


VANGUARD



Virginia Air National Guard

192nd Fighter Wing

March 2002

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Photo by SSgt Dave Buttner/192CF Multimedia

It's Tax Time Again!!

ABOUT the VANGUARD

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

Check out the electronic Vanguard on the base Intranet.

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Next UTA:

April 13-14

Uncle Sam wants YOU to show him the money!

by TSgt. Sabrina Reynolds-James

September 11th affected the nation in numerous ways. From a financial standpoint, "9-11" placed a lot of folks in different tax brackets.

Many were called up to provide support. And now it's time to sit down with W-2s from more than one employer. Certain exemptions and deductions apply to military personnel only. So, care needs to be taken when opting to do your own taxes.

Here are some of the questions and answers that are in a packet provided to the VaANG, courtesy of the Virginia Dept. of Taxation.

1. Is it possible to meet qualifications for and claim more than one military subtraction?

Yes; however, a double exclusion of military income is prohibited for military subtractions. For example, the income used to calculate the \$15,000 Military Subtraction could not be used to calculate the National Guard Subtraction and vice versa.

2. A National Guard service member has been on active duty status since November 15, 2001. Will they qualify for the exemption for the first \$15,000 of basic military pay?

No. They will not qualify for exemption for the 2001 tax period because they had not reached the 90 consecutive days required prior to the end of the tax period; however, if their extended active

duty status rolls into 2002 and lasts for more than 90 consecutive days, they will qualify for the exemption on the 2002 income tax return, but only for the pay earned in 2002.

In the packet is a section entitled, "September 11th Disaster Relief", which says: In the aftermath of the September 11th tragedy, the Virginia Dept. of Taxation will continue to work with taxpayers and practitioners to provide guidance and relief to those affected by this disaster. Certain administrative extensions for individual taxpayers who were unable to meet their state obligations because they were affected by the terrorist attacks were announced. The filing extensions apply to all taxpayers, regardless of where they reside, who were directly affected by the terrorist attacks. For example, this includes relief workers, the victims on the airplanes, and any taxpayer whose place of employment is in a disaster area, and taxpayers with records maintained in a disaster area. Additionally, the filing extensions will apply to all taxpayers in the five boroughs of New York City and Arlington County that were declared disaster areas by the President. In an effort to make filing easy and convenient for our customers, we have arranged for our extended deadlines to coincide with those of the IRS wherever possible.

For those interested, feel free to visit the tax website:

www.tax.state.va.us



MPF Member of the Year

By SSgt. Ann M. Martin

Though MSgt Rich A. Roberts has only been with the 192nd Fighter Wing less than two years, he's already left his mark. He was recently selected for his section's highest honor – the 2001 Military Personnel Flight's Member of the Year.

"I was surprised and honored to be given this award," claimed Sergeant Roberts who works in the base Education and Training Office. "There are so many good people in the MPF that deserve this award too. It was a vote of acceptance to receive it considering the short time I've been here."

Sergeant Roberts joined the 192nd FW in 2000 as a traditional guardsman. He began his military career in 1989 in active duty and has since spent time at Plattsburgh AFB, N.Y.; Spangdahlem AB, Germany; Kelly AFB, Texas; and the Rhode Island Air National Guard. He was active duty until 1996 and then joined the Air National Guard full time. After 4 years in Rhode Island, he came to the 192nd FW part time after relocating to Virginia to take a civilian job in Christian ministry.

The sergeant's military and ministry training came to the forefront recently after the tragic plane crash that took the lives of the 203rd Red Horse Squadron members in March 2001 and the horrible events of September 11. He volunteered his help at the 203rd to work on the Memorial Service Committee. He was also activated for 45 days to this unit after Sept. 11. "Being activated after Sept. 11 gave me a chance to be part of the big picture in the National Guard," he explained. "Sept. 11 also affected my civilian ministry—people

were suddenly more aware of their mortality."

Sergeant Roberts works at his civilian job for The Navigators, an interdenominational Christian ministry that ministers to the military. He's been training in Virginia Beach since his move here and will be moving to Hampton, Va., to begin his internship at Langley AFB this summer. "My civilian job and working here at the 192nd really complement each other because of their military connection," explained Sergeant Roberts. "I became involved with The Navigators while I was active duty stationed in Germany and have been involved ever since," he noted.

Working at the Education and Training Office has been a good opportunity for Sergeant Roberts. He gets to continue pursuing his military career objectives, and he also enjoys working with the people of this unit. His goals include maybe reaching chief master sergeant someday. He'd also like to become a professional military instructor for Airman Leadership School, and he's one class away from completing his CCAF degree.

When he's not at work, Sergeant Roberts loves spending time with his family. He's been happily married to his high school sweetheart, Justine, for 12 years. They have one daughter, Taylor who's nine years old, and one son, Andrew who's 4 years old. "My wife is very supportive of my military involvement and is also very active in my ministry work," he boasted.

According to Lt. Col. Michael R.

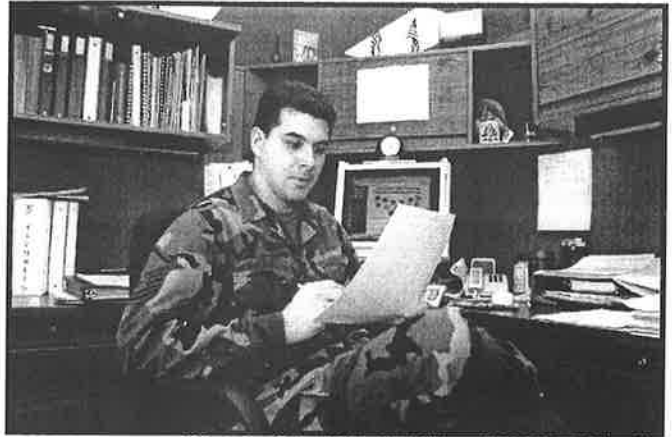


Photo by SrA. Michele Misiano/192CF Multimedia

MSgt. Rich Roberts hard at work.

Woody, mission support flight commander, Sergeant Roberts is a great asset. "In the short time he's been here, he's always willing to do what's necessary anytime and anywhere," Colonel Woody complimented. "He's a dedicated person who gets along great with everybody. He's a super troop!"

As part of the MPF award, Sergeant Roberts received a pen gift set and a plaque.

"Sergeant Roberts goes above and beyond in his duty," added SMSgt. D. Michael Gates, base education and training manager. "He's a very reliable person."

Sergeant Gates boasted about being especially proud of his winning troop especially since it's the second year in a row someone from his office has been named top MPF member. Sergeant Gates was also the first recipient of the MPF Member of the Year award when it was first initiated in 1993. "Two years in a row someone in our office has been honored," said Sergeant Gates. "It's a nice reflection of the office."

For now though it's newest recipient Sergeant Roberts can reflect on his recent win and the mark he's left here at the 192nd.

Section Connection

Security Forces is asking for volunteers

Due to on-going deployments, Security Forces is asking for volunteers to assist them with installation security operations. Pay and entitlements commensurate with grade, years of service and dependent status. Volunteers must complete a 40-hour training session, and then will be assigned to a duty flight. Volunteers must have their supervisor's permission to work the scheduled duty. Technicians may work on their **non-duty** days. For further information, contact SMSgt Wylie at 236-6835 or First Sergeant Vincent at 236-6828.

Logistics

Welcome to our squadron AB Jason Odum (LS Orderly Room) and AB Sherad Julien (Supply). Congratulations to Derek Kahn on his promotion to TSgt.

Personnel

Due to installation of new ID card equipment and training, ID Cards and DEERS system will be unavailable March 25 - 29, 2002.

192d FW & OPS

UNIFORMS: Wearing the blue uniform (combination 1) has now been approved by the Wing Commander. All uniform preferences must be conducive to the work environment.

Photo by Angie Wade/192 FRG



Col. Hicks visits with vets at Hunter Holmes McGuire Medical Center during National Salute to Hospitalized Veterans Week.

ENLISTED ASSOCIATION: 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.

DRUG TESTING: If you receive notification of drug testing on the Saturday morning of drill it is imperative you report to the club immediately. The clinic personnel conducting the testing would appreciate your assistance in this matter.

FREQUENT FLYER MILES: Frequent Flyer miles can now be accumulated while traveling in an official government capacity. (The National Defense Authorization Act for FY2002 Sec 1116).

UNAUTHORIZED PARKING AREAS:

Vehicles parked in unauthorized areas on base will be ticketed. The first offense will be a warning and the second offense will

FOR SALE - OFFICER'S MESS DRESS JACKET. Jacket only, size 42, has officer trim and LtCol rank already on it, as well as a few medals. Purchased as a package deal to obtain slacks. Price - \$50. Excellent condition. Chief Kinsey 339-0241

result in a loss of driving privileges on base.

NEW FITNESS TEST: The proposed Air Force fitness test has been placed on hold until further notice. The Fighter Wing three-mile walk will be held during the March drill weekend. Health questionnaires must be filled out prior to participating in the walk.

PROFESSIONAL MILITARY EDUCATION (PME): Members who are activated in Title 10 status are now eligible to attend PME while on active duty.

FAMILY CARE PLANS: The following personnel need to see the first sergeant to update their family care plan: Lt Col Mimi Peak, SSgt Marcia Koenig, and SSgt Charlene Clouse.

AFA Chapter 243 Needs Volunteers

Your local chapter of the Air Force Association has volunteer officer openings for Aerospace Education, Veterans Affairs, and Community Partners. Please contact LTC Carl Bess on Ext. 6776 for details and other membership opportunities.

Chaplain's Corner

*"You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: **anger, rage, malice, slander, and filthy language from your lips.** Do not lie to each other, since you have taken off your old self with its practices and have put on the **new self, which is being renewed in knowledge in the image of its Creator."*** Colossians 3:7-10 NRSV

You do currently struggle with outbursts of anger and rage? When nudged in a certain way, whether it be verbally, physically or emotionally, do you suddenly find yourself in the midst of a *"psychotic typhoon"* exhibiting behavior uncharacteristic of the calm, worshipful demeanor often displayed in church on Sunday morning? Are you guilty of having words flow from your lips that you pray no one (outside of God) would ever hear or witness? If you answered yes to any of these scenarios, you are not alone. Many Christians from the pews to the pulpit, struggle with the problem of *"unbridled rage and anger"*. In Cambridge, Massachusetts a couple of weeks ago, a judge sentenced hockey parent Thomas Junta to serve 6-10 years in prison for the death of Michael Costin in the case known nationally as the "Hockey Dad Case". Junta, 44, was convicted of involuntary manslaughter for beating Michael Costin, 40, on July 5, 2000, in one of the country's most shocking episodes of a parent losing control at a child's sporting event. Junta and Costin argued after Junta got angry over rough play on the ice. It was an unfortunate tragedy, but even more frightening is the fact that thousands of individuals nationwide (including Christians) have the same propensity to do similar damage to another human being.

Although it is human for men and women to become angry, the potential for passionate, *"uncontrolled"* rage hides within the flesh of every human being and must be constantly watched for and eliminated if it ever occurs. In the Book of Genesis, Levi and Simeon (two sons of Jacob) in a fit of rage wiped out all the men in a city for the rape of their sister by one man. Their actions brought down a curse from their father Jacob at the time of his death (Gen 34:25-31; 49:5-7). Anger is a reaction of hostility or indignation in response to an unpleasant or unwanted statement or event. **It is not always physical.** Intense anger, violence and wrath can be displayed in many ways including verbal, emotional, psychological and even spiritual - Yes you can actually spiritually abuse a neighbor or loved one! It can be subtle or obvious, covert or overt, but the outcome is the same - inflicting great pain and damage. Although anger is an emotion experienced by every human being, uncontrolled anger is a "spiritual

anomaly" (or abnormality) that when left unchecked will not only do grave damage to other individuals (particularly the ones you love), be it can even affect your walk with Christ. *"...The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God"* Gal 5:19-21



Jesus said in the scriptures to "Abide in me" (Jn15:4). One definition of "abide" means to "remain in one place or state, not wavering from one state to another". It is important as Christians not to waiver in our life-styles as Ambassadors for Christ. Standing firm, both in our faith and in our behavior is a key witness in our walk with Christ. The wavering

"Dr. Jekyll - Mr. Hide" (or Ms Hyde)

Christian represents a life-style of double-mindedness, instability and spiritual immaturity which falls well below the standard to which God has called us. The author in James reminds us "A **double minded man is unstable in all his ways.**" James 1:7,8. KJV. Let us as Christians seek to rid ourselves of any behavior that represents any behavioral loss of control. Our daily call is to abide in Christ and to walk in Spirit and in truth. By doing this, not only is the joy of the Lord present within us, but our personal joy, that "unspeakable joy" will be made complete through him.

Action Steps: (Taken from "What Black Men Should Know: 100 Simple Truths, Ideas & Concepts, by K. Thomas Oglesby)

- Start EVERYDAY off with prayer and devotion. Study the bible regularly. Proverbs speaks a great deal on anger.
- Focus your heart and mind each day to walk in the Spirit and not "lose control" over anything.
- Try to eliminate hitting anyone or even raising your voice from your way of thinking. Remember, Clenched fists don't make a man (or a woman).
- If you have to get upset at all, be upset - stay in control... Then get over it.
- Practice nonviolence. Attend a Non-Violence course or seminar in your community.
- Don't be a bully!!! Remember the old adage, "What goes around, comes around".
- Don't yell or cuss at someone to get what you want. Count to ten, take a deep breath; lower your voice and opt to discuss the matter later, when you are calmer.

192 FW Outstanding Airmen and First Sergeant of the Year for 2001- by Chief Kinsey

Drum roll please. After some delays we finally are able to present to you your 2001 Outstanding Airmen of the Year and First Sergeant of the Year for the 192d Fighter Wing. The following individuals were selected as standing a notch above in 2001 and will also represent you at state-level competition, and maybe beyond.



Master Sergeant Antonia "Toni" Vincent is the First Sergeant of the Year and represents the 192d Security Forces Squadron. First Sergeant Vincent is on Title 10 orders and is normally employed by Philip Morris in Charlotte, NC. She goes the extra mile in supporting the SFS, working extra hours and going out of her way to help keep up the morale in one of the toughest and most thankless career fields in the military.

Photo by MSgt. Carlos Claudio
/192CF Multimedia

Master Sergeant Loyce Ragsdale is the Senior NCO of the Year, representing the 192d Logistics Squadron. MSgt. Ragsdale is a full-time employee in the Virginia Air Guard and remarkably managed to achieve his current rank by the time he was 30 years old. He is primarily responsible for keeping the base's fire trucks and refueling trucks operational and has been recognized several times for his superlative efforts.



Photo by MSgt. Carlos Claudio
/192CF Multimedia



Technical Sergeant Jose Mejia is the NCO of the Year and represents the 192d Fighter Wing staff. TSgt. Mejia was born in Columbia, South America, and grew up in Greenville, SC. He is one of those people who seems to excel in most everything he does and makes his mark wherever he works. Originally in avionics he is now part of our outstanding financial management team. If you haven't heard about his innovations there he'll proudly tell you and you'll be proud he's on our team.

Photo by MSgt. Carlos Claudio
/192CF Multimedia

Senior Airman Thomas Wear is the Airman of the Year and was the nominee from the 192d Operations Support Flight. SrA Wear is an Airfield Management Specialist and hails from Tulsa, OK. He is currently working on an undergraduate degree in computer science at James Madison University and is on the Dean's List. He'll be interning with Northrop Grumman this summer and, if his regular activity pattern holds true, he will likely be a key player in one of their organizations – or he'll start his own!



Photo by MSgt. Carlos Claudio
/192CF Multimedia

Please join me in congratulating all these Outstanding Airmen! You can expect that they will continue to stand out in their military careers. They will be recognized this coming UTA in their respective squadrons. Many thanks to the First Sergeants and to SMS Sheryl Clark, who assisted in writing the award packages, as well as MSgt Lucy Washington for processing them and her patience with me.

A Personal Story

Life on the farm is not the same anymore.

by TSgt. Ike Rawlings

That one special weekend. Tragedy, loss and separation have faced many since September 11. The 192d FW has had its share of members and families rise to the occasion. The Martin family still has that one special weekend to look forward to.

SSG Ann M. Martin, Public Affairs Journeyman and SrA Randy W. Martin, Fuels Shop Maintenance Journeyman, guardsmen in the 192d have been dealing with their circumstances. Both were put on alert when the tragedy occurred. Randy was eventually activated for a year. "I knew I was going," Randy said. "When I was called, I asked if I could get 30 days to prepare, I got two weeks." Ann realized that she could be activated at some point herself.

What made life rather difficult for the Martins was continuing to operate their business efficiently. They run a 60-acre farm. Ann is a horse trainer

Ann attentively dictating info for a story.



Ann performing a difficult jump in competition.



and riding instructor. Randy the ultimate Mr. Fix It. They have 30 horses currently with four of them about to go in foal [have little horses] and 6 dogs.

"Randy does everything," says Ann. "Farm maintenance, helping with the horses. I thought we would be lost with out him." Ann has been able to maintain, though she feels like she has taken on the responsibility of 2 or 3 people. Friends and Randy's family have been much more helpful during Randy's absences. "I've gotten much closer to his family during this time. They've pitched in," she says.

Randy has benefited from the experience as well. According to Ann, Randy was a quiet, mild mannered type of guy prior to being activated. After several months of active duty he has become, if nothing else, more conversational. "He has improved as a person," says Ann.

There have been many challenges. "It's a seven-day-a-week job. It's not

a job you can just walk away from," she says. Randy says he has to get things done when he does have the opportunity to go home. "I can't procrastinate anymore," he says.

Fortunately, Randy can go home on his days off. Though he has a four-hour drive across I-81. "That's a real challenge," he says. Ann agrees. "I worry about that drive," she says. "We were planning to buy a tractor for the farm; instead Randy had to purchase a car for reliable transportation."

"His hands are full when he gets home," says Ann. "I appreciate him more. Some things you take for granted. We have more quality and though less quantity.

Once a month however, when Ann travels to Richmond for drill, they are scheduled to work that one special weekend and all the challenges just don't seem to matter anymore.

Randy inspecting a fuel fitting.



Photos by SrA. Michele Misiano/192CF Multimedia

Recognition

Year of Diversity

In honor of the year of diversity and celebrating March as Women's History Month, we would like to recognize the following civilian female employees who have had such a positive impact on our unit:

Virginia Mathias = CE Administrative Program Specialist has been in service since 1972.

Laura Holder = CE Custodial Worker has been here for the past 2 years.

Judy Wylie = Support Group Secretary has had 23 years of civil service with the last 11 years here at the Va Air Guard.

Barbara Baldwin = Office Automation Clerk and has 16 years experience and works in switchboard operations and Administrative functions for the Comm Flight.

Sandy Wilson (retired) = Civilian Personnel Technician - works with Civil Service Retirements, and leave issues. Has over 33 years civil service experience with the last 14 years here with the Va Air Guard.

Rachel Booker (retired) = AGS Administrative Technician with over 30 years civil service experience.

Thank you for your service!

Human diversity makes tolerance more than a virtue;
it makes it a requirement of survival.

- Rene Dubos

Recruiting achieves 100% manning for the state!

Photos by MSgt. Carlos Claudio/192CF Multimedia



TSgt. Angela Hill



SMSgt. John Iorio



MSgt. Joshua Costen



MSgt. Paul Stimpson

Not pictured is MSgt. Lloyd Meredith of the 203d.

Fuel Your Future
Air National Guard

Way to go team!

Announcements

Virginia Air Guard Retiree's Association Meeting for March

Anyone interested in more information about the 192nd and its history are invited to attend the next Retiree's meeting set for March 14 at 5:30 pm. Hear some of best unedited wars stories from the men and women who made this unit great. The meeting will be held at the Club 149 on base. There will be a guest speaker at 7 pm discussing TRICARE FOR LIFE (Age 65) and pizza will be served. Spouses are encouraged to attend. Members are requested to submit specific questions on Tricare in advance so the speaker can research the answers in advance. Excellent Website: www.mytricare.com. It is very important that your ID cards are updated and accurate in DEERS to get your benefits/claims processed. Contact the newly elected officers for 2002-2003: President (Ret) Maj. Mike Carter (266-8366); Vice President (Ret) Robert Brockmeier (266-5736); Secretary SMS Sheryl Clark (236-6322); Treasurer MSG Valerie Murphy (236-6646). A spaghetti dinner is planned for the April 11 meeting. For more information contact any of the above individuals. Annual dues are \$12.



The Second 192d FW Sidewalk Sale Brought to us by the FT. Lee Commissary

Date: April 12 and 13, 2002

Time: 1000-1700 (10:00 a.m. - 5:00 p.m.)

Where: the MOTOR POOL

You can purchase food items by
the case, 1/2 case, or individually.



**Stock Up on Can
Goods, Paper items,
drinks, etc.**

P.O.C: Angie Wade, FRG coordinator,
x7036

- Lots of Savings!
- Pay by CASH, Personal Check, Visa/MasterCard or Debit Card
- Only Vehicles with Decals will be allowed on base.
- Spouses and Retirees are welcome with proper military ID



Free U.S. Government Wall Calendars!! Please see MSgt. Thomas Foard @ x6484 if interested. Also, the Public Affairs office has free Air Force posters & notepads if you come by and see us.



The 192d CE is going to **Pump You Up!** The Base Civil Engineering Squadron is converting a corner of the Base Supply building into a fitness center. More info to come soon.

THE FIRST IS ALWAYS THE HARDEST...



Top Guard



Photo by SSgt. Dave Buttner/192CF Multimedia

By SSgt. Ann M. Martin

When TSgt. Jose L. Mejia of the Accounting and Finance office was notified he was selected as the 192nd FW Top NCO of the Year for 2001, he couldn't have been happier. Imagine his surprise when he found out he also won the Air National Guard's highest honor as its top Comptroller NCO of 2001 out of 89 other competing Guard units!

Although winning top Air Guard Comptroller NCO is a prestigious honor, that wasn't all. The sergeant was also named the Virginia ANG NCO of the Year and the top Virginia Air National Guardsman for 2001. He's also waiting to hear if he was selected as the top Comptroller NCO for the entire Air Force. That announcement will be made early spring.

Sergeant Mejia has only been with the 192nd FW full time for a year and a half. In that short time, he has managed to make quite an impression. He came to the unit with big plans and during that time developed a unique standardized electronic format for

financial data, which has been so beneficial, the Air National Guard is considering implementing it Guard wide. "I've been able to put an entire year's worth of financial data onto one CD," explained the technical sergeant. "Before that, all of our information was printed. Then I taught everyone in my office how to use the program."

According to Lt. Col. Lori D. Leonard comptroller, Sergeant Mejia is a great asset to the finance office.

"He is a unique individual with extraordinary skills," she complimented. "He's a great team player and a good role model to all NCO's."

The Colombia, South America native began his military career in the active duty Air Force fresh out of high school in 1987. He spent a big part of his career working on the F-111's at Mountain Home AFB, Idaho; RAF Upperheyford, England; McClelland AFB, Calif.; and Cannon AFB, N.M. Awards were not unusual during that time for the sergeant as he was RAF Upperheyford's Maintenance Airman of the Year and was also named McClelland's Maintenance Professional of the Year. While at Cannon AFB, he cross-trained into the accounting and finance career field as the F-111 was nearing retirement.

After cross training into finance, Sergeant Mejia went to work at the Defense Finance and Accounting Service in Limestone, Maine. He spent over 4 years at that assignment before being assigned here. "This is my first Guard assignment after coming off active duty," explained Sergeant Mejia. "I came to the Guard because they offered me more oppor-

tunities to work in different areas of finance. I was limited in active duty. Coming to the Guard has given me a great opportunity to move forward. I enjoy being here."

"We are very happy to have Sergeant Mejia with us," said Capt. Michael J. Lovell, financial manager. "He is an example of what we all strive to be. He leaves a positive impression on everyone he meets."

The sergeant currently lives in Mechanicsville, Va., with his wife of nine years, Janet. They have two daughters Raqueliz, who is 8 years old, and Carissa, who is 3 years old. When not at work, the sergeant enjoys spending time with his family and with his church. He is currently hoping to become a Spanish interpreter for his church and he also mentors church youth. He also mentors elementary students through the "Lunch Buddy" program.

As part of his awards, the sergeant received two adjutant general coins in separate trophies for NCO of the Year and Air National Guardsman of the Year. "Receiving my awards from a two-star general was the highlight of my career," beamed a proud Sergeant Mejia. Maj. Gen. Claude E. Williams, adjutant general was on hand to present Sergeant Mejia with his trophies. "In the regular Air Force, it is rare when a general was on hand to present an award," Sergeant Mejia noted.

Sergeant Mejia flies to Las Vegas, Nev., at the end of February to the Financial Management conference to receive his Guard-wide award. After that, it's business as usual. "I hope to someday make chief master sergeant," he finished.

With a career like his, looks like Sergeant Mejia may well be on his way.

USAF SENIOR NCO ACADEMY APPLICANTS

The USAF Senior Noncommissioned Officer Academy (SRNCOA) is the highest level of Air Force enlisted professional military education (PME). The mission of the academy is to conduct a program of PME to prepare selected Senior NCOs to better fulfill their leadership and management responsibilities.

Commanders are requested to nominate their most professional Senior NCOs. Senior NCOs from all MAJCOMS, the Air National Guard (ANG), and the Air Force Reserve are selected to attend the Academy. Applicants should apply for the SRNCOA as soon as possible to ensure a quota for FY 03 schedule. Class dates are as follows:

03A 8 Oct 02 – 20 Nov 02
 03B 15 Jan 03 - 27 Feb 03
 03C 13 Mar 03 - 23 Apr 03
 03D 7 May 03 – 18 Jun 03
 03E 9 Jul 03 – 19 Aug 03

To be eligible to attend the SRNCOA, the following criteria must be met:

1. Be in the grade of E-7 or E-8 (E-7 must have at least 24 months time-in-grade (TIG); applicant clearly demonstrates a potential for increased leadership and management responsibility and has completed an in-residence NCO Academy or Leadership School (this is an important selection factor).
2. Have at least one year retainability from graduation date.
3. Hold a Secret or Top Secret security clearance.
4. Be within body fat limits outlined in AFI 40-502.
5. Be recommended by the immediate supervisor, with the concurrence of their commander.
6. Not be under investigation or charged with an offense punishable under the UCMJ.
7. Wait at least 2 years between completion of in-residence NCO Academy and the start of a USAF SRNCOA class.
8. Have taken the Air Force Reading Achievement Test (a grade of 9.0 or higher is desirable).

All interested applicants should contact SMSgt Gates, MPF Training Office, Ext. 6590, to apply. Applications must arrive at ANG/DPDE no later than 1 April 2002, with all appropriate levels of endorsements to include State Headquarters.

MOVING IN, MOVING UP

Gains for February

Unit

AB Fallon L. McNeil Fighter Wing
 AB James K. Carpenter Weather Flight
 AB Jeremy D. Berry Security Forces
 A1C Stephanie W. Jenkins Medical Squadron
 A1C Ashley A. Crump Medical Squadron
 A1C Peter Boginsky 203RD Red Horse
 A1C Gregory C. Walton AGS
 SrA Rufus A. Jones Medical Squadron
 SrA Wayne C. Matthews Maintenance Squadron
 SrA Timothy L. Biggs, Jr. Security Force
 SSG Carl D. Moore, Sr. Security Forces
 SSG Clarence L. Kennedy Maintenance Squadron
 SSG Christopher T. Johnson Medical Squadron
 TSG Lori W. Funn Weather Flight

Promotions

To

CPT Mark Temple MAJ
 2LT John Arledge 1LT
 TSG Thomas A. Hughes MSG

TSG Dennis A. Wilson MSG
 TSG Gary M. Reemsten MSG
 TSG Charles E. Harper MSG
 TSG Jennings Entsminger MSG
 SSG Russell G.J. Tilley TSG
 SSG Robert C. Harrison TSG
 SSG Jeffery R. Hall TSG
 SSG Jonathan W. Cooper TSG
 SSG James W. Botelle TSG
 SSG Donald A. Hart TSG
 SSG Yacinthe D. Boehm TSG
 SSG Delsha M. Walker TSG
 SSG Tammy M. Burse TSG
 SrA Michael Fitzpatrick SSG
 SrA Frederick Phillips SSG
 SrA Willard J. Fransee SSG
 A1C April Williams SrA
 A1C John D. Martin SrA
 A1C Andrew R. Dempsey SrA
 A1C Katina S. Anderson SrA
 A1C Jessie L. Hughart SrA
 A1C Hollie W. Statzer SrA

Have you visited the Family Readiness and Support Office Yet?

We are open Monday through Friday from 8 am until 5 pm or until we are finished. Now, don't think I am aspiring to sainthood because I said we are open "until we are finished". Sometimes this office needs to accommodate service members and volunteers who cannot come by during normal working hours. Call us if your schedule does not allow you to visit before 5 pm.

We address many issues constantly during the open hours. Whenever there is a preparation for a deployment, this office is open until everyone who needs to come by for me to sign off for their out-processing comes by. I request that an informational form is filled out so this office can address concerns about those left behind. Through our conversation, I assure the service member that their folks will receive attention in their absence.

"Open hours" also means that I accommodate anyone who wants to come by and talk and share ideas or concerns. That is a good thing. For example, SrA Joselito DeLeon of the 192nd Security Forces needed help with a move recently from his apartment to his newly purchased condo in Virginia Beach. The word was sent out and the need was met. What was exceptional about the help was that most of it came from the 203rd Red Horse Unit.

Due to a busy March, we will not have a Family Readiness Briefing. We will have one in April, with the focus on finances. This one will be good! All spouses are encouraged to attend, especially if you are the one handling the checkbook!

So with all this said, continue to take advantage of the office during the week. E-mail me or call me. Share your concerns and ideas. Continue to let me know if some extra support of any kind is needed. The Family Support Team is "on the grow" and is happy to be there for you!

Top 25 Reasons to Volunteer with the VaANG FRG By Ann Hicks

1. Families that get involved feel a sense of belonging.
2. Your spouse's friends can become your friends.
3. You might get to decorate an office.
4. You get to contribute to the newsletter!
5. It is very patriotic! You get to answer the President's call for 2 years of community service.
6. It is satisfying to know you have helped others.
7. If you've been there, done that, and got the T-shirt to show for it, you can mentor someone through it!
8. It's a career builder.
9. You are the backbone of the Family Readiness Program.
10. You relate well with others.
11. You're full of compassion and need somewhere to pour it out.
12. You like answering phones and making friends with strangers.
13. You like to bake in large quantities for fund-raisers.
14. You enjoy taking the lead and getting things done.
15. You love learning new skills
16. You enjoy teaching others about military life.
17. You love to eat at the 192nd Dining Hall for lunch!
18. You love feeling that you made a difference.
19. You want to better understand the mission of the unit.
20. You love sharing your ideas and having them heard. Better yet, you love implementing your good ideas and building a team to make them possible.
21. You love turning negatives into positives.
22. You love bonding with those who think like you
23. You are highly organized and can see envision sharing you abilities with others.
24. You are very creative and outgoing and strive to brighten the day for others.
25. Your services to the Family Readiness program are an immeasurable asset to the VA Air National Guard.

Family Readiness News

Volunteers needed!

The Family Readiness and Support office (FRG) is here to help. We are here to support the families of the 192nd FW and the 203rd Red Horse Units in many ways – resolving benefit issues, making referrals concerning legal and spiritual matters, and planning diverse social events. Volunteers and staff are committed to enhancing the quality of life for our families. We probably have more fun than anyone reaching out to others and offering support.

But we want to do more. We want to expand our abilities and services. We need more people to care and who are willing to help out as volunteers.

To probe your thinking on how you can help, we have listed a few positions that we would like to see filled. Consider your talents, both the obvious and the hidden. There is a place here for you!

Activities Coordinator
Financial Planner
Sports Trainer
Arts and Crafts Instructor
General Building Mechanic
Tour Guide
Auto Mechanic
Musician/entertainer
Telephone Tree Support
Benefit Coordinator
Newsletter Editor
Tutor (Academic)
Children Event Organizer
Office Assistant
Videographer
Child Care
Photographer
Water Activities Coordinator
Desk Top Publisher
Relocation Assistant

Contact our office now, or just recommend us to a friend. A volunteer can be a guard member, family member, or anyone who cares and wants to help support those who are now serving our country.

If interested please contact one of the following FRG members.

Angie Wade, FRG Coordinator /804.236.7036
angeli.wade@varich.ang.af.mil

Ann Hicks, FRG Volunteer/ 192nd FW/757.258.3931
annuhicks@hotmail.com

Debbie Turlip, FRG Volunteer/ 203rd Red Horse Unit
(Va. Beach area) 757.471.7388polly40807.att.net

In recognition of National Hospitalized Veterans Week

The Virginia Air National Guard and the Family Readiness and Support office and the honor of visiting the McGuire Veterans Hospital during the National Hospitalized Veterans Week on February 14, Valentine's Day to visit the hospitalized veterans.

The Family Support Office was joined by Col Steve Hicks, LtCol Rick Turner, and Seven Pines Elementary Resource Teacher, Debbie Hollowell, representing the students. Ms. Hollowell brought along 450 handmade Valentines to distribute to the residents of the VA Nursing Home during their midday meal and in their rooms. Valentines were given to the staff as well to thank them and encourage them in their work.

The highlight of the visit was when a patient personally requested Col Hicks to visit his roommate, who was a former member of the Air Force. As Col Hicks entered the room, the former airman sat up in his bed and greeted him. Col Hicks enthusiastically shared some meaningful stories with him before saying good-bye.

Family Readiness has offered to be a part of future projects. We look forward to an opportunity for our families to encourage other members and families who have paid a high price in defense of our home and liberty

Red Horse Prepares for Memorial with "Ribbon Event"

During the February UTA, the ladies of the 203rd cut, glued and created 500 red, white, and blue commemorative lapel ribbons in preparation for the Memorial Dedication at the Red Horse Unit in Virginia Beach event to be held on Sunday, March 3rd.

Led by Debbie Turlip, the other ladies of the group are Carol Kromkowski, Candy Harris, Emily Elliott, Jean Perry-Brown, Glenda James, Sharon Florkey, Dot Van Meter, Judy Batesole, Lynda Locklear, Sharon Brown, Paula Fuller, Maureen Garner, Patty Horrocks, Claudette Laws, Amy Dinsmore, Mrs. Damico, and Bonnie Nozzarella.

The ladies were still looking for a few more good hands with scissors. They also discovered on Sunday that they needed still more ribbons prepared. Therefore, on Sunday, February 24 at 2:00pm at Camp Pendleton, the Red Horse FRG volunteers again gathered to make 500 more in anticipation of extra guests for the dedication.

Please contact Carol Kromkowski via e-mail at carolakromkowski@cox.net to encourage them for all of the great work they have done and to join them if you have time.

We are looking forward to supporting the families of the Red Horse unit as they acknowledge those who are "On Guard Eternally."

Family Readiness News

The Morning Parade

By now, it is certain that you have heard of the morning parade that has greeted our service members on their way to report to duty every UTA since September 11, 2001. (For the new family members of the VaANG, a UTA is Unit Training Assembly).

What may not be known is all of the heart that goes behind the flag waving, and placard waving, and squeals of joy and appreciation that are expressed to those traveling past the Seven Pines Elementary School.

Please enjoy the following "commercials" that were shared with us by Debbie Hollowell, resource teacher at Seven Pines. After viewing some highly motivating Air Force commercials, these personal commercials followed to inspire people to forgo sleeping in or watching the morning cartoons.

The Seven Pines Air Guard Parade
We get up early and get dressed. My mom drove Alyssa and I over to the school. We walked over to the front lawn. The Air National Guard came driving the road. We held up our signs and waved. They waved back and beeped at us. We stayed out until 8 am. I like seeing my Air Guard friends a lot. All the lunch buddies are the best in the world.

Frederick Bilter

Air Guard Saturdays
We get up early and put on our red, white and blue. My mom, my two brothers and I come to Seven Pines School. We pick up a poster and flag from the cafeteria. We stand out in the front of the school and wave and cheer for our Air Guard friends! We stay out from 7 am to 8 am in the morning. It is a lot of fun. We love our Air National Guard!

Kara R.

Waving At the Air Guard

It is fun to come to school on Saturday to wave at the Air National Guard. We wave the flags and they beep their horn because they are so happy to see us. We are so happy to see them.

Eric R.

What's Great about the Air Guard

The air guard helps to protect the whole country. We appreciate what they do for us so we salute them on Air Guard Saturdays. We have a lots of flags, posters and almost everything red, white and blue. It's fun to be out on the lawn because they wave and beep their horns at us. They beep because they are proud we are behind them. Ever since the very moment on September 11 when the real bad thing happened to us in New York City, we have been doing salutes on Saturdays. You do not want to miss this Saturday's salute. Meet us on the front lawn at 7 a.m. Make sure to wear your red white and blue. Stop by the cafeteria to pick up a flag and a poster. See you there!

Emily and Stephan

Air National Guard

You have served our county right. It's so glad you have been here for us. I hope you have enjoyed our parades. Thank you for all the hard work you have done for us. You have made our country strong and proud to be Americans. Red stands for love, white stands for freedom, and blue stands for courage. When I see all of you dressed in your uniforms it reminds me of love, freedom, and courage. Thanks again for serving our country.

Jessie Morgan

America

*America the Beautiful,
Land of the free and brave
Our soldiers march off to war
A nation theirs to save.
The voice of freedom fills the air,
Its melody so sweet.*

*It rings of strength and honor,
And never to retreat.*

*We raise our flags in unity
And with hand upon our heart.
We pledge allegiance to our flag
With pride the powers impart.*

*American's lift up your flag
In glory let it flow.
Forever may we live in peace and
freedom always know.*

Carolyn T. Booth
11/30/01

The FRG Welcomes New Volunteer Marie Edwards!

Marie Edwards joined the FRG volunteer Team.

Marie is the wife of MSgt George Edwards, who works in Logistics. They have two kids, Preston, 9, and Sophia, 5, and they have been married for 12 years.

She will be assisting with administrative responsibilities such as typing, filing, responding to telephone calls, and coordinating various events and activities. She will also assist Guard members with understanding their TRICARE and dental benefits.

Marie's professional experience includes 5 years in the banking industry, working with mortgages and customer services. She has also spent 5 years as an inside sales representative.

As a volunteer Marie has assisted at her children's school, St Andrews located in Richmond, VA and she has taught Sunday school. She currently volunteers at her church's nursery.

The Family Readiness and Support Group is very excited about having Marie on board. On her first day on the "job" Marie commented, "I am very task oriented and I look forward to helping those who come into this office with needs or questions."

Please drop by to meet Marie who will be volunteering in the mornings on every other Wednesday of each month.

Family Readiness News



Essay Contest

What you get: \$5,000 in U.S. Savings Bonds will be awarded to winning essays from **first to twelfth grade** with top prizes of \$1,000 and \$500 for grade categories.

What you do: Write about reading - your favorite book, author, library, why you like to read, your favorite person to read with, whatever! And send it in to the Armed Services YMCA. Students in eighth grade and below should keep their essays below 300 words; high school students may write up to 500 words

Who wins: Six categories compete for top prizes: **first and second grades; third and fourth; fifth and sixth; seventh and eighth**, all compete for a \$500 U.S. Savings Bond for each category, plus \$100 bonds for second place. Ninth and tenth, and eleventh and twelfth grade students compete for \$1,000 bonds, plus \$200 bonds for second place. All essays reaching the final judging stage will receive certificates of honorable mention

Who can enter: Children and teens of the uniformed services (active-duty, Reserve, Guard and retired), and civilian (DOD, Coast Guard and American Mission) families.

How to enter: Entries must be mailed

Angie presents framed "Thank You" letters from the Medical Squadron to Suzanne Bullock.



or emailed by **March 18, 2002**, but NOT BEFORE NOVEMBER 1, 2001. All entries should include the following information **at the top of each essay: student's name, age and grade; address; phone number or email a parent may be reached; parents' names; service affiliation and rank of military member.**

If applicable; military installation; and if student attends a Defense Department school, the school's name. **Missing information has disqualified entries** in the past, so please include it all! All entries submitted become the property of the Armed Services YMCA and cannot be returned. If you want confirmed receipt of an entry, please mail it with delivery confirmation as the Armed Services YMCA cannot notify individuals of receipt.

Enter by email: Essays sent electronically should be in MS Word or text format as part of the email message or as an attachment. They must be sent no later than **March 18, 2002** to essaycontest@asymca.org. Libraries, schools, and other agencies on military installations with access to the Internet may enter essays for contestants.

Enter by mail: Entries submitted by mail should be postmarked no later than **March 18, 2002** to be eligible. Send them to: Armed Services YMCA, Attn: Essay Contest, 6225 Brandon Avenue, Suite 215, Springfield, VA 22150.

LtCol Turner presents poster to pastor Kerry Boggs for their support of the Guard.



Thank you Mechanicsville United Methodist Church!

For Christmas, they adopted a family and made 6 platters of homemade cookies and homemade Valentine's Day cards. These gifts were given to our troops with much appreciation! Mechanicsville United Methodist Church loves the 192nd...we appreciate them!

On February 10, LtCol Rick Turner, Volunteer Ann Hicks, Multimedia photographer Shannon Johnson, and Family Readiness Coordinator Angie Wade visited Mechanicsville United Methodist Church to say thank you for seeking us out to show their support for Operation Enduring Freedom/Noble Eagle.

Kerry A. Boggs, pastor of the Mechanicsville church, introduced LtCol Turner to his congregation. LtCol Turner opened his comments with well-received humor, and then presented the framed poster "Your guardians of Freedom" to the pastor. He requested that it be hung in a place of prominence for the congregation to view.

Angie Wade presented two framed "Thank You's" from the Medical Squadron to Suzanne Bullock, church coordinator of the joint effort with the 192nd FW. Angie shared stories about the smiles of appreciation as individual members received a card. She also thanked them again for being such a giving church and welcomed any future projects.



Left to Right; Suzanne Bullock, LtCol Rick Turner, Kerry Boggs, Angie Wade, Ann Hicks

Photos by SrA Shannon Johnson /192CF Multimedia

Food Drive is a Success!

Staff Sgt. Scott Samuel from the Electric Shop was on the gate Sunday collecting food for the Central Virginia Food Bank. Here Col Papier, one of the Flight Surgeons, hands a bag of food to Samuel.

Photo by SSgt Dave Buttner/192CF Multimedia



Photo by SSgt Dave Buttner/192CF Multimedia



Staff Sgt. Tyronne Rather from Munitions Maintenance hands some food to Samuel. Rather said he only wished he could have brought more.

What's for Lunch?

SATURDAY UTA

Roast Beef
Pork Roast
Mashed Potatoes
Brown Gravy
Green Beans
Bread Dressing



SUNDAY UTA

Spaghetti w/meat sauce
Meat Loaf
Scallop Potatoes
Broccoli
Garlic Toast
Rolls



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