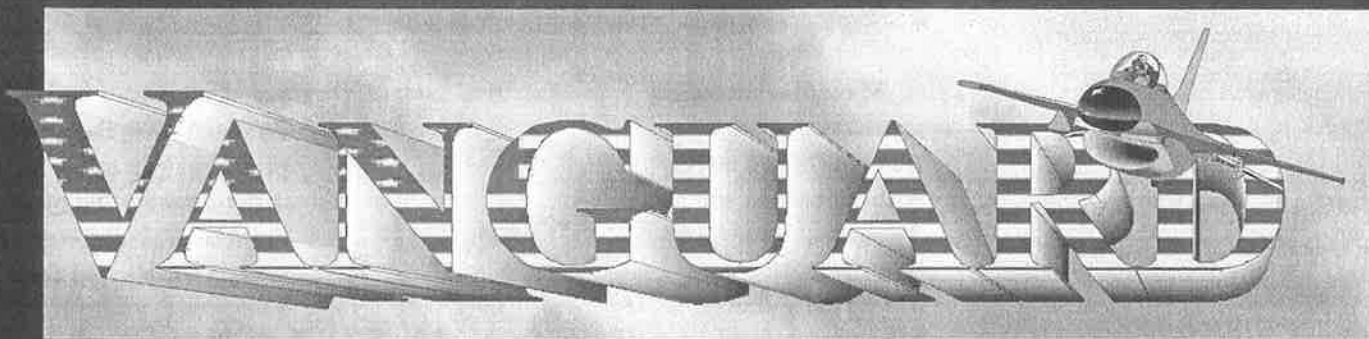


VANGUARD

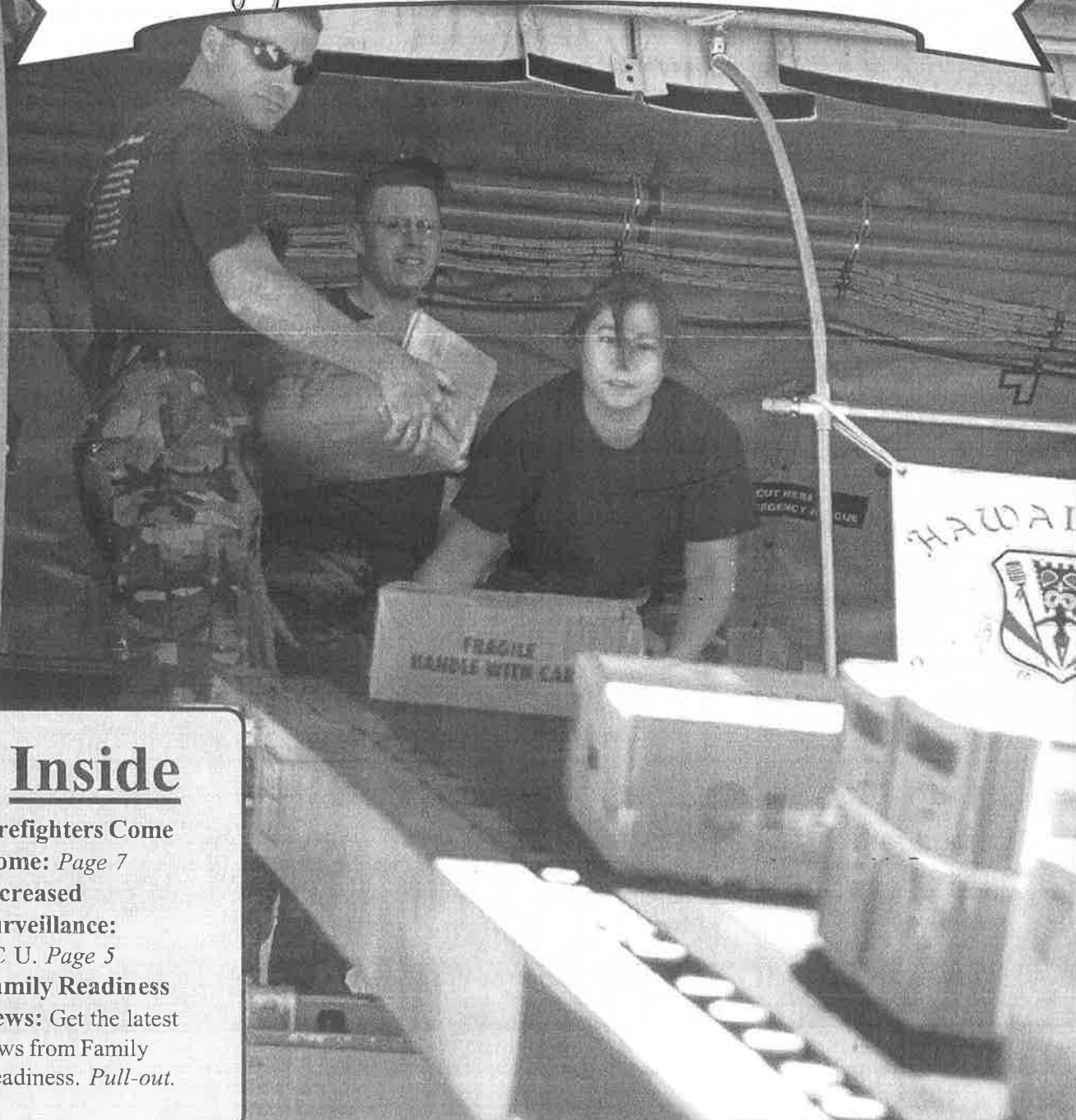


Virginia Air National Guard

192nd Fighter Wing

August 2002

Integrity First - Service Before Self - Excellence In All We Do



Inside

Firefighters Come

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Family Readiness

News: Get the latest news from Family Readiness. *Pull-out.*

Photo by MSgt Carlos Claudio

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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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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September 14-15

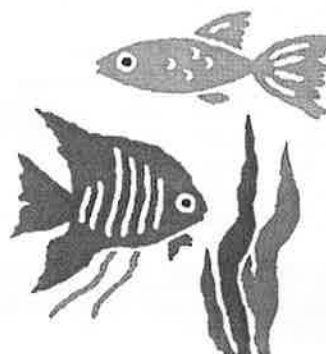
COVER:

The Medical Squadron's (L-R) MSgt Bob Brotten, Major Christian Falyar and SSgt Helen Dollar, load supplies on a KC-135 in preparation for their deployment to El Salvador.

Be A Fish - by Chaplain (Lt Col) Charles A. Smith

My mother would sometimes when I was not coping well with a situation say "perhaps if you would be quiet and think, maybe the solution will present itself." Actually she said, "shut up and listen."

Jay Kesler in an article called "Coping" makes the following statement. "There are two ways of handling pressure. One is illustrated by a bathysphere the miniature submarine used to explore the ocean in places so deep that the water pressure would crush a conventional submarine like an aluminum can. Bathyspheres compensate with plate steel several inches thick, which keeps the water out but makes them heavy and hard to maneuver. Inside they're not alone. When their lights are turned on and you look through the tiny, thick plate-glass windows, what do



you see? Fish! These fish cope with the extreme pressure in an entirely different way. They don't build thick skins; they remain supple and free. They compensate for the outside pressure through equal and opposite pressure inside themselves. God's people,

likewise don't have to be hard and thick-skinned as long as they appropriate God's power within to equal the pressure without."

The 46th Psalm is good advice for people who need help in coping. Particularly verse 10 which reads, "Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Sounds like my mothers advice. Be a fish not a submarine.

Stop, listen to God and may the peace of God help you to cope with all that presents itself.



Please Help Keep Our Gym Clean

Services has cleaned the Base Fitness Center. Please either bring your own towel to wipe down the equipment or use the towels that are provided along with the spray cleaner. These items are located on the shelf next to the water fountain in the Fitness Center. The cleaner is for the equipment, not the restrooms. The equipment is stained with sweat, which makes it unappealing not to mention unsanitary. This request is not unusual. Civilian gyms require this of their members as well. I appreciate everyone's compliance. Let's keep our facility desirable for working out.

Thank you,

Stacey A. Short, MSG

First Sergeant, Support Group



Commander's Call



Photo by MSgt Carlos Claudio

Officially, our role in Operation Noble Eagle ended in mid-April. Seven months of round-the-clock combat air patrols over the East Coast had served their purpose – to reassure the American people that the nation's skies were once again safe.

The stand-down brought a measure of relief to our pilots, ground troops and other support personnel who had pushed it to the limit to accomplish the mission. Relief soon came in other forms, too. We received word in late June to prepare for demobilization. Unless the situation changed drastically, deactivation orders for most of our troops would be coming soon.

Aaahh! Ready to exhale, right? Not quite. Not before a little real-time test of our capabilities. One day in early July, Lt. Col. Pete Bonanni, commander of the 192nd Operations Group, received a call around noon from higher headquarters.

We need some Virginia Air Guard F-16s fully armed, ready to launch, by 0600 tomorrow, the caller said. And, oh, yes. The time frame for the mission is undetermined, so you'll need backups on the ground and be prepared to keep planes in the air as long as they're needed. Can you do it? Pause.

Pete quickly went down a mental checklist of the myriad details that go into a short-order launch – pilot availability, current flight schedule, maintenance, weapons, fuels, life support. Normally a tall order. But frankly, the 192nd Fighter Wing of July 2002 was a different creature than the one that had existed prior to Sept. 11, 2001. It was sort of like Evander Holyfield at his peak – sleek, superbly fit, with muscles toned and rippling. Ready to go, round after round.

Within a half-hour, Pete was back on the phone to higher headquarters.

Can do, he said. We'll be ready. (Note: There's a lesson to be learned here. Once headquarters has your commitment, there's no telling what they'll ask next.)



Col Steve Hicks receives a shadow box containing a Flag, three challenge coins commemorating the World Trade Center, the Pentagon, and the plane that crashed in Pennsylvania. Also in the box is Noble Eagle-Enduring Freedom patch and a plaque. The plaque reads "Operation NOBLE EAGLE 11 Sept 01-16 Apr 02, 218 Consecutive Days, 820 Sorties Flown, 3526 Hours Flown, This Flag was flown over the 192d FW's flight line 13 April 2002 and stood watch during Operation NOBLE EAGLE, Presented to the 192d Fighter Wing by the 192d Logistics Group.

Great, headquarters said. We're moving our schedule forward by 12 hours. That means we need your planes in the air and on station by 1800 today, 5 ½ hours from now.

"Holy [cow]," Pete replied in his best French. "How about 1900 hours?"

That's what they settled on, and it took hustle on the part of the entire wing to pull it off.

The teamwork that day was incredible. I watched and marveled at it. I was in absolute awe at the level of combat readiness our people had reached. We were fit, ready, and we showed it.

The point is this: As a unit, we stay in pretty good shape all the time. But, like Holyfield as he prepares for a big fight,

we benefit in countless ways from intensive training and conditioning.

In the months after Sept. 11, about two-thirds of our wing has worked together on full-time active duty. That cohesion has produced remarkable results. I'd say we've probably experienced a three-to-five-year growth spurt in 11 months.

At the same time, I recognize that this past year has required sacrifices on the part of many of you and your families. And I thank you from the bottom of my heart for enduring those hardships.

But in terms of operational readiness, you've taken months of togetherness and turned them into years of experience.

Not so very long ago, an advertising campaign for Virginia Slims cigarettes coined a phrase aimed at showing women the strides they had made in the 20th century. It's a slogan that perfectly describes the 192nd Fighter Wing in the months after Sept. 11.

You've come a long way, baby.

Col. Steve Hicks
Wing Commander

Combat Dining In

Fun and entertainment are the orders for the evening come Sept. 14, as the 192nd FW hosts its first annual Combat Dining In. All Virginia Air National Guard members and retirees are invited to attend the event to be held in the base hangar that features dinner, dancing, a guest speaker and even 'grog' bowl activities.

According to SMSgt. Kimberly V. Evans, point of contact, a Combat Dining-In is less formal than a Dining-In, which is a formal military dinner. "Because a Combat Dining-In is less formal, everyone can concentrate on having a great time!" said SMSgt Evans. "The Combat Dining-In is geared towards enhancing the morale and esprit de corps within our unit." Dress for the affair is less formal too. Flight suit, space and missile crew suits, and battle dress uniform are the dress for the evening.

There are set rules for a Combat Dining-In, which is referred to as the 'rules of the mess'. Members who do not obey the rules may be sent to a 'grog' bowl. A grog bowl is a bowl filled with a mixture of beverages. One bowl will be filled with non-alcoholic beverages and the second bowl will have alcoholic beverages. Once a violation of the rules has occurred, the Master of Arms has the authority to send the violator to the grog bowl.

Rules of the mess include (and are written in the Queen's English):

1. Thou shalt arrive 10 minutes before the appointed hour for the Call to Order.
2. Thou shalt make every effort to meet all guests.
3. Thou shalt move to the mess when thee hear the chimes and remain standing until seated by the President.
4. Thou shalt not bring lighted smoking material into the mess.
5. Thou shalt smoke only when the smoking lamp is lit.
6. Thou shalt not leave the mess whilst convened. Military protocol overrides all calls of nature. Obtaining a beverage is not considered a departure from the mess.
7. Thou shalt participate in all toasts unless thyself or thy group is honored with the toast.
8. Thou shalt ensure that thy glass is always charged when toasting.
9. Thou shalt keep toasts and comments within the limits of good taste and mutual respect. Degrading or insulting remarks shall be frowned upon by the membership.
10. Thou shalt not murder the Queen's English.
11. Thou shalt not open the hangar doors.
12. Thou shalt always use the proper toasting procedure.
13. Thou shalt fall into disrepute with thy peers if thy Battle Dress Uniform is not proper.
14. Thou shalt ensure all entertainment provided to the mess is indeed entertaining.
15. Thou shalt consume thy meal in a manner becoming gentlepersons. Thou shalt throw no object nor shalt thou take any action that may bring harm upon thyself or they peers.
16. Thou shalt not laugh at ridiculously funny comments unless the President first shows approval by laughing.
17. Thou shalt express thy approval by tapping thy military unit type coinage on the table. Clapping of thy hands will not be tolerated.
18. The President shall at all times deem thy conduct and deportment appropriate.
19. Thou shalt not question the decisions of the President.
20. When the mess adjourns, thou shalt rise and express thy satisfaction with the event, if any.
21. Thou shalt enjoy thyself to thy fullest.

Other activities in the Combat Dining-In will include a guest speaker who is retired Army Command Sergeant Major Courtney Griffin, a combat veteran. There will also be a table-decorating contest. Sections that compete in the table-decorating contest need to decorate their tables combat style. Door prizes will also be handed out throughout the evening. For example, USAA donated \$800 worth of savings bonds!

Festivities run from 6 – 9 p.m. The menu for the evening will be barbecue, baked beans, potato salad, cole slaw, cake, beer, wine (for toasting), iced tea, water and cake.

Tickets are \$5 for E-1 through E-6 and \$15 for E-7 and above and can be purchased from your first sergeant. Transportation will be provided if necessary at the end of the evening.

"We hope that this event will be a success," said SMSgt Evans. "We'd love to hold a Combat Dining-In every year!" For more information contact SMSgt Evans at (804)366-0704 or 6030 during drill weekend.

Family Readiness News

Pull Out
Section

192d FW/203rd RH



Photo by: MSgt Carlos Claudio

Due to "increased taskings" at the base, the much anticipated **192nd Review, a USO-style Show**, had to be rescheduled. The two hour show still promises to be exciting and will complete our Family Day festivities on Saturday, **1300 until 1500, October 5.**

Demobilization: Rediscovering "The Routine"

by Angie Wade



For some of our families, a separation has existed for several months due to response to Noble Eagle/ Enduring Freedom.

And now, your spouse is being **demobilized**. How is that going to affect you? How are you going to get back to "Routine"?

As a member of the "left behind", you have adjusted your routines. Everything is exactly where you placed it. Discipline has now become a quick glance of the eye instead of "Don't let me have to speak to your father/ mother!"

And most of all, you have become the family accountant who is an expert at

squeezing pennies.

Here are some tips on helping the whole family get "back to normal".

- 1) First, **take a vacation!** It can signal a new beginning for the family.
- 2) **Consider home adjustments part of the adventure.** Instead of falling back into your old routines, establish new ones.
- 3) **Be prepared for possible career changes.** If your spouse was activated for a while, the old career may not meet new personal needs. Encourage responsible decision making, but be supportive if job hunting becomes part of your new routines.

- 4) Consider taking advantage of **education benefits.** (Read more about that on page 2)
- 5) Realize that activated or not, **you are still a military family with certain military benefits.** Take advantage of the commissary and PX/BX. Consider billeting options when you travel.
- 6) **Attend your Family Readiness and Support group monthly meetings.** Aside from moral support, other FRG members can be incredible resources for information from job searches to benefit updates.

Volume 1, Issue 7 August, 2002

Asides:

Family Day is Saturday, October 5, 2002. Genuine Fun for the Whole Family! Plan to come!



Kings Dominion Tickets are available for \$27 from the FRG office. These are **anytime** tickets and are good through the end of the season.



Call 236-7036 to secure your tickets. (Regular priced tickets are \$40)

FRG- August Breakfast Meeting

Place- The Chapel, wing Headquarters ; **When-** 0830 to 1000 am, **Saturday, August 17**



Pastries, Coffee and Tea provided. We have lots of information to cover and decisions to make. **Come be a part of the future!**

(Babies and small children are welcomed!)

Inside this issue:

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Did You Know...

As a member of the military service, you have access to many different "Support Services".

If it is convenient for you to visit a military installation, your family can take advantage of low-cost, professionally managed activities and entertainment.

There are **golf courses, swimming pools, movie theatres, bowling centers, youth centers** as well as outdoor recreation opportunities to enjoy. You also have the opportunity to purchase discount tickets to many recreation events such as Kings Dominion, Bush Gardens, plays, or the movies.

Also, there are **skills development**

centers, auto skills and aero clubs. When using these facilities you will be entitled to rates relatively less than the normal cost.

The **base library** is another place to take a break and relax. And if you have spiritual needs, there is always a **chapel** to visit.

Child Development Centers (or CDC's) are available for your use on a space available basis for children.



Don't forget **fitness centers** that are located at most military installations. Also note that the 192d FW has recently provided this type of amenity on base (including showers). Just imagine the physical conditioning you acquire within months. And just think of the money you can save compared to the cost you normally pay to join a fitness club.

It is worth a trip to the closest military installation near you to enjoy benefits designed for your military family.

It is time to have some fun! *Enjoy!*

Finance : Taking Advantage of Educational Benefits

Now that **demobilization** looms in the future, it may be time to consider going back to school.

Here are some education assistance sites that you may consider researching. (If you have any success stories, please share them with Family Readiness so that we can pass them on.)

- **Montgomery GI Bill:** (<http://www.gibill.va.gov/>) The Montgomery GI Bill (MGIB) was enacted by Congress to attract high-quality men and women into the Armed Forces. The program provides up to 36 months of educational benefits to eligible persons enrolled in degree and certificate programs, apprenticeship and on-the-job training, and correspondence courses approved for veteran's training. The program is administered by the Department of Veterans Affairs. An online MGIB pamphlet provides more detailed information.
- **American Council on Education.** The American Council on Education (ACE), founded in 1918, is dedicated to the belief that equal educational opportunity and a strong higher education system are essential cornerstones of a democratic society. The

Military Evaluations Program of ACE makes it possible for service members to receive college credit for service school courses and most enlisted occupations. The credit recommendations for evaluation of service school courses and occupations are published in the Guide to the Evaluation of Educational Experiences in the Armed Services, commonly referred to as the ACE Guide.

- **Troops to Teachers.** (<http://voled.doded.mil/dantes/ttt/index.htm>) The primary function of this program is to provide referral service-to-service personnel to assist them in their pursuit of teaching as a second career. This successful program also helps in the placement of these individuals in areas of greatest need. The Troops to Teachers Home Page also includes links to State Departments of Education, model resumes, and other job listings in public education.
- **College Level Examination Program (CLEP).** The College Level Examination Program (CLEP) is designed to help Service members and their spouses earn college-level credit in such courses as English, Math, Science and many other subject areas. Most major colleges and

universities accept these tests for credit based on minimum scores required (varies by university). For further information, contact your Education Center.

- **High School Equivalency Examinations.** Service members and their spouses can earn a high school equivalency credential by passing an examination designed for adults who have not completed a formal high school education. Check with your local Board of Education Adult Education Offices for further information.
- **Defense Activity for Non-traditional Education Support (DANTES) Admission Examinations.** Admission examinations are sometimes required for undergraduate, graduate, and officer accession programs. The examinations most often required are available through the Defense Activity for Non-Traditional Education Support (DANTES). For further information, contact your Education Center (See: www.guardfamily.org)

192nd FW Family Readiness Volunteers attend NMFA Forum!



Spouses of enlisted members of the 192nd FW were invited to participate in the first National Military Families Association Enlisted Outreach Forum in July to gather information about improving methods of information exchange on quality of life issues for military families.

The NMFA promotes itself as "The Voice for Military Families". They are "dedicated to serving the families of the seven uniformed services through education, information and advocacy."

NMFA started as a small group of

Military wives in 1969, seeking financial security for survivors of uniformed service personnel and retirees. Today they champion quality of life issues for military families. They are frequently invited to testify on Capital Hill to be the voice of our concerns.

The meeting was held at the Officer's Club at Langley AFB. Lisii Perkins, wife of TSgt Al Perkins, took advantage of the opportunity to become involved and to see what NMFA could offer as well as what she could contribute.

The attendees were divided into three different groups and tasked to discover how NMFA can better communicate and

educate the work of NMFA. They also want to encourage participation in the group, thereby strengthening "The Voice for Military Families."

The real value for families of the 192nd FW and the 203rd RH is in becoming aware of legislative issues that affect benefits for National Guard families.

We look forward to working with NMFA in the future and reporting the latest issues back to the families of the VaANG.

"Favorite Dishes of the 192nd FW" Cookbook

Do you have a favorite recipe that has been in the family for years, and your friends expect to see it when you are asked to "bring a dish"?

Do you have a scrumptious meal that you have created on your own and your taste-testers give you mass applause at your handy work?

Then consider sharing your "gifts" with Family Readiness and Support!

Under the direction of volunteer Carolyn Smith, Family Readiness and Support is creating the next best seller, Favorite Dishes of the 192nd FW cook book. But in

order for it to be big success, we need your recipes.

We need all types of dishes from desserts (of course!) to dieter's special (fat-free or sugarless and it still tastes good!).

All we need for you to do is to sit down, put pen to paper (or finger tips to keyboard) and compose in vivid details how we can duplicate your edible masterpiece at home without you!

Please include the following information and forward to cmwsmith@cox.net by October 1, 2002.



- Meal type (i.e. desert, meat, dieter's special, seafood, etc.)
- Total time it will take to prepare the dish
- How many people your recipe will feed
- Cultural origin of the recipe (i.e. southern special, New Englander, wild, west wonder, Italian delight, etc.)

Please make sure that you include in your recipe a complete detail on exact amounts of ingredients, cooking time, and any other special instructions such as cooking temperature, how long to refrigerate, etc.

The cost of the book, will be \$10.00.

I'm Going to the Chapel... and I'm Gonna Get Married



Getting married is one of the most momentous events in our lives! And It should be captured on video forever!

Family Readiness and Support is offering to video record the momentous occasion for any service member of the Virginia Air National Guard.

Contact us by email at angeli.wade@varich.af.mil or by phone at 804-236-7036 for details and to schedule your special day.



192d FW/203rd RH
Virginia Air National Guard
50 Falcon Rd Ste.6
Sandston, VA 23150
Phone: 804-236-7036
Email: angeli.wade@varich.ang.af.mil



Family Readiness and Support

Vision

To provide an enhanced quality of life for National Guard members, their families and the communities in which they live.

Mission

To establish and facilitate ongoing commander involvement, support and recognition between National Guard families and the National Guard in a partnership that provides the best in both.



Receive your Vanguard & Family Readiness Monthly Newsletter issues by Email

The *Vanguard* & the *Family Readiness News* would like to provide faster services to your family by sending out your monthly newsletters via e-mail.

The newsletters will be sent in color as two separate PDF files of about 500 kb each.

Email us your request giving us your email address. We'll send out the *Vanguard* & the *Family Readiness News* to you *quick, fast and in a hurry!* If you want one newsletter and not the other please specify in your request which one you want emailed to you.

And in the very near future, you will be able to view the Family Readiness News directly from the web site.

You will continue to receive the monthly printed newsletters unless you specify otherwise.

We hope that you consider these newsletters among your favorite benefits!



Please E-mail your request for the electronic versions to:

Vanguard@varich.ang.af.mil

If you just want the Family Readiness News email:

angeli.wade @varich.ang.af.mil

192d Communications Flight Furthers Base Capabilities

by Robert P. Franzen, Jr., MSgt

Visual Imagery & Intrusion Detection, 192 FW/CF

Lately, you may have noticed that there has been some unusual telecommunications work taking place around base involving lifts, platforms, and cameras. You have probably been curious as to what was going on. In the aftermath of September 11, the need for a base surveillance system arose. Communications Maintenance stepped up to the plate and volunteered to engineer and install the new system. The new system has a twofold objective. The first, to enhance Security Forces' ability to monitor base activity as well as keep a video record of daily occurrences and the second, to provide Maintenance Operations Center with the ability to monitor aircraft activity. This new surveillance system utilizes our current fiber optic network, located throughout the base, and has the functionality to be monitored and controlled from various locations. The new system consists of approximately 20-30 cameras at various strategic base locations and has the ability to support up to 256 cameras. Due to the large scale and scope of the job, a great deal of scheduling and planning goes into the project to insure that

minimal impact is caused to other organizations work requirements. Thorough pre-planning and coordination with shops and workgroups continue to insure a timely installation. VaANG Teamwork and collaboration between

Maintenance Operations Center, Security Forces Squadron, Base Contracting, Civil Engineering, Finance, and Communications Maintenance has made it possible for this project to proceed very effectively and will provide the 192d Fighter Wing with a force multiplier second to none.

Photo by Staff Sgt Dave Buttner



Master Sgt Don Matney and Senior Airman Ryan San Nicolas are pulling wire through the suspended ceiling in the hangar to support the new surveillance camera system the Communications Flight is installing on base. The new system will cover key locations on base with 24 hour video surveillance.

MOVING IN, MOVING UP, MOVING ON

Gains for July

MAJ Brian K. Turner

SSG Bergreen, Timothy D.

SSG Taylor, John H., Jr.

SSG Williams, Gregory D.

SSG Carroll, Daniel P.

SSG Milan, John M.

SSG Lambdin, Refugia C.

SSG Rose, Michael D.

SRA Hill, Hugh E., IV

SRA Shepherd, Tanya M.

SRA Rochon, Joshua

A1C EllisTamika M.

A1C Garman, Derek R.

A1C Weaver, Anthony V. Jr.

A1C Harris, Scott C.

A1C Tawney, Jeffrey

A1C Stolarski, Kenneth W.

A1C Artis, David T.

A1C Hughes, Travis P.

Unit

149Th Fighter Squadron

Maintenance Squadron

Medical Squadron

203RD Red Horse

203RD Red Horse

203RD Red Horse

Operations Group

AGS

Maintenance Squadron

Medical Squadron

Maintenance Squadron

CES

200TH Weather Flight

203rd Red Horse

203rd Red Horse

Maintenance Squadron

Maintenance Squadron

200th Weather Flight

Maintenance Squadron

Promotions

TSG Gurganus, Tony J.

TSG Worley, Crystal F.

SSG Johnson, Clarence L.

SRA Odell, Daniel W.

SRA Smith, Duriel S.

SRA Watts, Gregory K.

SRA Cull, Charles B.

A1C Carter, Edric A.

A1C Marshall, David B.

A1C Pierce, Edwin A.

A1C Crosby, Ajah L.

A1C Geraci, Nicholas V.

A1C Jamison, Christopher

A1C Bigot, Danielle R.

A1C Brandon, Vance R.

To

MSG

MSG

TSG

SSG

SSG

SSG

SSG

SRA

SRA

SRA

SRA

SRA

SRA

SRA

SRA

July Retirements

LTC Charles W. Martin, Jr.

LTC Michael R. Woody

Unit

OGS

MSF

CMS David Underhill

CMS Gerald Devault

TSG Brian Hartman

203RD

203RD

LGS

Promotions

CPT Costanzo, Anthony C.

2LT Gilbert, Alison R.

To

MAJ

1LT

192d Medical Squadron wins Excellence Award

by *DEBORAH D. MAGALDI, Major, VaANG
State Public Affairs Officer*

The 192d Medical Squadron earned special recognition at the Virginia National Guard Association conference held earlier this year.

The unit received the Founders and Patriots of America Excellence Award for its outstanding work during 2001. The award was presented to 192d Fighter Wing commander, Col. Stephen R. Hicks, by Thatcher S. Wood, governor of the Virginia Society of the Order of the Founders and Patriots of America.

The medical squadron's distinctive accomplishments during 2001 included passing its Air Force Inspector General's Health Services Inspection (HIS), completing the requirements necessary to receive an increased scope of mission, and providing assistance to the 203d RED HORSE Flight after the 203d lost 18 members of its unit in a tragic airplane crash on March 3, 2001. Then, in response to the nation's post-September 11 war on terrorism and the Air National Guard's homeland defense mission, medical squadron staff mobilized and expanded its services to meet the needs of the significant number of personnel activated for Noble Eagle. In a time of turmoil, war, and upheaval, the unit worked diligently to maintain the highest levels of medical service to the men and women of the VaANG, and especially for those who were activated, Thatcher Wood noted while presenting the award.

The unit also scored near perfect during its 2001 Combat Medical Readiness training conducted in Alpena, MI. And under its own initiative, the medical squadron designed and outfitted a new immunization clinic on base in order to meet Air Force and OSHA safety and health laws and to provide greater customer service by streamlining the base immunization process. In addition, the unit remodeled its aging dental clinic to better use space and to handle an increased workload.

On the staffing front, the medical squadron implemented new retention and moral-enhancing initiatives, encouraging people to join and want to remain a part of the medical squadron. At year's end the squadron boasted a 110 percent retention rate.

The 192d Medical Squadron, commanded by Lt.Col. (Dr.) Gregory Biernacki, includes medical specialists and professionals from all areas of the health profession. The unit is the sole medical services provider for the four units that comprise the Virginia Air National Guard: the 192d Fighter Wing, the VaANG State Headquarters, the 203d RED HORSE Flight and the 200th Weather Flight.

Each year the Virginia Society of the Order of the Founders and Patriots of America recognizes a top Virginia Air Guard and an Army Guard unit with the Excellence Award.



Former Army bunkers could be the future site of the 192nd's munitions storage facility.

MSgt Mike Godfrey of the Medical Squadron tries an infrared non-contact thermometer during a vendor demonstration at the 192nd Fighter Wing. The device is capable of detecting temperatures from different surfaces from 60 feet.



Capt. Robert Mitchell presents the Sonny Dobbins Award to 1st Sergeant Toni Vincent. The Sonny Dobbins award is presented once a year to the NCO who exemplifies higher leadership skills and esprit de corps. The award was created to remember Sonny Dobbins who was a member of the 192 Security Forces as well as a Virginia State Police officer who set the standard for these leadership qualities.



Photo

Firefighters Come Home

By TSgt. Ed Kelleher
192FW Historian

They put up with no-warning dust storms, coped with temperatures that reached 130 degrees inside their tents, and spent their spare time building bare-base facilities.

Now they're back in Virginia, and to a man, they're glad to be back.

"It gives you a whole new appreciation for our country," said SSgt. Dean Bossieux, one of a half-dozen firefighters from the 192d Civil Engineer Squadron who recently spent about two months in central Asia.

For publication purposes, they were deployed to "an undisclosed location."

But now that they're back in Virginia, they proudly wear snazzy black T-shirts that proclaim in bold letters the base they helped build. The name of the base has become a household word symbolizing the front lines of America's war against terror.

During a recent interview, Bossieux and TSgt. Scott Ward said they were told that the Virginians were among the first Air Guard firefighters to be deployed to a combat zone since Vietnam. A group of Vermont ANG firefighters was stationed with them.

They left their base far better than they found it.

The Virginia group — Ward, Bossieux, TSgt. Glenn Morreale, TSgt. Jim Botelle, SSgt. Darrell Songa, and SSgt. Shannon Boyette — arrived March 23 to a base that offered little in the way of amenities.

The latrine was nothing more than a trench. Plumbing was nonexistent. Their nutrition came mostly in the form of packaged MREs — meals, ready to eat. Once a day they were fed in a mobile kitchen, a situation that improved gradually. There was no beer to slake the thirst, and soft drinks were hard to come by.

The fire trucks they inherited were "adequate to do the job," Ward said, but Bossieux noted that the trucks were "everyone's leftovers... not in very good shape."

Living conditions posed the biggest challenge. "Brown-out" dust storms were not infrequent. Everyone kept desert goggles and dust scarves at hand. Their tents were close to the runway, so an undisturbed night's sleep was rare.

The Virginia Guardsmen were firefighters first, and their first responsibility was the maintaining the safety of the aircrews and airplanes.

When they weren't doing that, their talents in the construction trades were put to great use.

"We were pretty much a full-time construction crews — at least for the Air Force — for the whole time we were there," Ward said. "We were the only engineer representatives they had, and anything that got done as far as building anything, or plumbing anything, or wiring anything in the Air Force compound, we did it."

Bossieux, a full-time firefighter with the Henrico County Fire Department, elaborated.

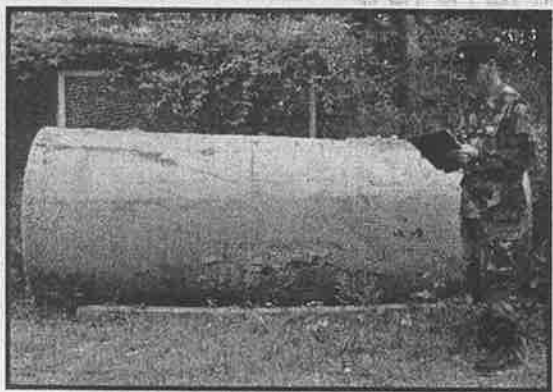
"We tore down tents, put up, newer tents, nicer tents, bigger tents. We put wood flooring in them, built some benches... We built two offices, one for the fire truck mechanic and one for the Air Force base commander."

By the time the Virginia Guardsmen arrived at this base, the incoming rocket attacks had subsided. But they were still clearly in the forefront of the nation's war against terrorists.

"In the evening we would go up on the ridge and watch the tracers go across the sky," Ward said.

They were close enough.

SSgt Perry T. West of the Security Forces Squadron places a Employer Support Guard Reserve pin on R. P. Grimesey, Jr., Alleghany County Public Schools Superintendent.



Readiness Officer, Major Anthony Costanzo, takes notes on the condition of an empty 1000-gallon heating oil container that was discovered when a construction crew was digging a trench.



All photos on these pages are by MSgt Carlos Claudio

Gallery



Civil Engineers return to the 192nd after spending time in England.

What's for Lunch?

SATURDAY UTA

Hot Dogs
Cheese Burgers
Baked Beans
Cole Slaw
Potato Wedges
Banana Bread



SUNDAY UTA

Roast Turkey
Beef Steamship Round
Stuffing
Mashed Potatoes
Collard Greens
Cup Cakes



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