


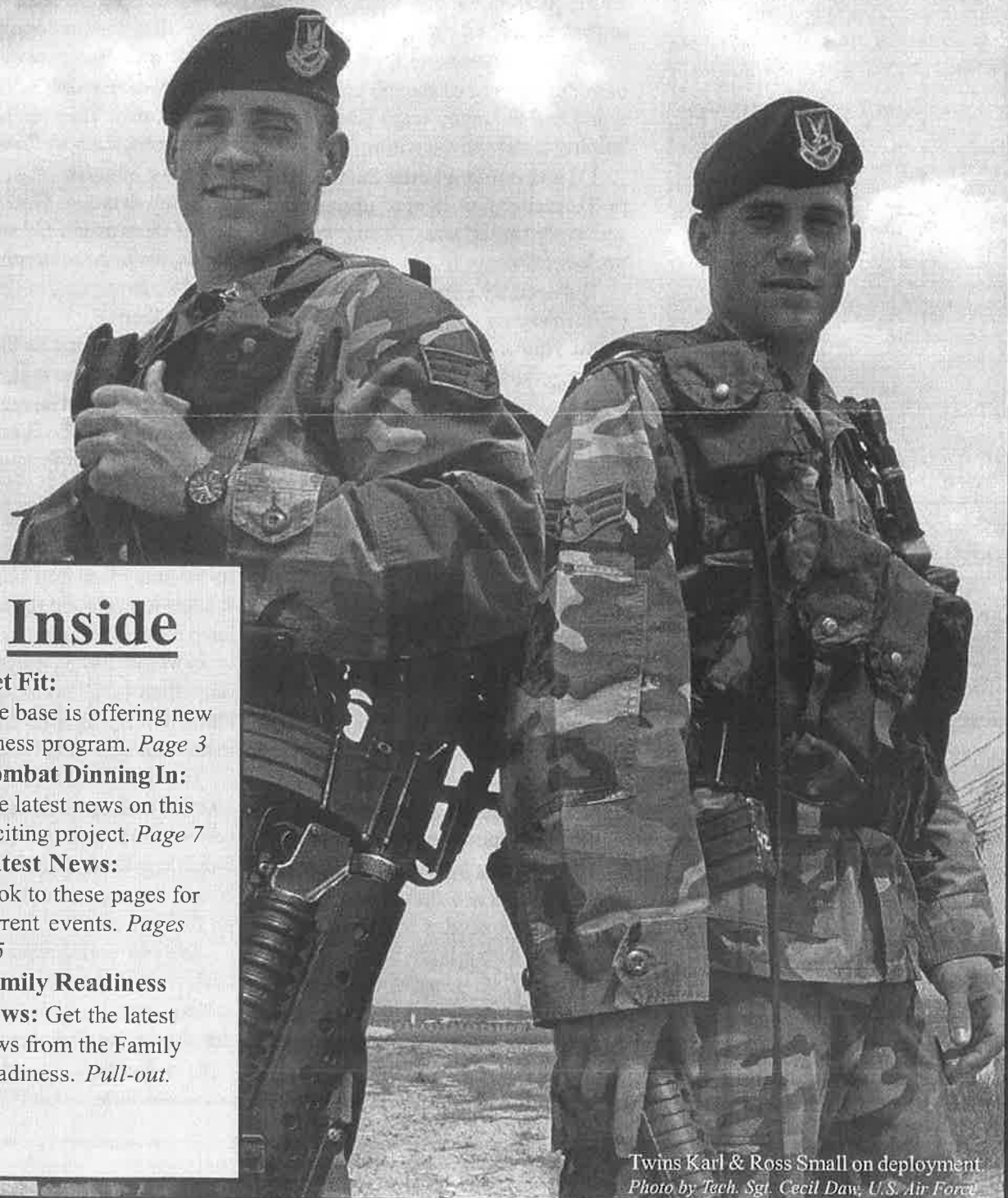
# VANGUARD



Virginia Air National Guard

192nd Fighter Wing

May 2002



## Inside

### **Get Fit:**

The base is offering new fitness program. *Page 3*

### **Combat Dinning In:**

The latest news on this exciting project. *Page 7*

### **Latest News:**

Look to these pages for current events. *Pages 4-5*

### **Family Readiness**

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

Twins Karl & Ross Small on deployment.  
*Photo by Tech. Sgt. Cecil Daw, U.S. Air Force*



### 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](mailto: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:  
June 8-9

This month I'd like to say a few words about the public face of the 192nd Fighter Wing.

It's a partly veiled face: We can share with the public some of what we do, but not all.

We have a natural desire to thump our chest a bit about our achievements, about the part the 192nd plays in the war against terrorism here and abroad.

As wing commander, I'm extremely proud of the job you are doing and the many ways you are helping to defend the nation.

I'd like nothing better than to see public recognition heaped upon each and every one of you to honor your tireless efforts.

But security considerations keep us from saying some of the things that we know deserve recognition. And they keep many deserving Guard members working in the shadows, instead of in the limelight where they ought to be.

The months since the Sept. 11 terrorist attacks have comprised the most intense period of sustained high-level activity in the history of the Virginia Air National Guard.

As most of you know, we have pockets of 192nd members deployed around the world — firefighters at an undisclosed location in Southwest Asia, security forces on the West Coast and in the Mideast, services folks in the middle of the ocean, supply and fuels troops in Europe and other areas, and the list goes on.

Our troops are answering the call wherever needed and making their mark with a high degree of professionalism. Despite the best efforts of the Air Force and Air National Guard, the living conditions

that some of them face could best be described as primitive.

They'll have stories to tell when they return. I'd like to be telling those stories now, but the enemy can glean a lot of information from what makes its way onto the Internet and into the mainstream media, so we have to be careful what we say.

We don't give out a lot of statistics or specific destinations or deployment dates, and in the case of pilots, we don't even release their names for news stories. They simply go by nicknames, such as Cowboy, or Hairy Chest, or Senator.

In the event — God forbid — that any of them might fall into enemy hands, we have to minimize the amount of information that might be used against them.

That leaves me as the primary spokesman for the unit, and I try to use my pulpit to underline the importance of our mission and the outstanding work we are doing, out front and behind the scenes.

People who hear the sound of freedom — our F-16s — in the Richmond area often don't think about what it takes to maintain the aircraft and keep them in the air.

In March alone, our pilots logged more than 1,000 hours, the highest amount of flying time in a single month in the unit's 55-year history.

To support that OPS tempo, the 192nd's POL (petroleum, oil and lubricants) troops pumped more than 385,000 gallons of jet fuel, putting March among our top three months for jet fuel use ever.

And our maintenance troops have been right there — day and night — setting records in March for keeping the aircraft mission-ready over a sustained period and putting them

*Continued on next page...*



Photo by SSgt Dave Buttner

This is the Crystal Eagle Trophy for the Logistics Squadron. The trophy is given to the outstanding section in Logistic during the quarter. This quarter the Phase Dock is the recipient of the trophy because they have reduced their Fly to Fly time for an aircraft in phase from approximately 65 days in October 2001 to 10 days in March 2002. This is a significant improvement and is well below the base average of 40 days.



Photos by  
SSgt Dave  
Buttner

Group of Flightline personnel with Col Hicks  
& the new "Let's Roll" Aircraft.

Col Hicks, LTC Julian, and LTC Bonanni prepare to cut the ribbon at the new base gym located at the back of the supply building.



Photos by SSgt Dave Buttner

The interior of the new gym

## Fitness Program

by SSgt. Ann Martin

For anyone interested in getting fit or losing weight, the base is offering a physical fitness program during the week Tuesday through Friday. The class, which consists of strength training and cardiovascular workouts, is currently held from 2:30–3:30 P.M.. at Club 149. All base personnel are welcome.

According to MSgt. Sherry L. Hankins, point of contact for the program, the class was originally organized to help individuals who are on the weight program. Through an organized class it was hoped that people would be more motivated to lose weight when they workout with others. The class was later opened to everyone in January especially after the events of 9/11.

"When a lot of people were activated in September, we felt like this would be a good time to offer this class to the entire base," explained Sergeant Hankins. "It's been well attended."

Currently the class is taught by Sergeant Hankins and Tony White, an instructor from the Sandston YMCA. When neither of them is available to teach, those participants who come on a regular basis teach the class. "They know what the usual workout routine is, and are usually more than willing to help out," added Sergeant Hankins. Both men and women frequent the class. Sergeant Hankins said the class is fairly well received – up to 18 people have come at one time. Since the AEF kicked off in March, some class sizes have decreased, but if interest warrants they hope to offer a second class from 4-5 P.M.. on Tuesday and Thursday too.

"Even when we're off activation, I want the program to continue," said Sergeant Hankins. "We hope through our efforts that we can teach people to change their life-styles and use exercise as a means to keeping fit. The bottom line is we want people to stay fit for the military, and to stay fit for life!"

...continued from previous page.

through intense overhauls.

Again, I'd like to be able to say more publicly about the sacrifices you

have made to carry out the mission entrusted to us. But be sure of this – and I speak for the leadership of the

entire Virginia Air National Guard – we know how well you're performing. And we're extremely proud of it.

## Section Connection/In The News



Photo by SrA Michele G. Misiano

Ms. American United States Pageant Contestant, Kristy Sutton, waves to the oncoming traffic of the 192<sup>nd</sup> Fighter Wing's personnel for drill weekend with the children of Seven Pines Elementary School.

### 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.

### 192d FW & OPS

**GOLF:** The 10<sup>th</sup> Annual Eastern Invitational golf tournament will be held from 18- 21 Jun 02 in Myrtle Beach, SC. Contact TSgt Roy Phaup ext 6765 for details.

**ENLISTED ASSOCIATION:** USAA is sponsoring free memberships to the Enlisted Association of the National Guard of the United States (EAN-GUS) 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.

### State Headquarters

STATE HEADQUARTERS WILL BE CONDUCTING THEIR MAY UTA AT SMR, VIRGINIA BEACH, VA.

PLEASE CONTACT LT COL RALPH BARKER FOR ANY ASSISTANCE THAT MAY BE NEEDED THIS UTA

### Testing REMINDER

Career Development Course (CDC) End-of-Course testing is scheduled each Sunday during UTA's @ 0800. Testing may also be completed during the week, on Tuesdays and Thursdays, at 0900 and / or 1300. Please contact the Education and Training office at ext 6590 to schedule an appointment for "during the week" testing.

### Kings Dominion

Family Readiness & Support has tickets to Kings Dominion that are available at a special military price. Ticket One is good for one day on the weekend, until May 19<sup>TH</sup>. Ticket Two is good for one day, from June 24<sup>TH</sup> - July 7<sup>TH</sup>. The ticket price is **\$24.00** each. One dollar of each ticket sold benefits the Family Readiness & Support Services.

Compare the normal ticket pricing:

#### 2002 General Admission:

One Day Adult (Ages 7 & above) \$39.99

One Day Child (Ages 3-6 and 48" and Under) \$27.99

Two Day Adult (Ages 7 & above) \$64.99

Two Day Child (Ages 3-6 and Under) \$49.99

Currently, it's cash only.

Should you have any questions, feel free to call Angie Wade at (804) 236-7036.

### Coins

Coins are available for order at \$7 a piece for World Trade Center, Enduring Freedom and Pennsylvania. There is also a rank coin available. A unit coin is currently being designed. A minimum quantity of 100 must be ordered to process. Contact Msg Shirley Cooper at extension 6428 if interested.

### Armed Forces Night @ The Diamond

On May 17<sup>th</sup>, the Richmond Braves will be sponsoring Armed Forces Night. All available guardsmen should come out and enjoy the fun and camaraderie being showered on those who serve their country.

The Braves will play the Buffalo Bisons. Tickets for this event is \$2.50 for all military personnel, their families and friends. Order forms can be turned in individually but group purchases are urged. Order forms can be obtained and submitted to 1<sup>st</sup> Sgt Bryant Thorpe or you can call the Braves group sales department at 359-4444. Tickets also can be purchased at will call the day of the game.

### Air Guard Night at the Diamond

The 192d FW will have its annual night at the Diamond on Saturday, June 8<sup>th</sup>. The local Richmond Braves team is scheduled to play the Ottawa Lynx. Tickets for the game will cost \$3 for children and seniors and \$5 for adults.

# Family Readiness News

Pull Out  
Section

192d FW Virginia Air National Guard 203rd RH

## Let's Not Forget the Mission...

In April, I had the pleasure of viewing a movie called "Bonhoeffer". The movie told a brief story about the adult life of Dietrich Bonhoeffer, a German Lutheran minister who saw the evil of the Nazi movement and preached against it before any audience that would listen.

He is known for his writing, "The Cost of Discipleship", in which he speaks about a pure faith that resists evil and will not pledge allegiance to it even at the cost of one's own life.

At the ripe old age of 31 years, he was hanged for high treason because he would not vow allegiance to the Third



Reich. His death occurred one month before the end of WWII.

I doubt that there is any question as to the evil that existed within the hearts of the German Nazis. But this was an enemy that was predictable and easy to find. The innocent

were hiding and if they could hang in there long enough, they might be liberated. Although more than 6,000,000 Jews were murdered, there were others who survived. Their mantra, and rightly so, is that **we must never forget**.

Today, we have a "new" enemy. He or she may still be evil, but they hide in secret places and walk among us here as well as around the world. The innocent are out in the open, but some measure of concern, and even fear, is now a part of our lives.

It has been seven months since our troops were called up and the

Continued on page 3

## The Resources Among Us

Family Readiness and Support is excited to feature two resources from within the 192d FW as contributing writers in this issue!

SSgt Ruth Sola, a member of the 200th Weather Flight, joined the VaANG in 2000.

However, her previous training was as a diet therapist from 1991 until she joined our unit. Please enjoy her "Health

**Focus**" on page 3. A great recipe is included!

SMSgt Barry Coleman, is the 192d FW Human Resource Advisor. This month, he is advising our families on "What to Do When You Don't Have Enough Money?" on page 2.

SMSgt Coleman currently serves as the corporate trainer for the Consumer Credit

Counseling Service of Virginia and Southeast Maryland.



(SMSgt Coleman and his wife Deion are also proud parents of a new baby boy, Justin Emmanuel Coleman!)

Volume 1, Issue 5 May, 2002

### Special points of interest:

- Kings Dominion Tickets are still available for \$24 from the FRG office.
- Stop by the BX the next time you visit the 192d. They have some nice deals
- On your next family outing in Richmond, VA, go by the Children's Museum and see the Robot Zoo. For information, call 804-474-2667.
- Thanks again, Suzanne Bullock and Mechanicsville United Methodist Church for more wonderful cookies at April Drill Weekend.

### Inside this issue:

The Virginia Air National Guard and You!	2
Finances 101?-Part II	2
Cookies, Cookies, Cookies!	2
Health Focus	3
Recipe of the month	3
First Friday Fun Day	4



## ***What Did He Say? Military Lingo-Unraveled***

*by TSgt Jerome Wade*

Now that the military has become a part of our daily lives as we watch the news, read the newspapers, or as we are just walking through the mall or airports, you may see or hear "military language".

For example, suppose you heard conversations like these:

*"Some of my NCOIC SP's buddies will be meeting me at the BX during next month's UTA"*

or:

*"There will be a meeting with the 192nd FW VaANG JAG and in attendance there will be a LtCol and the First Shirt from OPS, and a 2<sup>nd</sup> Lt from Andrews AFB and a MSgt being sent from DoD."*

Could you, as a non-military person, keep up?

As sure as the military created the World Wide Web and the Internet, they probably created more acronyms than anyone else. But it's never too late to learn a new language.

The next time you read the VANGUARD, or hear your spouse randomly talk military lingo, the following guide may help you with understanding some common military jargon.

*( More jargon unraveled next issue!)*

**AFB** - Air Force Base; standing tall and proud worldwide.

**VaANG** - Virginia Air National Guard, the Air Force finest

**Airman** - anyone in the Air Force (in the Army - Soldier, Navy - Sailor, Marine - Marine).

**UTA** - Unit Training Assembly (better known as drill weekend)

**LES** - Leave and Earning Statement. Prior to receiving a pay check you will get this financial statement in the mail - make sure you know how to read this statement and always check for accuracy.

**OPS** - Operations; they schedule and coordinate when and where the 192<sup>nd</sup> fly our jets.

## ***Finances 101?-Part 2 :What to do When You Don't Have Enough Money***

*by SMS Barry Coleman*

Last month's article stressed the importance of having a budget to determine where you are financially and to help you meet your financial goals. But what do you do when your budget shows that your monthly expenses exceed your monthly income?

The first thing to do is to take a close look at your budget to determine where you might be able to trim expenses. If your expenses exceed your income by less than \$200 per month, you may be able to cut back a bit here and there to put your budget back in the balance.

You must separate your wants and your

needs in order to be successful. Do you really need the deluxe cable channel or will basic cable work for you and your family. Careful examination of your budget may reveal real opportunities to save and to get your expenses within your budget.

If you find that your expenses exceed your budget by *more than* \$200, you may have to totally restructure your plan. First, determine your family's priorities. Be willing to make some tough decisions such as finding a less expensive place to live, finding a cheaper mode of transportation,

or supplementing your income with a part time job.



Also, don't forget the soldiers and Sailors Relief Act (SSRA) can reduce the interest rates of your mortgage, credit card, car payment, and other debts to 6 percent.

If you find yourself in this situation, remember to keep the faith, determine your priorities, and make the decisions that are best for you and your family.

## ***Cookies! Cookies! Cookies!***

Mary Gosh, leader of Girl Scout Troop #3314 of Highland Springs, VA, brought six cases of tasty girl scout cookies for our overseas troops of the 192nd FW.

Mary explained that the girls had been having a study about government and wanted to donate the troops to encouragement them.

The YMCA Indian Guides, "the Choc-taws" had the same idea.



Tom Beatty, a leader and father of a member of the tribe, explained that they had just finished studying civic responsibility and the Constitution.

To show their appreciation, this group of boys and their fathers baked dozens of cookies, and wrote letters to send to another group of our servicemen stationed

outside of the US.

Maj. David Biggs was joined by Angie Wade, Family Readiness Coordinator in giving a brief discussion on military missions and how families are affected as TSgt Jerome Wade video recorded the evening.



## Never Forget, cont'd

deployments began. For some of us, the hardships have been more than we could have imagined. For others, the sacrifice has been taken with a grain of salt.

We must make a point to never forget our new enemy, the one who threatens not just our home, but the homes of the world.

Sacrifices must be made by some for the good of us all. If we are not willing to support our troops, then it is just a matter of time before our enemy walks on our doorsteps and life, as we know it, is changed forever.

Hard decisions are being made by our leadership at this time. They are making decisions they never wanted to make, going to places they don't want to be, sometimes doing things that break their own hearts. But, these things they must do.

Since we are here at home, let's pull together as family, and make life more bearable for each other. As we support each other in prayer, words and actions, we will be linked forever with others that will make our lives richer as we release our spouses to do the tasks set before them.



*We must make a point to never forget our new enemy, the one who threatens not just our home, but the homes of the world.*

## Health Focus-Taking Charge of our Weight

by SSgt Ruth Sala

Feeling self-conscience about the extra pounds you might have put on over the winter? There are things you can do to get back on track and in shape over the summer.

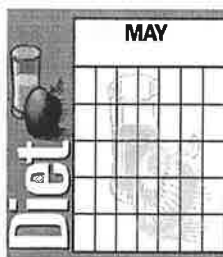
If you are looking to lose weight, it is always a good idea to talk to your doctor first. This is especially important if you have any health concerns, i.e., heart disease, diabetes, or high blood pressure.

Next decide on a reasonable goal, something realistic. A weight loss of 2-3 pounds a week is considered healthy and safe. Keeping a Food journal of everything

you eat for about 3 days is a great way to understand your current eating habits and shows you where you can make improvements.

Make sure this is a good time for you to make changes in your eating habits. If you are currently under an unusual amount of stress this might not be a good time for you to try to lose weight.

Don't be taken in by "quick fixes" or "fad



diets" which make unrealistic claims and can be unhealthy.

### How to spot a "fad diet"?

- Eating less than 1000 calories per day
- Promises very fast weight loss
- Uses the words "miracle" or "fat-burning"
- Has unbalanced eating plans
- Has unrestricted amounts of specific foods
- Requires vitamin/mineral supplements
- Fails to recommend long term changes to your eating habits



## Recipe of the month: Aloha! Hawaiian Dream

1/3 cup margarine, melted  
1 1/3 cup graham cracker crumbs

1/4 cup granulated sugar  
1 19 oz can crushed pineapple, drained (hold back 1/2 cup for garnish)  
1 package dry whipped topping mix  
1/2 cup skim milk  
1 teaspoon vanilla

### Directions

1. Combine margarine, sugar and graham cracker crumbs. Mix well. Press into a 9x12 baking dish.
2. Beat whipped topping mix, skim milk and vanilla until thickened and forms soft peaks. Stir in crushed pineapple and mix lightly.
3. Spread pineapple mixture on top

of graham cracker crust. Refrigerate for 1 hour before serving.

4. Sprinkle with the remaining reserved pineapple.

Makes 12 servings  
Serving size: 3"x3" square

Calories: 132 per serving  
Protein: 1.4 gm per serving

## 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



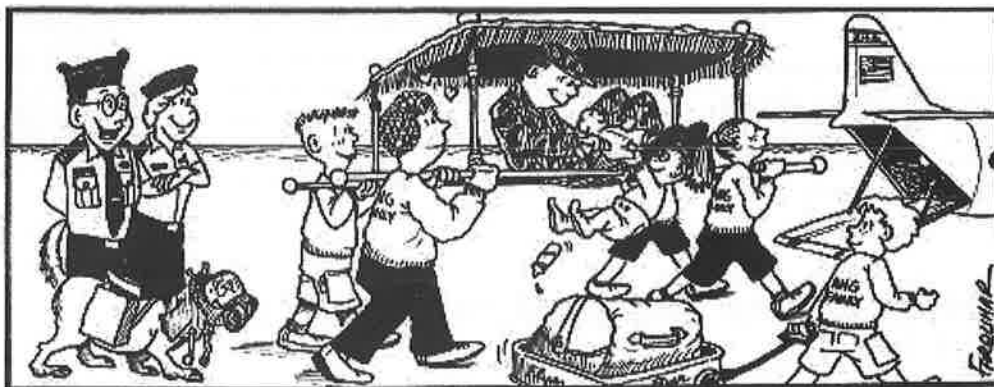
### *Family Readiness and Support*

#### 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.*



"THERE IS NO QUESTION... WE HAVE THE BEST FAMILY SUPPORT PROGRAM IN THE GUARD!"

## *The First Friday Fun Day!*

Family Readiness and Support planned and promoted the first Friday Fun Day for the 192nd FW families on Friday April 5, 2002, the last day of Spring vacation. MSgt Brenda Kirby volunteered to assist in chaperoning the group.

Participants were Faith Laposata, daughter of Sgt Mary Laposata; Jessica and Chris Wade, daughter and son of TSgt Jerome Wade.

Our first stop was at the Chickahominy YMCA for 1 hour of swim and working out.

At 1:00 p.m., we headed over to Regal Cinema-Short Pump to catch the movie, *E.T.* However, when we got to the ticket counter, *E.T.* was sold out. The kids decided to see *Clockstopper* as an alternative. It was a great movie and the kids loved it.

We enjoyed calzone and pizza from *The Slice* for lunch. The little restaurant, located next to the theatre, had good prices and a great food.

I had requested that the kids come with \$15.00 for the day to spend, but we ended up spending about half of that thanks to the movie tickets being provided at a discount from Col. Barker and Judy Wylie.

In spite of the few kids and the age range of 10,13, and 17, they all had fun and socialized well. We video recorded parts of the day and discovered that we have some real entertainers in our midst.

To quote Faith Laposata, "Family fun Day was one of the best days I have ever had!"

And Jessica Wade said, "It was really

fun! Let's do it every month!"

The next Friday Fun Day will be scheduled for the last Friday in June. We are looking forward to having just as much fun!



From left to right: Angie Wade, Faith Laposata, Chris Wade, Jessica Wade, MSgt Brenda Kirby



## Section Connection/In The News

Please sign up with Msg Shirley Cooper in operations, if you plan to attend, no later than June 5<sup>th</sup>. All monies will be due at that time.

There is no dress requirement for the game. Msg Shirley Cooper, ext. 6428 is however, taking orders for an air guard shirt for anyone but she hopes those attending the game would wear. "It would make us all easily identifiable. The shirts cost \$10 with Air National Guard across the front and an air guard patch emblem. A display is in my office. Orders with funds need to be received by May 15<sup>th</sup> in order to be available by game day."

### ChalleNGe prom

The date for the next ChalleNGe prom has been set for Saturday, 15 June.

### New CBT's

The Information Systems Users CBT has changed to the Network User Licensing CBT, but is still located under Courseware, Course List, and Information Assurance. The good news is there is only one module to take instead of six.

All new LAN users must take this new CBT as well as the INFOCON CBT. Current LAN users are encouraged to take this new CBT if for nothing other than to have it

done in case we are told that everyone must take it.

The LAN user training page has been updated to reflect this change. Any questions, contact MSgt Dave Shelton, x6119 or MSgt Hutt Williams x6119.

### Family Readiness and Support Honors the 203<sup>rd</sup> RH Volunteers

Family Readiness and Support held the first FRG Volunteer Recognition program on April 14, 2001 (during Volunteer Recognition Month) for the friends, spouses and daughters of the 203rd Red Horse Flight, who formed as a group after the tragedy of March 3, 2001. They have held monthly meetings since that time to provide support to the troops and to the families who suffered loss. They continue to draw new members to the group by their warm and welcoming spirits.

Angie Wade, Family Readiness coordinator for the 192d FW and 203rd RH, presented the members with an official Certificate of Appreciation from the United States Air Force, a Family Readiness Coffee mug, and a copy of the book "When Duty Calls". Those honored were Judy Batesole, Sharon and Megan Brown, Barbara Donmoyer, Paula Fuller, Maureen Garner, Patty Horrocks, Carolyn Kromkowski, Claudett Laws, Lynda Locklear, Melba Tucker, Debbie Turlip, Dot VanMeter, and Sharon Florki.

### MOVING IN, MOVING UP, MOVING ON

#### Gains for April

#### Unit

SRA David D. Davidson	Logistics Squadron
A1C Sean P. Brushwood	Maintenance Squadron
A1C Jerrold B. Baxter, Jr.	Medical Squadron
A1C Andrew J. Smith	CES
A1C Charles R. Dodge	203 <sup>rd</sup> Red Horse
Amn Nathan D. White	200 <sup>th</sup> WF
Amn John R. McKone, III	Maintenance
Amn Ebony A. Smith	Medical Squadron
Amn Shanamarie L. Pellon	203 <sup>rd</sup> Red Horse
Amn Joshua B. Butts	203 <sup>rd</sup> Red Horse

TSG Gregory D. Alves	MSG
TSG Jeffrey S. Ewers	MSG
TSG Leslie W. Mayo, II	MSG
TSG Ginaulo G. Poulos	MSG
TSG John L. McCraigne, Jr.	MSG
SSG John F. Nye	TSG
SSG Sean P. Slayton	TSG
SSG Glen L. Morreale	TSG
SSG Rhonda M. Montrose	TSG
SSG Walter B. Gooch	TSG
SRA Carl M. Royster	SSG

#### Promotions

#### To

MSG Darcy T. Burton	SMS
MSG Larry D. Harris	SMS
MSG James M. Taylor, Jr.	SMS
TSG Lonnie W. Minor	MSG

#### April Retirements

#### Unit

MSG Anthony A. Harris	AGS
-----------------------	-----

# Telephone Monitoring and Assessment Program

## IAW AFI 33-219 "Telephone Monitoring and Assessment Program" (TMAP)

The Air Force uses unsecured telecommunications systems such as telephones, cellular phones, radios, facsimile, and computer networks to conduct day-to-day official business. Adversaries can easily monitor these unsecured systems that could provide information on military capabilities, limitations, intentions, and activities. TMAP is the tool that is used to certify these telecommunications devices for the consent to be monitored. By 15 April 2002, the VaANG is required to recertify its TMAP compliance. This article is notification to the VaANG populace of the consent to monitoring through these telecommunications devices. The only organization authorized to conduct TMAP activities is HQ Air Intelligence Agency in Kelly AFB, San Antonio TX. They perform TMAP activities in a manner that satisfies the legitimate needs of the Air Force to provide Operations Security (OPSEC) while protecting the privacy, legal rights, and civil liberties of those persons whose communications are subject to TMAP monitoring. Any questions, see your unit TMAP monitors or contact the VaANG TMAP Office at 6119.

The following is an example of the consent to monitoring statement (DD form 2056) that appears on all computer screens at logon.

### DO NOT DISCUSS CLASSIFIED INFORMATION

THIS TELEPHONE IS SUBJECT TO MONITORING AT ALL TIMES  
USE OF THIS TELEPHONE CONSTITUTES CONSENT TO MONITORING.

DD Form 2056, Dec 85

Dec 76 edition may be used

## POL Reaches Milestone

by TSgt Ike Rawlings

The month of March 2002 for the Petroleum, Oils and Lubricants Shop (POL) was a milestone for SMSgt Edward A. "Eddie" Harris, fuels superintendent and his staff. A brief ceremony was held and attended by Col Stephen Hicks, commander and LtCol John 'Garrie' Denson, chief of supply.

Production for the month showed 385,510 gallons of fuel was issued. The highest amount issued by POL here since arrival of the F16 aircraft. It also ranked as the second highest production month of all time. "In 1978, 419,000 gallons of fuel was issued while we were flying F105's", said Harris. "The difference is the F105 burned more fuel, had a greater fuel capacity and we had more primary aircraft assigned [24]"

The F-16's supposedly burns less fuel and has a lower fuel capacity than its predecessor, according to Harris.

"We have 15 F-16's assigned. Of our 15 assigned staff, 14 have been activated," Harris said. "Fuel is issued seven days a week and we work around the clock. We run a four-person shift. We are just operating at a faster pace".

Denson agreed with the pace and operation. "More importantly," he said. "Through those things there have been no safety incidents, that's exceptional".

During this period of time POL also had received 360,000 gallons of fuel and maintained its operation with the liquid oxygen, liquid nitrogen and diesel fuels. Harris says that the usage of all commodities have doubled since activation.

Should the current OPS tempo increase even more, it is quite the possibility that fuel issuance could exceed all previous numbers. But you can best believe POL is up to the task without fail.



Col Hicks congratulates SMSgt Eddy Harris for POL's record month. They pumped 385,000 gallons of fuel for the month of march. That is a record for one month since 192<sup>nd</sup> fighter wing got the F-16C aircraft. The previous was set in August 1978 while the wing was flying the F 105 Thud. Sergeant Harris said POL is one of the few sections on base that has been fully activated with the exception of one person who is pregnant.

Photos by SSgt Dave Buttner

# Virginia Air National Guard Softball

by TSgt. Ike Rawlings

The Virginia Air National Guard softball season is underway. After a successful year in 2001, which culminated in winning the Henrico County League tournament, the guard team has decided to step up their ambitions.

"We had a pretty good season last year," said TSgt Gilroy "Roy" Phaup. "We finished second in the regular season and won the league tournament undefeated. We are off to good start this year. We won our first two games 31 - 17 and 17 - 10."

The team is sponsoring a golf tournament this year to assist in fund-raising to help the team go to the national ANG tournament in Ohio. The tournament was held in Boise, Idaho last year, which they did not compete.

"The golf tournament will help," Phaup says, "and it will be fun."

The softball team-sponsored tournament will be held at the Highland Springs Golf Club at 300 Lee Ave. in Highland Springs (737-4716). There is a \$60 cost per golfer, which covers goodie bags, lunch, golf, cart, door prizes and 50/50 entry, mulligans, beverages tournament prizes and concluded with a steak and awards dinner. That's right only \$60.

You may enter as a team or as a single entry. There is a four-person captains choice. Beverage and hole sponsors are available.

Contact Phaup at x6450 or MSgt Charlie "Bud" Wood at x6378 if interested. Deadline for entry is May 22<sup>nd</sup>.



Ribbon cutting at the grand opening of the new BX.

Photos by  
SSgt Dave  
Buttner



## Diversity: Preserving the Future of the Air National Guard

by Ike Rawlings

You may have wondered why Diversity Education is important or what does Diversity have to do with mission readiness? The answer is found in the future of the Air National Guard. More so than ever before demographic changes occurring in our country make it imperative that we recruit, retain, and develop the best and the brightest from all communities. The Diversity initiative seeks to educate Air National Guardsmen of the importance of including all members in this great institution that we call the Air National Guard. To include all members in developing strategies that will make us the best at what we do and to ensure our success well into the future. Diversity is not about counting heads, it's about making heads count and we must make every unit member count. The events of September 11<sup>th</sup> demonstrate the importance of a strong military and a strong Air National Guard. In order to remain strong we must utilize the brainpower, creativity, and talents of all of our people. When you are scheduled to attend Diversity training please come ready to participate and to learn.

## Combat Dinning In

Plans are underway for the base to host a Combat Dining In to be held on Sept. 14, 2001. The event is for military members and retirees of the Virginia Air National Guard and will be held at 7 P.M.. during the drill weekend in the 192<sup>nd</sup> FW main hangar.

Uniform for the event will be battle dress uniform (BDU) or DCU (desert cammies), or flight suit for air crew members. Civilian attire is casual.

The menu will consist of pizza, salad, cake, iced tea, coke, beer and wine. The cost will be E-1 through E-6 \$5 and for E-7 and above \$15. A guest speaker will be on hand.

According to SMSgt. Susanne L. Dates, 192<sup>nd</sup> FW first sergeant volunteers are needed to help with the event. "We welcome anyone who wants to help," she said. Volunteers are still needed to help with food, entertainment, ticket sales, clean up, etc. Anyone interested in volunteering or finding out more information are welcome to attend the next meeting at 1:30 P.M.. Saturday, May 18 in the MPF Testing Room.

## "TRY A LITTLE TENDERNESS"

"Marie Adams went to a branch office in her town because the postal employees there were friendly. She went there to buy stamps just before Christmas one year and the lines were particularly long. Someone pointed out that there was no need to wait in line because there was a stamp machine in the lobby. 'I know,' said Marie, 'but the stamp machine won't ask me about my arthritis.' We live in a world where sometimes "kindness" seems lacking. Yet, like Marie all of us need the touch and caring of others.

The parable of the Good Samaritan from Luke's Gospel is a lesson in human kindness. A man was traveling when he "fell into the hands of robbers." Three men passed the beaten man and for their own reasons only one stopped to

help the victim. The Lord was asked, "Which of the three was neighbor to the man who fell into the hands of robbers?" The answer, "The one who had mercy on him."

"Try a little tenderness." In our comings and goings in the Virginia Air National Guard let us intentionally show random acts of kindness to one another. God is so kind to us. He loves us and shows us affection so that we can show His love to others. "Somerset Maugham's mother was an extraordinarily beautiful woman married to an extraordinarily ugly man. When a family friend once asked how such a beautiful woman could have married such an ugly man, she replied, he has never hurt my feelings." VaANG, "try a little tenderness."

The Chaplain Staff

### What's for Lunch?

#### SATURDAY UTA

Steak & Cheese Sub  
Submarine Sandwich  
French Fries  
Corn on the Cob

#### SUNDAY UTA

Pork BBQ on a bun  
Hot Dogs  
Cheese Burgers  
Cole Slaw  
Potato Wedges

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

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