guard enlisted personnel and a chronology highlighting significant events and accomplishments involving enlisted personnel in each state.

How can you help? Nominate people you think deserve to have their biographies included in the Enlisted Heritage Book. The guidelines suggest people who have "made substantial contributions to the unit and who served as role models to their enlisted counterparts." The VaANG can submit up to about 50 biographies to the NGB for potential inclusion in the book. Make submissions to the Public Affairs office, ext. 6388.

News you can use...

IRS changes POV mileage business travel rate

Leave it to the IRS to change its mind just weeks after announcing its new standard mileage rate for business travel.

The standard mileage rate for privately own automobile from Jan. 1 - March 31, 1999, was 32.5 cents/mile. Effective April 1, the rate decreased to 31 cents/mile.

This change affects all military and civilian individuals being reimbursed for government travel.

Base water is safe to drink

The water at the Guard base is drinkable, reports Civil Engineer Lt Jacqueline Minter. Recently, the water coming from faucets and drinking fountains has had a slight discoloration and odor.

Civil Engineering and Bioenvironmental Health had the water tested, and it is safe to drink. Additional testing is planned. Base water is on the same line as the airport, which is having the same problem.

Medical Sq prepares for June inspection

All Virginia Air Guard members are asked to support the 192d Medical Squadron as it prepares for a major inspection in June. If you are notified of an appointment, physical, vaccine or paperwork requirement at the Clinic, please take care of your medical responsibilities immediately.

Take new SATE test or lose computer use

If you haven't completed the new Security Awareness Training & Education (SATE) program and test (accessible from the Broadcast Message page on your computer), complete it before May 5 or your computer account will be disabled.

The training is an annual requirement. It takes about 15 minutes to complete the test. Refer questions to MSgt Jay Ellis, ext. 6866.

If you've already taken the test, you may check your score by clicking on your Windows screen Start button. Select Net Ass, then Training, SATE Training and SATE Test Scores. Then scroll down to your squadron and your name. Test results are updated weekly.

Use new gov't VISA card only for reimbursable TDY travel expenses

All Guard members who have received the new government travel VISA credit card are reminded that the card can only be used for expenses you will be reimbursed for while on a temporary duty assignment. The monthly bill is to be paid in full, immediately upon receiving the statement.

There are already unit members who are carrying overdue balances on the card. If you have questions about proper use of the card, stop by the base Finance office.

Slow down on Va. roads; drive carefully to drill

Speeding has become a hot issue on Virginia's roads. The State Police, and many county and local sheriffs' offices, are joining forces to stop speeding and reckless driving. Virginia Air Guard members affiliated with law enforcement agencies encourage all Guard members to drive carefully all the time and they warn drivers to slow down on their commute to the Guard base. Interstates 64, 95, 295 and 81 will have possible speed traps set up to slow down all traffic. If you are going to be late for drill, stop and call your supervisor, advise Wing Safety personnel. Getting caught speeding multiple times on one trip to the base could get very expensive.

Braves host Armed Forces Day at the Diamond

The Richmond Braves proudly sponsor Armed Forces Day at the Diamond on Saturday, May 15. The baseball game starts at 7 p.m. and tickets are \$2.50 in advance for Armed Forces personnel, family and friends. The VaANG Color Guard will present the Colors at the beginning of the game.

Make your reservations early by calling TSgt Shirley Cooper, ext. 6428. Cooper said this is a special invitation from the Braves; she is planning to schedule a Guard Night at the Diamond later in the season.

Thunderbirds give 1999 performance schedule

The USAF Thunderbirds recently announced their 1999 performance schedule. This year they will fly more than 70 shows at more than 40 locations. The complete listing of the Thunderbirds' 1999 performance schedule is on the team's web site at <http://www.nellis.af.mil/thunderbirds/>.

ANG golf tourney set for June 15-18

The 7th Annual ANG Eastern Invitational Golf Tournament is set for June 15-18. The tourney will run June 16-18 at the Baytre Golf Plantation, North Myrtle Beach, S.C., and is open to all current and retired Air National Guard people and their family members.

The first two days of tournament play will be qualifying rounds and golfers will be paired based on their average score (handicaps not required). The last day of the event will be bracketed by flights based on scores from the first two days of play. The entry fee is \$105 per golfer. Anyone interested in attending this event may

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call SMSgt Donald Duke, ext. 6354, for registration information or pull down more information from the link on your computer's Broadcast Message.

Women's advisory council meets Sat.

The Women's Advisory Council meets Saturday, May 1, in the Pilots' Briefing Lounge at 1:30 p.m. All council members are asked to attend. The group will meet quarterly.

Top III council plans July meeting

What's going on with the TOP III? First, your newly-elected officers thank you for your vote of confidence in electing them for the TOP III officer positions. **"THEY THINK THEY THANK YOU,"** and they will work hard to make the TOP III council the best that can be. Your elected officers have been busy putting together a set of Bylaws that we can live and work with. These should be read for review at the next TOP III meeting.

Due to the 192d Medical Squadron's upcoming Health Services Inspection in June, the TOP III meeting will be held during the July drill. **"See if we can be of any help to them on this before June."** Items to be addressed at the July meeting include:

- Vision/Mission Statements
- Funds (How do we acquire them)
- Possibility of TOP III RETREAT in September
- Support of First Sergeant "Year of the Enlisted" ball at

Fort Lee Army Post

The turn out at the last meeting was great. For those who could not make it, come to the next meeting and join the best team! Should you have any question or comments please contact your TOP III officers. See you at the next meeting.

by CMSgt Wayne Keene, Wing Command CMSgt

Two VaANG runners on marathon team

The Virginia National Guard is fielding a team for the National Guard Marathon being held May 2 in Lincoln, Neb. Two VaANG runners are on the team: SMSgt David Kinsey, 200th Weather Flight, and MSgt Rob Thomas, Comm Flt. Representing the Army Guard is MSgt Greg Whisler, Headquarters, Headquarters Co., 29th Infantry Division. All three of the runners are experienced marathon competitors. Good Luck Dave and Rob and Greg! Look for more information on them and the marathon in the June newsletter.

Challenge program seeks teen applicants

The Challenge Program is eager to recruit applicants for its next class, as well as future classes. If you know of a teenager who has dropped out of high school, but is willing to work hard to turn his or her life around, encourage them to check into the Challenge Program. Two classes are conducted each year. The in-residence program runs a session from January-June and a second session from July-December. The next class begins July 22. Contact the Program Recruiter, SSgt Chanel Young, toll free at 1-800-796-6472 ext. 235.

VaANG Calendar of Events

May

1-2: UTA (Should pay NLT May 14)

Quarterly Blood Drive: 9 a.m.-1p.m. Register in room 8, Wing Headquarters Bldg. Bloodmobile in parking lot next to building. Give blood before getting any scheduled vaccinations.

VaANG members entering the Club will be asked to show their Club membership card. Individuals who aren't members will be asked to leave.

2-22: DACT at Holloman AFB, N.M.

5: Deadline for completing SATE test

15: Richmond Braves host Armed Forces Day at the Diamond, baseball begins at 7 p.m. Call TSgt Shirley Cooper, ext. 6428, to reserve tickets

June

12-13: UTA (Should pay NLT June 25)

12: Chiefs' Night at the Club--food, fun & rummage sale. Contact CMSgt Frank Stanley, ext. 6725, for more information.

July

10-11: UTA (Should pay NLT July 23)

10-23: Cope Thunder Exercise in Alaska

August

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

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

September

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

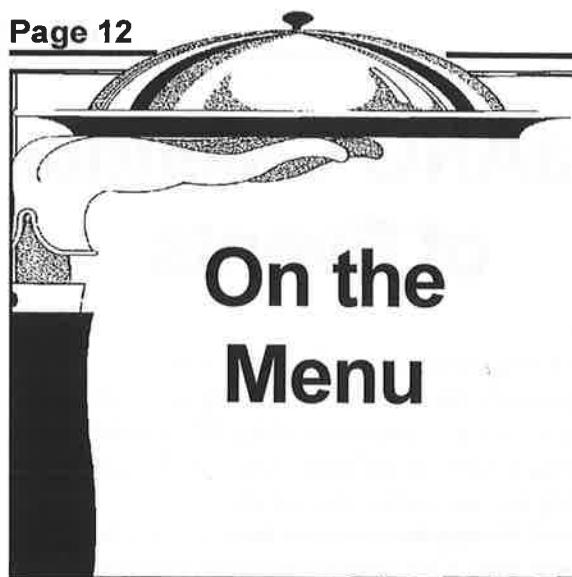
The Logistics Group, in conjunction with the Club, is hosting "Cajun Beach Fest" Saturday, Sept. 18 from 5 p.m. until. Logistics is looking for volunteers to help with the event. Anyone wanting more information, or interested in helping, may contact Lt Kathy Kahlson, ext. 6186 on drill weekends.

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

October

Year of the Enlisted Force banquet, dance and fun run: October Drill Saturday night, Get involved! Planning meetings are monthly in the State Headquarters Training Room--Drill Sundays at 2:30 p.m.

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).



On the Menu

Saturday May 1

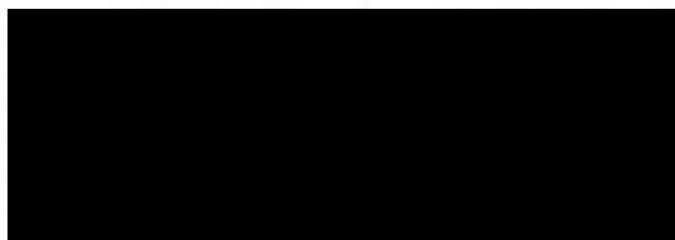
(Short Order Line: Hot Dogs,
Hamburgers, Cheeseburgers, Pizza &
French Fries)
Baked Fish
BBQ Beef Cubes
Steamed Rice
Au Gratin Potatoes
Mixed Vegetable
Salad Bar w/Assorted Dressings
Breads & Butter
Beverages
Ice Cream & Yellow Cake

Sunday May 2

Italian Style Veal Steaks
Grilled Pork Chops
Oven Brown Potatoes
Steamed Rice
Seasoned Succotash
Salad Bar w/Assorted Dressings
Breads & Butter
Beverages
Ice Cream & Peach Cobbler

What's Inside the May VANGUARD...

Wing Change-of-Command/Year of the Enlisted Proclamation--1//CC Comments--2//
AFAF campaign begins/203d Red Horse deploys to Al Jaber--3// Officer pool
applications due/SRNCO Academy classes announced/Retiree Assoc. reminder--4//
Marksmanship team wins/CE participates in Silver Flag--5//Understand computer virus
risks--6//Passport restrictions--7//May: Stroke Awareness Month--8//Year of the
Enlisted heritage moments--9//News you can use--10//Calendar--11



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