

VANGUARD

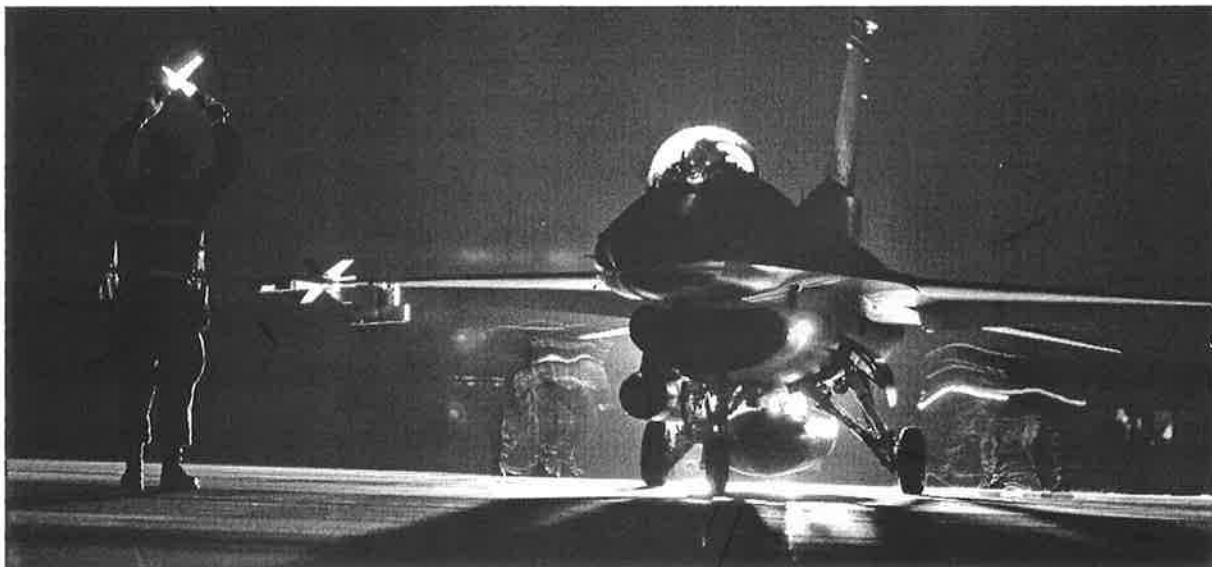


Virginia Air National Guard

192nd Fighter Wing

December 2001

Round-the-clock flying operations require the efforts of the entire 192FW team.



SRA. Michele Misiano
192CF

The VaANG at its best: Thank you one and all

Words seem inadequate to express the appreciation I feel for the many members of the 192d Fighter Wing and affiliated Virginia National Guard units who have so valiantly responded to the call to duty since Sept. 11.

Within hours of the devastating terrorist attacks on the World Trade Center and the Pentagon, many of you called in to volunteer your time and expertise.

As we geared up for the additional mission requirements of homeland defense, many of you worked nearly round-the-clock. Now a significant number of our traditional members have made the huge commitment of dedicating the next year to supporting the wing's ongoing combat air patrol (CAP) missions.

What we did in the tense, nerve-racking days after the attacks – and what we have done since then and continue to do – is a testament to your level of teamwork, professionalism,

dedication and training.

To succeed in our mission takes not only that level of teamwork but also the support of those around us.

The community has found creative ways to show its support. For the second straight drill, pupils, parents and teachers at Seven Pines Elementary School turned out to wave American flags and cheer us on as Air Guard members drove past the school on the way to the base. What an emotional lift!

Two groups are especially worthy of our thanks: families and civilian employers. Our families have made countless sacrifices to support us as we venture into new territory in this war against terrorism. We owe them a huge debt of gratitude and love.

And we salute our civilian employers for their patriotism and understanding in allowing their citizen-airmen the precious time they need to defend their country.

Thanks also to those who have gone before us, many of them giving their lives

in other battles and other wars, to ensure for us the free and great nation that we live in today. They set the example that we follow.

To the members of the 192d Fighter Wing, I can only say that I often marvel at the talent and dedication that you show in the cause of freedom.

It would take a book to list every person who has contributed to the wing's successes since Sept. 11. While we don't have the space here for that, I would like to take several pages of the Vanguard (starting on Page 4) to highlight just some of our Noble Eagle efforts.

You have been given a real-world test of the utmost importance, and you have passed with flying colors.

Thank you and Happy Holidays to each of you and your loved ones.

**Steve Hicks, Colonel
Commander, 192FW**



ABOUT the VANGUARD

This funded Air Force newspaper is an authorized publication for the U.S. military service. Its content does not necessarily reflect the views of, nor are they necessarily endorsed by the Department of Defense, the Department of the Air Force, or the Virginia Air National Guard.

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Check out the electronic Vanguard on the base Intranet.

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NEW WAYS TO EXPRESS SUPPORT

A number of friends, families, neighbors and groups have asked how they can contribute to the morale of service members activated or deployed in support of Operation Enduring Freedom.

The Department of Defense has announced new ways for Americans to show support for their service-members deployed overseas.

The initiatives provide alternatives to traditional letter-writing campaigns such as mail addressed to "Any Servicemember" stationed in Bosnia and Kosovo. These mail campaigns have been suspended.

Servicemembers value and appreciate expressions of support from the American people, and mail programs are a significant boost to morale. However, recent mail-related attacks have resulted in additional precautions that would require far too much manpower to support.

Operation Dear Abby, a morale booster for servicemembers overseas for more than 17 years, has also been suspended. DoD officials are working on alternatives. Normal mail delivery addressed by name to individual service-members will continue uninterrupted.

DoD suggests that Americans support the troops by supporting the communities in which they live. One way is by doing a good deed on behalf of servicemembers. Visit a VA hospital or nursing home, or volunteer in the local community to help make up for servicemembers who normally would volunteer but are now deployed or otherwise too busy with their duties.

Many servicemembers volunteer to coach children's teams, feed the homeless, and aid their communities in a variety of other ways.

And while donations of food and gifts for delivery overseas can no longer be accepted, interested Americans might contribute instead to military relief societies.

For more information see www.defenselink.mil/news/Sep2001/n09172001_200109173.html.

2001 Christmas Stocking program needs your help

Christmas Stocking Campaign 2001 is under way, and 192d Fighter Wing first sergeants are asking all Va. Air Guard members to take part.

"The Christmas Stocking Campaign is sponsored by the Salvation Army Angel Tree program," said MSgt. Toni Vincent, first sergeant of the 192d Security Forces Squadron. "The program brings happiness and joy each year to thousands of underprivileged children in the Richmond area and around the country."

This marks the fifth year the VaANG has participated in this holiday project. Last year the wing filled 475 stockings.

Stockings were distributed during the last drill weekend but supplies ran out before everyone received one. They can be stuffed with wrapped candies and small toys, games or trinkets -- items appropriate for either a boy or a girl of a specific age group. Before turning stuffed stockings in to your first sergeant or orderly room, label it for the appropriate age and sex of recipient.

Anyone who didn't get a stocking may donate a few dollars or bring a bag or two of wrapped candies or new, small toys or other children's items (shampoo, toothpaste, toothbrush, socks, mittens, etc.) to their orderly room or 1st Sgt. by close-of-business Sunday, Dec. 2.



Chaplain Edward Moran distributes sandwiches and burgers (above) to SSgt. John Zetak, 192SFS, and (at right) to SSgt. Gerald Hunt in the Life Support Section. Capt. Moran's parish in West Point, the West Point Kiwanis Club and Marie's Place restaurant all donated food.

Images by SRA. Michele Misiano/192CF



Help Operation Christmas Child!

This Christmas, you can share joy and hope with a needy child in a troubled country such as El Salvador and India by taking part in Operation Christmas Child.

All Virginia Air Guard Members can participate by bringing a gift-filled shoe box, for a girl or a boy, to the Chaplain's office (Wing Headquarters, Room 13) by Dec. 15.

More information on Operation Christmas Child and details on how to prepare the shoe boxes can be obtained by calling Ext. 6387 or stopping by the Chaplain's office. This community service outreach is sponsored by your 192FW Chaplain Section.

Taking Soundings

Spiritual Fatigue in the Holiday Season

By Capt. Edward Moran, 192FW Chaplain

Ship captains know the importance of taking "soundings."

Navigation in areas that are dangerous, unpredictable or just plain new need an extra measure of caution.

Since Sept. 11, lots of what has been going on in the unit has needed an extra measure of personal caution and deliberation. The ops tempos that come from augmented missions and extended shifts all contribute to stress.

To this add family problems and what counselors like to describe as holiday "compression" (doing more and more in the same amount of time to prepare for Christmas) and you have the classic settings for stress overload. This leads to the kind of fatigue that causes mistakes on the flightline and in the air. We tend to get "snappy and curt" when dealing with lots of things going on in our lives.

Who among us has not known the emotional "numbness" that comes from constantly applying ourselves to a task? If the pace is unrelenting, the numbness can become severe. That leads to mistakes and accidents.

To prevent this kind of numbness and deal effectively with the stress brought on by the holiday season, we need to know how to take personal soundings and then act on what we see. Start by finding a quiet environment where you can spend 10 to 20 minutes of meditation every other day. This kind of environment is essential for listening to what's going on inside. It also can be the prelude to real prayer as you make the effort to quiet down.

Then make a mental list of your recent feelings. Feelings are indicators of deeper issues. See if you can detect the kind of events that have acted as emotional "triggers" to set you off. Be sure also to review your nutrition, sleep and exercise patterns. We all are surprised how much even a small change in our schedule can disrupt the cycles that sustain us.

Keeping up with the life-giving activities that are so essential in sustaining us during our active times can begin with the simple act of setting aside silent time to take some soundings.

Try it. God works wonders in the quiet.

Logistics Group: Passing the real-world test

In peacetime or during war, the 192d Logistics Group (LG) is responsible for managing the functions required to accomplish sortie production. Several organizations play pivotal roles: Maintenance Squadron (MXS), Aircraft Generation Squadron (AGS), Logistics Squadron (LS), Logistics Support Flight (LSF), Quality Assurance (QA) and the Logistics Group staff.

Since the tragic events of Sept. 11, the 192LG has faced fresh and dynamic challenges, says Lt. Col. Jay Pearsall, group commander. It has met those challenges with hard work and innovative solutions.

"Our troops produce, generate and support quality F-16 aircraft, and I am proud beyond words of the work they do," he said. Below, each commander within the 192LG talks briefly about those efforts.

Lt. Col. Cynthia Hall, 192MXS commander: The squadron's major challenge has been sustaining the fleet and

As soon as we added our active-duty personnel, we were faced with the new challenge of equitably managing three different types of duty status with the technician, Title 10, and traditional force.

On Sept. 11, the Maintenance Squadron was faced with an emergency task of loading all of our F-16 jets with missiles not later than 7 o'clock the next morning.

Throughout the night, the munitions section worked to get the remaining AIM 9s in position to be loaded on the aircraft. By 7 a.m. 100 percent of our tasking was met.

Continued on the next page



TSgt. Tony Davenport, TSgt. Wayne Shepard and SRA. Wayne Harper (left to right), 192d weapons loaders, carry an AIM-9 missile to a transport rack.

TSgt. Ken Wright/192CF

192FW in Operation Noble Eagle

F-16 pilot Lt. Col. Joe Early and TSgt. Dennis Wilson, a mechanic with the 192d Aircraft Generation Squadron, conduct a walk-around inspection of weapons on one of the wing's jets.



TSgt. Ken Wright/192CF

Continued from Page 4

Lt. Col. Carl Bess Jr., 192AGS commander: The primary challenge for AGS has been the increased maintenance tempo that resulted from the high level of readiness, combined with 24-hour operations. We have activated a great number of DSGs (Drill Status Guardsmen) to augment the technicians/AGRs in support of the mission, which gives us a rare opportunity to hone our skills as team.

Lt. Col. Gary Wood, 192LS commander: The need to coordinate, buy and install aircrew housing near the ops building within a week posed an enormous challenge for the Contracting Section. The section beat the deadline by more than a day.

They also had to negotiate purchase agreements, first with six hotels and then with five apartment complexes, to provide billeting for nearly 200 personnel mobilized on one-year Title 10 tours.

Continued on the next page



SRA. Joseph Kahoe, a crew chief with the 192d Aircraft Generation Squadron, checks the tail end of an F-16's exhaust system to ensure the plane is in serviceable condition.

SRA. Shannon Johnson
192CF

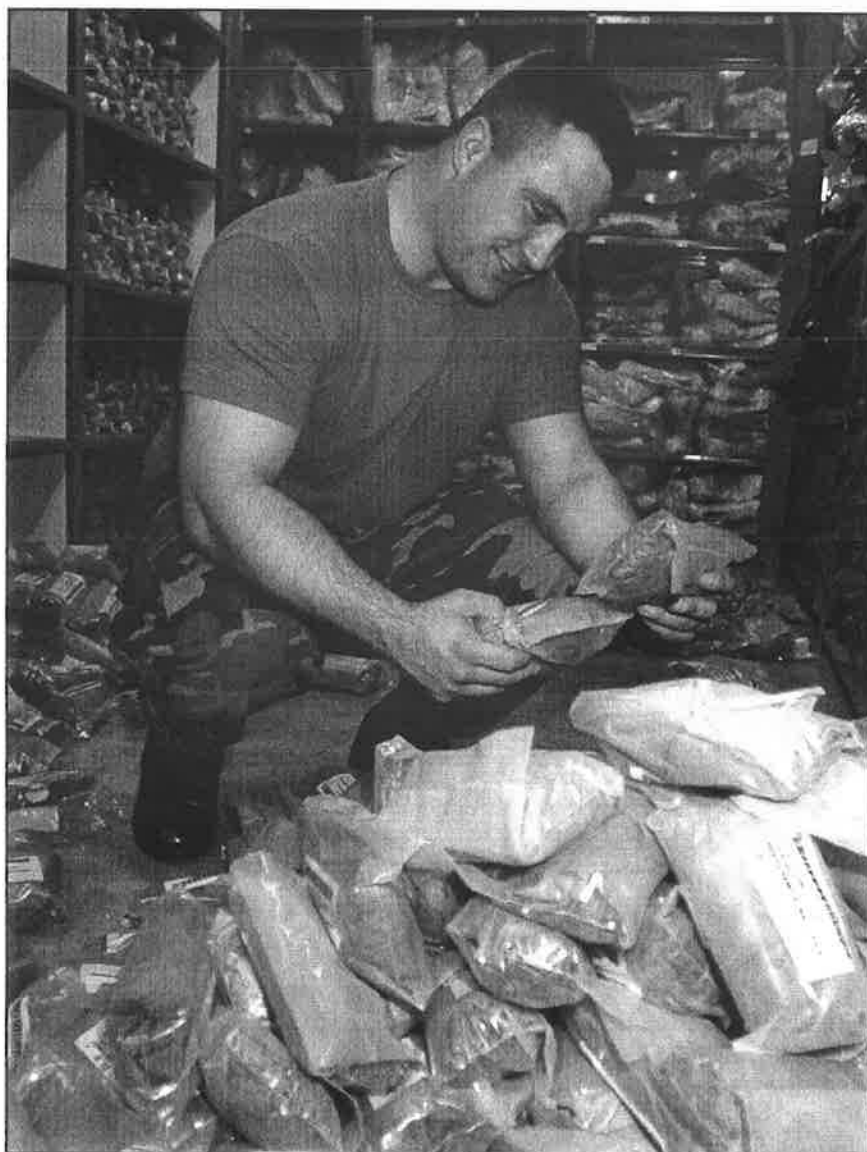
192FW IN OPERATION NOBLE EAGLE

SSgt. Patrick Beagle (at right), 192d fuels journeyman, simulates the filling of a liquid oxygen tank on an F-16, while SRA.

Ron Colanna (below), 192d supply technician completes an inventory of war readiness assets.



SRA. Shannon Johnson/192CF



SRA. Michele G. Misiano/192CF

Continued from Page 5

Supply had to go from a four-day/10-hour operating schedule to a seven-day/16-hour schedule in support of aircraft maintenance.

POL transitioned immediately to a 24/7 schedule, and in the first 30 days after Sept. 11 issued a volume of JP-8 that was 30 percent over normal capacity.

Transportation noted a 40 percent increase in vehicle use, with a corresponding increase in vehicle maintenance. The section met this challenge with no increase in manning. TMO has seen a 35 percent increase in shipments/receipts.

The LS Orderly Room coordinated the mobilization of a significant percentage of the squadron members and processed numerous MPA order requirements, again with no increase in manning.

Capt. Marc Wimmer, 192LSF commander: The primary challenge for LSF has been maintaining and scheduling periodic and time-compliant inspections on the aircraft while flying time has doubled. That has been helped by the cross-flow of information and coordination between all elements: Ops, Maintenance, AGS, LS and LSF.

The aircraft phase inspection flow and inspection schedule are key to maintaining the health of the aircraft fleet.

Flying hours have increased significantly. At our current rate, we should fly more than double the number of hours that we normally fly. During the first month of fiscal year 2002, we flew over 10 percent more (with 40 percent fewer assigned aircraft) than our highest month ever and more than 100 percent more than the previous monthly average requirements.

Capt. Mark Temple, officer in charge of quality assurance: Prior to activation of DSGs, the maintenance complex was stretched thin working a 24/7 operation. Our concern was ensuring tasks were being accomplished safely. Now that we're augmented, the task is to sustain safe and efficient maintenance operations.

Continued on the next page

The Fighter Wing

Money, morale and more

The terrorist attacks on New York, Northern Virginia and a commercial airliner that crashed in Pennsylvania on Sept. 11 set in motion all elements of the 192d Fighter Wing staff.

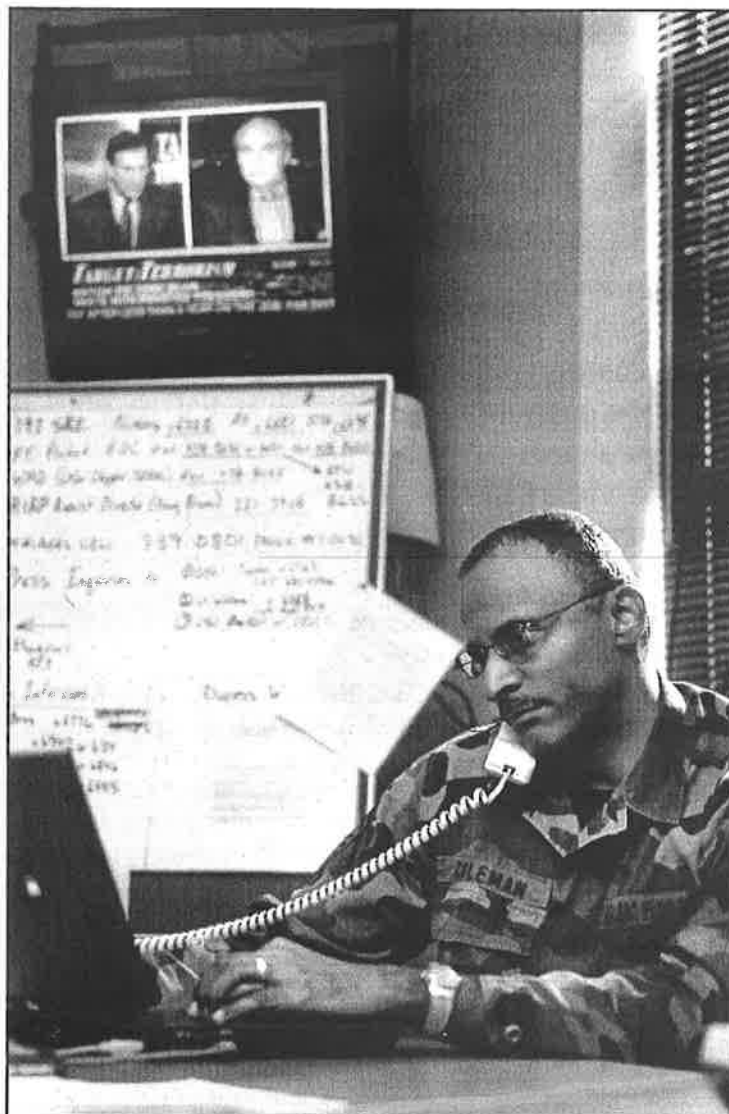
Chaplains headed immediately to the Pentagon to help counsel grieving families. Two remain in the D.C. area on an extended basis as that job continues.

Finance specialists worked night and day, seven days a week, to cope with a burgeoning payroll and other financial concerns.

The wing's legal affairs officers focused on drawing up wills and powers-of-attorney for more than 100 Guard members.

The local news media scurried to the base to cover the story, and the wing's public affairs officers were bombarded with requests for interviews and photos.

Wing Plans personnel jumped in, and, of course, the Command Post was activated immediately and remained that way.



SMSgt. Barry Coleman, the 192FW's human resource manager, keeps tabs on the flow of events in the 192d's Survival Recovery Center. He was one of a core group that worked 12-hour shifts staffing the center.

TSgt. Ken Wright/192CF

Tip of the CAP to the 149th

The 149th Fighter Squadron has remained in high gear since the Sept. 11 terrorist attacks. After the attacks, the Fighter Squadron went on high alert. Their long-planned deployment to Nellis AFB, Nev., was canceled, and when the call came in from higher headquarters, the unit aggressively and professionally took on its new mission of homeland defense.

The pilots keep a grueling schedule, flying combat air patrol (CAP) missions day and night in support of Operation Noble Eagle. Their admin staff, Life Support personnel, Intelligence and the Operations Group have been behind the pilots 100 percent. Squadron personnel are grateful for the chance to support their country.



SRA. Michele Misiano/192CF

The 149FS pilots have been flying Combat Air Patrols over the East Coast since Sept. 11.

Security Forces: Shoring up our defenses

Before day's end on Sept. 11, every member of the 192^d Security Forces Squadron would be called to active duty either at home station or away at different locations. Some reported for duty right away while others had to make special arrangements, but by Friday of that week everyone was on duty to protect personnel and resources.

Security Forces Squadron remains on duty 24 hours a day seven days a week regardless of the weather.

They can be found on foot at static posts or on mobile patrols.

The biggest challenge faced in the beginning was organizing all the different shifts the squads would work and finding time off for everyone.



SRA. Michele Misiano/192CF

SRA. Fernandus Branch, SFS, stands guard on the runway amid intensified security following the Sept. 11 terrorist attacks.

According to MSgt. Toni Vincent, the squadron first sergeant, once the confusion had subsided the activated personnel were able to get settled and into a routine. Pay issues have been a challenge, but Vincent said that is also under control.

"One of the biggest hurdles, I'm told, was people telling their civilian employers they'd be gone for a year," she said. "Also some people are getting used to a reduction in their civilian pay. Otherwise everything is on track."

Medical Squadron goes active during inspection



SRA. Michele Misiano/192CF

TSgt. Mary Laposata checks records in the 192d Medical Sq.

Within two days of the Sept. 11 attacks, the medical squadron was up and running on a 24-hour basis. Making the squadron fully functional challenged the immense talents of the doctors, nurses, medical technicians and support personnel activated there. For instance, operating sick call round the clock required keeping enough medical supplies on hand to accommodate all the new cases.

"Shifting gears from what we normally do to support the full-time mission has been the biggest challenge," said Lt. Col. Gregory J. Biernacki, squadron commander. "When we were activated (on Thursday following the attacks) we were also undergoing a Health Services Inspection at the same time. We received an 'excellent' on the inspection despite everything else that was going on!"

Scenes from Operation Noble Eagle

Civil Engineers: Move, build, renovate, relocate, reconfigure

The 192d Civil Engineer Squadron has been a squadron on the go.

Since the Sept. 11 attack, the unit's tempo has sped along 24 hours a day, seven days a week.

The squadron has undertaken several major projects. Among them, unit members:

- Placed three air-crew trailers (the "Flamingo Inn"), which included plumbing and electrical work and decking.



MSgt. Mike Foley (above) looks on as firefighter **Terry Chambers** (photo at right) helps demolish fire station wall.

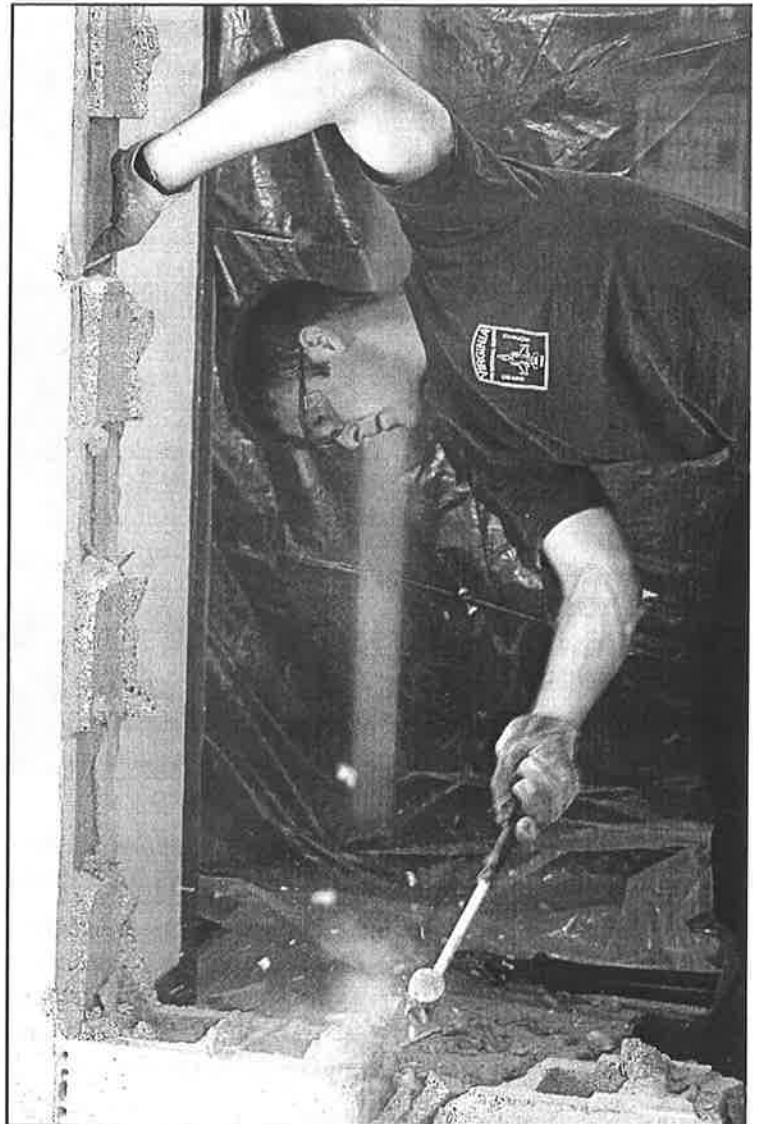
- Tore down a wall between a vehicle bay and firefighters' quarters in the fire station to allow for additional personnel.

- Reconfigured ramp lighting to provide extra security for Security Forces and relocated a guard shack to provide shelter for Security Forces guarding the entrance to the runway.

- Positioned more than 25 Jersey barriers around the base.

- Installed a Laundromat behind the Avionics building.

- Made considerable progress on a barrier training aid.



Images by SRA. Michele Misiano/192CF

The job of the Services Flight: Keeping the troops housed and well fed



SRA. Michele Misiano/192CF

SRA. Randall Ranson (left) hands off supplies to his shift leader, **TSgt. William Keeton**.

After Sept. 11, the 192d Services Flight faced the task of housing and feeding scores of activated airmen.

First, there had to be enough services personnel on hand to provide round-the-clock meals -- morning, noon, evening and midnight. To add to that, accommodations had to be found for activated out-of-town Guard members.

Local hotels were the most immediate solution. Eventually, units were found in several apartment complexes in the Richmond area, providing a more permanent answer.

The air crews, on 24-hour duty, needed on-base housing, so mobile homes were brought in. And to make things easier, a small laundromat was erected behind the Avionics building.

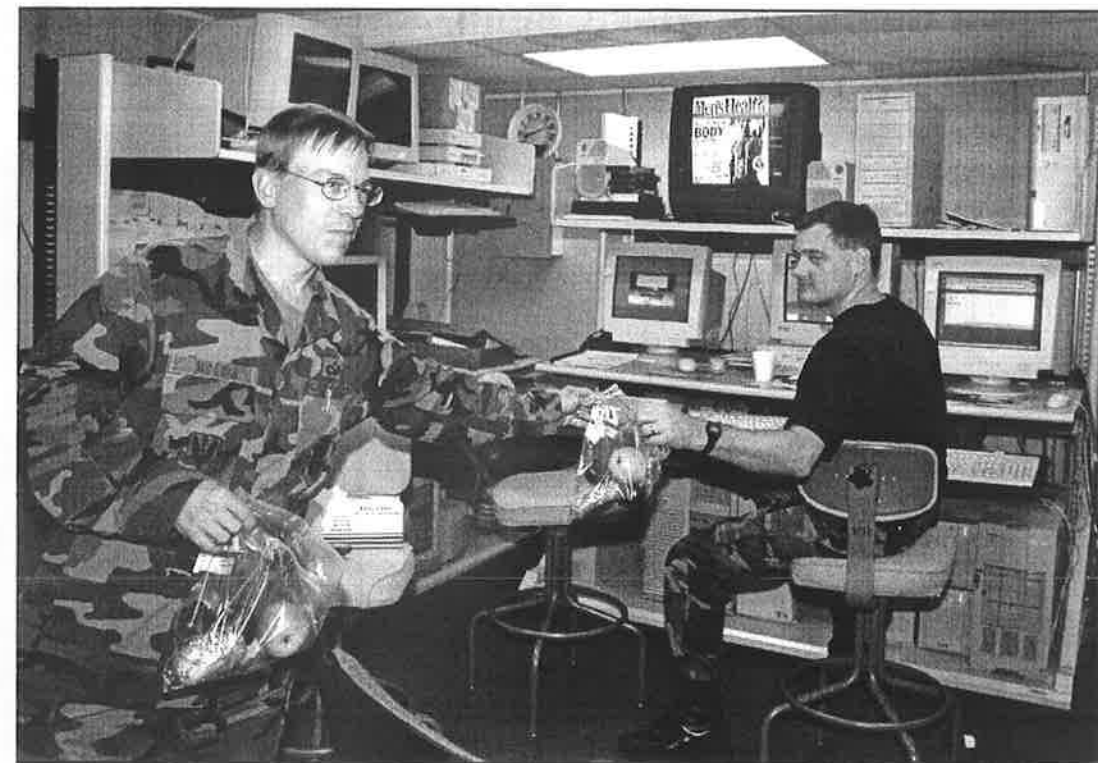
Operation Noble Eagle

Comm Flight keeps network, people running

Members of the 192d Communications Flight tackled the demands of Operation Noble Eagle in a variety of ways -- some prominent and others nearly invisible.

Some of the more obvious work was done by a bulked-up Multimedia Services staff, which quickly began catching and documenting the 192FW in action. Some of the photos were used in Air Force Times and others were placed on the DefenseLink Web site.

Meanwhile, Local Area Network (LAN) administrators beefed up security awareness. A special dish antenna was installed and configured to



SRA. Michele Misiano/192CF

MSgt. Rob McGhee of the 192d Communications Flight (left) and TSgt. Arnie Robinson break for a midnight snack.

handle the volume of secure transmissions. Maintenance staff worked to keep the base telephone system trouble free, and the switchboard handled an enormous volume of calls.

In addition, because of the anthrax scare that was frightening postal workers nationwide, Comm Flight officials had to take extra precautions to make sure the arriving mail was safe.

Mission Support Flight gets its orders: Take care of our people

The first couple of weeks after the Sept. 11 attacks were hectic for the Mission Support Flight as personnel got used to the huge influx of newly activated people looking for help with personnel issues.

Keeping up with orders processing was the biggest challenge, not to mention getting used to the long hours. Mission Support people found themselves working to keep up with it all.

According to Lt. Col. Michael R. Woody, 192MSF commander, the hardest part was getting used to the uniqueness of the situation.

It's been a long time since the flight had to work for 24 hours straight, seven days a week," Woody said. "It was not uncommon to have a customer come in for an appointment at 9 p.m. for an ID card because that was the only time of day they could make it in."

Things have slacked off, but Mission Support people are still working six days a week.

"We're still busy keeping accounts straight as far as what people are doing," Woody said. "Also, we are helping people get straight on what their benefits are for themselves and their family members."

MOVING IN, MOVING UP, MOVING ON

Gains for October

| | Unit |
|--------------------------|-------------------|
| CPT Tara Davis | Medical Sq. |
| SRA Marcus K. Macon | Maintenance |
| SSG Christine M. Stevens | LGS |
| SRA Kahul I. Everage | Maintenance |
| SSG Michael B. Bubraski | Maintenance |
| SSG Keith A. Bishop | LGS |
| A1C Aisha J. Demas | Services |
| SSG Davie L. Smith | Services |
| A1C Veronica Valentin | Medical |
| SSG Dona Guillen | Logistics |
| A1C James M. Dalton | AGS |
| SRA Dennis B. Boyd, III | 203 RD |
| A1C Amber E.M. Tarreto | 203 RD |
| A1C Matthew G. Rich | Maintenance |
| SRA Ben W. Steinmetz | Maintenance |
| A1C Arthur G. Wagoner | 203 RD |
| A1C Brian Rizzo | 203 RD |
| A1C Carlton R. Lark, Jr. | 203 RD |

Retirements in October

| | Unit |
|--------------------------|------|
| LTC Raymond T. Fleischer | AGS |
| MSG David L. Kimmick | MS |
| CMS Kenneth L. Vance | CES |
| CMS Alvin Franklin | LG |
| CMS James Stanley | SFS |
| MSG Deborah S. Elam | CES |
| MSG George R. Gross | LGMW |
| MSG Charles H. Carnes | CF |
| SMS James W. Hague | LGS |

Promotions in October

| | To |
|---------------------------|-----|
| MAJ L.J. Cerritelli | LTC |
| MAJ Cynthia L. Hall | LTC |
| MAJ Robert J. Namiot | LTC |
| CPT Steven L. Phillips | MAJ |
| MSG Perry B. Hattorf | SMS |
| TSG Gerry L. Mabry | MSG |
| TSG Roger C. Nelson | MSG |
| TSG Darryl W. Riddle | MSG |
| TSG Christine Fischer | MSG |
| TSG W.E. Nash | MSG |
| SSG Scott L. Ward | TSG |
| SSG Thomas L. Austin | TSG |
| SSG Darryl F. Bassett | TSG |
| SSG Jewell D. Brown | TSG |
| SSG Michael H. Coppage | TSG |
| SSG Alfred S. Dirosa, Jr. | TSG |
| SSG William L. Graham | TSG |
| SSG Michael N. Hollie | TSG |
| SRA Ann W. Bey | SSG |
| SRA Jennifer L. Suarez | SSG |
| A1C Brian L. Strang | SRA |
| A1C Myria D. Taylor | SRA |

Air Guard base exceeds CFC goal

*By Lt. Col. Rick Turner
192FW Executive Officer*

Congratulations to the entire 192^d Fighter Wing base for pitching in to make the 2001 Combined Federal Campaign such an overwhelming success.

The base this year set a goal of \$15,000 and exceeded it by about \$1,800 — a full 12 percent over our goal.

The Combined Federal Campaign, as most of you know, is a coordinated way to collect and funnel contributions from government employees to people in need. Your generosity this year couldn't have come at a better time.

This year's nationwide campaign officially got under way on Sept. 13, a time when our thoughts were focused on the victims of the Pentagon and World Trade Center terrorist attacks and on the national response to those attacks. It took us a while to get the local CFC in gear — it ran Oct. 22 to Nov. 2 — but when we did, you responded in a big way.

A special thanks goes out to the campaign's key workers:

— SMSgt. Susanne Dates, who coordinated contributions in the 192FW, Ops, 149FS, Civil Engineer Squadron and Medical Squadron.

— SMSgt. James Monroe, TSgt. Al Perkins, TSgt. Floyd Brown and SSgt. Brian Reynolds in Aircraft Generation Squadron.

— SMSgt. Willy Wilcox in Logistics Group.

— SMSgt. Gerald Golden in Logistics Squadron.

— CMSgt. Ed Smith in Logistics Support Flight.

— SMSgt. Tommy McIntyre, SMSgt. Mike Bouley and MSgt. Rich Mabrey in Munitions.

— Lt. Col. Mike Woody for Mission Support Flight, Support Group and Services Flight.

— TSgt. Sheila Buckingham for the Communications Flight.

— SMSgt. Larry Wylie for the Security Forces Squadron.

— MSgt. Beth Simmons for State Headquarters.

SGLI covers spouses, children, too

Married airmen who carry any amount of military life insurance saw a change in the amount deducted from their November pay (i.e. drill pay) as their spouses were automatically enrolled in the Servicemembers' Group Life Insurance benefit Nov. 1.

Each child, up to age 18 or 23 if a full-time student, of a military member enrolled in the SGLI program was also automatically covered for \$10,000 of life insurance free of charge. These changes were brought about by legislation that was signed into law by President Bush on June 5.

Participation in the SGLI program for spouses is voluntary, but initial enrollment was automatic. Military members deciding they do not want coverage for their spouses have until Dec. 31 to disenroll them. They will be reimbursed for those spousal premiums withheld from pay, military officials say.

The spouse coverage comes in \$10,000 increments and cannot exceed the amount of coverage the military member carries, up to \$100,000. So, if the military member is covered for \$100,000 or more, (his or her) spouse will automatically be enrolled for \$100,000. On the other hand, if a

member is only covered for \$90,000, then the maximum amount the spouse can be covered for is \$90,000. Military members can carry up to \$250,000 of SGLI coverage for themselves.

Coverage for children is also automatic starting Nov. 1, but it is free. If the military member holds any amount of SGLI, then (any) children are automatically enrolled for \$10,000. Military members who hold SGLI coverage for themselves won't be able to disenroll their children from the program.

The SGLI program does not make the distinction between spouses who are military members themselves and those who are not. Thus, military members married to military members will also be automatically enrolled Nov. 1.

"The same rules in terms of coverage and disenrollment apply to military couples," officials explained. "Essentially, each spouse will receive a separate policy (other than the one they already have on themselves) with their spouse as the beneficiary. They're not being covered twice under the same policy."

Although coverage for children is automatic, children from dual military families will not receive coverage from both parents. They will receive coverage via the person who claims them through the Defense Enrollment Eligibility Reporting System (DEERS). If, by chance, that person is not enrolled in SGLI, then the children's coverage will divert to the parent who is.

A military participant can decline spouse enrollment or reduce the coverage amount by visiting the Military Personnel Flight customer service counter.

"Making a change is as simple as filling out the right form," officials pointed out. "If someone changed the coverage for their spouse Nov. 2, that change won't happen until Dec. 1. And the same holds true for any month thereafter."

People not enrolled in the SGLI program still have time to take advantage of the added benefits. Anyone wanting to enroll can do so at any time. And when they enroll, their spouse and children are automatically going to be enrolled as well, according to Air Force officials.

The military person paying the premium for his or her spouse will automatically become the beneficiary under the family member SGLI program. It is similar for children — the parent who claims them under the DEERS system will be named the beneficiary.

For more information on the SGLI program, visit the Department of Veterans Affairs SGLI Web site at www.insurance.va.gov/.

192d Military Personnel Flight Notes

The Base Training Office reminds you that testing during the week is available for everyone. The schedule is Tuesdays and Thursdays at 9 a.m. and 1 p.m. Call the Base Training Office to schedule your time at (804) 236-6436 or 236-6590.

It is always a good idea to keep your personnel records up to date. If you have had a change in address or in your family status, make sure that you get your DD Form 93 changed.

Check your vehicle decals, now

As the year comes to an end, please check the military decals on your vehicles, says Jackie Ellis, base security officer. Make sure the decals are legible and that your expiration-year decal is 02 or higher.

"If they aren't, stop by Security Forces to get new decals," Ellis said. "Folks displaying 01 decals won't be able to drive their vehicles on base after Dec. 31, 2001; they'll have to park outside the gate and walk in."

"And remember, if you are registering a vehicle of yours for the first time, you must bring that vehicle's registration and insurance forms to show to Security Force personnel," he adds.

In this time of increased security awareness, Ellis reminds everyone of vehicle decal guidance, designed to keep the Guard base and other military installations safe:

— When selling, donating to charity, or scrapping a vehicle, make sure to remove all military decals and have the vehicle removed from Security Forces' registration database. Leaving decals on the vehicle could allow the new owners unauthorized access to a military base.

— Decals must be removed from a vehicle before possession is transferred to another person. The decals must also be removed when a person separates from the service or terminates civilian employment with a military service or Defense Department agency.

— The vehicle decals won't peel off in one easy pull. They are specifically designed to break apart as an anti-theft device. While this could make them difficult to remove, it is imperative that people do so, Ellis said. "Removing the decals prevents potential misuse."

— After removing decals, turn in

the remains to Security Forces when de-registering your vehicle.

— If you have your windshield replaced, make sure that all of your original decals are re-affixed to your new windshield.

— Keep in mind, the Air Force allows vehicle decals to be placed in the upper center of the windshield (behind the rear-view mirror), on the driver's-side bumper, or on a metal plate affixed to the car. However, the Army and Marines will only honor the military vehicle decals in the upper middle of the windshield. (Ellis points this out because decals mounted on metal plates that can be easily removed from their vehicles have been confiscated at Marine installations; and a few Air Guard members have reported

having trouble entering Army and Marine bases due to their vehicle decal's position -- when in other than the upper, central portion of the windshield.) Also, Virginia inspection stations are authorized by law to remove decals on the lower outside corners of the windshield, according to Ellis.

Following these simple guidelines help keep base perimeters secure and people and resources safe, he said. "They are set forth to protect the people and resources of the base."

Failure to follow decal procedures by servicemembers is punishable under the Uniform Code of Military Justice and Title 18 of the federal statute for civilians. For more information contact Jackie Ellis, ext. 6321.

Basic security awareness helps keep base safe

In this time of increased security awareness, Jackie Ellis, base security officer, offers basic advice on keeping the Guard base and other military installations safe:

— Be aware of your vehicle decals. There have been reported instances recently of Air Guard and other military decals being stolen off of vehicles.

— Don't sell or give away uniform items. They can be used by individuals attempting to pose as military members to gain access to a military base or to military information.

— When you aren't using your military I.D. card or other military badges, official orders, etc., keep them in a secure location.

— There have been reported instances recently of military members' vehicles being broken into and uniforms, uniform accessories, military I.D. cards, parking passes, and restricted area badges being stolen.

— If your military decals are taken from your vehicle, report the incident to Central Security Control at (804) 236-6360.

— If any military items are stolen from you, report the theft to CSC.

— If anyone should approach you and try to buy your vehicle (with its decals), notify CSC as soon as possible.

Nighthawk comes to Sandston

First impressions tend to be lasting. Nearly a year after the 192d Fighter Wing deployed to Curacao in the Netherlands Antilles to fly drug-surveillance missions, representatives of the National Guard Bureau's Counterdrug Program are still impressed by the wing.

On Nov. 8, Lt.Col. Marv Whetstone and CMSgt. James E. Clemenson visited the 192FW to present the wing with a plaque recognizing its service.

"When you guys came in, you left a lasting impression on all of us," said Whetstone, program manager for Coronet Nighthawk, the Guard's counterdrug operation flown out of Curacao. "You just brought a kind of energy and electricity to the island."

The 192FW flew Nighthawk missions last December out of Curacao, just off the coast of Venezuela.

Clemenson, executive assistant for the Guard Bureau's Counterdrug Program, said, "Most people come down and say, 'What can you do for us?' You guys are the only ones who came in and said, 'What can we do for you?'"

Col. Steve Hicks, 192FW commander, accepted the plaque on behalf



SRA. Michele Misiano/192CF

Lt. Col. Marv Whetstone (left) presents Coronet Nighthawk plaque to Col. Steve Hicks.

of the unit. Embedded in the plaque is a Coronet Nighthawk coin, which was minted in a limited edition.

"We're very proud of this coin," Whetstone told Hicks. "We hope that when you look at this coin, you'll have fond memories of us, as we have of you."

Propulsion Element wins Founders & Patriots Award

This year's recipient of the Founders and Patriots of America Award of Excellence went to the 192d Propulsion Element.

Governor of the Virginia Society of the Order of the Founders and Patriots of America, Thatcher S. Wood, announced the Propulsion Element as the Virginia Air Guard winner earlier this year. The award citation recognizes the 192d Propulsion shop for being a team of "highly trained and motivated citizen soldiers who carry out and are responsible for the most demanding aircraft maintenance job of all: maintaining the engines for the 192d Fighter Wing's F-16s."

Accomplishments listed in the citation include the Propulsion shop's impeccable safety record, high rating from last year's Unit Compliance Inspection and recognition as a Superior Performer Team, unit members' participation in several aerospace expeditionary force deployments, and many other singular accomplishments.

The citation also highlighted the unit's extensive community service through the base Honor Guard, the Air Guard Lunch Buddy program, Special Olympics and annual holiday food and toy drives.

Suicide prevention requires concern, 'buddy care'

Suicide accounted for 13 percent of all ANG deaths between 1990 and 1995; on average, 13 Air Guardsmen die by suicide each year. Suicide cuts across all ranks, ages, and economic, social, religious, and ethnic boundaries.

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, linking

them to supervisors, first sergeants, the community, and to medical professionals, creating a circle of concern.

Those in the helping professions cannot help if they do not know, or are not aware of, the need. The majority of those who committed suicide in the Air Force, over the past 10 years, were not known in the medical community. Yet these individuals displayed warning signs. Though there is no "typical" suicidal person, these are common warning signs which can help you better identify someone at potential risk.

---Talking about committing suicide.

- Having trouble eating or sleeping.
- Experiencing drastic changes in behavior.
- Withdrawing from friends or social activities.
- Loss of interest in hobbies, work, school, etc.
- Preparing for death by making final arrangements.
- Giving away of prized or personal possessions.
- Previous suicide attempt(s).
- Taking unnecessary risks.
- Recent or severe loss.
- Preoccupied with death or dying.

Payroll deductions for delinquent cardholders

In October, the Defense Finance and Accounting Service began involuntary payroll deductions for almost 8,000 Air Force and Air National Guard personnel who are more than 120 days delinquent on their government travel charge card accounts.

Air Force Print News reports that these deductions will help Bank of America recoup the millions of dollars that cardholders owe on past-due accounts. Before any payroll deduction begins, Bank of America will notify each cardholder with an account that is 90 days past due and offer options on how the account can be settled voluntarily.

If a cardholder defaults on these agreements or does not make arrangements with the bank to settle

the account, the unpaid account balance will be submitted to DFAS for immediate involuntary payroll deduction. This will also result in the permanent termination of all government travel charge card privileges for the offending cardholder.

192d Fighter Wing

SMSgt. Susanne Dates

A new shipment of 203d RED HORSE Flight memorial dog tags has arrived. Each dog tag costs \$5. To order one, call Ext. 6162.

* * *

If you are interested in nominating your civilian employer for recognition by the Committee for Employer Support of the Guard and Reserve, contact SMSgt. Susanne Dates at Ext. 6162. It's a nice way to thank your employer for supporting the mission of the Air Guard. The ESGR web site (www.ESGR.org) has information that every service member can use.

Thrift Savings Plan sign-up underway now

*LTC. Michael Woody
Mission Support Flight*

The open season for the new Thrift Savings Plan is Oct. 9 2001 through Jan. 31, 2002. Members are encouraged to check out the information on this new benefit by going to the web site at www.tsp.gov. The site has the forms you will need to enroll as well as how you can enroll using the new Employee Self Service web site www.dfas.mil/emss. Questions may be directed to Sr.A. Tonya Ross at Ext. 6310.

The Mission Support Flight congratulates SSgt. Ghanda M. Ross

on being awarded an Associate's Degree in Applied Science from the Community College of the Air Force. Ross is also a graduate of the Airman Leadership School.

Volunteers still needed for ChalleNGe prom

The ChalleNGe prom will be Saturday, Dec 15, at the State Military Reservation in Virginia Beach, and the State Headquarters staff is looking for volunteers to help make the party a success.

The ChalleNGe program is designed to help high school drop-outs get their lives back on track, complete a high school general equivalency diploma program, and receive money for follow-on education or job training.

Classes graduate twice a year. The Virginia Air National Guard sponsors a graduation prom in December and June.

Guard members or duty sections interested in helping are invited to attend the planning meeting at the VaANG State Headquarters Training Room on Sunday, Dec. 2 at 3 p.m.

Volunteers are needed during the day of the party to help with decorating and food preparation and at the party to help with food service, cadet photos and clean-up. For details, call 1st Lt. Toni Vanderspiegel at Ext. 6012.

"It's a great way to meet other Air Guard members, have a nice time, develop great party-planning skills and give the cadets a much deserved pat-on-the-back for turning their lives around," Vanderspiegel said. "Come join us in this fun, worthwhile project."

This Month in History

Dec. 1, 1950: The Tactical Air Command was elevated to major command status.

Dec. 7, 1941: The Imperial Japanese Navy launched an attack on U.S. installations at Pearl Harbor, Hawaii.

Dec. 14, 1903: An airplane made by Orville and Wilbur Wright of Dayton, Ohio, made the world's first powered airplane flight – 105 feet in 3.5 seconds – at Kitty Hawk, N.C.

Dec. 17, 1969: The C-5 Galaxy entered operational service with the Military Airlift Command.

Dec. 23, 1974: The Rockwell International B-1 intercontinental bomber

Menus for December UTA and Christmas Day

SSgt. William Keeton is one of many food service specialists who will be helping to prepare the Christmas meals.



SRA. Michele Misiano/192CF

Saturday, Dec. 1 Lunch Menu

Roasted Beef
Tuna and Noodles Casserole
Mashed Potatoes
Beef Gravy w/ Veg
Buttered Mix Vegetables

Sunday, Dec. 2 Christmas Menu

Whole Honey Glazed Rock Cornish Hens
Grilled Steaks w/ Mushrooms
Baked Potatoes
Steamed Wild Rice
Seasoned Corn

Dec. 25 Christmas Day Menu

Roasted Turkey
Baked Ham
Giblet Gravy
Cornbread dressing
Mashed Potatoes
Glazed Sweet Potatoes
Green Beans
Cranberry Sauce

The Christmas meal is available to family members for a minimal fee. Those planning to attend the Christmas Day meal are asked to call the Services Flight by Dec. 22 to let them know how many family members they are planning to bring. Call 236-6115 or 236-6109. Dining hall hours for the meals will be 11 a.m.- 1 p.m.

All meals include assorted bread w/ butter patties, dessert, salad bar w/ dressing and assorted beverages.

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