

VANGUARD

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Image by MSgt. Carlos Claudio, 192CF/Multimedia

On May 20, 44 members of the 192d Civil Engineer Squadron deployed to Saudi Arabia. Most of them deployed to Prince Sultan Air Base with a couple people headed for Eskan Village. The deployments ranged from two weeks (for most

individuals) to 56 days for one hardy volunteer. Major Dave Kolmer, base civil engineer, was deployment commander. Unit personnel were deployed in support of Aerospace Expeditionary Force (AEF) 7&8.

Wing honors WWII heritage with special event

On Saturday, Sept. 23, the 192d Fighter Wing is celebrating its rich World War II heritage and saying thank you to a very special group of aviation heroes.

The 192d traces its lineage to the 328th Fighter Squadron, one of three squadrons assigned to the 352d Fighter Group. The 352d fought with distinction in the European Theater during WWII as part of the "Mighty Eighth" Air Force. Stationed in Bodney, England, they flew P-47 Thunderbolts and P-51 Mustangs against the German Luftwaffe. They were known as "The Bluenosed Bastards of Bodney," a name given to them by Nazi fighter pilots.

The 328th Fighter Squadron was activated October 1, 1942, and inactivated November 10, 1945. Then on May 24, 1946, the 328th Fighter Squadron was redesignated the 149th Fighter Squadron, Virginia Air National Guard.

On Sept. 23, The VaANG will pay tribute to all 352d Fighter Group members, and especially to the 328th. On that day, approximately 300 former members of the 352d, and their family members, will visit the base as

part of their last reunion.

The base is planning a special event to honor them and their fallen brothers who served our country with honor and distinction.

The day will include a dedication of the Wing Operations building, flying activities, a guest speaker and a sit-down luncheon for the 352d reunion members and their guests. Watch for more information in the August Vanguard. A Hangar dance is planned for that Saturday night.

The Top III council will be selling muffins and juice Saturday, June 10 from 6:30-8:30 a.m. in front of Wing Headquarters to raise money for enlisted projects.

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

Commander's Call

Countdown is on to UCI

Colonel Jim Wessler, the Air Combat Command Inspector General Squadron Commander, visited our unit on May 24. He spoke to our senior leaders and supervisors regarding our upcoming Unit Compliance Inspection (UCI). Here are some highlights of his presentation:

What is a UCI? In a nutshell, it is an evaluation of a unit's compliance with Public Law, Department of Defense (DoD) guidance, and Air Force Directives. The question the inspectors will ask is "Are you following the rules?" Therefore, we will need to be able to show the inspectors that we are indeed following the rules.

Inspection Areas include: 1) Commanders Certified Programs

2) Critical Compliance Objectives (CCO) – These are the items contained in Compliance and Standardization Requirements Lists (C&SRLs)

3) Task Evaluations (These are mainly in Civil Engineering and Life Support)

4) Special Interest Items

Emphasis is given to CCOs because non-compliance results in adverse mission impact and could result in serious injury, loss of life, excessive cost, or litigation. It's just common sense that the things that may hurt us, kill us, cost us lots of money or send someone to prison will receive more emphasis.

The UCI is not graded, however, each inspected area

will receive one of three comments:

- 1) "Complies" – Few if any discrepancies.
- 2) "Complies with Comment" – Complies with intent of directive, but discrepancies exist.
- 3) "Does Not Comply" – Not in compliance with applicable directive/guidance.

More serious "Non-Comply" areas could result in a "Finding." – "Finding" is defined as a core problem with significant impact. Findings are reported to higher headquarters and requires formal attention to resolve.

SUGGESTIONS: 1) Know which C&SRLs apply to your areas. Perform self-inspections with emphasis on CCOs.

2) Contact your IG representative well ahead of the inspection. Schedule a Staff Assistance Visit if possible.

3) Review recent UCI inspection reports from other units. Adopt their best practices and avoid their mistakes. Reviewing the reports will tell you what the inspectors coming into your duty area will be looking at.

BOTTOM LINE: 4 ½ months remaining till UCI. Keep up the hard work and good attitudes. I'm confident that we will do well.



Col. Stephen R. Hicks

Play it safe during 101 Critical Days of Summer

Yes! By the time you read this the 101 Critical Days of Summer safety campaign will have begun. It started over Memorial Day weekend and will continue through Labor Day weekend.

During this period, we all need to apply a greater sense of safety awareness to all facets of our lives as we are exposed to an increased hazard potential due to many of the summer

activities we enjoy.

Many of us are heading for the great outdoors to take part in a wide range of recreational activities this summer. Whatever the activity you choose--vacation travel, water sports, camping, hiking, yard work, or just relaxing and enjoying a backyard barbecue--beware of the hazards that come with it.

In the coming months, put a strong emphasis on safety, both on- and off-duty. Most accidents happen because people just don't watch what they're doing. Pay attention to your surroundings: it's the most important thing you can do.

CMSgt. Wayne Keene
Base Occupational Safety
& Health manager

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 Web site at www.varich.ang.af.mil.

The Honorable Jay Katzen, representative for the 31st District (encompassing Fauquier Co., Va. and adjoining areas), visited the 192d Fighter Wing during the unit's annual field training. Delegate Katzen met with Wing officials on May 22 to learn more about the unit and to discuss military legislative issues. Delegate Katzen is an advocate of the Virginia National Guard and was one of the state legislators promoting and voting for 100% coverage for the VaNG tuition assistance program. Delegate Katzen is currently seeking the Republican nomination for lieutenant governor in next year's election. Here he checks out the cockpit of a unit F-16.



Image by MSgt. Carlos Claudio, 192CF/Multimedia

100% college tuition assistance is here!

VaNG members earn improved college education benefit

Members of the Virginia National Guard now have an improved education tuition assistance program, thanks to Governor Gilmore; his Secretary of Finance, the Honorable Ronald L. Tillet and a number of state legislators.

Effective July 1, members of the Virginia National Guard will be authorized 100 percent tuition assistance at any Virginia academic institution. This is an outstanding benefit that has been in the works for a number of years and finally passed, according to SMSgt. Mike Duke, VaANG Recruiting & Retention superintendent. Virginia National Guard leadership have been working for some time to enhance the Commonwealth's National Guard tuition assistance program.

The improved tuition assistance program will continue working much

the way the old tuition assistance program has worked. Individuals will have to get their request filled out and turned in to the Retention Office manager, MSgt. Gary Harper, located in the 192d Mission Support Flight, before the deadline. An important point to remember is that the completed application must be signed by the applicant's commander before it is turned in to Harper.

The program will now pay 100 percent of tuition costs at any Virginia state-supported college or university. This doesn't include books, fees or room & board costs. Virginia private institutions will be paid at the rate of the highest state public school, which is currently \$3,200 per year.

Full tuition assistance will begin with the Fall 2000 Semester. To apply for the 100 percent tuition assistance package, the Virginia National Guard

State Tuition Assistance Grant applications for the fall semester must be turned in to the Retention Office no later than close of business June 28. Blank applications are available in the Retention Office. Late applications can't be accepted.

The program is open to enlisted and officers, and it applies to undergraduate, graduate and post-graduate education programs.

SMSgt. Duke asks Virginia National Guard members to pass this information on to friends, relatives and neighbors--anyone that could use a tuition-free education. "Please give us [recruiters] the names of prospective new members so we can tell them about this fantastic new benefit," Duke requests.

For more information, call MSgt. Harper at ext. 6710.



Base Honor Guard seeks volunteers for Military Funeral Honors program

The Military Funeral Honors program, mandated by congress in January 2000, requires the Department of Defense to provide funeral honors to all veterans, retirees and active duty personnel.

The Virginia Air National Guard's part in this program is to assist Langley Air Force Base in this process by providing uniformed, trained volunteers to conduct, or assist in, military funerals in the state. The 192d Fighter Wing is seeking volunteers from Active Guard and Reserves, Technicians and Traditional Guard men and women of all ranks to participate in the Base Honor Guard program. Those who are interested must be willing to attend a 40-hour training course and be willing to respond on short notice if needed.

It is an honor to participate in this program as it provides our deceased brothers and sisters with the final act of respect and gratitude that they so richly deserve.

Anyone interested in being part of this program should complete the following questionnaire as soon as possible and return it to MSgt. Larry Woodson, 192d Services Flight, Wing Headquarters Building (#3652), room 8.

Name: _____ SS# _____
Last First MI

Address: _____ City: _____ State: _____ Zip: _____

Rank: _____ Unit/Duty Section: _____

Phone:(work) _____ (home) _____

Commander's *
Signature: _____ Printed: _____ Rank _____

Supervisor's
Signature: _____ Printed: _____ Rank: _____

*Note: Commander/ Supervisor signature is simply to identify that they concur with individuals participating in the program.

Getting the job done with a smile**Talley, Golden earn top Log. Sq. honors**

Image by MSgt. Carlos Claudio, 192CF/Multimedia

TSgt. Jerry B. Talley, Logistics' Top NCO for 1999, completes a computerized Hazardous Materials inventory.

Management Section and later worked up to becoming the NCOIC of the Maintenance Supply Liaison (MSL) section where he drastically reduced the "due in for maintenance" (DIFM) delinquency rate for repair cycle assets.

Currently, MSgt. Golden works in the Customer Service and Training position of the 192d Logistics Squadron to help improve supply training and address supply questions and problems from base customers. Golden is multi-talented; not only does he provide outstanding support in his job, but he also supports special events on base with his wonderful speaking and singing voice.

He is a respected leader and speaker at his church. He and his wife, Bessie, have two grown children and one grandson.

The Logistics Squadron is very proud of both of these fine individuals.

by Lt.Col. Jaynie Hodges
Chief of Supply

The 192d Logistics Squadron recently saluted two of its outstanding members.

TSgt. Jerry B. Talley earned recognition as the Logistics Squadron's Outstanding Noncommissioned Officer for 1999. Sergeant Talley has been a full-time member of the Virginia Air National Guard for 10 years.

He worked in Demand Processing for a short time before being assigned for five years to the Mobility Readiness Spares Package (MRSP) section. During the unit's conversion to the F-16 aircraft, he ensured the successful construction of all new MRSP kits for the aircraft—a major undertaking.

He subsequently worked in the Base Retail Store and then became a lead inspector for Base Supply in the Warehouse. Recently he became the Hazardous Material Pharmacy Manager for the VaANG—a new program he is building from the ground up. (The Hazardous Material Pharmacy, bldg. # 3650, is the new building across the street from the Dining Facility.)

Talley is known for his consistently high level of performance and outstanding customer service to base personnel. It is no wonder that individuals seek him out for help and advice. He and wife, Sue, are the proud parents of two young sons.

Earning accolades as the Logistics Squadron's Outstanding Senior NCO for 1999 was MSgt. Gerald L. Golden, Sr. Sergeant Golden has been with the unit for 24 years—with 18 of those years in full-time status. Initially he worked in the Inventory

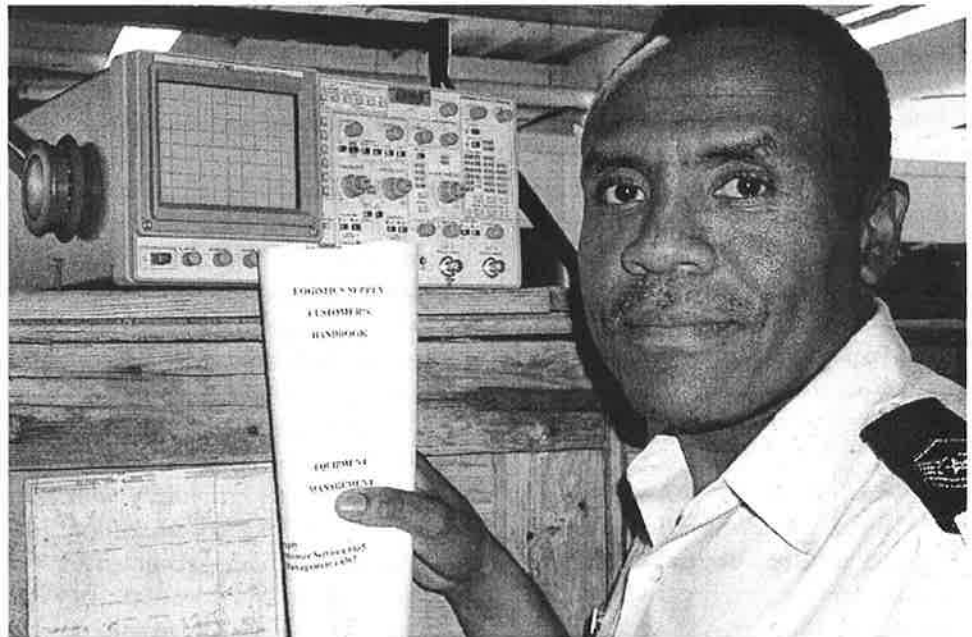


Image by MSgt. Carlos Claudio, 192CF/Multimedia

MSgt. Gerald L. Golden, Sr., the Logistics Squadron's Senior NCO for 1999, handles a customer service query.

Suicide prevention is possible

ANG 'LINK' program helps people recognize symptoms, know what to do to stop tragedy

Intervention important in suicide prevention

Suicide is a significant cause of death within the military today, and that includes the Air National Guard.

Suicide can be prevented, but for this to happen, an environment of concern and "buddy care" must develop to a point where no one has to "go it alone." We must create a web that extends to every individual, and links individuals, supervisors, first sergeants, commanders, the community and the medical professionals in circles of concern.

Those in the helping professions can't help if they are not aware of the need. The medical community did not know most individuals who committed suicide in the Air Force over the past 10 years; yet, they gave warning signals. The best resource to turn this problem around is the powerful concept of "buddy care." Buddies can help friends and coworkers in their time of need by "linking" them to helping resources. This is what the ANG LINK is all about, and it must start with each of us choosing to make a difference through life events intervention.

Look for possible concerns

Inquire about concerns

Note level of risk

Know referral resources and strategies

Be aware of the facts:

Suicide is preventable. Most suicidal persons want to live; they are just unable to see alternatives to their problems. They often view their situation as hopeless.

Most often, suicidal persons are temporarily overwhelmed with real life events. Some of the most commonly experienced are relationship difficulties, separation, divorce, financial

problems, pending legal actions, work problems, loss of a loved one, illness, etc.

Most suicidal persons give definite warnings of their suicidal intentions, but we are often unaware of their significance or do not know how to respond.

Suicide cuts across all ranks, ages, and economic, social, religious, and ethnic boundaries. It is the eighth leading cause of death in the U.S. and the third leading cause among 15-24 year-olds, behind accidents and homicide.

Suicide rates among males are 3 to 4 times those for females. While there are no official U.S. statistics on attempts, it is estimated there are 8-20 attempts for each death by suicide. Females make 3 to 4 times as many attempts as males.

Feelings of hopelessness (e.g., There are no solutions to my problems.) are more predictive of suicide than diagnosed depression. The socially isolated are at higher risk for suicide.

Suicide intimately affects at least six other people. Those with a behavioral or mental health diagnosis are generally associated with higher risk of suicide. Groups at particular risk are the depressed, schizophrenics, alcoholics and panic disorder sufferers.

There are more than 30,000 suicides each year nationwide (83 per day, one every 17 minutes), with 12 of every 100,000 Americans killing themselves. Suicide accounted for 13% of all ANG deaths from 1990 - 1995; on average, 13 Air Guardsmen die by suicide each year.

Be aware of the warning signs

There is no "typical" suicidal person, but there are some common warning signs. When you act on these warning signs, you can save a life. A

suicidal person may:

- Talk about committing suicide
- Have trouble eating or sleeping
- Experience drastic changes in behavior
- Withdraw from friends or social activities
- Lose interest in hobbies, work, school, etc.
- Prepare for death by making final arrangements
- Give away prized possessions
- Have attempted suicide before
- Take unnecessary risks
- Have had a recent or severe loss
- Be preoccupied with death and dying
- Lose interest in personal appearance
- Increase his or her use of alcohol or drugs

Be aware of feelings

Many people contemplate suicide at some point in their lives. Most decide to live, realizing the crisis is temporary and death isn't. Still, people having a crisis may see their situation as inescapable and sense hopelessness and loss of control. Commonly experienced feelings are:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat, or work
- Can't get out of depression
- Can't make the sadness go away
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

What to do and not to do

- Be aware. Learn the warning signs.
- Get involved. Become available. Show interest and support.
- Ask if they are thinking about suicide.

Continued on page 7

Medical specialists discuss mental health issues

The continuing social stigma attached to mental illness is the biggest obstacle mental health experts face in helping patients, reducing suicide rates, and in the military, improving the fighting force.

"I think there's no question that the main impediment to psychiatric care is the stigma," Johns Hopkins University psychiatrist Dr. Kay Redfield Jamison said. "We have good treatments for the major psychiatric illnesses. What's difficult is getting people to recognize that they have a problem ... and to set aside the stigma or work around it."

The Baltimore professor put the spotlight on mental health while participating recently in a year-long women's health seminar series co-sponsored by the Women in Military Service to America Memorial Foundation, DOD and the Department of Veterans Affairs.

Jamison said she draws insight from her own experiences as a military "brat." Her father was an Air Force scientist and pilot who struggled with manic-depression. "The major way (mental illness) was treated was to go to the Officers Club and drink. Alcohol was very heavily subsidized by the Air Force," she said. "At that time, had he

sought treatment, there is no question he would have been out of the service."

Mental illness is of particular concern to the military because the military population is statistically younger than the general population. "Mental illness is a disease of youth. That's why suicide is such a problem among young people," Jamison said. "Major psychiatric illnesses tend to kick in around the time of puberty and escalate after that. The average age of bipolar disorder to kick in is 17 or 18. Depression has a slightly later onset ... the early 20s."

Depression is at least twice as common in women as in men, she noted, but men and women are equally likely to suffer from bipolar disorder.

"Nearly one person in five will suffer a major depressive disorder," said Jamison, who recalled her personal battle with bi-polar disorder for the audience. She stressed mental illness is highly treatable and that, while things aren't fully enlightened, they've changed a lot since her father's military days. "The tragedy of having mental illness go untreated doesn't have to happen any more," she said.

Army Lt. Col. (Dr.) E. Cameron Ritchie agreed. She's the director of

mental health policy and women's issues for the Office of the Assistant Secretary of Defense for Health Affairs.

"We have been trying very hard in the military and in the civilian world to destigmatize mental health," she said. Both experts praised the Air Force's suicide prevention program and an underlying premise: If you need mental health treatment, you're more courageous to seek it than avoid it, she said. Jamison said the Air Force treats suicide and mental illness as service-wide command problems as well as medical ones. She said the service took recommendations for suicide prevention from the Centers for Disease Control and put them into effect and established a central database to determine the circumstances of suicide attempts and suicides. "In addition, top Air Force personnel sent an e-mail to everyone saying the really courageous thing to do and the correct thing to do if you suffer from any type of psychiatric disorder is to reach out and get help," she added.

While Guard members don't have access to military, medical mental health professionals, they may contact the Chapel or Medical Squadron to get civilian referral information. (AFPS)

Suicide prevention is possible...

Continued from page 6

- Be direct. Talk openly. Determine if they have a suicide plan.
- Question accessibility to guns, pills, etc.
- Listen. Allow them to express feelings.
- Don't lecture or debate-try to be non-judgmental.
- Don't dare them to do it.
- Don't give advice.
- Don't blow them off as not being serious. Take all threats seriously.
- Offer empathy, not sympathy.

- Don't act shocked. This will put distance between them and you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available.
- Take action. Remove means, if possible. Don't leave the person alone. Get help immediately.
- During duty hours, notify your supervisor of the person you are concerned about.
- After duty hours, contact the hospital emergency room, 911, or police.

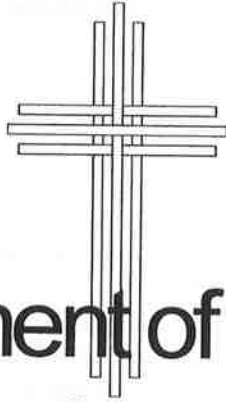
It's not your job to evaluate the person; it's your job to inform "help-

ing resource" personnel when you are concerned about possible risk.

Who are helping resources?

- Supervisors, First Sergeants, Commanders
- Chaplains
- Mental Health Professionals
- Security or Local Police
- Family Support/Advocacy Centers
- Legal Professionals
- 911, Hospital ER, Fire Department

Editor's note: Anyone wishing to discuss this material, or anyone with questions or concerns, may contact the Chaplain's office, ext. 6849, or the 192d Medical Squadron, ext. 6570.



Moment of Reflection

Two traveling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the mansion's guest room. Instead the angels were given a space in the cold basement. As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it. When the younger angel asked why, the older angel replied, "Things aren't always what they seem."

The next night, the pair came to rest at the house of a very poor, but very hospitable farmer and his wife. After sharing what little food they had, the couple let the angels sleep in their bed where they could get a good night's rest.

When the sun came up the next morning, the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field. The younger angel was infuriated and asked the older angel, "How could you have let this happen? The first man had everything, yet you helped him," the first angel accused. "The second family had little but was willing to share everything, but you let their cow die."

"Things aren't always what they seem," the older angel replied. "When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he

wouldn't find it. Then last night as the angel of death came for the farmer's wife, I gave the angel the cow instead. Things aren't always what they seem."

Sometimes, this is exactly what happens when things don't turn out the way we think they should. If you have faith, you just need to trust that every outcome is always to your advantage. You might not know it however, until some time later.

So let us try to remember that nothing can happen to us that is not within the Providence of God.

God is weaving a beautiful tapestry with our lives on this earth. Right now, we only see the side with all the cut strings, and the picture doesn't look very beautiful. But one day, God will show us the other side—His Work—and we shall be amazed at the beauty He has wrought with our lives and we shall praise and bless Him forever.

*"Peace be with you"
from Chaplain David Kelley
and your Base Chapel staff*

Deadline nears for officer pool

Get applications in for next board

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.

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 each 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 qualify-

ing scores.

The application submission deadline for the upcoming Officer Selection Board is close of business of the June drill (Sunday, June 11). Applications submitted after that date won't be considered. The next selection board is scheduled to meet this fall.

For more information about becoming an officer in the VaANG or to submit an application, call MSgt. John Rollings at ext. 6708, or stop by the MPF (Military Personnel Flight). Applications mailed to Sergeant Rollings at 192 MSF/DPMPE, 50 Falcon Rd, Sandston, VA 23150 must reach him before the deadline.

Personnel Actions

VaANG Promotions for April 2000

SrA. David R. Antal, 192d SFS
 CMSgt. Jamie Pleasants, 192d SFS
 MSgt. Richard L. Green, Jr, Med Sq.
 SSGt. Harold R. Childs Jr, 192d SFS

VaANG Retirements for April 2000

SMSgt. Richard Eschbach, Maint. Sq.
 SMSgt. Larry E. Monger, Logistics Sq.

VaANG Accessions for April 2000

SSgt. Brenda L. Huey, 192d AGS
 SSgt. Andrew D. Lester, 192d AGS
 SrA. Jeffrey L. King, 192d CES
 SrA. Justin P. Nielson, 192d Logistics
 SSGt. Michael J. Asbill, 192d Medical Sq.
 SSGt. Michael E. Greer, 192d Maint. Sq.
 SSGt. Will E. Hammond, 192d Maint. Sq.
 AIC Troy Englehart, 192d AGS
 SrA. Neil J. Titus, 192d Maint. Sq.
 SrA. Daryl W. Songer, 192d CES
 AIC John C. Ferrell, 203d RHF
 AIC Larry K. Hall, 192d SFS
 SRA Eric O. Wiggins, 149th FS

SATE training due for all base personnel

Security Awareness Training and Education (SATE) training is now available and all Virginia Air Guard members with a computer account must take the current SATE Computer Based Training by **September. 1**. This deadline gives us two drill weekends to accomplish this requirement, points out MSgt. Hutt Williams, base SATE manager.

The location of the SATE training module is <http://www/cf/NEWSaTECBT/cgi-bin/nph-index.pl>. This link has been added to Start, Intranet Links or Start, Network Applications, Training, Sate Training, SATE Training (the scores will also be located on this link in the very near future).

On the Exam Results Sheet there are two options. One says to "Click here to end your computer based training session" and the other says "Click here to return to the Main Menu." In order for a person to show up in the database as having passed the SATE Test (minimum 70%), you **must** click on the option "Click here to end your Computer Based Training session." If you click on File and Close/Exit or click on the "X" in the

upper right hand corner to close out of SATE, then your score gets recorded as 0 (a zero), and since it's not a passing score it won't show up in the database.

Therefore, it is imperative that a person prints-out their Exam Results Sheet and gives a copy of it to their Unit SATE manager, Williams ex-

Web page team seeks survey input, volunteers to help with site

The working group that put together the Virginia Air National Guard's first public Web page is getting ready to upgrade the site, and they are looking for your input, says Maj. Debbie Magaldi, 192d Public Affairs officer.

In the next couple months the Web team will be making a number of improvements to the Web site. "We're already working on a new look for the page and new, up-to-date information. But we want input from VaANG members. We want to make the Web site more informative and user friendly," Magaldi said, "but, to do that, we need to hear from you."

To complete the survey, go to

plains. "If you don't know who your Unit SATE Manager is, or if you have any information assurance questions, call me," Williams says.

Anyone not showing up in the database and not having a copy of their test results on file with their Unit SATE manager documentation, will have to take the SATE test over again.

<http://va.ang.af.mil/survey.html> or go to the VaANG Web page at <http://va.ang.af.mil> and click on the survey link.

The working group is also looking for people with the time and desire to help with the Web page. "It's a great way to tell the VaANG story and to help recruiting, but it needs to be updated constantly. Maintaining the Web site takes a fair amount of time. The Web page team is looking for more people to help with this ongoing project."

Anyone interested in helping may e-mail or call Magaldi, ext. 6388; MSgt. Hutt Williams, ext. 6119; or MSgt. Mike Guest, ext. 6457.

AAFES limits two-party check cashing

The Army and Air Force Exchange Service is lowering its two-party check-cashing limit from \$300 to \$100, effective June 1. This policy change is necessary to help curtail fraudulent check cashing schemes and to protect customers from the liability they incur when falling victim to cashing stolen, forged or insufficient fund checks.

Local installation commanders may set lower limits at their own discretion. Unfortunately, many of the victims are unknowing young service men and women or family members of customers in uniform. Although lowering the limit will not eliminate fraudulent check cashing schemes, it has worked to greatly reduce incidents of this nature where an installation commander has

taken such action.

The new lower limit will not apply to certain "safe checks" such as those issued by the U.S. Treasury and state governments. AAFES encourages its customers to review the check cashing policy signs displayed at all of its facilities for complete details. It is important for customers who attempt to cash two-party checks in an AAFES facility, or any bank or credit union, to understand that they, not the individual who originally wrote the check, will be held financially responsible for the check if it is returned.

Effective June 1, the following measures will also be implemented to help deter habitual bad check writers:

— If an individual presents four or

more bad checks in a six-month period, his or her check cashing and Exchange Credit privileges will be suspended indefinitely.

— If AAFES must take involuntary collection action for a returned check, the individual's check cashing and Exchange Credit privileges will be suspended indefinitely.

Every dollar lost to bad check writers results in higher prices for our customers and reduces the morale, welfare, and recreation dividends provided for the benefit of our military customers and their families. We are confident that these additional steps will help deter fraud and enable AAFES to continue offering check-cashing services at its worldwide facilities, AAFES officials say.

Safety commission recalls mountain bike forks

The AAFES in conjunction with the U.S. Consumer Product Safety Commission and By Us International Co. Ltd. of Taiwan, is recalling Ballistic front suspension forks found on several Brunswick Mountain Bikes. The forks can break, causing the rider to lose control and fall.

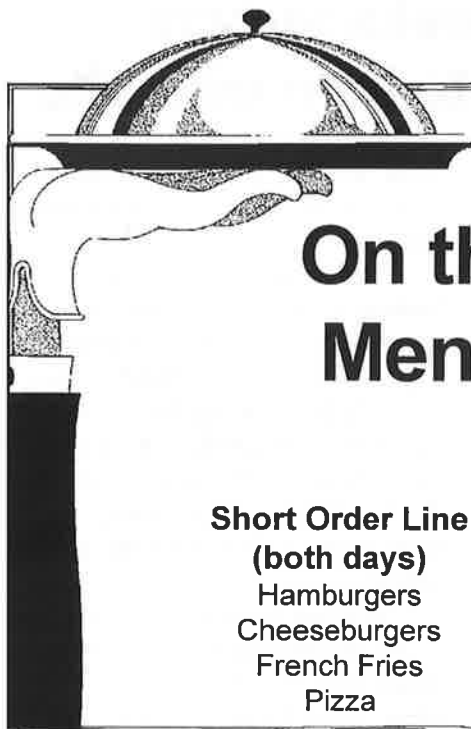
So far, By Us International Co. Ltd. and Brunswick have received 18 reports

of breaking forks. Nine riders suffered serious head and body injuries, abrasions, bruises and chipped teeth.

AAFES stocked and sold only the Mongoose Mountain Model S-20 from September 1998 through May 2000. The Mongoose Mountain model is orange and the recalled front suspension forks are black with decals that read, "BALLISTIC" and "105" on either side. The company is recalling the product with the following serial numbers, located on the inside of the

front suspension fork legs. BA10044001 through BA10049000; BA10050001 through BA10051000; BAX0001251 through BAX0006750; BAX0006781 through BAX0007080; and 98022087 through 98027843.

Customers in the United States should stop using the bicycles immediately and call Brunswick toll free at (877) 211-3525 between 8 a.m. and 5 p.m., CST, Monday through Friday for information on receiving a free replacement fork and installation information. (AAFES Public Affairs)



On the Menu

**Short Order Line
(both days)**
Hamburgers
Cheeseburgers
French Fries
Pizza

Saturday June 10

BBQ Ribs/Spare Ribs
Swiss Steak
Baked Beans
Steamed Rice
Steamed Broccoli
Salad Bar w/Asst'd Dressings
Breads & Butter
Beverages
Peach Cobbler & Ice Cream

Sunday June 11

Corn Beef
Baked Chicken
Cabbage
Steamed Rice
Whole Potatoes
Mixed Veggies
Salad Bar w/Asst'd Dressings
Breads & Butter
Beverages
Spice Cake & Ice Cream

Get tickets now for Hangar Dance

Tickets are now on sale for the Year of the Family Hangar Dance. The event will take place in the 192d's main Maintenance Hangar from 7-11 p.m. on Saturday, Sept. 23. Tickets are \$5 per person and are available through all base chief master sergeants. The evening will include a cash bar from 7-8 p.m. and light hors d'oeuvres. LtCol. Freddie Baylor will be spinning tunes for dancing and listening pleasure.

Be wary of computer viruses, worms when accessing e-mail

Please continue to watch for any possible occurrences of the ILOVEYOU virus (a.k.a. VBS.NEWLOVE.A worm) and the Janet Simmons Resume document attachment virus.

Don't open any attachment with a .vbs (Visual Basic Script) extension even if it is from a trusted source, warns MSgt. Hutt Williams, Base Information Assurance manager. Delete it immediately. Call anyone sending you an e-mail with an attachment and confirm the legitimacy of the attachment before opening it, he suggests.

The ILOVEYOU worm attachment has been reported with various subject lines including FW: [remainder of the subject line blank], FW:[filename.ext] (where the filename and extension are an item the worm found in the 'Recent' folder), or a file name with a file extension the worm creates. If opened, the worm will do the following:

1. Get a copy of all the items in the 'Recent' folder under Windows. The 'Recent' folder is created by Windows to hold links to files that are opened on the system. This folder may be in a different location depending on the type of Windows operating system used (NT, 9x, 2000).
2. Copy itself onto the infected system through two registry keys.
3. The e-mail will have an attachment of an infected file from the Recent folder with the .vbs extension added to it. There will be one e-mail generated using a randomly selected infected file from the Recent folder sent to all addresses in every Outlook address book.
4. Lastly the worm overwrites files in every drive (including mapped local drives). According to Symantec, files in the root directory aren't affected.

If the worm cannot find any items in the 'Recent' folder it will attempt to generate a file with one of the following file extensions: doc, xls, mdb, bmp, mp3, txt, jpg, gif, mov, url, or htm which will be used as the attachment of the generated email.

To learn more about this virus, visit the following Web site: <ftp://www.cert.mil/pub/bulletins/dodcert2000/2000-a-0002.htm>. Anyone with computer virus or computer security questions may call the HelpDesk at ext. 6866.

When computer viruses or worms are discovered, the base computer center immediately brings down the e-mail server. As directed by ANG, the e-mail server remains down until the anti-virus companies provide us with a fix to detect and/or clean the virus, Williams says.

192d FW drill schedule & VaANG Calendar of Events

June

- 10-11: UTA (Should pay NLT June 23)
- 10: ChalleNGe Prom at 7 p.m. in Hurt Hall at the State Military Reservation
- 14: Celebrate Flag Day!

July

No UTA scheduled (No Vanguard in July)

August

- 26-27: UTA (Should pay NLT Sept.8)
- 26: Blood Drive
- 27: Training Down Day
- 19-23: Enlisted Association (EANGUS) National Conference, Bismark, N.D.

September

- 9-10: UTA (Should pay NLT Sept. 22)
- 12-19: National Guard Association (NGAUS) 121st General Conference in Atlantic City, N.J.
- 23-24: UTA (Should pay NLT Oct. 6)
- 23: World War II heroes honored (352d Bomb Squadron) reunion
- 23: Year of the Family Hangar Dance

October

- 14-15: UTA
- 12-17: Unit Compliance Inspection (UCI)

This calendar reflects the drill/annual training schedule of the 192d Fighter Wing, and includes other VaANG events. If you have an event you would like to add 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).

Starting with the June drill, all hotel rooms will be filled at the Holiday Inn. You still need to make your room reservations through the Services Flight.

*Thank you, from the
192d FW Services staff*

Several traditional Air Guard vacancies at USJFCOM

Several traditional Air National Guard senior noncommissioned officer (E-7, E-8) and officer (O-4, O-5) positions are currently open in Norfolk and Suffolk, Va.

The positions are assigned to augmentation units of the new U.S. Joint Forces Command. For more information about these vacancies, check with the Retention office manager, MSgt. Gary Harper at ext. 6710, or visit the VaANG Web site at varich.ang.af.mil/ and click on the link to the Recruiters' page, then click on "Vacancies."

Wing seeks outstanding personnel nominations for 2000

Col. Tony Haynes, 192d Vice Wing Commander, asks supervisors to start identifying their top troops for 2000.

Later this year, the Wing will hold a recognition board to name the outstanding senior noncommissioned officer, NCO and airman of the year for 2000. Wing-level winners will go on to the VaANG state-level Outstanding Senior NCO, NCO and Airman boards, which will be held at year's end.

All that's needed to submit an outstanding member at the Wing level is a one-page narrative highlighting an individual's accomplishments. More information about Wing-level submission deadlines will be published in the August Vanguard.

What's Inside your June Vanguard...

- Wing celebrates WWII heritage, CE deploys to Saudi.....* 1
- Commander discusses UCI requirements...2*
- Tuition assistance boosted to 100%, State legislator visits base.....* 3
- VaANG Honor Guard needs you!.....* 4
- Logistics honors top troops for 1999.....* 5
- Suicide: know how to identify, prevent it..6&7*
- Deadline nears for officer pool applications, Moment of Reflection w/Chapel staff.....* 8
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