

THE VANGUARD FLYER

Virginia Air National Guard

September 2002

State Headquarters hosts retirement dinner for Brig.Gen. Seifert

The VaANG State Headquarters announces the upcoming 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 will begin 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 beef. Reservations may be made by contacting MSgt. Beth Simmons, State Headquarters, no later than Tuesday, Oct. 1. She may be reached at ext. 6014 for additional information. Dress for the event will be casual.

Free Chair Massage

Chair massage therapy is coming to the 192d. Sunday, 15 September from 1300 to 1600 Capt. Tara Davis of the medical squadron will bring the most comfortable chair you will ever rest in to the unit.

What is chair massage?

It is a massage given to a client in an upright position using a specially designed ergonomic chair designed to support your body. The zigzag positioning of the body relieves the weight of gravity as effectively as lying down.

The massage is done through clothing using traditional Japanese acupressure techniques that do not require oil. Effective massages can be done within 5 to thirty minutes. The back, shoulders, neck, arms, hands and scalp can be massaged. Unlike conventional massage, this shorter sequence is energizing rather than sedating. You will feel alert and prepared to fully enjoy the rest of your day. Up to 80% of all industrial accidents are due to stress and over 50% of lost workdays.

The Benefits.

- Reduces Stress and muscle tension allowing better flexibility.
- Increases circulation, which boosts energy level and awareness.
- Releases toxins from the muscles creating a healthier body.
- Ultimately in enhances employee morale and productivity.
- Fosters organizational wellness.

The Result.

Massage therapy stimulates blood and lymph flow. Drinking plenty of water afterwards will help your body eliminate by-products of muscle metabolism.

Interested?

Call the clinic at x6307 and ask for Davis and get scheduled. Hurry as the number of slots are limited.

AUG GAINS

TSG Fredorczyk, Eric A.
SSG Drake, Mark A.
SSG Lloyd, Sheryl L.
SSG Rose, Michael D.
SSG Wells, Steven L.
SRA Jackson, Jamie A.
SRA Diggs, Robert K.
SRA Jankowski, Kenneth
SRA Payne, Charles O. Jr.
SRA Sully, Takya
A1C Artis, David T.
A1C Gray, Sonya
A1C Scruggs, Cory M.
A1C Stolarski, Kenneth W.
A1C Hughes, Travis P.
A1C Viars, Justin S.

GAINING UNIT

Medical Squadron
Medical Squadron
Logistics Squadron
Aircraft Generation Squadron
203RD Red Horse
Logistics Squadron
203RD Red Horse
203RD Red Horse
203RD Red Horse
Fighter Wing
200TH Weather Flight
Maintenance Squadron
Student Flight
Maintenance Squadron
Maintenance Squadron
Maintenance Squadron

AUG PROMOTIONS

2LT Eris S. Bill
2LT Rebecca E. Woodcock
SMS Rodney A. Vanmeter
TSG James J. Profita
TSG Bonnie L. Weis
SSG Marsha L. Koenig
A1C Justin R. Aronson
A1C Christophe Bennett
A1C James A. Ross, III
A1C Laurens W. Jones, III
AB Jason A. Odum

AUG RETIREMENTS

MSG Larry B. Anderson
CMS Gerald Devault

TO

1LT
1LT
CMS
MSG
MSG
TSG
SRA
SRA
SRA
SRA
SRA
Amn

UNIT

MASQ
203RD Red Horse

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

Saturday

Braised Beef Cubes
Veal Paprika Steaks
Boiled Pasta
Parsley Butter Potatoes
Corn on the Cob
Chocolate Brownies

Sunday

Baked Chicken
Salisbury Steak
Mashed Potatoes
Rice
Peas and Carrots
Apple Crisp

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Combat Dining-In

Each section is welcome to decorate their table in their own combat theme. You will have about 10 minutes from entering the dining-in to decorate and you must bring those items in and take them when you leave. The head table of the mess will be voting on the best table decoration award.

If it is not raining, the dining-in will be held outside the hanger door. If that is the case, super soakers and water guns are welcomed additions to the combat dining in attire. You are also welcome to come dressed in full warrior face paint along with web gear as may be needed and or desired. If, however it is going to rain, we will hold this in the hanger and we will be unable to use the super-soakers.

There will be Combat Dining-In black t-shirts for sale at the dinner. There will also be other Virginia Air National Guard shirts and coins available for purchase and order.

The evening will wrap up with dancing right after the mess has been adjourned for the evening.

If you haven't purchased your tickets, but want to come, please contact your first sergeant to let them know of your intentions so that we can plan for your participation.

If there are any questions, please call or email SMS Kim Evans 804.725.1873 or kim@sprocketstudio.net.

WATCH OUT FOR THE SPECIAL MEMORIAL EDITION OF THE VANGUARD IN THE MAIL TO YOU NOW!

National Guard's Year of Diversity

Year 2002 has been declared the National Guard's Year of Diversity. The Year of Diversity Committee at the National Guard Bureau is sponsoring an Art and Essay contest for children of Guard members and military civilians. The focus of the essay should be how diversity in your community makes a stronger America and a stronger National Guard. Each state will select a winner who will be entered in the national level contest. The national winner will receive a \$1000 scholarship. General guidelines for the essay contest are as follows:

- Applicant must be a member of the Guard or the unmarried, dependant child of an enlisted member or officer serving in, or DOD civilian employee working for, the Army National Guard or Air National Guard.
- Applicant must be a high school junior or senior (as of January 2002) who will attend a full-time, accredited degree or certification program (by 30 September 2003). Entries must be 500 words or less, typed, and double-spaced.
- A cover page is required and must include the participant's name, address, phone number, guard, sponsoring parent, and affiliation (Army or Air Guard).
- All writing must be original.
- Writing should be clear, articulate and logically organized and will be judged on both style and content.
- Judges will use the following criteria: Clear and concise presentation of ideas (25%), Demonstrates understanding of topic significance (25%), Originality and creativity (25%), Writing style, including correct grammar, spelling and punctuation (25%).

The art contest will be judged in three age groups: 5-9 years, 10-14 years, and 15-18 years. A \$100 US Savings Bond will be awarded to one Army and one Air national winner per age group. General guidelines for the art contest are as follows:

- Participants should think about the diversity in their community, their state, and America, and create an original piece of art that those thoughts inspire.
- Applicant must be a member of the Guard or the unmarried, dependant child of an enlisted member or officer serving in, or DOD civilian employee working for, the Army National Guard or Air National Guard.
- Entries must be on flat medium no larger than 8.5" X 11". An information page must be attached to the back of the piece and include the participant's name, address, phone number, age (as of 1 July 02), sponsoring parent, and affiliation (Army or Air Guard).
- Only one entry may be submitted per participant. In the event that a participant has parental representation in both the Army and Air National Guard, he/she must choose one affiliation and will be considered for only one award.

All submissions for both the essay and art contests should be the State Human Resource Advisor CMSgt Jerry Johnson, x6513, the Wing Human Resource Advisor, SMSgt Barry Coleman, x6694, NLT 1300 on Sunday September 15th.