



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

Virginia Air National Guard

192nd Fighter Wing

October 2002



## Inside

**Christmas Stocking  
Stuffer Program:**

*Page 3*

**1st Annual Combat**

**Dining In: Pages 6-7**

**Family Readiness**

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

Photo by P. KEVIN MORLEY



## 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.*

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*Check out the electronic Vanguard on the base Intranet.*

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Virginia Governor Mark Warner chats with Darby Hill, a first grader who, when she was a kindergartner, inspired the Virginia Air National Guard with her patriotic thank-you drawing which she gave to them. Warner was signing a Statement of Support for the Guard and Reserve to recognize the role the Guard plays in protecting Virginians. Behind Warner (left to right) are General Claude Williams, John Marshall (Virginia's secretary of health and safety), Colonel Steve Hicks (192nd Fighter Wing commander).

## Drug Testing Program is a Priority

First let me start by saying thanks to each of you that have worked so hard over the years to make this the outstanding unit that it is. There have been many challenges along the road and an increased OP Tempo to boot, but we always come out on top. We are an outstanding unit because of outstanding people like you.

Even an outstanding unit, though, has areas in which it could do better. Our Drug Testing Program is one such area for growth. We have set such a high standard in everything else we do and we must make sure this area lives up to those standards.

The purpose of the Drug Testing Program is to support mission readiness and to deter illegal drug use. Air National Guard testing levels are established by the Chief, National Guard Bureau, and are approved by the DOD. Selection is done on a random, non-biased basis from a test pool of all assigned members. Members in the test pool each have the same statistical

probability of selection so repeat selections will and should occur.

**"We are an outstanding unit because of outstanding people like you."**

I ask for your support in making this program a high priority. I am establishing the Drug Analysis Program as a Wing Special Interest Item. It is critical that members selected for drug testing or to be monitors are present when scheduled. I know that things can get pretty hectic during UTA's but if

you are tasked to be tested or with monitor duties you need to make that a priority.

I am sure we will achieve the same level of excellence with this program as we have with many others in the past. We have a history of excellence. And with your help, history will repeat itself again.

*Photo by  
TSgt Ken Wright,  
192 CF*



## Chaplain's Corner - Family Day at the Virginia Air Guard - by Ch (Capt.) Ed Moran

In this day and age, referring to 'family' can be a confusing business. Most of us think of the 'nuclear' family as our stated point of reference. This is the standard, dad, mom and the kids. Lately however, family has come to be defined in different ways. We have the single parent family, the mixed or blended family, and the extended family where there are one, many or multigenerational parents involved in raising children. Whatever 'family' you choose to bring to our unit's Family Day, Welcome and Blessings!

Family Day is the Guard's way of acknowledging the family's role in supporting the mission. It is a way of opening up the Base to show spouses and loved ones alike where we work and what we do in defense of our country all in the context of getting to know each other better and enjoying the events planned for the day. It's a great way of seeing something of the support system each member contributes to the larger 'family' of the Guard. In coming off active duty and interviewing with the Guard, I remember being distinctively impressed in seeing how connected the

members were to one another and to their respective families. Going a little deeper beyond the surface, faith teaches us that our families are a great gift from God that help us appreciate better that great Giftgiver who is God. At this level, families speak to us of essential things like origins, belonging and identity. The values and experiences we learn in our families are the ones we carry with us into our current situations, form our personalities, influence the ways we commit ourselves to others and ourselves. Appreciating these truths will help us to put a special sense of appreciation into our Family Day.

While we are enjoying ourselves, let's not forget to stop and offer a prayer for our families and those families who have made the ultimate sacrifice of their service member who died in combat. Let us pray and support those families who are separated due to deployments overseas in far away dangerous and deadly duty assignments. We can better celebrate our unit's Family Day by thanking God for giving us our families in whatever form we have them and, by faith, see His hand in all that He uses in them to effect our lives.



## Christmas Stocking Stuffer

Photo by MSgt Carlos J. Claudio



Salvation Army Lt Col Ester R. Morrow and 192FW Security Forces Master Sergeant Ginaulo G. Poulos take a minute to promote the Salvation Army's Christmas stocking stuffing program. The Salvation Army provides the empty stockings and the gifts and the 192nd provides the labor. Poulos has been with the program since the beginning when only 40 stockings were filled on the first year. Six years later, the goal is to fill 700 stockings.

Photo by SrA Shannon Johnson



Guard elves happily display a stuffed Christmas Stocking. SMSgt Gary M. Bradley, TSgt Thomas C. Norbut and TSgt Michael "Ike" Rawlings are all smiles.

Please see your First Sergeant to get your empty stocking to stuff. The turn in date for the stuffed stockings is December 8. Help us to provide hope, to remind these kids that they are not forgotten and they do have a chance to succeed in life and to make their Holiday just a little brighter.

## ALS Graduate wins coveted Levitow Award

by TSgt Michael Rawlings, PA

Say the word 'distinguished' and 'honor' and you can generally find members of the 192d FW to live up to the creed. It was no different at the graduation of the most recent Airman Leadership School (ALS) at Davis-Monthan AFB, IL.

Three members of the unit completed in-residence status of ALS and to top it off, one of our troops walked away with the John L. Levitow Award. Instructors and peers select the recipient of this distinguished award. The deserving student must excel academically and be recognized for outstanding leadership.

SSgt Tammy Feaster of logistics, who was promoted from SrA to Sgt at the graduation, was the Levitow award winner. SSgt Johnathan D. Walker and Victor "Neal" Rothenbach of AGS were also graduates from the active duty leadership school.



Feaster(center) receives John L. Levitow award from (l) ret. Navy chief Giles and CMSgt of NCOA McMerty. Photo by Capt Marc Wimmer.

"I was honored," said Feaster, regarding the award. "I like others put in a lot of hard work. It is not an individual award however. My unit helped to prepare me prior to going. My classmates helped me while I was there."

Walker recommends that other airmen take advantage of the opportunities afforded by ALS. "You can't get the experience from a CDC," he says. "You get leadership and time management training. You are helped with writing and speech skills."

Feaster enjoyed the training as well. "The flight chief and instructor were great. They had a great love for teaching and they made it fun," she said. "They didn't try to intimidate us".

"I research every thing so I was prepared," Feaster went on to say. "I would encourage all airmen to go in-residence. Just be prepared, understand expectations and research."

## Announcements

Diversity Training classes will be held on Saturday and Sunday of the November, December, and January UTAs at the Holiday Inn Airport. Saturday classes are held 0830 - 1700 and Sunday classes are held 0730 - 1600. Please contact the Base Training Office to schedule members for training.

### NATIONAL BREAST CANCER AWARENESS MONTH

October is National Breast Cancer Awareness Month. Other than skin cancer, breast cancer is the most frequently diagnosed cancer in women in the United States today. Risk factors such as family history of breast cancer, age, personal history and reproductive history increase the risk of breast cancer.

Daily lifestyles decisions may affect breast cancer risk. Poor diet, insufficient physical activity, alcohol use, and smoking all can contribute to breast cancer risk. Lifestyle improvements represent smart steps toward a healthier life. Besides possibly reducing the risk of breast cancer, they can help prevent heart disease, diabetes, and many other chronic, life-threatening conditions.

Every woman has some chance of developing breast cancer in her lifetime. Contrary to popular belief most women who develop breast cancer do not have a family history of the disease. Monthly self-exams, annual clinical breast exams and annual mammograms (an x-ray of the breast) for women age forty and older will provide the best protection against breast cancer. Early detection is the best defense in the battle against the disease.

Air Force policy on mammography requires all female members to have a baseline mammogram at age forty and with each subsequent non-flying or long-flying physical examination. Virginia Air National Guard members requiring mammograms are notified annually. Guard members may choose to have this screening accomplished by their private physician or the 192<sup>nd</sup> MDS will provide this service through a local hospital.

For questions about the 192<sup>nd</sup> Medical Squadron's mammography program, please contact TSgt Dawn Wilson at extension 6010.







# Family Readiness News

Pull Out  
Section

192d FW Virginia Air National Guard 203rd RH

Volume 1, Issue 8 October, 2002

## Family Day in October : More fun Than Ever!

Yes, Elvis will be in the building!

The building is the Hangar at the 192d Fighter Wing, Virginia Air National Guard as we salute our families for Family Day on October 5th!

"Last year, we were very disappointed to have to cancel the event [after September 11]", said LTC Rick Turner, planner of the Family Day Events. "But it was not time to celebrate; it was time to get the job done."

This year, all of the fun planned for the last year is scheduled for this Family Day.

Working with Lt Col Turner this year is Family Readiness coordinator, Angie Wade.

The events this year will

include a USO-style show, being brought to our families by talented local entertainers.

"We're excited that local **Elvis** impersonator, **John La-Francis** will be sharing "The King" with us. I have seen him and he makes a great Elvis!" Angie commented.

Among our other talents will be Miss **Jan Guarino** who is well known for her Haynes Furniture Commercials and her Broadway style singing and dancing in local theaters.

**Sara Meli**, a local marketing manager with WRVA, is a little lady with a huge singing voice and will be gracing our stage, as will Glenn Pullin, a big Mechanicsville talent who will also be singing.



But there is yet a surprise waiting as one of the 192d's own hidden talents will "bless" us with her accapela rendition of the National Anthem at the start of the show. This will be a well kept secret until the day of the show.

Our emcee for the show will be **Yvonne Nelson**, formerly with Channel 12 and well connected with the 192 FW through her work with American Family Fitness center in Mechanicsville.

So, as LTC Turner would say, "So y'all come on out for some good ol', down home cookin', fun-n-games, and a wonderfully prepared USO show".

And y'all need t' do what he says! See Ya there!

### Asides:

- *Correction!*

*The time of the Family Readiness Briefing will be from 0900 to 1030, not 0930 to 1030 as previously posted.*

- *The Volunteer Family Readiness Group has Big Plans coming up the rest of this year to support our troops and the community. Please join us and share your talents.*
- *Next Volunteer Breakfast will be Saturday, October 12, 2002, 0830 to 0930 in the Chapel. This is a non-drill meeting. Please RSVP to Ann Hicks at annhicks@hotmail.com.*

## Family Day Briefing

*Please plan to join us for our Family Briefing  
Our special guest for the day will be*

*Dorothy Ogilvy-Lee is Chief of the National Guard Bureau Family Programs*

*Please join us in the 192d FW Dining Facility  
From 0900 to 1030.*

*We will discover the history and goals of Family Readiness and Support together!*

### Inside this issue:

Family Day Schedule	3
Displays at Family Day	2
Finances: College Free for spouses! Again!	2
TRICARE for College Students	3
Welcome "new members"	4
Announcements	4

## Check Out the Informational Display Tables on Family Day!

A very special Feature for Family day this years will be **displays set up in the hangar** for your edification!

**Chief Sam Meador and crew** are planning to surround the hangar with engine displays and equipment that makes the F-16 Falcon the incredible fighting machine that it is. Members of his crew will be available to answer questions for you.

The chief is also planning to have some **static F-16 's on display**. Your kids will appreciate being able to get up close and personal.

**TSgt Lori Walls** will be featuring a **Diversity Display** with the help of the members of the 192d.

**Our base historian** will be setting up a display that will feature -you

guessed it- the **history of the Virginia Air National Guard**.

The **Red Cross** and **Makita Lewis** will have a Family Display table. Please drop by to pick up some information

**Sprint PCS** will be visiting us with a display as well as **SunTrust Bank**. Both of them will be available to answer questions for you from **keeping in touch** with your family to how to understand the **VA Loan process**.

**TRICARE** will also be here to personally answer all of your individual questions and to provide updates.

**EANGUS** will have a table for you to stop by. EANGUS is a group whose function is to keep up with legislation that affects the service member and his family.

The **First Sergeants** will be sponsoring a table to **kick off their Salvation Army Christmas Stocking Program**. Plan to stop by to see how you can help!

And of course, **Family Readiness** will sponsor a table. Please stop by to pick up a ticket for the special drawings we will be having during the USO show.

You will also be able to **pick up your Family Readiness packets**, filled with information to help you prepare for a separation due to deployment and to help you to assist others!

We hope you will enjoy your day. Please let us know how we did! Our goal is to meet your needs!

## Finances: College Free For Spouses

By Tanya S. Biank, Staff Writer, Fayetteville (NC) Observer  
August 29, 2002

Military spouses can now register for free college courses through an online university scholarship program.

The American Military University's Spouse Schoolmates Scholarship Program is providing 2,500 scholarships worth \$3.7 million to military spouses for undergraduate education in 2002.

The scholarship program, which was launched last month in Washington, allows spouses of service members who are taking AMU courses to enroll for free.

"They don't even have to pay for books," said Terry Grant, the program's director. "And that's unheard

of."

Grant said 85 percent of the wives of enlisted men do not have bachelor's degrees. "There is a need," she said. "There is definitely a need. "Spouse employment and education is a big issue."

The spouse can register for the same number of courses as the Service member and can take any course offered by AMU, Grant said. Spouses of active-duty, Reserve and National Guard service members are eligible. The scholarship covers \$750 per course. Students must maintain a 2.5 grade point average.

Classes start the first Monday of every month. Students can take

four-, eight- or 15-week courses. "With other grants, loans and scholarships you have to prove how bad off you are," Grant said. "You don't have to bare your financial soul to us."

Students will need computers, though.

Students attend an "electronic" classroom and can e-mail their instructors, chat online with other students, and download research materials and assignments.

Grant said students who don't own computers can use library computers or those on post.

For information or to register for the Spouse Schoolmates Scholarship, call (877) 468-6268 or log on to <http://www.apus.edu/apus/spouses/>.



**Amusements**

For Family Day

Moon Walk



Buddy Walkers

20 ft Fire Truck Slide

**Menu**

Barbecue Sandwiches

Hotdogs

Coleslaw

Rolls

Beverage

Ice Cream

**Family Day Schedule**

**9 am**– Family Briefing in the dining Facility  
Special Guest Speaker:

- **Dorothy Ogilvy Lee**,  
Chief, National Guard Family Programs

**10:30 am**– Break to go to the Hangar to view displays

**11:00 am**– Lunch, Music, and Fun

**2:00 pm**– A USO-style Show

**3:00 pm**– Time to go home and relax after a great day at the 192nd FW Family Day!

**TRICARE for College Students**

Now is the time of year when thousands of students prepare to leave home and head off to school. One of the important things to do is select the TRICARE option which will work best for both the family and the student.

The first thing to do is check the student's ID card and make sure the card, and DEERS, are still valid and reflect eligibility for benefits. If the ID card expires during the school year, DEERS will normally change to an ineligibility status on the expiration date. Stop by your military personnel office and visit the ID card section to make sure the student remains eligible for TRICARE benefits.

To be eligible for TRICARE, unmar-

ried or age 23 if they are full-time college students.

Secondly, determine if Prime is available in the area where the school is located. This can be done by calling the toll-free number in the region where the student will attend school.

If the student will be living in a different region than the rest of the family and enrolls in Prime in that region, this is a split enrollment and no extra enrollment fee will be required. (Remember active duty families do not pay Prime enrollment fees!)

When enrolling a student in Prime under these circumstances, make sure to tell the gaining region this is a split enrollment.

If Prime is not available, or if the student will have difficulty following the referral and authorization rules associated with Prime, TRICARE Standard and Extra are still available.

**Regional Toll Free Numbers**

1	Northeast	1.888.999.5195
2	Mid-Atlantic	1.800.931.9501
3	Southeast	1.800.444.5445
4	Gulfsouth	1.800.444.5445
5	Heartland	1.800.941.4501
6	Southwest	1.800.406.2832
7/8	Central	1.888.874.9378
9	S. California	1.800.242.6788
10	Golden Gate	1.800.242.6788
11	Northwest	1.800.404.2042

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## Family Readiness and Support

### Vision

*To provide an enhanced quality of life for National Guard members, their families and the communities in which they live.*

### Mission

*To establish and facilitate ongoing commander involvement, support and recognition between National Guard families and the National Guard in a partnership that provides the best in both.*



### Welcome New ANG Family Members

#### New Mothers

TSgt Michelle Lindsey had a new baby boy.

Captain Katherine Kahlson had a new baby boy

#### Security Forces New Fathers

SrA David Antal had a babygirl.

SSgt John Grazioso had a baby boy (deployed just 10 hours after the birth of his son).

SSgt Perry West had a baby boy.

#### Expecting Fathers

SSgt Paul Glowatch baby due in October.

SrA John Perdue baby due in October

TSgt John Lipinski baby due in April

#### New Grandpas

SMS Larry Wylie: New Granddaughter

### Make Red Your Color! Volunteer Today!

Every day, the **American Red Cross** responds to emergencies. Few Americans are untouched by Red Cross services – made possible by volunteers who discover that helping others also makes them feel good about themselves.

The Greater Richmond Chapter is looking for persons interested in rewarding volunteer experiences. **Our Armed Forces Emergency Services Department needs volunteers.** Opportunities include **distributing information to new military personnel and their family members, assisting military personnel and their families during emergencies**, and responding to clients on a daily basis either in person or via the telephone and providing them with social services resources within the City of Richmond and surrounding counties.

For more information on volunteering, please contact Makita Lewis at 780-2270.

*Please stop by the Red Cross display at the hangar on Family Day in October !*



**\$3,000,000**

No, this is not our Wing budget for 2003. This is the dollar amount of scholarships listed on [www.military.com/careers/education](http://www.military.com/careers/education).

All Guard Members or Veterans and dependents are encouraged to visit this website for educational assistance.

In addition to the scholarship information, you can find out about the G. I. Bill, VEAP and the Survivors and Dependents Education Assistance Programs. ♦

### 1st Sergeants Stocking Stuffer Program

**What is it?:** Gifts for the Salvation Army **Angel tree**

**What is needed?:** Coloring books, crayons school supplies, small toys, etc.

**When is it needed?:** Start bringing your gifts on Family Day in October! Stop by the First Sergeant's Display in the hangar.



# Announcements

## State Headquarters hosts retirement dinner for Brig.Gen. Seifert

The VaANG State Headquarters announces the retirement of its Chief of Staff, and former commander of the 192d Fighter Wing, Brig.Gen. Robert Seifert. A retirement dinner honoring General Seifert is scheduled for Saturday, Oct. 5 at the Holiday Inn on Williamsburg Road, Sandston.

The event begins at 6:30 p.m., with dinner served at 7. The meal price is \$25 per person and includes a main course choice of chicken or prime rib. Reservations may be made by contacting MSgt. Beth Simmons, State Headquarters, ext. 6014 no later than Tuesday, Oct. 1. Dress for the event will be casual.



Photo by MSgt Carlos Claudio

There is a request for a SATELLITE PROGRAM INSTRUCTOR/ADMINISTRATOR for a newly developed satellite NCO Academy. The Site Administrator must attend a one week Site Administrator course to familiarize themselves with the Satellite NCO Academy and the duties of the site administrator. Special breakout sessions will prepare site administrators for their duties as site liaison between the Satellite NCOA staff and the unit. Site Administrators are responsible for downloading test material, forwarding all lesson plans and additional material to site instructors, and supply students with their study guides and handouts.

### Site Administrators/Instructors

- \* Must be in-residence graduate of NCOA or SNCOA
- \* Must possess an Associate Degree or higher (not applicable to Site Administrator)
- \* Must have approval from unit commander
- \* Must have two years retainability to serve as an instructor
- \* Unit weight letter (body fat if member exceeds MAW) printed on official letterhead, signed by a designated approving official.
- \* Should be full-time ANG members (site administrators only).

Have resume's sent to NCOIC of MPF no later than 9 Nov 02 and expect to meet a selection board by Dec UTA.

## MOVING IN, MOVING UP, MOVING ON

<u>September Promotions</u>	<u>To</u>	<u>September Retirements</u>	<u>Unit</u>
SMS Stuart J. Weymss	CMS	LTC Robert Westbrook	Medical Squadron
MSG Richard L. Green, Jr.	SMS	MSG Sandra K. Garrison	CES
SSG Lisa M. Berg	TSG	MSG Keith W. James	203 <sup>RD</sup> Red Horse
SRA Jesse B. Anderson	SSG	MSG Hugh D. Price	CES
SRA Tammy Feaster	SSG	MSG Clifton Taylor	203 <sup>RD</sup> Red Horse
SRA Shannon A. Johnson	SSG	MSG David C. Thelen	OSF
SRA Jonathan D. Walker	SSG	TSG Mary B. Wise	CES
A1C Erin D. Crede	SRA	TSG Robert J. Ingram	203 <sup>RD</sup> Red Horse
A1C Dexter D. Duling	SRA		
A1C Matthew G. Rich	SRA		
A1C Roberto J. Rochet	SRA		
A1C Jabir C. Shaw	SRA		

# 192D FW 1ST ANNUAL



SSG Jennifer Suarez - sang American Tears

CMSgt. Ray Bassetti, Propulsion Shop Chief, hops through an obstacle course before approaching the grog bowls.



Lt. Col. Ken Papier and Major Pat Deconcini, Vices for the 192d Fighter Wing's 1st Annual Combat Dining-In, prepare the "Bassetti Grog Bowls" for consumption.



SrA Cynthia Meekins, a Personnel Craftsman, works the ticket table.



SMSgt. Susanne Dates, MSgt. Roberta Canez-Jenkins, and SMSgt. Kim Evans, Organizers of the 1st Annual Combat Dining-In, give door prizes out to lucky ticket holders. Prizes included gift certificates to local restaurants and stores.

Lt. Col. Greg Biernacki, President of the Mess, announces the rules of the Mess to the members attending the CDI.



CMSgt. Sam Meador of the Virginia Air National Guard's 192d Fighter Wing, serves the meal with members of the 192 FW Chief's Council.

# COMBAT DINING IN



All attending O-5s and O-6s take a trip to the Bassetti Grog Bowls together at the Virginia Air National Guard's 192d Fighter Wing's 1st Annual Combat Dining-In.



SMSgt. Rob McGhee, a Communications Computer Manager, addresses the President of the Mess with his point of order while SSgt Bryan Reynolds holds the microphone.



Members of the Security Forces Squadron show off their warrior face paint.

2nd Lt. David Lands, Personnel Officer, seizes control of the seat of Lt. Col. Greg Biernacki, the President of the Mess, after he left it unattended while visiting the Grog.



Command Sgt. Major (CSM) Courtney Griffin of the 99th Regional Support Command in Oakdale, Pennsylvania, is the guest speaker. He kept troops entertained as he spoke of his enlistment, his time spent in the Vietnam War, and his Combat career in the U.S. Army.





Our very own TSgt Rhonda Montrose from the Chaplains office is here participating in the SEAL Adventure Challenge in Virginia Beach on August 3rd.

Photo supplied by TSgt Montrose

## What's for Lunch?

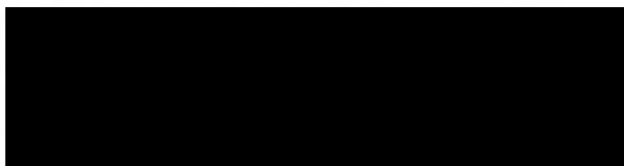
### SATURDAY UTA

BBQ Pork on a Bun  
Hot Dog on a Bun  
Baked Beans  
Cole Slaw  
Assorted Cookies



### SUNDAY UTA

Spaghetti with Meat Sauce  
Baked Fish  
Macaroni and Cheese  
Mixed Vegetables  
White Cake with Chocolate Icing  
Salad Bar  
Assorted Dressings, Drinks, Breads, & Sandwiches



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