# ARCUARD.

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

Virginia Air National Guard

192d Fighter Wing

December 2002

## **Inside**

#### Warrior Spotlight:

Get the inside scoop on one of our members.

Page 3

One Little Boy's Wish Comes True:

Page 8

Family Readiness

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

Photo by MSgt Carlos Claudio, CF/SCV





## 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.

Wing Commander
Col. Stephen R. Hicks

Chief, Public Affairs Editor-in-Chief 2d Lt. Mark Widener

Public Affairs Staff
TSgt. Michael Rawlings
TSgt. Sabrina Reynolds-James
SSgt. Ann Martin

Photographic Support Multimedia Support Center

COVER:

Colten Hedrick asks SSgt Bryan Reynolds how the seat harness operates while Col Steve Hicks looks on.

## EANGUS, NGAUS & What They Mean To You

We enjoy many benefits as members of the Air National Guard. Not only do we get to help protect America and the freedoms we hold so dear, we also have the opportunity to travel around the world, get great training in any number of career fields, and participate in an exciting and important mission.

There are also many benefits we have as guard members due in large part to two particular organizations, The Enlisted Association of the National Guard of the United States (EANGUS) and The National Guard Association of the United States, or NGAUS.

These two national organizations along with their state counterparts are largely responsible for many of the benefits we take for granted. Some of the things these groups have won for us are:

- Targeted pay raises with at least a 6% increase for Enlisted members
- Immediate commissary access for new Guard and Reserve members
- A study on the benefits of healthcare coverage for members of the Guard and Reserve
- TRICARE for Life permanent lifetime TRICARE eligibility is provided for Medicare-eligible military retirees and their family members beginning FY2002
- TRICARE Senior Pharmacy Program - allows participation in DoD's mail order and network retail pharmacy programs by all beneficiaries, including the over 64 population without enrollment fees
- A study on the benefits of healthcare coverage for members of the Guard and Reserve

•\$34.9 million for an additional 724 active Guard and Reserve personnel and 487 military technicians for the Army Guard

- •Air Guard equipment: \$219.7 million for three C-130Js; \$31.2 million for F-16 engine upgrades; \$20 million for F-15 upgrades; \$100 million for B1-B bomber operations
- Extension of the VA Home Loan program for Guard and Reserve members to 2009

They were also instrumental in our State Tuition Assistance Program, discount license plates and life insurance benefits. These organizations represent us on issues that impact all guard members directly today and in the future, for example:

- · Pay and allowances
- Educational benefits
- Unit full-time manning levels
- Military construction funds for new armories, air bases, training sites and maintenance facilities
- Force structure, equipment and modernization
- Funding for critical training
- Missioning of units

With so many good things that come out of membership in these guard associations, not to mention the great opportunity to network with your peers across the state and country, I encourage you to join your respective associations. Contact your 1<sup>st</sup> Sergeant or Commander for more information or to join.

Help us secure a brighter and more fulfilling future for all National Guard members.

Sincerely,

Colonel Stephen R. Hicks,

Wing Commander

### Warrior Spotlight

by TSgt Ike Rawlings, PA

#### **Rodney Ruble Skeet Shooter**

In the midst of the 192d stands a champion. Representing the U.S.A.F. since 1999 and recently joining the Air Guard, he gives a new meaning to hitting the target.

The champion, TSgt Rodney E. Ruble, accounting technician with finance, has been a skeet shooter for over five years. Skeet shooting involves shooting clay targets launched from various positions on a field. Initially designed for shooting and target practice, skeet shooting has evolved into a worldwide event.

Ruble joined the VaANG in May 2002. Known by many of his new colleagues as "Barney Rubble of Flintstone fame," Ruble began skeet shooting in 1998 while stationed in Alaska. He enjoyed the competition and performed well but knew he had a good ways to go. "I was new and a little nervous," said Ruble. "I was just

happy to be competing. And compete he did. His efforts led to him being named Alaskan skeet shooting

rookie of the year.

In 1999 Ruble won his first tournament at Fort Richardson in Anchorage, where he became the Alaskan military champion. Unbeknown to him, the USAF was looking for people to compete on its team. His scores were high; he had the eye. When his tour in Alaska ended and Denver became his next duty location, he was asked to join the Air Force team.

"USAF looked at my scoring averages from NSSA [National Skeet Shooting Association]," said Ruble. "They chose me; I was not aware they were looking. They use the team for some publicity and as a recruiting tool. They'll send me to three



TSgt Rodney Ruble and his latest collection of medals. or four tournaments a year. Any other tournament I participate in is at my own expense."

Ruble practices at Fort Lee and is beginning to plan his tournament activities for next year. "I usually participate

> in 10 tournaments a year," he said. "2002 was a good year. I had a better than 96 percent shooting average. The

competition in Virginia is much better than Colorado."

Open World Champion is the goal Ruble has set for himself. He recognizes he'll have to work hard for it. "I want to shoot 100 percent straight every time. I won't lose."

Ruble would like to see the Air Guard take some interest in his activities. "I hadn't thought about it much," Ruble said. "I'm in the Air Guard now and would like to represent them. I plan to shoot my first 2003 tournament in April and then on to Phoenix to the Armed Forces Skeet Championships in May."



Ruble takes aim during a skeet shooting competition.

The collection of medals and awards Ruble has collected over the years answers one question, whether he has ANG or USAF by his name, he will do well.

## Where in the World...by CMSgt David Kinsey

Where in the world....?

That's what I thought when I walked out of my tent the first day after arriving at o'dark-thirty and finally sleeping

horizontally after 25 hours of flight. Or, is this even the same planet? It looks sort of like the moon. Blinding sun, desolate, dusty landscape, not a hint of moisture. It's been more than a month since that day but I thought the same thing again this morning. I had sort of drifted off to that half sleep state. As I regained lucidity, I heard the water splashing in the swimming pool, music just like I'd hear at the pool at my apartment back home, and the person next to

me was, well, wearing a bikini. Where in the world am I?

This air base, and this country, are worlds of contradiction. We live in large, 8-man tents, and survive 100+ degrees daily, but sometimes can go downtown to a magnificent mall with an ice skating rink on the first floor. We eat meals in a tent but have a Baskin-Robbins on base and on Sunday nights we have surf and turf – yep, lobster and steak, and good stuff, too.

Many of you have deployed to parts of Asia or to Turkey and know what it's like here. But many of you don't. So, here's a look at a typical day, though, admittedly, a bit of a different kind of day as I'm the Wing Command Chief, just as I am there at home.

The alarm rings at 0500 and at 0530 I join Lts. Nelson and Kerrigan for five miles. The sun is rising halfway through the run and the Red Horse guys and CE guys are digging, grading, paving, raising buildings and repairing infrastructure – as they have been all night. The base runs 24 hours a day, 7 days a week, full tilt. Just about everything that is happening in the daytime is happening all night as well. After the run and maybe 20 minutes in the gym I grab my towel and toilet kit for the 60 meter walk to the latrines. They're called "Caddys" - the Cadillac of deployed latrines. We still have a few "Harvest Falcon" latrines around - self-contained in tents, quickly assembled or disassembled, and cramped and dark and smelly and not very well conditioned. The Caddys are essentially a trailer housing 8-10 shower stalls, 6 toilet stalls, and several sinks, brightly lit, air conditioned, and real flush toilets. They are highly appreciated by all.

The dining hall, about 12 "Temper" tents constructed in a line, is bustling with people. We have scrambled eggs, sausage, bacon, ham, grits, potatoes, French toast, cereal, Pop-Tarts, and the usual breakfast beverages. The

services folks here rock, and the meals are just part of it. I usually try to sit down with someone different most meals, just to learn about what they do. And here's where another contradiction is evident. We are all living thousands of miles from home, under austere (okay, mostly austere) conditions, working 12 hour shifts, 6 days a week, sleeping in tents...and everyone is incredibly motivated, happy, friendly, and most are volunteering for duties outside their jobs! Pretty incredible.

I have an 0800 meeting with the First Sergeants today. There are over a dozen and we have lively meetings. Most are "additional-duty Shirts" so they range from hard-core to old softies. In today's meeting we talk about uniform discipline, OPSEC and COMMSEC, straightening the tents before December's rain and the monthly promotion ceremony at which the Shirts are the cooks.

I spend the balance of the morning walking and driving around "Camp Andy," our tent city. It is named for the first Air Force fatality of Operation Enduring Freedom, MSgt Evander Andrews, killed in a construction accident

on 10 October 2001. I talk to the public affairs folks about an article I did for the base newspaper here on "common courtesy," thanking them for their assistance in getting the word out about litter, cigarette butts, latrine cleanliness and picking up people who need a ride to work. Other stops include Services to talk about the ceremony held for MSgt. Andy

Andrews, contracting to talk about setting up a training class for all contractors with the base security liaison, and with the Civil Engineers to talk about the lighting in the tents and who should stock replacement

the lighting in the tents and who should stock replacement parts. The protocol officer asked me one day what I did when I was "out Chiefin'." I replied that it consists mainly of bringing people together to solve one problem and getting two others handed to you while you're



Some members work off steam in their off hours.



Bingo! is a big hit with the troops.

## Where in the World...by CMSgt David Kinsey

working on that one. Can I get an "Amen" on that, Chiefs?

My office is in the Command Post in "Ops Town." We have plywood floors, plywood

have plywood floors, plywood doors, and plywood walls that don't reach the ceiling, so it's got a combat command post feel. Over here we have the older, Harvest Falcon latrines and a Combat Dining Kitchen. The food is still very high quality. I walk into the Command Post with a nod to the SP at the Entry Control Point. Thirteen of them are homeboys from the 192d FW, as you well know. We stop to chat about home sometimes. Very cool.

with great attitudes and motivation.



Deployed soldiers have to endure 100 degree days yet maintain excellent attitudes.

After office hours I return to Camp Andy. It's dusk and the occasional runner and walker are out, on the dusty roadways, getting in some exercise. I pick up three people waiting for the bus and give them a ride to the chow hall. One is from the safety office and the other two from KC-135 operations. The first is from Kadena and the KC-135 folks from Grand Forks. We chat about their jobs and what they like about this place and what they don't. I always get another problem to work on but I always, so far, get it coupled

At supper I talk with a SrA I'll call Del-9(a tip o' the hat to LTC P-9 back home!). Del-9 came here as a TCN Escort, that is, an American military person whose job it is to escort one or more of the dozens of Third Country Nationals around the base who do most of the really cruddy jobs, such as trash pickup and latrine cleaning, but also some of the construction and services such as laundry and alterations. The escort job is pretty boring; you simply stand or sit or ride and watch someone else work. It would be understandable if escorts had not-so-great attitudes but Del-9 is highly motivated and intelligent and has stepped up in a leadership vacuum to take over as NCOIC of the Honor Guard. Tonight he wants to talk about the Honor Guard's role in placing a wreath at the Camp Andy memorial and recognition for one of his Honor Guard troops. A conversation with Del-9 always leaves me in a great mood.

After supper the Wagon Wheel is getting revved up. The Wagon Wheel is a circular area of services, personnel, movie and recreation tents surrounding a large canopy covering hundreds of chairs and tables. There's a stage on one side that serves multiple purposes – DJs five nights a week and the Bingo caller one day. Would you ever think there would be a way to take a large group of military

folks and have them be totally quiet and attentive for an hour? Bingo. I'm serious. It's the highlight of the week! And the "bad bingos" (those people who have accidently misrepresented) are more entertaining than the good ones. Lots of hootin' and hollerin' when that happens. The Wagon Wheel is our community gathering place and you can always find someone to sit and chat with, play cards with, or listen to music with.

We also have a full-fledged, sand volleyball court, which is used every night by several teams, and a basketball court built of tactical tarmac matting.

Both have bleachers adjacent and both have occasional tournaments that draw big crowds. My tent is across the "street" from the basketball court and it is usual for me to awaken at any time of the night to the thump, thump, kerthunk of someone or several people playing basketball. That's a good thing. As I tell every newcomer in the Right Start briefings, the sound of people recreating is the sound of their fellow airmen relaxing so they can work hard on their next shift and maintain the high morale we have here. No other base comes close. In fact, I've had people from PSAB (Prince Sultan Air Base in Saudi Arabia), which has dormitory rooms with real beds, real bathrooms five steps away, and showers you can take your time in, tell me they like it better here. This is a great job. If you get a chance to deploy, take it. You'll grow as a military

person and as a leader. And, you'll take part in something that is difficult but brings people together from all walks of life and brings out their best. You'll appreciate people who are different, you'll appreciate home when you get



An oasis in the sun! This watering hole provides relief from the heat.

back and you'll feel the appreciation of the people at home for your sacrifice.

#### Announcements

Student Flight Meeting/ ALL Student Flight Members/OPS Briefing Room Saturday, 07 December 2002, 1300 hrs
Basic Military Training (BMT) Roundtable Discussion
Learn from recent graduates "What to expect @ basic training"

The following avenues for announcing base closings / late reporting are listed below:

1) Call the "Base Inclement Weather Hotline": Dial 804-236-6000, select option 9 and then follow instructions

2) TV Stations to watch for closing information: WTVR TV 6

WRIC TV 8 WWBT TV 12 WAVY TV 10

3) Radio stations to listen to for closing information:

**WRVA 1140 AM** 

Q94 FM XL102 FM BEAT 106.5 FM Lite 98 FM

4) From your computer: access the www.richmond.com web site. Go to <u>local guides</u>, then <u>weather & closings</u> and then look under the <u>"Closing Information - Government Category"</u>

Closing / late reporting information will be published via the means above as soon as possible once a determination is made as to what the base will be doing.

#### **VaANG RETIREES ASSOCIATION**

The next scheduled meeting of the Retirees Association will be on 14 Nov 02 at 7:30pm at the Club 149. A special guest speaker, Dr. Miller will be speaking to mostly the men about prostate problems and cancer. There will be a slide presentation and handouts. The Annual Retirees Christmas Party is scheduled for 12 Dec 02 at 6:00pm and volunteers are needed to help with the preparation and clean-up starting at 2:00pm. Also there will be collection of annual dues (\$12.00) and election of new officers for 2003. Please contact Mike Carter, President at 266-8366 if interested or volunteering to help with the party.

#### **Christmas Stockings**

December drill culminates the collection of Christmas stockings for the Salvation Army. Bring in toys and articles to assist with the stocking stuffing. First Sergeants will still take cash. Be generous and support the children who are needy or less fortunate than us.

#### **Basketball Team Forming**

Plans are underway to form the 2002 /2003 VaANG basketball team to compete in the Defense Supply Center [Bellwood] basketball league. The team will practice in December and league play will begin in January. Games have traditionally been held on Monday, Wednesday or Friday evenings. If you are interested in participating, contact MSgt.

Al Harrison in TMO at 236-6356.

#### Ski Trip to Seven Springs 2/28-3/2/03!

How would you like to enjoy a great ski weekend getaway at one of the East Coast's highest rated resorts with some of your fellow guard members? And get this all inclusive package at one of the lowest prices anywhere? Contact 2dLt Mark Widener at markwidener@hotmail.com to get more info on this trip. Seats are limited (our bus is already over half full) so availability is on a first come, first served basis.







## 



192d FW Virginia Air National Guard 203rd RH

#### December is a Special Month for Family and Sharing

Volume 1, Issue 10, December, 2002

One of the most stressful times of the year for any family is around Christmas time, especially when one of the family members is not there.

Whether it is a spouse, son or daughter, separation during the holidays due to a deployment or tour of duty, is difficult. This may be the case for some of our own guard members this year.

If you are one of the families who have a loved one absent from home there are some things you can do that can make the holidays easier



Send a care package!

The excitement of packing the box

is therapeutic for those at home as they anticipate the reactions on the receiving end. Here are a few ideas to get you started:

Send pictures of the

family gatherings. Your loved one will appreciate the pictures of familiar people and things back at home, such as the children stand-

ing in front of home, or a picture of that favorite sports car. Include pictures of the Christmas

Christmas
dinner or the family decorating the Christmas tree.

Audio cassettes are also a nice item to put in the care package. Record "holiday sounds", such as the nieces and nephews singing their favorite holiday songs or a favorite uncle snoring after his dessert and coffee.

Send a **Christmas stock- ing** filled with unusual surprises like noodles, beef
jerky, or their favorite candy
and snacks.

Consider sending VHS

movies or homemade videos of family or friends.

The benefits of the holiday care package goes both ways. It gives the families a sense of the loved-one's presence when they missed them the most while it helps to strengthen and encourage the spirit of your loved one who is deployed and will make them feel as if they were home, if only for a moment.

Don't forget to be careful when preparing these care packages. Make sure that the packages are not to large or too heavy. Priority is given by the post office to the smaller, lighter packages. And above all, double check the mailing addresses to expedite delivery.





#### Asides:

- The Volunteer Family Readiness Group has Big Plans coming up the rest of this year to support our troops and the community. Please join us and share your talents.
- Next Volunteer Breakfast will be Saturday, December 7, 2002, 0830 to 0930 in the Chapel. This is a non-drill meeting. Please RSVP to Ann Hicks at annuhicks@hotmail.com.
- Don't forget to bring in your Christmas Stockings, donations or purchases for the First Sergeant's Salvation Christmas Stocking Project Saturday morning UTA.

#### Inside this issue:

Red Cross Counseling	2
Youth Leadership TNG Camp	2
Another Opportunity to Mentor	3
TRICARE Update	3
Welcome "new mem- bers"	4
Announcements	4

Annual TRICARE Family Briefing
Presented by: LT Marilynn J. Noble, USCG. ASCP, FAHM, Operations Officer/TPR Program
Manager

9:00 a.m. to 11:00 a.m. January 11, 2002, Saturday's UTA Ops Briefing Room

## Armed Forces Emergency Services



#### Counseling

Military life comes with its own set of challenges. The American Red Cross offers confidential services to active duty, National Guard and Reserve personnel, and to members of their families. Counseling, guidance, information, referrals and other social services are available through our worldwide network of offices, located on military installations and in civilian communities. Red Cross chapters are listed in local telephone books and on the American Red Cross web site at / where/where.html.

Counseling is becoming increasingly important as the number of members of the National Guard and Reserve swells. Because members of the National Guard and Reserve

typically live in civilian neighborhoods, they and their families frequently have difficulty accessing much-needed military-related social services. American Red Cross counseling services are available to all military personnel.

If a hardship exists within a service member's immediate family that cannot be resolved by emergency leave, the Red Cross can counsel the family or service member about requesting a humanitarian reassignment (closer to home) or a hardship discharge. The Red Cross helps the service member understand the procedures and documentation needed. Final decisions on these applications are made by military authorities.

#### Thank You, St. Andrews School for Your Support!

\*\*\*\*\*\*

On November 8, 2002, St. Andrews School presented the 192d FW with 3-30 lb "care packages" to send to our deployed security force personnel.

Coordinated by Marie Edwards, wife of MSgt George Edwards, and their two children Preston and Sophia who attend St. Andrews, six classrooms of children and parents, wrote letters, baked cookies, bought toiletries and boxed them up with lots of TLC!

Thank you again for encouraging our members and their families as they serve our country!

#### Youth Leadership Training Camps

It may be early December, 2002, but it is time to start mak-

ing plans for our children for the summer of 2003!

The Family Readiness Group and the VA Army National Guard are now in the early planning stage of developing a combined leadership camp for two age groups, 7 - 12 and 13 - 18. The cost of these camps will be kept to the very minimum so that all of the families who want to take advantage of this program can do so.

These camps are being planned for late June for the 7 through 12 year olds, and mid July for the teenagers.

The camp program will be structured after the *America's Promise-The Alliance for Youth program* which was developed by General Colin Powell and the Presidents' Summit for America's Future.

Recreational activities for the younger group will include beach activities, skating, kite flying, cook outs, and an assortment of games. The recreation activities for the teenagers will include hiking, swimming, cook outs and many more activities.

Each age group will also have the opportunity to experience how a deployment really feels. There will be simulated deployment activities the kids will participate in as if they were the ones who are catching an airlift to a undisclosed foreign location. It's going to be fun!

The camps will be include leadership training as well as an assortment of recreation activities.

Like any other fun event, we need volunteers to help out with the planning and to work as chaperons.

If you would like to know more about this adventure or volunteer, please call the Family Readiness Program office at 236.7036.

Look for an announcement about the upcoming informational meeting to discuss plans for the camp



#### Volume 1, Issue 10, December, 2002

#### Another Opportunity to Give - Mentor

Giving oneself in service to others is a hallmark of the Virginia Air National Guard, Volunteers from the fulltime staff give themselves to Seven Pines Elementary for the lunch buddy program which has proven to be so invaluable to the lives of the children who participate. Their SOL reading scores are way up, they feel loved by their community and they understand volunteering. both in school and in the military.

Another opportunity has now presented itself for our traditional members and all family members of the Virginia Air National Guard at an inner city school, Patrick Henry Elementary on Semmes Avenue in Richmond, Virginia. Please read an excerpt of an email I received from Gwendolyn Harvey, a second grade teacher there, who is spearheading the new program:

"We have two (2) categories of volunteers at Patrick Henry:



- 1. Mentor/tutor These volunteers can select the day and time that fits into their schedule and our school hours (9:00 am - 3:30 pm). They should plan for a consistent visit with a student at least once a week. These volunteers may be asked to do a reading or math related activity with a student that has been identified as weak in one of these areas. We can use as many mentor/tutors as we can get.
- 2. Howard Street Tutors These tutors will participate in a very structured tutoring program designed to support students in sec-

ond and third grade who are struggling readers. Each volunteer is paired with one student. The volunteers are trained and supervised. The supervisor plans the structured, easy-to-follow lessons. These volunteers must commit to tutoring twice a week (Tuesdays/ Thursdays) from 4:00 -5:00. The program runs all year because students must receive at least 40 lessons to make progress. The program is designed for 10 students or less, so 10 volunteers would be needed here.

In both cases, a real function of the volunteer situation is to establish a positive relationship with a child. Most students are motivated by the simple fact that they know they have someone who cares about them."

As you consider what you can give this holiday season that will have a lasting benefit, please consider volunteering Patrick Henry Elementary. Contact the FR office at 236-7036 to sign up. The rewards will be immeasurable!



Inpatient Rates Increase Slightly for Fiscal Year 2003 October 30, 2002 No. 02-29

Effective Oct. 1, 2002, the daily cost of inpatient care in civilian hospitals for family members of active duty service members under TRICARE Standard and Extra increased from \$11.90 to \$12.72 per day or \$25, whichever is greater. For example, if a family member of an active duty service member is an inpatient for one day, he or she will pay \$25. For inpatient stays that are two days or more, the cost will be \$12.72 per day.

The TRICARE Standard diagnosis-related group (DRG) daily rate for most civilian non-mental health hospital admissions increased to \$417, up from \$414 last year. The rate increase applies only to retirees, their families and survivors who use TRICARE Standard. They either pay the fixed daily rate of \$417, or a cost share of 25 percent of the hospital's billed charges, whichever is less. They also pay 25 percent of the allowable charge for separately billed professional services. There is no DRG rate increase for beneficiaries who use a TRICARE network facility under TRICARE Extra. Rates for inpatient mental health care or a substance-use disorder will increase from \$154 to \$159 per day for retirees, their families and survivors who use TRICARE Standard. They also pay 25 percent of the allowable charge for separately billed professional services. The inpatient mental health rate is unchanged for family members of active duty service members, military retirees, their families and survivors in TRICARE Prime and Extra.

For additional information about DRG payments, interested parties may contact the nearest beneficiary counseling and assistance coordinator (BCAC). A BCAC directory is available online at http://www.tricare.osd.mil/ BCACDirectory.htm . Beneficiaries also may contact a customer service representative at the nearest TRICARE service center.

NOTE: An online directory is available at

http://www.tricare.osd.mil/tricareservicecenters/default.cfm SOURCE: TRICARE Web Site at http://www.tricare.osd.mil

Want to get TRICARE answers, assistance via E-mail? mailto:QUESTIONS@tma.osd.mil



#### 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.



#### Welcome New ANG Family Members

TSgt Arnold Roots from the Civil Engineering Squadron has a new daughter named Jessica!



#### DILLARD'S ANNOUNCES MILITARY APPRECIATION DAYS

Dillard's recognizes with deep gratitude the sacrifices our military forces and their families make daily for our Country. The Company is extending a 20% discount to military personnel on purchases made at Dillard's on December 4th and 5th. Appliances and electronic merchandise may be purchased with a 10% discount.

Dillard's is pleased to extend this special discount to:

- Active military members and their immediate family
- Full-time active guardsmen and their immediate family
- Activated guardsmen and their immediate family
- Activated reservists and their immediate family

The above individuals and/or a representative from their immediate family are cordially invited to shop any area Dillard's store on either or both days.

Guests from the military are asked to save their sales receipts. Upon completing their shopping, guests are asked to take receipts for those two days to Dillard's customer service area and show their valid active or full-time military I.D. (Immediate family members shopping on behalf of full-time or activated members of the military who are not present will be asked to present their I.D.)

The Company will gladly deduct the discount from participants' total purchases in the same form of payment they chose to use for those purchases.

The stores accept cash, Dillard's credit cards and other major credit cards.

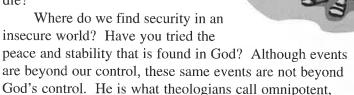
Dillard's is committed to serving our military families on December 4th and 5th with the same high level of service they have shown to America.

Dillard's

## Chaplains Corner - Ch (Capt) David Kelley

As everyone is well aware, we live in uncertain times. Situations, circumstances, and events seem to be out of

anyone's control; and, furthermore, these painful realities appear to be worsening with each passing day. In fact, our TV airwaves are filled with headlines that shout: "Communities paralyzed with fear in wake of recent sniper shootings," "Axis of Evil nation builds nuclear threat," Many die in Jewish/Muslim conflicts in the West Bank," "After terrorists take hundreds of hostages many die in rescue attempt in Moscow," and "War is on the horizon; how many will die?"



which means "all powerful." And in God's power we can find a place of peace and security to shield ourselves from

the effects of a world that is often cruel and harsh.

Therefore, I encourage you to "try" God again or maybe for the first time. This Sunday make it a priority to attend your local church, to start a prayer life, or if it is drill weekend—attend one of the worship services, and begin to renew your relationship with God. On drill weekends feel free to drop by the Chaplain's offices, we would like to talk with you about how you can grow in your spiritual life.

We in the military can be overwhelmed by the events that occur around us, even becoming emotional victims. But, if we place ourselves in the power and peace of

God we are guaranteed to be victorious. The Lord summarizes this by saying in His Word, "Be of good cheer, I have overcome the world." (John 16:33)

#### MOVING IN, MOVING UP, MOVING OUT

October Gains	To	October Promotions	<u>To</u>
MAJ Quirion, Paul R.	149th Fighter Squadron	CMC William D. William	CN CO
CPT Ryan, Jeffrey L.	Maintenance Squadron	SMS William B. Wilcox	CMS
1LT Ellis, Eva M.	203rd Red Horse Sq	MSG Kevin A. Johnson	SMS
TSG Dukhvis, Terri L.	149th Fighter Squadron	TSG Kristen Anderson	MSG
SSG Corbett, Duane E.	Aircraft Generation Sq	TSG Lori W. Flinn	MSG
SSG Feindel, Gleen L.	Aircraft Generation Sq	TSG Wekena E. Glover	MSG
SRA Fisher, Matthew W.	Communication Flight	TSG Sherry R. Hubbard	MSG
SRA Hughes, Bradley E.	Maintenance Squadron	TSG Paul D. Tucker	MSG
A1C Couch, Teresa A.	Medical Squadron	TSG Jerome K. Wade	MSG
		TSG Reginald Williams	MSG
October Retirements		SSG Leon O. Joyal, Jr.	TSG
		SSG Melissa D. Spangler	TSG
CMS Raymond L. Bassetti	Maintenance Squadron	SRA Donna M. Barnard	SSG
ISG William G. White	Aircraft Generation Sq	SRA Lizleen S. Fraser	SSG
ASG William A. Benson	203rd Red Horse	SRA Robert A. Jenkins	SSG
ISG Brian K. Hartman	Logistics Squadron	SRA Robert H. McCormick	SSG
ISG Shano Ezzell	Maintenance Squadron	SRA Kelley M. McDonough	SSG
SG Benny Saunders	Aircraft Generation Sq	SRA Brian J. Penn	SSG
SG Robert Washington	Services Flight	A1C Ralph A. Burdick	SRA
SG Remo M. Gori	Maintenance Squadron	A1C Robert W. Fry, Jr.	SRA
SG Charles W. Malpass	Aircraft Generation Sq	A1C Christopher Hardy	SRA
ISG Robert Donmoyer	203rd Red Horse	A1C Christoph McIntyre	SRA
SG Willard Pearson	203rd Red Horse	A1C Peter M. Mort	SRA
SG Kimberly Andrews	203rd Red Horse	A1C Kenneth L. Smalls	SRA
SG Connie S. Nelson	203rd Red Horse	AMN Jerry D. Frech	AIC

### Three Wishes - by Angie Wade

Twelve-year-old Colten Hedrick has three wishes: 1) to preach; 2) to fly an airplane; 3) to visit NASA.

He sent his request to Make-a-Wish Foundation last year,

but the "best" they could do was to send him and his family to Disney World for a much-needed vacation. They could not help him preach. They could not figure out how to arrange an opportunity for him to fly. And no amount of strings pulled could get

But fate is a strange thing. It brought Colten Hedrick, to the 192d FW to fulfill at least one of his

him into NASA.

dreams...the dream to fly.

Jennifer Hedrick, Colten's mother, was the nurse on duty the day that the honorable Judge W. Part "Whitey" Lemmond needed attention during a recent hospital visit. Judge Lemmond used to be a fighter pilot in the 149th Fighter Squadron who retired from the VaANG.

Jennifer shared with Judge Lemmond, that her son Colten had a terminal heart disease, and that, according to doctors, he was on the last year of his life. She also shared Colten's three wishes. Judge Lemmond was moved by the story and knew that he could help.

A call was placed to a dear friend, Col Steve Hicks, who immediately arranged a red-carpet base tour, which was going to include an opportunity for Colten "to fly".

Accompanied by his mother, his father Phillip, and his rambunctious little four-year-old brother, Jordan, Colten visited the 192d FW base in early October.

Col Hicks hosted a meet-and-greet in his office for the family. However, Colten immediately focused on the models of the P-51 Mustang and the story behind it. He listened intently as Col Hicks told the story of the P-51 Mustang as well as the F-16 and A-7. Colten was ready to fly.

The group's first stop was the Ops building. Col Jay Pearsall was there to greet Colten and to take him to the flight simulator. His family stood back and watched as Colten was placed inside and given basic instructions, such as how to pull the plane in the air, fly close to the ground and to set the "plane" into barrel rolls. Of all of the instructions given, "flying in the air" was the one technique Colten seemed least interested in doing. Instead, Colten enjoyed flying sideways, making Col Hicks walk away at one point because he was feeling motion sick! Colten had one wish come true; he flew an F-16.

To round out his visit, Colten was able to visit the hangar and sit in the cockpit of an actual (secured) F-16. SSgt Bryan Reynolds went over the intricacies of the inside of the actual plane. He also spent some time in the Fire Arms Training center under the guidance of MSgt Dennis Edwards.

Colten and his family completed their visit with the 192d FW with a hearty meal as special invited guests of Finance and MPF. The meal was provided in the club, which gave Colten a chance to try his talents at shooting pool against his

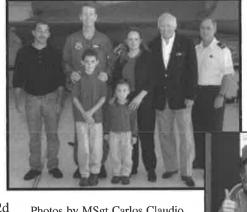
> personally designated opponent, Angie Wade, L: Colten gives a Family Readiness thumbs up before he Coordinator and non-pool takes to the skies. player. Below: MSgt Dennis Edwards

Colten was a very special young man whose face and heart immediately stole those around him. He was mature and peaceful beyond his years and being in his presence left everyone in awe. But before he left, there was one more wish that we were able to initiate for him.

We were able to arrange a tour for Colten and his family at NASA.

Two wishes granted out of three are not bad. But the third wish has been fulfilled. Colten has been able to speak from the pulpit of his local church to his congregation and share the most important message in the world to him.

The 192d FW recently received a thank you from Colten's mom. In one of them she shares, "You know Colten's time here with us is very limited, however, with wonderful people like you we are able to help make life enjoyable and memorable for Colten. He has touched my heart and inspired me in my personal walk with God. I want everyone to experience his devotion to life, to God, and to other people. I ask God every day to lead me and help me let Colten experience all he can in life on earth and I thank God for each experience and each person who makes these experiences special."



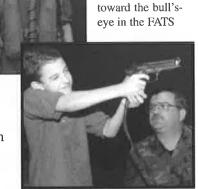
L to R: Phillip Hedrick, Col Hicks

behind Colten, Jennifer Hedrick behind

Jordan Hedrick, Judge Whitey

Lemmond, LTC Rick Turner.

Photos by MSgt Carlos Claudio



guides Colten

## A Veterans Day Message



WASHINGTON (AFPN) — The following is a joint message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:



"Some 84 years ago, on the 11th hour of the 11th day of the 11th month, an armistice was announced that silenced the guns of what was known throughout the world as the Great War.

"A war-weary American private described his unit's observance in a letter home: 'We stood up and didn't say a word. It felt as if I had dropped my pack after a long hike and straightened out my back, I was twice as light as any bird. But all we did was stand and stare and stare. I stood up and stared and never said a word.'

"Sadly, World War I was not the war to end all wars, and the Armistice Day of that era is known as Veterans Day, in salute of all those who have served, fought and died for their country in the years since.

"On Veterans Day we pause to reflect on those who, like that young private, have given so much to our nation. Through sacrifice, dedication, and courage they gave each of us the gift of freedom.

"It is also a time to recognize the men and women who continue to serve in America's armed forces today around the world. Men and women who are standing watch on foreign soil, bringing food and medical supplies to people in distress, serving as peacekeepers in strife-filled areas of the world, or fighting our war on terrorism. If history has taught us anything, it is that Americans will bear any hardship, overcome any obstacle and conquer any foe in their pursuit of liberty and justice — for themselves, their children, their countrymen, and for those whose faces they'll never see.

"Today we are a different nation — challenged, yet stronger; less sheltered, yet more courageous; more appreciative of life; and, for those who serve our country, even more willing to risk our life for a greater cause.

"To all who have worn our nation's uniform — America is better for your service. Words fail to adequately express your contribution to our nation. To each of you, our military men and women who we honor today — whose dedication and loyalty are the strength of our military and exemplify the spirit, courage and patriotism that makes America great — we proudly salute you."

## PHOTO GALLERY

Photo by SrA Michele Misiano



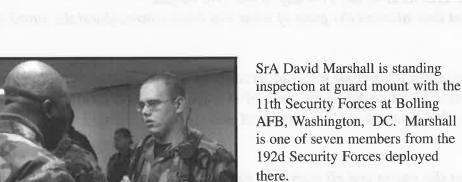
TSgt. Rimo Gordy retires this past UTA.

This new aircraft washrack shelter went up from 11/4-11/6/02. It is made from prefabricated steel trusses with a PVC fabric stretched across the

top.

aft ter 44- de ed n a ric he

Photo provided by Maj. Dave Kolmer



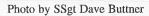




Photo by MSgt Carlos Claudio

Members of the 192d attend a Veterans Day pep rally at Seven Pines on 11/7/02.

## PHOTO GALLERY



CMSgt Ray Bassetti retires after more than 30 years of service.

Photo by SSgt Dave Buttner

Photo by SrA Michele G. Misiano

Medical squadron personnel give flu shots to members during November UTA.





Members of the student flight outside of the Ops building shortly after viewing "The Last Reunion" video about the heritage of our unit.

Photo by TSgt Ed Kelleher



#### Did You Know...

The emblem is symbolic of the Wing and its primary mission, which is to fly and defend our freedom and democracy. On a background of deep blue and gray to represent aerospace, the theater of operation and Virginia heritage, two white aircraft depict the dual state/federal role. The yellow lightning bolt indicates speed and quickness and the ability to accomplish the mission. The horse and rider in black face the theater of operation with sword raised on high to show readiness. The rider is standing on a pedestal of granite to indicate the strong foundation the unit is built on and the monument represents the Wing's city of origin, Richmond, Virginia, the city of monuments.

What's

Lunch?

SATURDAY UTA

Roast Beef Baked Flounder Scallop Potatoes Mashed Potatoes **Buttered Carrots** 

Yellow Cake w/ Chocolate Icing

SANDWICH LINE:

Hot Dogs Ham Turkey Steak Sandwich

> **BOTH DAYS: Asst Beverages** Salad Bar

**SUNDAY UTA** 

Shrimp Cocktail Grilled Steak Cornish Hens **Baked Potatoes** Rice Pilaf Mixed Vegetables Lemon Meringue Pie Sweet Potato Pie Asst Milks Asst Breads



PERMIT 999 RICHMOND VA U.S. POSTAGE PAID **GRADNATS TROS-3R9** 

Sandston, VA 23150-2524 20 Falcon Rd. Virginia Air National Guard A9\gniW reighter Wing\PA