



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

Virginia Air National Guard

192d Fighter Wing

November 2002



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

Photo by SrA Michele Misiano, CF/SCV



ABOUT the VANGUARD

This funded Air Force newspaper is an authorized publication for the U.S. military service. Its content does not necessarily reflect the views of, nor are they necessarily endorsed by the Department of Defense, the Department of the Air Force, or the Virginia Air National Guard.

Submission Requirements

The Vanguard is printed monthly. Deadline for submissions is **close of business on Saturday** of the drill weekend. Please submit material to: **Vanguard@varich.ang.af.mil.**

The publication is edited & prepared by the 192nd FW Public Affairs Office. Our address is: 192nd FW PA, Virginia Air National Guard, 50 Falcon Road, Suite 6, Sandston, VA 23150-2524.

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

Check out the electronic Vanguard on the base Intranet.

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COVER:

Ian Skidmore, son of SrA Cynthia Skidmore, a Disaster Preparedness Specialist for the Virginia Air National Guard's 192d Fighter Wing, dresses up in a fire suit provided by the 192d FW Fire Department.

Family Day, The Very Best Yet

Family Day at the 192^d Fighter Wing took on a special significance this year. It was the first chance for all of us to get together and celebrate – really *celebrate* – since the tragic events of Sept. 11, 2001.

Adversity has a tendency to either pull a family together or pull it apart, depending on the strength of its shared values. In the case of the 192^d FW, our response to the terrorist attacks of 9/11 has made us a stronger, tighter unit. That says a great deal about the character of our people.

During the past year, we have asked all of you – the spouses, children and other dependents of 192^d members – to endure separations and make other sacrifices for the sake of your nation's defense. You have answered the call in every way, and I offer you my humble thanks.

As you are well aware, our need to defend against the menace of worldwide terrorism is far from over. We will continue to be vigilant and keep our guard up.

In the wake of the terrible events of 9/11, our first Family Day was a much needed repose from the stress of our increased operation tempo. There were

many reasons for the success of this event but none more important than the people who made it happen. There were countless individuals who pitched in to do whatever little piece of the puzzle that needed to be done at the time. And although I can't mention everyone by name, I would like to thank LTC Rick Turner and Family Readiness Coordinator Angie Wade for orchestrating Family Day and for taking responsibility for the planning of the events and experiences of the day. This year was the very best yet.

But most of all I'd like to thank you, the individual members who came out to take Oct. 5 as a day to pause and reflect, to be with our families here at the Guard base, to share food, fellowship and laughter, and to enjoy the special ties that make us all part of a larger family – the Virginia Air National Guard.

Sincerely,

Colonel
Stephen R.
Hicks,
Wing
Commander



Photo by
TSgt Ken Wright,
192 CF

Warrior Spotlight

Photo by SrA Michele G. Misiano

by TSgt Ike Rawlings, PA

Eight years in the Virginia Air National Guard and thousand of racquetball matches later, Tsg Robert E. Jones, command post training NCO is still striving to meet his goals. Originally from New York City and current resident of Hampton, Jones felt the VANG would meet the challenge he needed.

Jones began his military career with a USAF active duty tour for six years; joining in 1981 and separating in 1987. After seven years of pondering, Jones decided to join the Air Guard. He could build upon his six years of active duty and get some assistance towards furthering his education to boot.

"I wanted to serve my country and work towards my master's degree," said Jones. "I also want to reach retirement and hopefully achieve chief master along the way."

Jones is a racquetball enthusiast. "I call it my addiction," he says. His best memory is his match against [General Jumper] at Langley AFB. "It was a pretty good match," he said. "It was mine to win, but I was politically correct."

Jones has been a command post controller for about 8 years. He knows the importance of the position and he performs his job at a high level of competence. "Regulations say only the highest caliber of airmen will be controllers," Jones says. "We are the focal point for the wing commander. We carry out directives of HHQ. We are tried and tested on emergency action procedures. We



Tech. Sgt. Robert E. Jones mans the console at the Virginia Air National Guard's 192d Fighter Wing Command Post .

are most recognized in the heat of the battle, be it exercises or real world contingencies. We were among the first people activated when the unfortunate circumstances of 9-1-1 occurred."

Flight following is the routine responsibility of command post staff. They must know the whereabouts of all aircraft assigned to the unit and the maintenance status of each. "The aircraft are the assets of this unit," says Jones. "It takes everybody on base to get each one in the air. From the time it leaves our base, and until it returns it is our [command post] responsibility to know everything about it. The command post staff does a great job."

Student Flight Development Program

"First impressions are lasting..." These words state the thoughts behind the creation of the 'Student Flight Development Program.'

"This program is a concept of Col. Hicks," said 2dLt David Lands, who will lead the program development team. The idea is to enhance the development of our newest 'Team Virginia' members, while they await the formal training of BMT and Tech school.

The students will receive training in circumstances such as Air Force core values, drill and ceremonies, diversity, customs and courtesies and AF / ANG structure. They will receive briefings from all sections of the base, to include a base tour.

"It is important that senior leadership becomes involved," says SSG Michelle Roach. "It will let students know that they are a part of the team. Supervisors will also know students are busy and getting adequately prepared. Team building is the key."

The development program is scheduled to begin with the December 7th drill.

NEWCOMER'S ORIENTATION

ALL Student Flight Members - OPS Briefing Room

Saturday, 02 November 2002, 1300 hrs

"Everything you want to know about the 192nd, but were afraid to ask..."

General Seifert Retirement Ceremony



DEPARTMENT OF THE AIR FORCE
 HEADQUARTERS VIRGINIA AIR NATIONAL GUARD
 5505 CORSAIR DRIVE
 SANDSTON, VA 23150-2520

29Aug 02

MEMORANDUM FOR 192 FW (Col Steve Hicks)

FROM: CS

SUBJ: Letter of Appreciation

Steve, I am writing to express my appreciation to you, your senior leadership, and the members of the 192d Fighter Wing who supported our tasking during this past year. It has truly been a historic year with the demands required of the Virginia Air National Guard. The measure of success is always a job well done. We certainly witnessed that as our members took on the responsibility of defending our nation in a time of great need.

The response of the Wing during the first crucial days was remarkable. Without a clear order to mobilize, sustaining the requested tasking placed an unbelievable burden on our members. There was no hesitation, however, in doing what was needed. This response reflects the highest level of commitment. The success of those initial missions and all the follow-on missions is a testimony to the superb talent of those who made it happen. The increase in tempo was instantaneous, therefore difficult to manage.

Sacrifices had to be made in order to reach this new level of tasking. Usually, there is some notice before a mobilization is ordered, however, because of the circumstances; we were not given that luxury. In many cases, hardships had to be endured, and I thank everyone for being there when it counted.

I commend the Wing for serving their country and our nations' citizens. The effort was superb and deserving of recognition.

Robert Cerritelli
 ROBERT CERRITELLI, Brig Gen, VAANG
 Chief of Staff



State Command Chief Barnett presents BG Seifert with the Eagle.

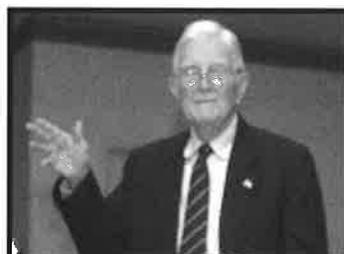


Capt. Bob Seifert, BG Seifert's son, is a C-130 gunship pilot.



LTC Cerritelli presents BG Seifert with a keepsake plaque.

Above is a copy of the last official correspondence from BG Seifert to Col Hicks.



On the left is a photo taken in 1942 of Thomas Todd Dabney, first commander of the 149th Fighter Squadron. On the right is Mr. Dabney at BG Seifert's retirement ceremony.



MG Williams presents BG Seifert with the Silver Platter while wife Sharon looks on.

Change of Command



Col. Hicks passes the guide-on to Lt. Col Bess, the new commander of the maintenance squadron.

Photo by Staff Sgt Dave Buttner

Classified Information!

Please be mindful when dealing with classified information. Don't let it fall into the wrong hands.

Commission Opportunities in the Virginia Army National Guard

The Virginia Army National Guard (VAARNG) has current openings in a variety of career fields for qualified applicants who wish to obtain a commission. There are several commissioning programs available, which include, State OCS, Reserve Officer Training Corp (ROTC) and Direct Commission.

Representatives from the Army National Guard have **tentatively scheduled a briefing** on the opportunities and eligibility criteria for their commissioning programs at the 192 FW base Chapel on 2 November 2002 at 12:30. If you or someone you know may be interested in one of these opportunities please plan on attending.

For additional information contact the OCS Training Officer, 1LT Denn Alaric at Com: 434-292-8242 or E-mail: denn.alaric@va.ngb.army.mil or the undersigned at Com: 804-236-6514.

Family Day Quiztory Contest Has A Winner!

MSgt. Tom Foard of the 192nd Aircraft Generation Squadron is the winner of the 192nd \$55 Quiztory, a historical quiz made available to Air Guard members and guests at the 192nd Family Day during the October drill. He answered 7 ½ questions correctly.



Photo by 2Lt Mark Widener

1. Who was the 35th president of the United States? **John F. Kennedy**
2. What deceased Richmond business executive is sometimes referred to as the "godfather" of the Virginia Air National Guard? **Ivor Massey.**
3. In what year did the Air Force become a separate branch of the Armed Forces? **1947**
4. Who was the first secretary of the Air Force? **Stuart Symington**
5. Who was the first general officer in the Virginia Air National Guard? **William E. Haymes Sr.**
6. What was the name of the B-29 that carried the atomic bomb that was dropped on Hiroshima near the end of World War II? And who was the pilot on that flight? **Enola Gay. Col. Paul Tibbets**
7. Who was the first commander of the 149th Fighter Squadron? **T. Todd Dabney**
8. In the 1960s, the entire VaANG was called to active duty for 10 months. Why? **For the Berlin Crisis.**
9. Who was president when Commodore Matthew Perry forced Japan to end more than two centuries of seclusion in 1854? **Millard Fillmore.**
10. Who is the current commander of the 149th Fighter Squadron? **Lt. Col. Gary Maupin.**

Professor Foard in a moment of quiet mental repose.

Announcements

SMOKEOUT - By Major Frank Yang, MC, FS

By now, everyone is tired of hearing, once again, the harmful health effects of cigarette smoking. All of you already know that smoking can cause all kinds of lung diseases, from bronchitis to emphysema, to exacerbation of asthma, to, yes, the “biggie”—lung cancer. You also know that smoking can increase the risk of heart disease. And some of you even know that tobacco use has been associated with many other kinds of cancers, such as cancers of the mouth, tongue, throat, and even cancers of the kidneys and perhaps pancreas as well.

But, did you ever notice that cigarettes can also cause other less serious, but nonetheless important, ill effects, such as early “aging” of the skin and more “windedness?” I am sure you have noticed that the skin on chronic smokers’ faces and necks are “older-looking” than their stated age, and even more wrinkled and more “leathery,” compared to the skin below their necks. This early aging appearance of the skin is due, in part, to damage from cigarette smoke, which rises upward to affect the neck and face and sometimes even the fingers that hold the cigarettes.

This skin effect is evident even in young smokers. The next time you are in the company of young smokers, look and see if their facial/neck skin already shows signs of this “early aging.” And just imagine how much more wrinkled and leathery their skin will become if they continue to smoke!

As for “windedness”, have you noticed that smokers tend to huff and puff more during physical activities compared to nonsmokers, such as moving boxes and walking? Some of them even exhibit labored and more audible breathing even at rest. And you correctly surmised that this is due to a decrease in their lung function, such that there is less reserve to be called upon when needed. You may need that reserve some day when you are tasked to do physical things, get deployed, become injured, or if you have to undergo anesthesia and surgery, or if you just want to enjoy a game of baseball or a hike in the mountains.

Okay, enough of the negative stuff. Now for something positive:

1. Most of the harmful effects from cigarette smoking can improve after the smoker quits.
2. You CAN quit...if you want to. There are different ways to quit. Some stop cold turkey while others need to taper down the number of cigarettes smoked, still others may need nicotine aids, such as gum and patches. Pick one avenue that you think will work for you and give it the best shot you can. Sustainment is key. Consult your physician, nurse, or local health departments if you need further assistance.

Everyone at the 192d Medical Squadron is rooting for you!

SMOKE-FREE ZONE!





Family Readiness News

Pull Out
Section

192d FW Virginia Air National Guard 203rd RH

Family Day 2002- We Are So Thankful!

Volume 1, Issue 9 November 2002

Family Day was a great success. Please see for yourself.

A very special thanks goes out to all who made our event possible, especially Multi-Media, who captured our day!

-Angie Wade



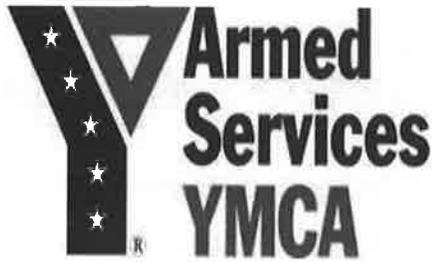
All photos taken by SrA Michelle Misiano and SSgt David Buttner.

Asides:

- *The Volunteer Family Readiness Group has Big Plans coming up the rest of this year to support our troops and the community. Please join us and share your talents. Thanks again to Christy Dalton, Richard and Clarissa Dempsey, Marie Edwards, Debbie Haynes, Ann Hicks, Diane Petree, Doris Pizzuto, Carolyn Smith, Philip Ta-wney, Jerome Wade for helping on Family Day.*
- *Next Volunteer Breakfast will be Saturday, November 2, 2002, 0830 to 0930 in the Chapel. Please RSVP to Ann Hicks at annuhicks@hotmail.com.*

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ALEXANDRIA, Va. (Nov. 1, 2002) – The Armed Services YMCA announced today its ninth **annual art contest** in support of Military Family Month.

This year the contest begins with **Military Family Month in November**, and concludes with a **deadline of Jan. 27, 2003**. A winner is picked from each service and awarded a **\$500 U.S. Savings Bond**. In addition, the winners' artwork is featured on the Military Family Month 2003 poster, sponsored by GEICO Direct. Second place winners receive a **\$100 U.S. Savings Bond**.

Students of military families in the Army, Navy, Marines, Air Force, Coast Guard and National Guard, in kindergarten through sixth grade, are eligible to enter. Department of Defense civilians' children may enter in an honorary category for a \$100 U.S. Savings Bond. Drawing should be in color, on 8.5-by-11 inch paper. Larger entries may be disqualified. Black and white drawings may be entered but are less

Armed Services YMCA Announces Art Contest

likely to be selected as top winners. Entries should depict the student's military family. Please do not identify family members on the drawing.

The **following information** should be included on the **back** of each entry: **student's name, grade and age; address; phone number or email a parent may be reached; parents' names; service affiliation; rank of military member; military installation;** and if you attend a Defense Department school, school's name.

Mail entries to Armed Services YMCA, Attn: Art Contest, 6359 Walker Lane, Suite 200, Alexandria, VA 22310. Entries should be **post-marked no later than Jan. 27, 2003**.

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. Celebrating 141 years, the Armed Services YMCA, an affiliate of the YMCA of the USA and headquartered in Alexandria, has more than 80 program locations around the world.

...and Essay Contest !

What it is A contest where you tell the Armed Services YMCA and co-sponsor U.S. Naval Institute why you like to read!

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.

The deadline is March 17, 2003. For additional information, visit the Armed Services YMCA's web site at <http://www.asymca.org>, or call 703-313-9600. Email queries may be sent to militaryfamilymonth@asymca.org.

Cookbook Project Due-Date Extended

The FRG Cook Book is still an active fund raising project, and we are still excited about it! However, the schedule and the criteria have changed – now it's going to be a *really* fun project.

In lieu of receiving your recipes by November, the due date has changed to January 2003. By doing so, you will have the opportunity to think back on all of those delicious meals you and your families enjoyed during the Thanksgiving and

Christmas holidays. I am sure you will find out that secret recipe for grandma's fruitcake, or your aunties bread pudding, or your uncle's roasted duck. And then you can send them to us to publish in the FRG's Fund Raising Cook

Also, as an added attraction, when you buy the FRG's Fund Raising Cook Book, you will receive a ticket to attend a cooking review presentation absolutely free. Yea! It will be sponsored at the 192nd FW base, and

hosted by many of those who have submitted the recipes. This event will be held on a weekend in the month of February 2003. Carolyn Smith, the wife of Chaplain Smith, will also be putting on a show for your entertainment. It will be an exciting delicious time.

Call Angie Wade @ 804-236-7036 or email Carolyn Smith at cmwsmith@cox.net for more information.



TRICARE Awards New Mail Order Pharmacy Contract

The Department of Defense (DoD), TRICARE Management Activity (TMA), awarded Express Scripts Inc. of Maryland Heights, MO., a contract to provide mail order pharmacy services for the TRICARE Program. The contract covers a five-year period and is valued at approximately \$275 million over the five years.

"The DoD learned from the past five-year contract about the benefits and services that are important to beneficiaries," said Dr. William Winkenwerder, assistant secretary of defense for health affairs. "

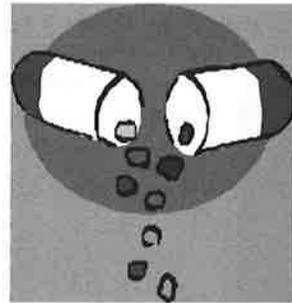
"We have worked to improve be-

nefits and have designed the next generation of TRICARE contracts, including the mail order pharmacy contract, to build on constantly increasing levels of excellence in performance and value.

It is our goal, as well as our commitment to our beneficiaries, to ensure they have the best health care available, and we believe this contract will help us meet this goal."

The new TRICARE Mail Order Pharmacy (TMOP) contract will replace the existing National

Mail Order Pharmacy (NMOP) contract, which is due to expire at the end of February 2003. The TMOP contract will provide a worldwide, full-service mail order pharmacy program to all TRICARE-eligible beneficiaries and will begin on or about March 1, 2003.



Finances: Help Your Parents on the House!

Taken from www.fedweek.com

Here's a familiar scenario: your parents (or one parent) want to stay in their house, where they're comfortable, but they also need to cash in their home equity for a comfortable retirement lifestyle.

You can help by buying your parents' home, then renting it back to them. Both parties stand to gain, thanks to the tax code. Chances are, your parents aren't getting many tax advantages from home ownership:

After living in the house for so many years the mortgage may be paid off, or nearly so. With a low mortgage or no mortgage, they get little or no deductions for mortgage interest

Even if they pay mortgage interest, the deduction may not be worth much, if their retirement income puts them into a low tax bracket. The same goes for their property tax deductions.

Many seniors take a standard deduction rather than itemize. If your parents are in this category, they're getting no tax benefit from home ownership.

On the other hand, if you buy your parents' house and rent it back to them, you'll probably be in a position to profit from the tax benefits of owning investment property.

Meanwhile, your parents stay in their familiar house, with cash in their pockets.

In most cases, your parents won't owe any tax on the sale. As long as they've lived in the house at least two years, they can avoid tax on \$500,000 worth of gain (\$250,00 for single taxpayers). With tax-free cash from the sale, your parents will likely be able to pay a "fair market rent" to keep living in the house. That's a requirement in order for you to maximize your tax advantages.

In any case, you'll be allowed deductions for property taxes and mortgage interest.

If the rent is fair and the house is considered rental property, you also can take deductions for operating expenses such as utilities, maintenance, insurance, repairs, supplies, and so on.

Travel expenses also may be deductible: if you go to visit your parents, some or all of your expenses can be written off as investment property monitoring. In addition, residential properties placed in service can be depreciated over 27.5 years.

These deductions can offset the rental income you receive from your parents so most or all of this income can be tax-sheltered. If your expenses exceed the rental income, the loss may be deductible, in whole or in part, if your income is under \$150,000.

192d FW Virginia Air National Guard 203rd RH



Family Readiness and Support

50 Falcon Rd Ste.6
Sandston, VA 23150

Phone: 804-236-7036

Email: angeli.wade@varich.ang.af.mil

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.

Congratulations to ANG Family Members!

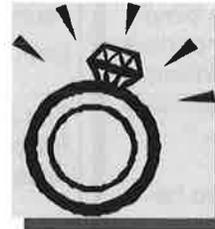
New Fathers



SrA Shaun Helmick and Sandra had a new baby boy!

MSgt Mike Ward and Debbie had a new baby boy.

TSgt Roy A Perkins and Lisi had a (really big!) baby boy on September 11.



Marriages

1st Lt Jackie Minter of CE is now 1st Lt Jackie Nino (Gerry).

SrA Kevin Patterson recently married Megan!

Here's a hot recommendation for you!- Angie



Greeting Cards for America's Military

Late in their careers, four veterans of the U.S. Military Services started Patriot Greetings Inc. to meet the need for military-theme greeting cards that celebrate the achievements, recognize the occasions and affirm the relationships unique to the military.

Their humorous, warm, uplifting artwork and inscriptions accurately capture the moments, accomplishments and sentiments of military life. Their cards are special because they:

- Are authentically designed by military personnel for the military community
- Convey the messages of our citizens to their loved ones in the military
- Lift the spirits and warm the hearts of military personnel far from home

You can find them at www.patriotgreetings.com



Let's help a family for Thanksgiving

The members of the 192d FW Family Readiness Group is sponsoring a family from our community to show our appreciation for their support.

Please consider what you can provide to our special VaANG gift basket. Please bring donations to the Family Readiness office Monday through Friday 0800 to 1700 by November 15, 2002.



Christmas Mother Program

Volunteers needed for December 12, 13, 16,17 and 18!

Both military members and family volunteers can come by the Family Readiness office to sign up daily from 0800 to 1700 or call 236-7036 for details.

Announcements

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 04 schedule. Class dates are as follows:

04A	07 OCT 03 – 19 NOV 03
04B	21 JAN 04 – 03 MAR 04
04C	08 MAR 04 – 28 APR 04
04D	06 MAY 04 – 17 JUN 04
04E	07 JUL 04 – 17 AUG 04
04F	01 SEP 04 – 14 OCT 04

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

1. Be in the grade of E-7 or E-8; 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 as selections are based on a point system).
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.

All interested applicants should contact SMSgt Gates, MPF Training Office, Ext 6590 or TSgt Patty Lapolt, Ext. 6436. Applications must arrive at State Headquarters NLT 31 Jan 03 to ensure all endorsements are submitted with applications packages. A selection panel will convene in Mar 03 at NGB to consider all applications. Late packages will not be considered.

MOVING IN, MOVING UP, MOVING ON

<u>October Gains</u>	<u>To</u>	<u>October Promotions</u>	<u>To</u>
MAJ Potas, Daniel J.	149 th Fighter Squadron	MAJ Walter, James W.	LTC
CPT Pauten, Robert R.	Medical Squadron	CPT Moran, Edward	MAJ
CPT Ryan, Jeffrey L.	Maintenance Squadron	TSG Taylor, Adrian N.	MSG
MSG Stumm, Maria	State Headquarters	TSG Norbut, Thomas C.	MSG
TSG Wylds, Debra K.	192 nd OSF	TSG Jerome Wade	MSG
SSG Coble-Beach, Martha E.	Medical Squadron	SSG Ness, Amy M.	TSG
SSG Lucero, Edward F.	203 rd Red Horse	SSG Roberts, Larry M.	TSG
SRA Brown, Ian	192 nd Fighter Wing	A1C Johnson, Erik S.	SRA
SRA Gilligan, Mark	Maintenance Squadron		
SRA Sheets, Travis H.	Maintenance Squadron	<u>October Retirements</u>	
A1C Amoroso, Amanda J.	Services Flight	BG Robert O. Seifert	
A1C Bailey, Terrell D.	Aircraft Generation Squadron	MSG Francisco Gonzalez	
A1C Carnahan, Jerod B.	Maintenance Squadron	MSG Gary C. Crump	
A1C Johnson, Linda M.	Medical Squadron	MSG Arthur L. Howle	
A1C Justice, Randy C.	Aircraft Generation Squadron	MSG Tyrone M. Jones	
A1C Lumpkin, Howard	203 rd Red Horse	MSG Charles E. Knight	
A1C Lynch, Cory C.	203 rd Red Horse	MSG Lloyd L. Meredith	
A1C Mills, Jonathan E.	Maintenance Squadron	MSG Stuart E. Underwood	
A1C Reeves, Nicholas A.	Maintenance Squadron	TSG Gwendolyn Mitchell	
		TSG Mary B. Wise	

Volunteers Needed To Help With December Challenge Prom

"Mark Your Calendar! Tell your friends," announces 1st Lt. Toni Vanderspiegel, State Headquarters. "The next Challenge Prom date has been set for Saturday, Dec. 14. I'm looking forward to seeing everyone who has helped with past parties, and I hope to see lots of new faces, too."

The Challenge Program, based at the State Military Reservation in Virginia Beach, is a 5 1/2-month in-residence program designed to help high school dropouts get their lives back on track, complete a high school equivalency diploma program, and receive money for follow-on education or job training.



Twice each year (December and June) the Virginia Air National Guard hosts a party for the class preparing to graduate. As usual, the event will be held in Hurt Hall and begin at 7 p.m. Volunteers are needed to help with a variety of party activities, including: decorating, hall set up, food preparation and service, cadet photos, and clean up. Individuals or duty sections, interested in helping with the December party are invited to attend the planning meetings at the VaANG State Headquarters, building 3630, on UTA Sundays Nov. 3 and Dec. 8 at 3 p.m. in the Training Room (#9).

"If you can't attend the meetings, but want to help out, let me know," Vanderspiegel says. "Also, please let me know if you plan to stay in Virginia Beach with us and what nights you need a room. If you have friends who may be interested in volunteering, tell them about this wonderful event. The party is a great way to give the cadets a much-deserved pat on the back for turning their lives around. Also, Virginia Beach is a fabulous place to visit and you'll have plenty of time for the beach or shopping after setup and before the party starts."

Call Vanderspiegel at ext. 6012, or e-mail her for more information or to volunteer.

Letter To The Editor

by Ann Martin - PA

Many people have been thanked for their efforts in helping the nation cope with the events of 9/11. One unit member recently took the time to write an editorial for the Richmond Times Dispatch to remember not only his comrades, but the local community as well. TSgt. Michael F. Higgins, a full time crew chief with the 192nd FW was so in awe of the support given by the local community, as well as his fellow guardsmen during Operation Noble Eagle, that he felt inspired to write his story. The 29-year Air National Guard veteran said it was not uncommon for people at a local convenience store to thank service members when they went out for lunch. "Support by the local community has been outstanding," said Sergeant Higgins who is the crew chief for the wing commander's airplane. "I wanted to express our thanks as best as I knew how," he said. Sergeant Higgins article read as follows:

192nd Fighter Wing Defends America

Since September 11 of last year, the 192nd Fighter Wing, Virginia Air National Guard has participated in Operation Noble Eagle, which involved a 24/7 commitment to fly protective combat air patrols over Washington and New York. On that awful day, many of our members reported for duty without being notified and some traveled from as far away as Staunton and Danville. It took some time for the necessary logistics effort to catch up with our mobilization; there was no housing, dining facilities had to power up to a full-time capability, etc., but the mission had to be accomplished regardless.

I have watched in awe at our members fulfilling their duty in our country's time of greatest need with little complaint. Although the social values of today's youth may leave one in doubt, let there be no doubt that Virginia and America are in good hands. These kids have the right stuff!

As an older member of the Virginia Air National Guard and on behalf of all our men and women, may I just say thank you to the citizens of Richmond for their support. So many churches and schools, as well as individual citizens, have expressed their appreciation that it would be impossible to name all of them. We are privileged to represent Virginia and America in these times, but it is so much easier when we have the warmth and support of the community. Thank you, Richmond. Let's roll!!

- Mike Higgins.

192D FW ANNUAL FAMILY DAY

Photo by SrA
Michele G.
Misiano



Yvonne Nelson graciously served as the MC for Family Day.

Photo by Staff Sgt Dave Buttner



Staff Sgt. Cynthia Tarry and her family get some up to date information about the TRICARE benefits available to them.

Dorothy Ogilvy-Lee, Chief of the National Guard Bureau Family Programs, checks out the fruit at the Commissary booth. The Commissary had some of their foods for sale during Family Day.



Photo by Staff Sgt Dave Buttner

Children of members of the Virginia Air National Guard's 192d Fighter Wing play in the "moon Walk" display during the Family Day Events held during October drill.



Photo by SrA
Michele G. Misiano

192D FW ANNUAL



Tech. Sgt. Michael Rawlings, a member of the Virginia Air National Guard's 192d Fighter Wing Public Affairs Office, hoola-hoops to music with his twin daughters, Nicole and Michelle, during the 192 FW Family Day event.

<- Photos ->
by SrA Michele
G. Misiano



Mrs. Hicks, wife of Col. Stephen Hicks, commander of the 192d Fighter Wing, Chaplain Smith, and Chaplain Kelley sing the "12 Days of the Deployment" along with the whole Chaplain's office for a presentation given by Family Readiness and Support.

A guardmembers son is helped on to one of the ponies in front of CE during the family day events.



Photo by Staff Sgt Dave Buttner

Photo by
SrA Michele
G. Misiano



Garrett Peak, son of Lt. Col. Mimi Peak, a Flight Surgeon for the 192d Fighter Wing, competes in the "Drag Race" display during Family Day.

Elvis was in the house, or should we say hanger on Saturday. Here he is up close and personal singing to the crowd.



Photo by Staff Sgt Dave Buttner

Lt. Col Robert Namiot serves up some delicious coleslaw during the lunch at the family day celebrations in front of the hanger.



Photo by Staff Sgt Dave Buttner

FAMILY DAY



Children of Guardsmen played on many of the displays set up for the Virginia Air National Guard's annual Family Day events. The 20 ft. fire truck, shown here, was a favorite among the children.



Tech. Sgt. Jose Mejia and his children look inside of the F-16C cockpit as part of the displays of Family Day.



Master Sgt. Terry Ellis, a Security Forces Craftsman for the 192d Fighter Wing, shows Guardsmen and their families how to shoot the M-60 during the 192 FW Annual Family Day.



TSgt Lorraine Wall staffs the diversity table.

The Buddy Walk race heats up as the Commonwealth Challenge kids get the hang of things and start to pass the competition.



Maj. Dave Kølmer, the Civil Engineer Officer for the 192d Fighter Wing, plays the bag pipes for the Wing's USO show during the Family Day events held in October, 2002.



All photos on this page taken by SrA Michele Misiano, CF/SCV



This American flag was crocheted by SMSgt Kathy Massie of the 192 LS/LGSW. The work was done shortly after the events of 9/11/01 and has been on display in the MRSP Building since then. LtCol Denson constructed the case which holds the flag. If you get a chance, go over and take a look at their fine work.

What's for Lunch?

<p>SATURDAY UTA</p> <p>Steak Sandwiches BBQ Ribs Breaded Pork Steaks w/Gravy French Fried Potatoes Green Beans Orange Cake</p> <p>SANDWICH LINE: Roast Beef Turkey Tuna</p>		<p>BOTHDAYS: Asst Beverages Salad Bar</p>	<p>SUNDAY UTA</p> <p>Shrimp Cocktail Baked Ham Roast Turkey Boneless Vegetable Gravy Corn Bread Dressing Peas with Mushrooms/ Corn Mashed Potatoes</p>	<p>Candied Sweet Potatoes French Apple Pie Asst Fresh Fruit Asst Candies Asst Milks Asst Breads</p>
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