

VANGUARD



Virginia Air National Guard

192nd Fighter Wing

September 2001

Command Chief Master Sergeant of Air Guard Visits 192d



Photo by TSgt Ken Wright, 192 CF

By TSgt Michael Rawlings
Wing Public Affairs Office

The energy her presence created could be felt around the 192d. Not as an observer, rather part of the process. Command Chief Master Sergeant of the Air National Guard Valeria D. Benton visited with the 192d on Saturday of our August drill.

Benton was the keynote speaker at the Airman Leadership School graduation celebrating the 192d achievement with that endeavor. She served on the Command Chief Master Sergeant selection panel during the August UTA and spent a little time just getting around the base.

"The graduation was wonderful," said Benton. "First course,

CMSgt Valeria Benton talks with SrA Ann Bey who recently graduated from the Airman Leadership School.

first graduation. You could feel the pride of the students. Lots of camaraderie and energy. It was very professionally done. I was truly happy to be a part of it. I want them to know they are

our future and they have taken the first step in their preparation."

Benton was able to visit just a few areas of the base due to time constraints, but she was impressed with what she saw.

"The first thing I noticed was the base was clean. Remember, first impressions! Though I didn't get around very much, I was able to capture the feeling of the people. They seemed to feel good about what they are doing. Everything was so positive. There is energy on this base," she said.

Benton has been in her position for about eight weeks and is assigned to the Pentagon. She has determined where she will spend most of her energy.

"I will focus my energy in the personnel force management area," says Benton. "I'm looking at three

areas in particular. One is 'training', to see that those who need to have it, have

it. Secondly, utilization of personnel, being able to utilize the training you receive and third would be sustainment. To ensure the methods put in place continue the success intended."

Benton states she plans to be accessible to all. "Work your chain of command," she says. "If that doesn't work feel comfortable in contacting me."

PME

Members are encouraged to enroll and complete any Professional Military Education courses that they are eligible for.

This will enhance your military career, improve your promotion potential, and prepare you for opportunities involving greater responsibility. If you are unsure as to what PME courses you

are eligible to take please contact your immediate supervisor, first sergeant, or feel free to contact SMSgt Barry Coleman,

192d FW Human Resource Advisor. His military e-mail address is:

barry.coleman@varich.ang.af.mil



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.

Submission Requirements

The Vanguard is printed monthly. Deadline for submissions is close of business on Saturday of the drill weekend. Please submit material to: Vanguard@varich.ang.af.mil.

The publication is edited & prepared by the 192nd FW Public Affairs Office. Our address is: 192nd FW PA, Virginia Air National Guard, 50 Falcon Road, Suite 6, Sandston, VA 23150-2524.

We can be reached at (804) 236-6388.

Check out the electronic Vanguard on the base Intranet.

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Please see your orderly room or your first sergeant to get a copy of the UTA dates.

HISTORY - THE SOUL OF A NATION

Major General Charles W. Sweeney, a World War II combat aviator, understood the importance of history. He said, "The soul of a nation – its essence – is its history. It is that collective memory which defines what each generation thinks and believes about itself and its country."

The United States Air Force and Air National Guard have a very proud history. Consider the following milestones:

➔ **August 2, 1907** - U.S. Army Signal Corps creates Aeronautical Division.

➔ **1910** - The Army had only one pilot and one airplane. The pilot, Benny Foulois, taught himself to fly through a Wright brothers' correspondence course.

➔ **March 1916** – The Army had a single aviation unit. Its first mission was to scout out the bandit, Pancho Villa, and bring him back from Mexico, dead or alive.

➔ **1917 and beyond** – Courageous leaders like Billy Mitchell fought a 30-year campaign to establish the Air Force as a separate and independent military branch.

➔ **1942** – Jackie Cochran, world-famous pilot, formed an elite flying group known as the Women Airforce Service Pilots (WASP). They ferried aircraft from factories to coastal points to free up male pilots needed overseas in combat roles. Thirty-eight

women lost their lives serving their country.

➔ **1942-1945** – Colonel Benjamin O. Davis, Jr. (USAF first black lieutenant general), led the Tuskegee Airmen during WWII. His fighters, affectionately known as the "Red Tail Angels," never lost a single bomber under their escort.

➔ **September 18, 1947** – The United States Air Force including Air National Guard established as an independent military branch.

Amazing people helped shape the United States Air Force. It took great courage for men like Benjamin O. Davis and women like Jackie Cochran to persevere against great odds. And in doing so, they helped America win a world war and made the Air Force stronger for future generations. They were men and women who simply wanted to serve their country in its time of need. They were great American patriots.

We should take time to reflect on the amazing accomplishments of those who have gone before us. Acknowledge their contributions. Remember their sacrifices. Learn from their experiences. Emulate the leadership traits that made them successful.

I invite each of you to join me during the September unit training assembly to celebrate the 54th birthday of the United States Air Force. Come celebrate our proud heritage. Our dining staff will provide a delicious birthday cake.

Col. Stephen R. Hicks
Wing Commander

SEPTEMBER IS NATIONAL CHOLESTEROL AWARENESS MONTH

What is Cholesterol?

Cholesterol is a fatty substance found in your body that is used to help build cells. Your liver makes all the cholesterol your body needs. Cholesterol is also part of the fat in foods. When you eat foods high in animal fat, you are also eating foods high in cholesterol.

When your cholesterol rises above a desirable level, it puts you at increased risk for a heart attack, heart disease, stroke and other cardiovascular diseases. The safe level of cholesterol for you depends on your age, your family history and whether or not you have other medical problems such as diabetes or high blood pressure.

There are different types of cholesterol in your body, two of which are low-density lipoproteins (LDL) and high-density lipoproteins (HDL). Each has a different job in

the body. LDL carries cholesterol to different parts of the body. LDL is known as "bad" cholesterol because some of the cholesterol it carries may become stuck inside blood vessel walls. HDL is known as "good" cholesterol because it cleans up the stuck cholesterol pieces and returns them to the liver.

Do You Have a High Cholesterol Lifestyle?

Your cholesterol may be too high if

you:

- * buy a lot of prepared, convenience and fast food
- * buy butter and other whole fat dairy products like whole milk and cheese
- * buy a lot of fatty meats such as ribs and pork chops
- * eat a lot of fried or breaded food
- * eat food with gravy and sauces
- * are overweight
- * do not make time to exercise regularly

How Can You Lower Your Cholesterol?

Maintaining a healthy weight, participating in a regular exercise program and following a healthy diet can help to control your cholesterol.

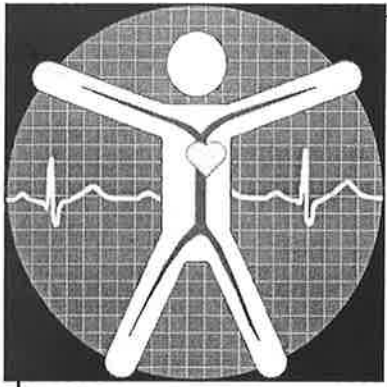
If you weigh too much, your body is storing extra fat and cholesterol. Since fat has many more calories than protein or starches, the quickest way to lose weight is to reduce

the amount of fat in your diet.

Regular cardiovascular exercise (such as walking, jogging or swimming) can help raise your HDL (good) cholesterol level, help you lose weight and help you manage your stress. Even a little bit of activity can make a difference, however the best results come from exercising at least four days a week for about thirty minutes at a time.

There are several dietary changes that can help lower choles-

(Continued on page 7...)



WING TIPS

Life Insurance Family Coverage

The Veterans Opportunities Act of 2001 extends life insurance coverage to spouses and children of members who are insured under the SGLI program, effective 1 November 2001.

Family coverage will be available for the spouses and children of: Active duty service members and members of the Ready Reserve.

Family coverage will be available only for members insured under the SGLI program. It will not be available for those insured under the VGLI program.

Members will be able to purchase up to \$100,000 of SGLI coverage for spouses in increments of \$10,000, not to exceed the amount of coverage for the member.

Each dependent child of every active duty service member or reservist, who has SGLI, will automatically be insured for \$10,000.

The cost for this family coverage has yet to be determined.

Effective November 1, 2001 the coverage for spouse and children is automatic. Members may elect in writing not to insure their spouse or elect reduced coverage. The coverage for children is automatic and cannot be declined or reduced.

Questions may be directed to Customer Service at x6310.

For details log on to:

www.tsp.gov

Section Connection

192 Services Activities

CMSgt Goldie Bailey

Service flight personnel will be supporting the CE bivouac at the 203rd Red Horse Flight during the September drill weekend.

State Headquarters

MSgt Beth Simmons

Best wishes to CMSgt Charles P. "Paul" Smith upon his recent retirement and welcome to CMSgt Jerry V. Johnson, the new State Human Resource Advisor.

ChalleNGe Prom meetings for the December 01 prom will begin Sunday of the October UTA at 3:00 in the State Headquarters Training Room. All are welcome!

AGS

Lt Col Raymond Fleischer

This article gives me an opportunity to express how proud I am to be part of such a great organization. We have had an extremely successful flying and maintenance program this year. We started the year with 3800 hours and had another 150 hours added to the flying schedule. We are scheduled to fly out the remainder of the flying time, but not without imposing a tough regimen on all concerned. If we accomplish this feat it will be the most flying hours that this unit has ever flown with the least amount of available aircraft, an extremely challenging task. The success of this effort could not have transpired without the support of the entire base. I cannot express how appreciative I am of the support we received from each of you, in every section, throughout the year.

192d CES/CEFM

SMSgt Chris Hodge

Photo by SrA Michele Misiano, 192 CF



CMSgt Kenny Vance retires.

Congratulations to Chief Kenny Vance on his retirement. Chief Vance's retirement party was held on Saturday of the August UTA at the CE pavilion. Guest speakers included Col. Bill Prosis and Col. Steve Hicks. Chief Vance will be truly missed.

This past month CE installed water and sewage to the new Immunization Clinic. This project is 90% complete and will be fully operational by the Sept UTA. The Civil Engineering Squadron will be deployed to Camp Pendleton during the September UTA for their annual bivouac training. Emergency calls will still be handled during the September UTA. Please call ext. 6445. Manpower will be limited and only emergency calls will be handled during the Sept UTA. Members driving a POV to Camp Pendleton must be checked in by 1930 hrs on Friday. Members who will be traveling by military transportation must be loaded on the bus by 1600 hrs on Friday. There will be a short meeting for all members at 2000 hrs on the same Friday before drill.

Security Squadron

MSgt Mark Sturman

1. The members of our base bicycle patrol team, TSgt Lee, TSgt Lipinski and SSgt Satterfield, were TDY at the Boy Scout Jamboree to provide security for the weather flight.
2. Members of security were present at the 203rd to provide security for the briefing at the 203rd last month.
3. CMSgt Stanley and MSgt Applewhite are retiring this month.
4. SFS is setting up a field command post for training next drill.
5. TSgt Lee and SSgt Ronda Potvin completed a grueling week long IPMBA (International Police Mountain Bike Asso.) sanctioned course. This certifies them for our base bike patrol team.

203d RHF

The city of Chesapeake has established a Habitat for Humanity project and has dedicated 7 homes to be built in the memory of our fallen horsemen. Each of these homes are sold at a cost price to people that are in need of help and housing. There are a number of qualifications to even be considered to own one of these homes. The city is going to name the Street RED HORSE Lane and there will be a plaque in front of each home with the names of 3 of our personnel on it. We the 203d have dedicated time during drill and during the week to help in the construction of the homes. The homes are built on a volunteer basis without any contractors. The funds come from donations. Contributions should be made out to "REDHORSE

Section Connection

Memorial Project" and sent to:

Habitat for Humanity
PO Box 61694
Virginia Beach VA 23466-1964

Contact Chris Fischer at the 203RHF at DSN 864-6125, x615 or Comm 757-437-4615 for more information.

LG/CC

Lt Col Jay Pearsall

Here is some outstanding news from the Tyndall deployment. As you probably know, the air-to air Weapon System Evaluation Program (A/A WSEP) is designed to test the combat capability of our jets, missiles and personnel. Let there be no mistake, this is an evaluation! They look at everything from aircraft writeups, to the pilot's ability to employ his systems to find and shoot the target. Of course, a major part of the test evaluates air-to-air missiles from firing through target "impact." The missiles have the warheads removed and replaced with a telemetry package to measure every part of the missile's performance.

Here's how the 192d did: All missiles and rails performed flawlessly! My sincere congratulations to Weapons load and Release shop! Munitions fired from well generated sorties is our measure of success.

Maj "Soup" Campbell, 149 FS project officer, reported we never used a spare. Except for one sortie lost due to broke jets, we flew everything a pilot climbed into (when the weather permitted). This is outstanding in comparison to the F-15s that, according to Soup "were scrambling to spares left and right." My hat's off to each and every

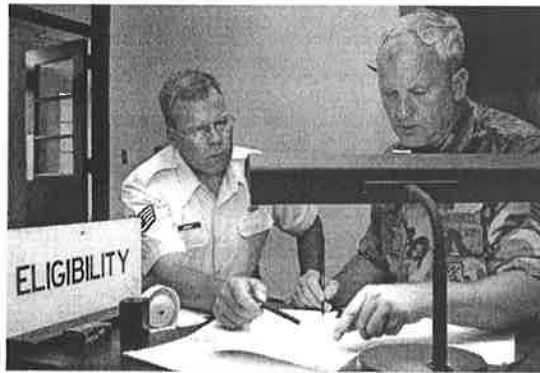
person on this trip, you all contributed to a super evaluation.

Finally, some of you have heard me say we've been sprinting the last month. With some jets at Tyndall and some flying back here, our Mission Capable rate has been near 80%. We're well on our way to completing our flying hour program. This incidentally, is the most number of hours this unit will have flown in a couple of years. Well done!

MPF

Major David Biggs

Photo by TSgt Ken Wright, 192 CF



SSgt Gary Embrey and TSgt Tom Carter go over last minute details as they prepare to process personnel through an "eligibility station" during the 192d's deployment exercise.

Military Personnel Flight is proud to recognize our Members of the 2nd quarter for 2001. The members of the quarter are Lorraine Jackson (Traditional Member) and Chief Master Sergeant Gary S. Brooks (Full Time Member). Thanks for all your hard work and setting an example for excellence.

OPS/WING

SMSgt Susanne Dates

OPS

☞ Congratulations to SrA Thomas Wear (OPS) on graduating from technical training school with honors.

☞ The annual weigh in for OPS Group will be on Saturday of September drill. See MSgt Shirley Cooper in the OPS orderly room.

☞ Congratulations to SSgt Daniel Read on his graduation from Airman Leadership School.

WING

☞ The FW will be having an awards ceremony/social during the September UTA. See your supervisor for specific details.

☞ Congratulations to SrA Ann Bey, SrA Courtney Washington, and SSgt Calandra Evans on their graduation from Airman Leadership School.

☞ Annual field training will be held in Aug 02. Details TBA.

☞ Open season for the new thrift savings plan begins on 19 Oct 01.

For details log on to www.tsp.gov

☞ Nomination packages for Outstanding Airman of the Year must be submitted to the first sergeant NLT Sunday UTA.

Vehicle Decal Registration

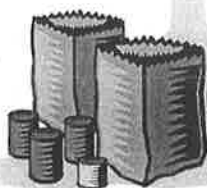
Members are reminded of the requirement to have your vehicle(s) registered in order to be able to drive and park on base. During November UTA, Security Personnel will be strictly enforcing this requirement. Vehicles without decals properly displayed will not be allowed on base.

MARK YOUR CALENDARS FOR SATURDAY OCT UTA FOR FAMILY DAY 01!



This year's family day is shaping up to be something to really look forward to. This is the perfect opportunity for members of the VaANG Headquarters, 192d Fighter Wing and the 200th Weather Flight and their immediate families to come out and mix & mingle and enjoy the great variety of activities we have

planned for the day. We are having many of the same popular offerings we had last year such as Benefit & Entitlements briefings for members and their spouses and a picnic style lunch - plus WE GOT KEITH THE DJ BACK AND many new additions. We'll have events such as the Adrenalin Rush, Buddy Walker and Bungee Run. This year will also see the addition of a COMMISSARY SIDEWALK CASE LOT SALE put on by the Ft Lee Commissary - so be sure to stop by and snap up a great bargain or two. All in all it should



be a great time to come out and enjoy a day of fellowship and fun with your family and other guard members.

Top III Quarterly Meeting

There will be a quarterly meeting held on Saturday of September UTA. The agenda is located on the Top III web-site. All Senior NCOs are encouraged and welcome to attend. For specific details regarding the Top III, please call SMSgt Ralph Pietromonaco at ext. 6595 or SMS Kim Evans ext. 6030.

Accessions/Promotions/Retirements

ACCESSIONS

MAJ Phillip Guy-149th Fighter Wing
A1C Alec Modine-203rd Red Horse
2LT Alison Gilbert-192nd Medical Squadron
SRA Joseph Roanrameriz-192nd Medical Squadron
SRA Cynthia Skidmore-192nd Civil Engineer Squadron
SRA Joselito Deleon-192nd Security Forces
SRA Donna Vosburgh-192nd Medical Squadron
A1C Jamila Williams-192nd Civil Engineer Squadron
SRA Ricky Bush-192nd Security Forces
A1C George Chirkinian-192nd Medical Squadron
SRA Carl Royster III-192nd Aircraft Generation Squadron
August
A1C Christopher Bennett-192nd Security Forces
A1C James Ross III-192nd Security Forces

PROMOTIONS

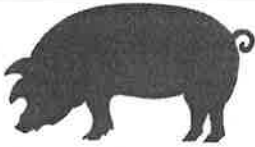
Captain Marc A. Wimmer- 192d

Maintenance Squadron
Major George B. Gosting Jr. - 192d
Medical Squadron
Staff Sergeant Carter Bryant- 200th Weather
Staff Sergeant Matthew R. Smith- 203rd
Staff Sergeant Audra Collins- 203rd
Staff Sergeant Carlos A. Brito -192d
Medical
Senior Airman Wendy N. Gray- 192d
Medical
Senior Airman Ryan O. Martin- Aircraft Generation
Senior Airman Roger S. Perdue- Logistics Squadron
Senior Airman Tifiane R. Williams- Medical Squadron
Senior Airman Michael J. Byrnes- Security Forces
Staff Sergeant Rhonda L. Potbin - Security Forces
Staff Sergeant William L. Nearhood- Security Forces
Senior Airman Damon E. Wood- Security Forces
Senior Master Sergeant Richard O. Earhart - Civil Engineer
Chief Master Sergeant Kenneth L.

Hill- Communications
Senior Master Sergeant Larry D. Branche- Maintenance Squadron
Senior Master Sergeant Dorothy M. Tatem- Logistics Squadron
Senior Master Sergeant Robert C. Pace- Aircraft Generation
Senior Master Sergeant Michael R. Mahoney- Logistics Support
Technical Sergeant Dawn M. Wilson- Medical Squadron
Technical Sergeant Mary J. Laposata- Medical Squadron
Technical Sergeant Robert J. Ingram, Jr. - 203rd
Master Sergeant Darryl M. Hart- Aircraft Generation
Technical Sergeant Mary L. Weaver- Operations Support Flight
Technical Sergeant Dannie A. J. Burgess- Fighter Wing

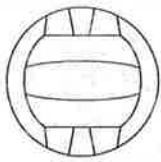
RETIREMENTS

Ssgt Raymond L. Overby - 192nd Medical Squadron
Chief Thomas Morgan- Civil Engineering



1st Annual Pig Roast / Volleyball Tournament

Proceeds to benefit Flightline
Awards and Recognition Program
Where ~Club 149
When ~ Saturday, September UTA
Food ~ Chopped & Pulled BBQ,
Baked Beans, Coleslaw, Iced Tea
\$5.00 donation requested



**VOLLEYBALL - \$100.00 to the
winning team !**
**6 person teams, single elimination
tournament**
Entry ~ \$30 entry fee per team,
payable prior to competition
Deadline ~ Registration must be
confirmed NLT 1600 Saturday,
September UTA
Please contact SSgt Bryan Reynolds
@ ext 6395
**Bring your best.....when you
lose, you're OUT!**

Virginia Air National Guard Heritage Banquet Committee

The Year of Diversity has been proclaimed for 2002. A group has formed to promote pride and unity within all ethnicities in the unit. The VaANG Heritage Committee has focused themselves on the diversity issue and the fact the Guard is and has changed.

TSgt. Lonnie W. Minor, one of the coordinators for the committee, stated, "Our purpose is to promote

the diversity in this unit. A lot of people have worked hard to recognize the talent and diversity here. Next year we will celebrate it".

The plan includes a banquet at the Richmond Omni in March 2002. Specific details can be obtained from any committee member.

"We are still in the planning process," states TSgt Floyd Brown, also a committee coordinator. "We are seeking more members, more input. We need people to let us know what is important to them and to help us develop an all-inclusive program. Involvement could simplify this process. I think everyone will be surprised and enlightened by the product."

The committee has decided on a theme of 'Together We Stand'. For a military outfit nothing could be more appropriate.

Volunteers Needed

The Virginia Air National Guard is seeking volunteers that are interested in becoming Diversity Education Training Facilitators. Previous experience as a facilitator is recommended but not required. Applicants must be available to facilitate a minimum of one class per quarter and feel comfortable speaking in front of diverse audiences of 20 to 30 participants. Applicants must have the approvals of their Commanders and immediate supervisors and must be able to attend the Diversity Facilitator's training course held October 29 - November 1 in Orlando, FL. The deadline for applications is 1400 hours on Sunday September 16th and must be returned to either CMSgt Jerry Johnson at State Headquarters or SMSgt Barry Coleman at Fighter Wing Headquar-

ters. Please feel free to email SMSgt Barry Coleman with any questions at:
bscoleman@yahoo.com.

BASE TRAINING OFFICE

The Base Training Office is now accepting applications for FY 2002 schools. A listing of all schools and dates available are in the Base Training Office. For application procedures, please see your Unit Training Manager or contact the Base Training Office at (804) 236-6436 or 6590.

CHOLESTEROL

(...Continued from page 3)

-terol. The most helpful change you can make is to lower the amount of fat you eat. Your goal is to limit fats to less than one third of your total daily calories. Avoid foods that are high in saturated fat such as solid shortening, and palm and coconut oils, which are found in many commercially baked goods and snack foods. Cholesterol is found in animal products, so you should limit the amount of meats and dairy products that you eat. Soluble fiber helps lower your cholesterol level by helping to keep the cholesterol you eat from being absorbed by your body. Oats, beans and fruit are rich in soluble fiber. If you drink alcohol, be moderate in the amount. Drinking too much alcohol may raise the fat levels in your blood.

Making a few simple changes in your lifestyle can make a big difference in your health. By keeping your cholesterol at a healthy level you reduce your risk of heart attack, heart disease and stroke. Remember, even little changes add up. If you think you may have high cholesterol, see your health care provider and get it checked.

The Last Word

“Patience”

brought to you by the Chaplains Office

We in the military have heard the expression: “hurry up and wait.” The part we don’t care for is the waiting. Many times our prayer is “Lord give me patience...right now!”

The writer of the 62nd Psalm gives those who desire more patience a formula for waiting.

(1) Wait for God to direct your steps. “My soul waits in silence for God only.” Psalm 62:1

(2) Trust God to provide for your needs. “He is only my Rock.” Psalm 62:1

(3) Wait silently in stillness. “My soul, waits in silence.” Vs. 5

(4) Wait in stability and confidence. “He is my rock...my stronghold. I will not be greatly shaken.” Vs. 2

Maybe a better prayer from “Lord, give me patience...right now...” would be “Lord, make me mature...And I am willing to wait on you.” It is the waiting on God that gives up patience. Isaiah writes “...but those who wait on the Lord will renew their strength. They will soar on wings like eagles. They will run and not grow weary. They will walk and not grow faint.”

What's for Lunch?

SATURDAY UTA

Air Force Birthday
Cookout Menu
Cookout on the patio
Happy Birthday Cake



SUNDAY UTA

Country low boiled
Steamed Shrimp
Polish Sausage
Fried Fish
Red boiled potatoes
Corn on the cob

Both Days

Salad Bar w/ dressing
Dessert
Assorted beverages
Assorted bread w/butter
patties

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