

# VANGUARD

Virginia Air National Guard

192nd Fighter Wing

June 2002

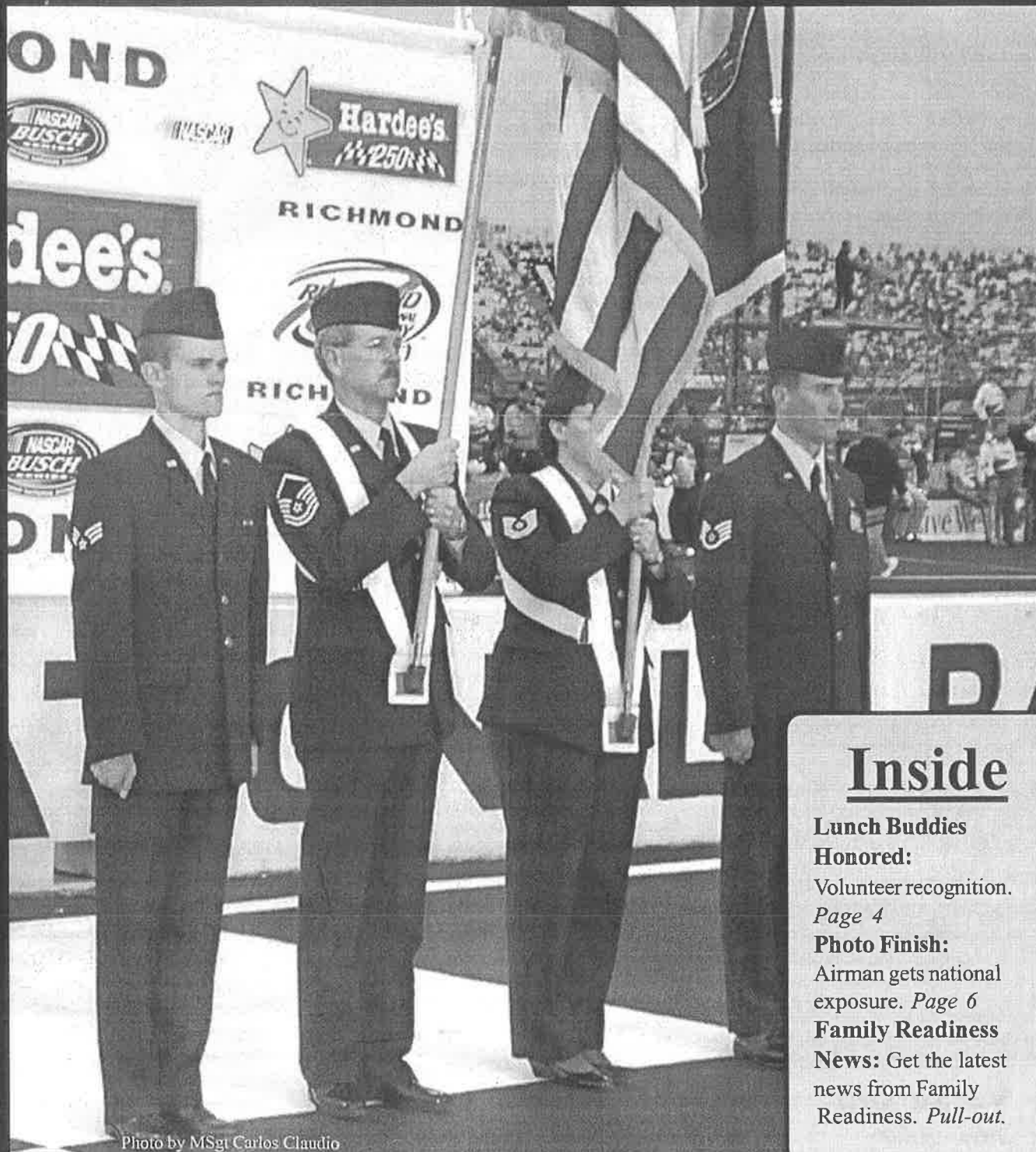


Photo by MSgt Carlos Claudio

## Inside

### **Lunch Buddies**

#### **Honored:**

Volunteer recognition.  
*Page 4*

#### **Photo Finish:**

Airman gets national  
exposure. *Page 6*

#### **Family Readiness**

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

## 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

Next UTA: July 13-14

#### COVER:

The 192FW Color Guard provided the stars and stripes at the Richmond International Raceway before our F-16s performed a fly-by.

From (l) to (r) are SRA Michael Harper (Weapons), MSgt Gary Harper (MPF), TSgt Karen Lindsey (MPF) and SSgt David Martens (ACFT Armament Systems).

## Adult Care Services Visit

by SSgt Charles Nellist

In May the 192 Fighter Wing welcomed some very special guests from the Richmond-based Adult Care Services aboard. These special guests were given a base tour and barbecue lunch sponsored by the AGE shop. According to SSgt. Charles (CJ) Nellist, the group was very excited to see the 192<sup>nd</sup> and had a great time seeing the jets and visiting with unit members.

The Adult Care Services organization has a unique role as it provides day care, therapy and structured learning skills to both mentally and physically handicapped adults.

The staff there works with people with a wide range of disabilities such as autism, Down's syndrome, cerebral palsy, Alzheimer's disease, and mental retardation.

One client of Adult Care Services is a dependent of Sergeant Nellist and his wife, Marie. Karl, a 31-year-old autistic man, is Marie's younger brother. Karl came to live with CJ and Marie after living his entire life with his parents in Reading, PA. In the past Karl had exhibited many anti-social and aggressive behaviors. But with extensive research and tireless efforts, Marie and CJ found many new and exciting alternative methods of addressing Karl's special needs. These methods allowed Karl to better function with less conventional drug intervention such as through use of natural vitamin supplements and a healthy nutritional regimen.

This approach, combined with the excellent services provided by Adult Care Services, has allowed Karl to transform into a more relaxed, happy, and self-reliant person. In addition, Karl has become a more confident person with better self-esteem.

Karl is just one of many successful people that Adult Care Services has helped in the past. The Nellist family was very pleased with Karl's progress and wished to show their gratitude to Adult Care Services. After discussing this with his shop-mates, Sergeant Nellist and the entire AGE shop agreed to pitch in and sponsor a field trip to the base for the entire Adult Care Services group. After many calls and much preparation, a date was set and the event was a go.

The group arrived on the morning of May 24, and were met at the gate by Sergeant Nellist and TSgt Tony W. Loyall.

Sergeant Loyall had volunteered to be the "chauffeur" for the

tour, through use of a bus. The guests were treated to a complete tour, which included a stop at the aircraft maintenance hanger. Here, the phase dock crew provided a static display of an F-16 Fighting Falcon. SSgt Bryan Reynolds and TSgt Neil Brown were on hand to give a detailed description of the aircraft and its abilities while answering many of the guest's eager questions. Several of the guests got to sit in the cockpit to get a pilot's eye view and while in the cockpit got their pictures taken.

When everyone's curiosity had been satisfied, they all

gathered for a group photo, then boarded the bus again, bound for the AGE shop and an all-you-can eat barbecue lunch. Upon arrival at the AGE shop, the enticing smell of barbecue could be found in the air, and busily cooking away



Members of the ACS group get an up close look at an F-16. Photos by MSgt. Carlos Claudio.



ACS guests enjoy fresh barbecue for lunch.

## Adult Care Services Visit

for 50 people were SSgt John Feild, TSgt John Reisigl and MSgt Jeff Davis. Meanwhile, on the serving line stood SSgt Scott Browning, TSgt Joe Yates, and MSgt Boyd West. The group piled the food on their plates, ate every morsel, and came back for seconds, thirds and fourths! Thankfully there was enough food to go around.

After dessert and an hour of socializing, it was time to load up the busses and make one final stop. The group was escorted to the asphalt ramp just outside the taxiway. Within a few minutes, the first of eight Fighting Falcons went taxiing by the assembled onlookers. About ten minutes after the last Falcon turned out of sight, a low rumble was heard. Then out of nowhere came the streaking Falcons, hugging the runway and then with a deafening roar, bolting one by one into the air as if shot from a cannon, to slowly disappear into the vast blue sky. The group let out a roar of approval and gave their thumbs up to the show. The group then proceeded to the front gate and disembarked the bus, where thank-yous, good-byes, high fives, and hugs were exchanged. The group agreed that this was the best field trip they have ever had, and they would not soon forget it.

That trip one year ago this month was such a huge success that the AGE shop decided to make it an annual event. On May 8<sup>th</sup> the group returned for the second annual field trip. When the group arrived Wednesday morning at the front of the MPF building they were greeted by our Wing Commander who introduced himself as Col. Stephen R. Hicks of the 192d Fighter Wing. One thick bearded client responded by claiming he was Colonel Sanders of KFC!

Col. Hicks gave a brief description of the unit and it's responsibilities and

answered many eager questions. The group was able to see several of our aircraft fly over the base and land and taxi to the hanger. The group was given a brief tour of the base, and then proceeded to the hanger where they were allowed a chance to see an F-16 up close while getting a photo taken of themselves.

After the trip to the hanger, the group returned to the AGE shop where all the members of the shop pitched in cooking and serving up lunch to our hungry friends. After lunch each member of the group received a certificate signed by Col. Hicks proclaiming them all honorary members of the 192<sup>nd</sup> fighter wing/ AGE shop. These were handed out by Lt. Col. Cynthia Hall and 1<sup>st</sup> Sergeant Hankins. The group also received a bag of souvenirs from MSgt Paul Stimpson as well as a squadron ball cap provided by MSgt Jeff Davis. The entire AGE shop posed for one last group picture with their friends from adult care services before they loaded back on the bus on their way home.

Once again the group said this was their favorite trip of the year and were looking forward to next year. The AGE shop would like to express their

thanks to all who helped out in this effort, which made it once again a smooth operation. In the future we will be looking at the possibility of beginning a lunch buddies program with Adult Care Services on a trial basis meeting off base for lunch once a month or so. Anyone interested in this program please keep an eye out for future announcements via e-mail or future issues of the Vanguard.

If you have any questions concerning this event or any inquiries concerning the services available through Adult Care Services, feel free to call Sergeant Nellist at 6373, or email Marie Nellist at wer90@onebox.com.



Members of the AGE shop prepare lunch for the guests.

## Quick Takes



Shortly after landing his final flight, Col. Anthony "Tony" Haynes is sprayed by his son, Chris. Lt. Col. Jay Pearsall and Maj. Dan Polanosky look on.

Photo by Master Sgt Carlos Claudio



Pratt & Whitney Jet engine manufacturer brought a tractor trailer to drill to show the new engine they developed for the F-22 and the Joint Strike Fighter programs. The company sent Richard Moran, one of their design engineers along to explain the new engine and some of the concepts incorporated into the design to make it easier and cheaper to maintain. The program was seen by many of the Virginia Air National Guard members over the weekend. Photo by Staff Sgt Dave Buttner



Group shot of the 1st Sgt Council of the Virginia Air National Guard outside wing headquarters. Photo by Staff Sgt Dave Buttner

# Lunch Buddies Honored for Service

By TSgt. Ed Kelleher; 192FW Historian

For centuries, penguins have developed a pretty solid reputation for being black-and-white.

But at Seven Pines Elementary School, Penguins come in three colors – red, white and blue!

The Seven Pines Penguins showed their colors the night of May 21 – as they have every “Air Guard Saturday” since October – when they turned out in droves to honor their Lunch Buddies.

The occasion was the school’s annual Volunteer Recognition Night, held as part of the academic year’s final PTA meeting.

“I thought it was great,” said Lt. Col. Garrie Denson, coordinator for Air Guard volunteers in the lunchtime reading program, which just completed its fourth year.

“It was good recognition for all of the volunteers at Seven Pines, the women who help out in the library...,” he said. “I

was pleased to see so many of the families of the Lunch Buddies there.”

Forty airmen participated this year in the program, which pairs an Air Guard volunteer with first- and second-graders to read together at lunch. Some lasting friendships are established, as evidenced by the sentiments expressed on the hand-drawn testimonials that made up two 6-foot-high folding panels displayed at Volunteer Night.

“I love my Air Guard Lunch Buddy,” read one. “He’s the best!” The other drawings emoted similar feelings.

The evening was alive with stirrings of patriotism, which has been a theme at Seven Pines all year.

Principal June Murphy displayed the baskets of new books that were bought at distributors’ half-price sales with a \$500 donation from the Lunch Buddies and a \$250 donation from the Providence Forge Ruritan Club.

(Denson and resource teacher Debbie Hollowell, who coordinates the school’s end of the Lunch Buddy program, had given a presentation April 25 to the Providence Forge Ruritans in New Kent County. The members voted immediately to donate \$250 for the purchase of books. “And they’re not even in Henrico County,” Hollowell said with a tone of amazement.)

All of the school’s classes – K-5 – performed songs of appreciation on video, and the Lunch Buddy grades performed in person. Then the pupils presented each Lunch Buddy at the ceremony with hand-made ribbons and gold medals.

The event concluded with a video of Lee Greenwood’s “Proud to Be an American.”

“Tonight made me feel like I feel when we’re standing out there waving and cheering on Air Guard Saturday mornings,” Hollowell said. “Full of pride.”

## Congratulations to our latest CCAF Graduates!



### Name

MSgt Arlessa B. Gray  
TSgt John E. Killin III  
SSgt Kelly M. Mason  
SrA Robert H. McCormick III  
SSgt Jeremy E. Prince  
SrA Daniel R. Read  
SSgt Daryl W. Songer  
SrA Jennifer L. Suarez

### Squadron

Comm Flt  
Maint Sq  
200 WF  
Maint Sq  
AGS  
149 FS  
CES  
Maint Sq

### Degree Title

Electronic Systems Technology  
Munitions Systems Technology  
Dental Laboratory Technology  
Aviation Maintenance Technology  
Logistics  
Survival And Rescue  
Fire Science  
Aviation Maintenance Technology



**Norman T. Jones**, 192 CES State HVAC Technician, is congratulated by Major General Claude Williams, after accepting the \$750 check that goes with being name the Department of Military Affairs “Employee of the Year” for 2001. Jones was chosen from many across the state for this distinguished award.

Photos by MSgt. Carlos Claudio



**Virginia Mathias** is congratulated by Major General Claude Williams for achieving 30 years of state service all with the Virginia Air National Guard. Mathias currently a secretary with CE.



**Eugene Heath**, 192 CES Firefighter, is awarded the Governor Award for Workplace Safety. For 2001, Heath was one of seven individuals across the state to be chosen for this award. Along with his award, Heath was invited to a luncheon at the Governor’s Mansion.



# Family Readiness News

Pull Out  
Section

192d FW Virginia Air National Guard 203rd RH

## The Reunions are Coming! The Reunions are Coming!

Volume 1, Issue 5 June, 2002

For a lot of you, the reunions are coming!!!

Your spouses have been gone a long time to far a way places that have challenging environments and no comforts of home. They miss you terribly while they are all in place to advance the efforts of the mission of our country.

Because some of you have never been through this separation-reunion business before, Family Readiness and Support wanted to provide some tips to you to make the transition easier for you.

Pay attention!!!! These ideas are taken from [www.afcrossroads.com](http://www.afcrossroads.com).

- Do something special to welcome your spouse home. Help the children make a welcome banner,

make your spouse's favorite dessert, etc., but be understanding and flexible if your spouse is too tired to notice.

- Give your spouse time to adjust to being home. Don't tightly schedule activities for them. Don't expect them to take on all their old chores right away. Understand that your spouse may need time to adjust to a different time zone, a change in food, etc.
- Plan on some family togetherness time. Suggest a picnic or a special family meal. Time together helps the returning spouse to get back into the rhythm of family life.
- Be patient and tolerant with your spouse. He or she may not do things exactly as before. New experiences during deployment may bring changes to attitude and outlook. Your spouse may have some initial discomfort ad-

justing, but this doesn't mean your spouse is unhappy with you or the family.

- Stick to your household budget. Don't spend money you don't have on celebrating your spouse's return. Show you care through your time and effort, not by how much you spend.

Continued on page 3



### Asides:

- Kings Dominion Tickets are still available for \$24 from the FRG office. They are good for June 24-July 7, 2002. Call 236-7036 to secure your tickets. (Regular priced tickets are \$40)

- Remember to use your 2002 Family Readiness Guide! Fill out the information forms inside and keep it in a conspicuous place!

It has every phone number you will need and it also has some great web addresses that can help you!

- If you have an emergency with your home while your spouse is deployed, please call the FR office and we will get you assistance, if necessary. Skilled volunteers are available. ( But only for emergencies!)

## Goodie Bags Are Here!

It is time for deployment. There is a long trip ahead. What is an aimen to do for nourishment!

Never fear! Goodie Bags are here!

Thanks to the wonderful support of the Rural Plains Women's Club and Gordon Graponi, Family Readiness and Support can provide hand-decorated "goodie bags" to the deploying members of the 192d FW as they



CPT Chris Peck is thrilled to receive his goodie Bags!

leave on long trips to far, far away places.

The 200 "goodie bags" were creatively decorated by pupils from Rural Point Elementary

and Glen Allen Elementary.

Guided by teachers, Linda Tolson ( Rural Point) and Pat Rogers (Glen Allen), the students also designed cards that thank the service member for their sacrifice. Each bag has one of the cards placed inside.

Gordon Graponi said that the Women's Club is thrilled to be able to do something to meet a current need. But more than that, this project teaches children about sharing, caring and their civic responsibilities.

### Inside this issue:

DEERS Update	2
Finances 201?-Part II SGLI	2
Separation and Family Discipline	2
Noah's Ark	3
"Nutty" Volunteers Needed	3
192nd Review	4

## DEERS Update!

Taking advantage of your military benefits can sometimes be a trial.

For example, you call to set up a healthcare appointment for yourself or your children, and "discover" that none of you are showing up in DEERS and you are, therefore, "ineligible".

Clearing up this problem can be quite difficult because you have to call so many different places to confirm your eligibility.

*DEERS has felt your pain!*

The following excerpt from *Air Force Print News*, written by Staff Sgt. A.J. Bosker, explains the new system and the goals of it's implementation.

### **New DEERS begins in 2003**

04/29/02 - WASHINGTON -- The New Defense Enrollment Eligibility Reporting System, scheduled to begin in 2003, consolidates medical information from more than 120 different databases into a single one that will benefit not only TRICARE patients but also the providers, said an Air Force surgeon general official.

New DEERS is really a tremendous step forward," said Maj. (Dr.) Paul Friedrichs, operations branch chief of the health benefits and policy division at Bolling Air Force Base, D.C. "It will consolidate information on eligibility, enrollment, claims processing, the primary care manager, and if enrollees have other health insurance."

Friedrichs expects full implementation of New DEERS in 2003."

This new phase is called Phase Three. This change in the DEERS system has been evolving since July, 2001 and "will contain the remaining information regarding claims, data about other health insurance carried by enrollees, and additional administrative data" according to Friedrichs.

As consumers, we can look forward to fewer errors, and better customer service. *Yeah!*

## Finances 201: Understanding Serviceman's Group Life *Does it meet your family's needs?*

As you review your family's financial picture, you can not overlook the need for life insurance. You may ask yourself, "Why do we need life insurance?" The question you should really ask is "How can I be sure that my family can go on without me if I die unexpectedly?"

Life insurance should always be regarded as an *immediate income replacement*. It is *not* a savings for your children's education *nor* is it a retirement fund. Mutual Funds (i.e. TSP) can better handle both of those other concerns.

But if you die with or without notice, your family needs to be able to pay all of

the same bills month by month as if you were still here. They should not have to move from your home. Their lives should not be stressed out over any financial issues.

Your SGLI (Serviceman's Group Life Insurance) is designed to be a part of your overall financial health. Guardsmen are automatically insured for \$250,000.00. And while that may sound like a lot of money, it may not be enough. If you are in your 30's, married and have small children, a home, and any debt, you probably

need more! Your total protection probably should be in the neighborhood of 5 to 10 times your income! The best way to afford that much protection is to have term insurance outside of your group coverage. Shop around for the best prices for the most appropriate length of need.

SGLI also provides \$100,000 for your spouse and \$10,000 on each of your children. While the children's coverage is not adjustable, take advantage of getting full coverage on your spouse! No loss should be financially devastating to the family.



## Separation and Family Discipline: There They Go Again!

No sooner than one group comes home, another group has to take their turn in the mission.

No sooner than one set of spouses get a reprieve from single parent hood, another group gets thrust into it!

***What's a family with kids to do?***

After pulling everyone together for a family meeting, set the ground rules for discipline while the separation is in effect.



Here are a few recommendations to guide you.

- Re-establish that everyone in the family will give and receive respect for the home, their property, and family

time! Abuse can not be allowed. And although the parent is the final an ultimate authority, **you are a team!**

- Set routines for chores, meal times

and bedtimes. It builds security within the family.

- Give out compliments freely to each other. Smother each other in love.
- If discipline is necessary, keep calm at all costs, and be fair. The consequences must equal the affront.
- Schedule a break for everyone. If you must stay together, try to visit an amusement park where everyone can enjoy themselves!

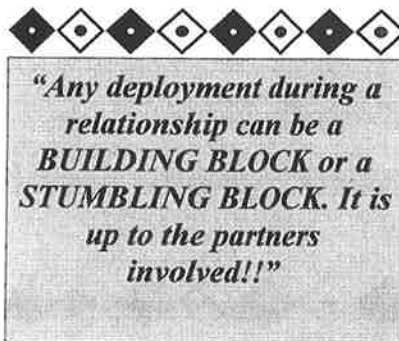
## The Reunions are Coming, cont'd

- **Don't be surprised if your spouse is a little hurt by how well you were able to run the household and manage the children without them.** Let them know that your preference is to share family and household responsibilities with them no matter how well you did on your own.
- **Stay involved with your children's school activities and interests.** Don't neglect the children's need for attention as you are becoming reacquainted with your spouse.
- **Stay involved in your own activities and interests,** but be flexible about making time for your spouse.
- **Don't be surprised if children test the limits of the family rules when your**

spouse returns. It's normal for children to want to find out how things may have changed by acting up a bit. Consistent enforcement of family rules and even-handed discipline are key to dealing with acting-out.

Remember that readjusting to home life and work life is a process, not an event. As the military member reintegrates into her or his family, work, and social environments, it makes sense to allow oneself and others the appropriate time and space.

In so doing, you will probably find that in a few weeks everything is back to a comfortable pattern again.



## Noah's Ark (As taken from an E-mail sent to FR!)

Everything I need to know about life, I learned from Noah's Ark...

One: Don't miss the boat.

Two: Remember that we are all in the same boat.

Three: Plan ahead. It wasn't raining when Noah built the Ark.

Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.

Five: Don't listen to critics; just get on



with the job that needs to be done.

Six: Build your future on high ground.

Seven: For safety's sake, travel in pairs.

Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.

Nine: When you're stressed, float a while.

Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.

Eleven: No matter the storm, when you are with God, there's always a rainbow waiting.



## More "Nutty" Volunteers Needed!

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Best time to reach me: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please forward this info to: Family Readiness and Support

50 Falcon Rd Ste 6  
Sandston, VA 23150

Or call

804-236-7036



**192d FW Virginia Air  
National Guard 203rd RH**

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.*

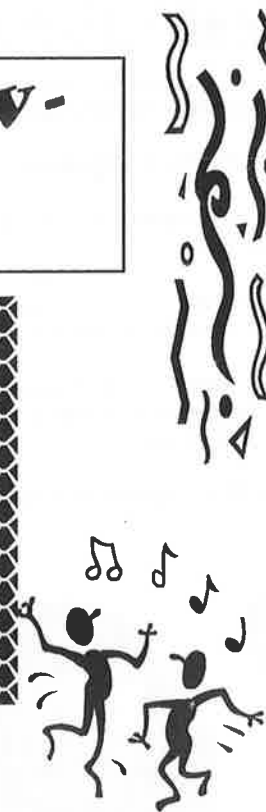
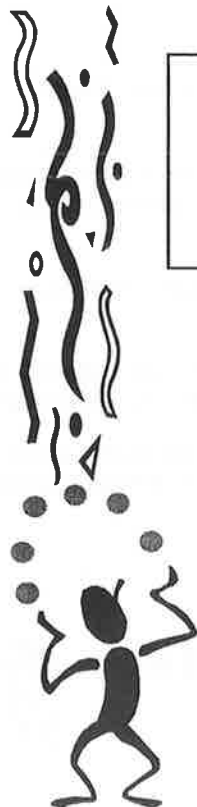
**Mission**

*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.*

**GET READY ....GET SET.... FOR THE....**

**THE 192<sup>ND</sup> REVIEW-  
A USO STYLE SHOW**

*To Say Thank You  
And to Honor You and Your  
Families,  
For your commitment and  
sacrifices*



**SATURDAY,  
JULY 13, 2002**

**1900 HRS TO 2100 HRS**

**AT THE  
HANGER!**



## Section Connection/In The News

The Base Exchange will be having another Sidewalk Electronics Sale on Saturday 8 June from 1000hrs to 1700hrs. We are going to have TV's, VCR's, DVD Players, Microwaves, CD's, DVD's, Game Systems, Video Game CD's & Cartridges, etc. This time credit cards will be accepted. Don't miss your chance to get some great deals and support your local BX.

### Recognition Made Simple

Customer Service is conducting Awards and Decorations Training, Saturday UTA, 06 Jun 02 @ 1500 hours in the Base Testing Room. This is a great opportunity to enhance the skills necessary to formally recognize outstanding members. Please call MSgt Lorraine Jackson @ ext 6310, for more information.

### FY 03 Technical School Dates Available

All members requiring upgrade training via technical school should visit the Base Education and Training Office (BETO) to complete MPF FORM 10, Formal School Request. School dates are available for the period 01 October 2002 through 30 September 2003. The first step to attending is completion of the Formal School Request. To ensure enrollment in a specific class, all members should submit requests ASAP

The base softball team's season is well underway in the Henrico County League. As of 18 May, the team boasted a 4 -2 record. TSgt Gilroy Phaup stated in spite of the many rain outs thing were going well. He also wants anyone interested in participating in the county league or in any one of the following

tournaments to call if they would like to play. Tournaments that are available this year are the Southern Softball Association of America with dates of 22 and 23 June in North Carolina and Virginia, and July 27 -28 in North Carolina again. National Softball Association Military World Series in Pensacola Florida, July 18 - 21 and the Air Guard Nationals in Dayton Ohio August 7-11. Contact Phaup at 236-6450 if interested.

192d Services Flight Reminder: All members using base lodging: don't forget you must physically approach the front desk and sign out of your room when checking out of the hotel. Don't just leave the room key on the pillow or nightstand. Your cooperation is greatly appreciated.

The Deputy Secretary of Defense has authorized award of the National Defense Service Medal (NDSM) to all members of the U.S. Armed Forces serving on or after 11 Sep 01. The last time this medal was awarded was during the DESERT SHIELD/ DESERT STORM campaigns.

ANG members are now eligible to attend active duty Airman Leadership School. Contact the first sergeant for application information.

USAA is sponsoring free memberships to the Enlisted Association of the National Guard of the United States (EANGUS) for all enlisted members in the grades of E-5 and E-6 during the calendar year 2002. See the first sergeant for a membership application.

## MOVING IN, MOVING UP, MOVING ON

### Gains for May

MSG Patrick Knaub  
MSG William K. Joyce

### Unit

DET 1  
AGS  
Maintenance Sq.

SRA Michael P. Bryant  
SRA William G. Bandy, Jr.  
SRA Paul J. Ratliff  
SRA Stephen S. Brinson

Civil Engineering Sq.  
AGS  
200<sup>th</sup> WF  
Maintenance Squadron

A1C Nicholas M. Fogle  
A1C Joshua E. Ferguson  
A1C Loresa L. Hester

Maintenance Squadron  
Civil Engineering Sq.  
Civil Engineering Sq.

Amn Odell Shaw, Jr.

203<sup>rd</sup> Red Horse

### Promotions

SMS John K. Doyle

### To

CMS

MSG Karol A. Crane

SMS

### Promotions

SSG Dona Guillen  
SSG Raul M Holguin  
SSG Morris S. Winston  
SSG Ray E. Kimbro, Jr.  
SSG Gerald L. Hunt

### To

TSG  
TSG  
TSG  
TSG  
TSG

SRA Helen J. Dollar  
SRA Codie L. Ferguson  
SRA Jeremy T. Evans  
SRA Ryan T Hooper  
SRA Phillip M. Ball  
SRA Dane A Jonas  
SRA Joshua R. Mann

SSG  
SSG  
SSG  
SSG  
SSG  
SSG  
SSG

A1C Abigail L. Kowalke  
A1C Charles W. Edmonds  
A1C Jason K. Slaughter

SRA  
SRA  
SRA

### May Retirements

MSG Anthony A. Harris

### Unit

AGS

## SrA. Michele G. Misiano wins top photographer's award



SrA Michele Misiano receives award from Mr. Dick McGraw

by SSgt. Ann M. Martin

When SrA. Michele G. Misiano of the 192<sup>nd</sup> Visual Information office was given her assignment to shoot F-16 photos, she had no idea it would land her an invitation to an awards dinner for the White House Press Corp Association. That's exactly what happened recently after one of her F-16 photos was selected first in the combat camera category of the Military

Photographer of the Year competition.

Airman Misiano traveled to Washington D.C. May 10 to receive her trophy for the American Forces Information Services Director's Award for Still Photography for 2001. Col. Stephen R. Hicks, 192<sup>nd</sup> FW commander; Lt. Col. L.J. Cerritelli, communications flight commander; MSgt. Carlos J. Claudio, visual information superintendent; and TSgt. Willie M. Jordan, graphics NCOIC, were also on hand for the ceremony held in the new Pentagon Hall of Heroes. Mr. Dick McGraw, Principle Deputy Assistant Secretary of Defense for Public Affairs presented Airman Misiano with a citation and plaque.

Besides the AFIS trophy, the airman was presented a Nikon Cool Pix 995 digital camera (valued at \$1000), a Fugi film loupe (magnifier), and a photographer of the year coin with her name on it. "The camera is so nice!" exclaimed a happy Airman Misiano. "I was so surprised to win this award, but very happy! It was an honor to go to D.C. with Colonel Hicks and everyone else that went too!"

"It was a big deal for Michele to win the award for her category," explained MSgt. Claudio. "Her photo was selected

from the entire Department of Defense! This is the first award of its type for our office, and we're very proud of her."

Following the awards presentation that Friday, everyone was invited to the White House News Photographer's Annual Award Dinner on Saturday held at the National Building Museum. Sam Donaldson, ABC News Correspondent was the host of the dinner. Other dignitaries and prominent news and television media were on hand as well. "It was great to be in the same room with these people," said the airman. "It was actually quite overwhelming! Several military people tried to recruit me into active duty that night as well!"

According to Colonel Cerritelli, Misiano's accomplishment is an awesome testimony to the fine talent that is growing up within the 192<sup>nd</sup> FW. "It also shows what our folks can do when you give them the right tools and support," he added. "I appreciate the entire communications flight multi media chain of command in supporting Michelle, recognizing her talent and for advertising her capabilities."

Sergeant Buttner summed it up too by saying, "Airman Misiano is one of those special photographers who has the natural ability to look at a scene and make an exceptional image. Her dedication and abilities help our visual information section stand out in today's military.

The winning photo.



## Volunteers still needed to help with June 15 Challenge Prom

The next Challenge prom party will be 7 p.m. Saturday, June 15, at the State Military Reservation in Virginia Beach. The Virginia Air National Guard hosts the party twice each year (December and June) for the graduating classes. Any Air Guard individuals, family members, or duty sections interested in helping with the June party are invited to attend the planning meeting at the VaANG State Headquarters on drill Sundays, June 9. The meetings will begin at 3 p.m. in the training room.

Commonwealth Challenge is an intense 22-week, in-residence program designed to help high school dropouts get their lives back on track, complete a high school general equivalency diploma

program, and receive money for follow-on education or job training. Volunteers are needed during the day on June 15 to help with decorating and prom preparations at Hurt Hall. Volunteers are needed in the evening to take cadet photos, help with photos, and conduct food preparation and service, and assist with clean up.

Call 1stLt. Toni Vanderspiegel, ext. 6012, for more information or to volunteer. "Mark your calendar! Tell your friends! It's a great way to meet other Air Guard members, have a nice time, develop great party-planning skills, and give the cadets a much deserved pat-on-the-back for turning their lives around," Vanderspiegel says. "Come join us in this fun, worthwhile project."

## Medical Readiness Training

by Ronald 'Bud' Butler,  
CPT, 192<sup>nd</sup> Medical  
Squadron

In case you came by the Medical Squadron on Sunday of April UTA only to find an empty building, we apologize for the inconvenience. As with any organization or family, sometimes it's best to close the door, cut out the lights, go off-site (or at least to the Club ballroom and a training tent constructed in the field across from State Headquarters), and devote some time to communicating with each other. In our case, we're talking Medical Readiness Training.

As the ops tempo on base has increased over the years, so has the desire of the medical squadron to support each operation and to directly participate when called upon. A key component to remaining mission ready is the fulfillment of our Medical Readiness Training. Thanks to our colleagues in CWD (Chemical Warfare Defense), Civil Engineering, Transportation, Security Police and State Headquarters, we were able to fulfill 80% of our annual training requirements during the Sunday of April UTA.



Members of the medical squadron carry away a victim to be treated. Photos provided by the medical squadron.

requirements, I did not think it was possible to fulfill our mandate given the time constraint of a two-day UTA. Especially if we remained opened on Saturday to perform Part 1 and Part 2 physical exams, operate the shot clinic, perform drug testing, as well as countless other direct and indirect operational tasks required to support those operations.

So began our quest. Major Amy, 1LT Tuberson and I began the logistical chess game of trying to design the most efficient chain of

In February, 1LT Jim Tuberson and I, along with Major Yvonne Amy (Health Services Administrator), began the initial planning for April. After consulting the latest AFI and outlining the training

events to enable our unit members to receive the training we required without closing down for an entire UTA. Thus adversely impacting our colleagues throughout the base.

After numerous hours of brainstorming, half a tablet of paper, and leveraging our in-house expertise from various medical squadron colleagues that volunteered to teach the majority of our training topics, a plan was born. I am proud to say that we not only fulfilled our plan, thanks to the focus of our squadron members and the support from many of you, we successfully met our training requirements well within the forecasted time.

We actually began training immediately after our customer day ended on Saturday. At first glance, I didn't think we could squeeze it all in. But we did. And we did it with enthusiasm, focus, and with the esprit de corps that has become embedded throughout the medical squadron, and throughout the Virginia Air National



Medical personnel conduct training in a tent across from State Headquarters.

Guard. On behalf of YOUR medical squadron, thank you for supporting us as we train to remain 'Mission Ready'!

## You Are Being Watched!

by Chaplain (Lt Col) Charles A. Smith

God is watching you twenty-four hours a day, seven days a week. Everything you do and say is noted. Does that make you just a little bit nervous?

When visiting a monastery, the tiny cells of the monks impressed a woman with the tour group. She noticed an eye painted on the ceiling of one cell, so she asked the monk, "What is the meaning of the eye?" "That eye painted there above my bed is the watching eye of God," the monk replied. The woman responded, "How terrible!" The monk explained further, "Yes, it can scare you to death to

think that God watches every moment of your life, but it can also be a great comfort and joy."

"You are being watched!" God watches you every moment of the day. He watches not to scare you but to give you the "peace that passes understanding." God watches you because He loves and cares for you. That can give us "great comfort and joy." Especially when we feel lonely and isolated, God is there. Remember the 23<sup>rd</sup> Psalm:

"The Lord is my shepherd, I shall not want. He makes me lie down in green

pastures, he leads me beside quiet waters, and he restores my soul. He guides me in the paths of righteousness for his namesake. Even though I walk through the valley of the shadow of death. I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."

THANK GOD, "YOU ARE BEING WATCHED!"

## Adult Care Services Group visits the 192d FW



Photo by MSgt Carlos Claudio

### What's for Lunch?

#### SATURDAY UTA

Lemon Baked Fish  
BBQ Chicken  
Fried Rice  
Baked Macaroni & Cheese  
Rice Pudding  
Broccoli

#### SUNDAY UTA

Roast Beef  
Baked Ham  
Mash Potatoes/Sweet Potatoes  
Brown Gravy  
Green Beans  
Pound Cake

PRE-SORT  
FIRST CLASS  
U.S. POSTAGE PAID  
RICHMOND VA  
PERMIT 999

192d Fighter Wing/PA  
Virginia Air National Guard  
50 Falcon Rd.  
Sandston, VA 23150-2524