



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

Virginia Air National Guard

192d Fighter Wing

April 2003



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Photo supplied by E.B. Harmon



ABOUT the VANGUARD

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

Check out the electronic Vanguard on the base Intranet.

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.....
Next UTA:

April 12-13

Cover:

Pat & Mike Harmon in front of a 192d B-26.
Pat & Mike are sons of E.B. Harmon, who was a member of the unit and a gunner in the B-26. Both of E.B.'s sons later entered the Va Air National Guard at the age of 17.

Strength in Diversity

I'm about to make a prediction, and you know how risky that can be.

I'm going to make a public bet on the Final Four (and by the time you get this, the tournament will most likely be over.)

Here's my prediction: I bet that none of the four college basketball teams that make it to this year's "March Madness" finale will feature a starting lineup of five 7-foot centers.

Duh! A no-brainer, right?

Of course. No basketball coach in his right mind would field a team like that. You've got to have a good ball-handler to bring the ball down court, and a good outside shooter to hit from beyond the three-point line.

It would be like putting together a football team with all quarterbacks, or a baseball team with nothing but first-basemen.

A winning team requires variety. It requires diversity.

That's something that we've probably taken a long time to learn in some parts of the United States, but it's finally sinking in. There really is strength in diversity.

Bringing people of different cultures, races and faiths into the mix exposes us to different ideas, perspectives and opinions. We might be inclined to view events differently if the fellow, or woman, sitting next to us serves as a reminder that not everyone is exactly like us.

Thinking along the same lines can have its benefits, but being *too much* the same can pose some obvious risks. We can avoid those risks by making sure that as a society, and as an Air Guard unit,

we are open to new ideas, to new ways of thinking, to new people. Just as life becomes boring if we eat the same thing day after day, we take the chance of becoming stale if we insulate ourselves from the diverse people around us.

The great American poet (ahem, I might also add, the great *North Carolina* poet) Carl Sandburg was asked on his deathbed what he thought was the most odious word in the English language. Without hesitation, he answered: Exclusiveness.

To some people, an "exclusive" resort sounds nice. To Sandburg, the word meant excluding people, leaving them out of the process. And he saw that as downright ugly.

It's strange that Americans should hesitate to embrace the idea of inclusiveness. Look at the human fabric of our nation: Poles and Chinese, Africans and Swiss, Britons and Salvadorans, Finns and French and Filipinos and on and on.

The key is to make a level playing field for us all. The sports analogy is a good one. We don't change the rules in the middle of a basketball game because a player on one team might come from China, or the parents of another player are Ethiopian and Mexican.

As a society, we've made strides. But we still have a ways to go.

Only when we open our hearts, our arms and our minds will we be able to appreciate the full strength that diversity can bring.

Sincerely,

Colonel Stephen R. Hicks,
Wing Commander

Family Readiness News

Virginia Air National Guard
192d Fighter Wing 203rd Red Horse 200th Weather flight

Pull
Out
Section

"Readiness" has additional meaning...

Angie Wade, Wing Family Program Coordinator

Volume 2, Issue 4
April, 2003

**"Don't Be Afraid, Be Ready-
One individual, One family,
One Community At A Time"**

This is the new charge from the Department of Homeland Security.

I am sure that with all of the current concerns within your family – impending/potential deployments being a biggie– you suddenly have a new "fear", a bio-terrorism attack! Boy, just a few years ago, words like that were sci-fi cartoon terms. Now, the threats to our nation and our preparedness is a new reality in our lives. Now, we need to concern ourselves with the "what ifs" and how we will survive them.

But first, put fear to the side!!! There is no room for fear yet! We need to concentrate on readiness, a new kind that goes beyond what we have previously done.

The Department of Homeland Security has made a tremendous effort through a new website, **Ready.gov**, to assist us in preparing for the new unknowns. After you read this article, go to your computers and start researching!

"All Americans should begin a process of learning about potential threats so we are better prepared to react during an attack," the site explains. It then goes on to give readiness guidance.

The plan is a three step approach:

1. **Make a kit** of emergency supplies. The items covered include water and food; clean air; first aid; supply checklists; special needs items.



2. **Make a plan** for what you will do in an emergency.

The focus is on creating a family plan; deciding to stay or to go; at work and at school; in a moving vehicle; in a high rise building.



3. The third is to **be informed about the different types of terror threats.**

Ready.gov also includes a downloadable brochure called **"Preparing makes Sense"**.

These are not normal times, but being as ready for anything as our service members are, our families will have the confidence we need to take back what is ours– *the right* to peace of mind and a productive life.

Special points of interest:

Plan on shopping 'til you drop at the DeCa Sidewalk Sale Saturday April 12 from 10 am to 5 pm. Come get the deals of the century!!! Point of contact: Angie Wade 804-236-7036

Visit the Family Readiness table at the Sidewalk Sale and pick up some Krispy Kreme donuts or M&M's to support your Family readiness and support Group! Bring dollar bills!

King's Dominion Season Passes are here. The cost is \$249.99 for a Family of four and \$79.99 for individual passes! Contact Angie Wade at 236-7036 to get yours.

Thanks again, Suzanne Bullock and Mechanicsville United Methodist Church for the Easter Cookies!

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Middle schoolers and High Schoolers...

Visit guardfamilyyouth.org

A site that understands your concerns and cares about you...



Our Volunteers are the Best!



Understanding the Emotional Cycle of Deployment



Military separations include three emotional stages for the family:

will help ease the physical and emotional demands on the service member, family members, friends, relatives, and co-workers.

Separation Stage: *The deployment itself.* This stage begins when the family adjusts to the separation and establishes a new level of functioning.

Pre-deployment, the separation itself, and reunion.

Each stage carries unique challenges and tasks for family members. Your family needs time to adjust to these demands. Learning about deployment

Pre-deployment Stage: *Before the member leaves on a deployment.* The pre-deployment stage begins with notification of the deployment. This period actually lasts 6 to 8 weeks after the member leaves and can seem like an emotional roller coaster. The most common response is similar to the grief cycle.

The Reunion Stage: *The third and final stage is reunion.* This section discusses what you can expect. Reunion is almost a mirror image of the Pre-Deployment stage. You may find yourself having the ups and downs starting a few weeks prior to the member's return. The adjustment period also lasts about 6 to 8 weeks and can be the most difficult stage of the deployment.



Pre-Deployment Stage		Separation Stage		Reunion Stage	
Anticipation of Loss	Emotional Disorganization	Stabilization	Anticipation of Reunion	Readjustment	State of Equilibrium
Frustration Detachment Denial Shock Anger Rejection	Despair Irritability Confusion Loneliness Sleeplessness Overwhelmed	Calm Self-assured Adjusting to being alone Detachment Confidence	Joy Excitement Apprehension Expectation Hope	Re-negotiation of marriage & family Disappointment Ecstasy Change Relief Guilt	Relative Tranquility A partner to share the joys and responsibilities of life with.

Massive Mobility Bag Project Undertaken



Mobility Bag section group. l to r Tech Sgt Lisa Tyree, Tech Sgt Candice Bruce, Master Sgt Mark Fromal, Senior Airman Ron Colonna, Master Sgt James "JT" Taylor, Tech Sgt Shannon Vittone.

by LTC Mary Hodges

Kudos are in order for the Combat Support Flight of the Logistics Readiness Squadron led by SMSgt Kathryn Massie. This outstanding group is charged with bulk storing the Chemical Defense Warfare Equipment (CDWE) for the entire wing. Just recently, her section completed a very lengthy and tedious base-wide mobility bag consolidation and reorganization. This entailed collecting over 4000 mobility bags from the entire wing, inspecting all bag contents for serviceability and shelf life expiration dates, and then inventorying and repacking the bags, and storing them properly. On any given day, if you enter the MRSP warehouse where this equipment is stored, you will observe a highly organized array of chemical suits, boots, filters, and masks ready for quick issue in the event of deployment.

SMSgt Massie is very proud of the work that her section performed in completing this massive task. It required great attention to detail and coordination with numerous base personnel. She stated, "The mobility bag

program is ongoing. It took a lot of hard work to get it to where it is today. I'm very proud of the work my section did as a team to make it happen."

When members from Langley AFB performed a mobility bag audit, they noted that it was an exceptionally well-managed program with sharp people doing a great job. It's a program that will be taken to Langley AFB as an outstanding example of how it should be done.

Lt Col Gary Wood, Logistics Readiness Squadron Commander, proudly sums up the exceptional work required to complete this massive project. "This effort by SMSgt Massie and all the members of her section is just one more shining example of the outstanding effort they put forth on every mission tasking they are assigned. Their efforts are very much appreciated and set the example for all others to follow. Thanks."

It's comforting to know, that in these uncertain times, our chemical gear is being maintained by such a dedicated, superb group of people.



Tech Sgt Candice Bruce from the Operations Support Flight Mobility Section and Senior Thomas share a humorous moment during Saturday's drill. Thomas came to the Mobility Bag shop to exchange some gear to complete his Mobility training bag.

Master Sgt Mark Fromal and Senior Airman Ron Colonna from the Operations Support Flight's Mobility Bag Shop discuss computer inventory system during Saturday's drill. Fromal and Colonna two members of a seven person shop that keeps track of all your training and war time mobility equipment requirements.



All Photos on this page by TSgt Dave Buttner

Warrior Spotlight

by Michael Rawlings, PA

New recruits are allowed to join the unit and participate in a limited capacity until all of their initial training is completed. It can be months for assignment to Basic Military Training (BMT) and Tech School to be designated. The waiting for your day to arrive to ship off can be accompanied with some anxiety.

That was then, this is now. Linette L. Sanchez is a new recruit to Security Forces. Sanchez enlisted as A1C and was sworn in August 17, 2002. She is also a member of the Student Flight and will remain there until she completes her initial training.

Student Flight is an entity developed to aid members in transition from civilian to military personnel. Camaraderie, teamwork and learning are all key ingredients of the group. Primarily it is aids in lessening the anxiety of those who will be off to BMT and its' rigors.

"Student Flight has been a great idea," says Sanchez. "Core values and rank structure has been introduced to us. We've learned the history of Air Guard and seen highlights of past deployments. This has been helpful, especially for someone who does not have a military background. It [Student Flight] has helped ease some anxiety because I know some of what to expect."

2d Lt. David R. Lands of MPF part of the development group assembled by Col. Hicks to organize Student Flight, stated that aiding the transition and eliminating some of the anxiety was the goal of Student Flight.



A1C Linette L. Sanchez, of Security Forces stands before barricades in front of Wing Headquarters. Sanchez leaves for Basic Military Training at the end of the month.

"We want to keep them engaged until they are ready to go," said Lands. "All non-prior service members are scheduled to meet with us every drill Saturday at 1300hrs. We cover an assortment of things from BMT round table, where we watch BMT and other military videos, have discussion with recent graduates, talk about the National Guard structure and history of the 192d. Sanchez always participated."

"We motivate each other," said Sanchez. "Each month someone is going off to training. We all experience similar anxiety as our time approaches. I'll be okay. Others have gone through it, so can I."

Sanchez was looking for a challenge when asked about her Air Guard choice. "I was looking for something to challenge myself," she said. "I wanted to do something I wouldn't ordinarily do. Security Forces has made me feel welcome. I know I am a part of the team."

Sanchez will do well in her career. Student Flight has her started on the right path.

Members of the 200th Weather Flight Deploy



The 200th Weather Flight recently received this digital image from their Combat Weather Team: (left to right) TSgt. Lowell R. Ivy; SSgt. Paul F. Montas; MSgt Lori W. Flinn, team NCOIC; SSgt. Malvin O. Johnson; and TSgt. Danielle X. Smith. The photo was shot during a stopover at Aviano AB, Italy, while the weather forecasters were en route to an undisclosed location in Kuwait.

On Feb. 19, five weather forecasters from the 200th Weather Flight received activation and deployment orders. Their first stop was Ft. Campbell, Kentucky, to be issued the army field gear they would need for their deployment. During a stopover at Aviano AB, Italy, they had the opportunity to take a team photo; however, they weren't able to send it back to the 200th WF until they got to their destination – an undisclosed location in Kuwait.

Their job is to provide weather support for an aviation unit attached to the 101st Army Airborne Division. They report that the only extra equipment they've requested was one compass per person: so they can safely reach critical destinations at their location that are difficult to find during the sandstorms and at night.

Chaplain's Corner - by Ch(Capt) David Kelley

worrying for nothing. If we worry about something that we can change, then that is foolishness because if we can change it then why don't we change it? Worry is not a welcome friend. It has the power to drain strength, deplete energy, and leave a person mentally and emotionally exhausted. But, the Lord knew that we, as human beings, are in constant battle with worry. The Lord said, "Do not worry...who of you by worrying can add a single hour to his life?" (Matt. 6:25, 27) How do we conquer worry? In

simple terms, worrying is constantly dwelling on something negative. If this is true, then worrying is the opposite of continuously dwelling on something positive—in other words, worrying is the opposite of meditation. Meditation is choosing to dwell on something positive. We can do this! We can choose to dwell on positive things like the good in the world instead of the bad, the qualities in a person over their weaknesses, the good in us over our failures, and how much God loves us. We can also meditate on God’s Word. The Bible says, “My eyes stay open through the watches of the night, that I may meditate on your promises.” (Psalm 119:148) Remember, it is impossible to have worry and joy at the same time. Give your worries to God, and accept His joy in your life!



MOVING IN, MOVING UP, MOVING ON

1LT Charles A. Friend
2LT Daniel W. Gibbons
2LT Sydney M. Savion
2LT Charles E. Thompson
SMS Christopher Hodge
MSG Stephen Brushwood
MSG Ralph J. Davis, Jr.
TSG James L. Armes
TSG Lawrence J. Corrado
TSG Richard A. Green
TSG Kevin A. Garrett
TSG Ronnie A. Grumbine
SSG General NMI Cannon
SSG Eric S. Fiedorczyk
SSG Rebecca S. Kerney
SSG Neil V. Keane
SSG Melissa A. Lindsay
SSG Robert W. Mayo
SSG John M. Milan

To
CPT
1LT
1LT
1LT
CMS
SMS
SMS
MSG
MSG
MSG
MSG
TSG
TSG
TSG
TSG
SSG
TSG

SSG Christine Stevens
SRA Andrew N. Harris
SRA Karen A. Marshall
A1C Jennifer Benjumea
A1C Holly M. Ellis
A1C Laurence A. Temple
A1C Percy C. Williams

To
TSG
SSG
SSG
SRA
SRA
SRA
SRA

SSG Marlon A. McKoy
SSG Frederick E. Phillips
SSG Troy G. Thomas
SSG Jeremiah Williams

Unit
203Rd Red Horse
203Rd Red Horse
Security Forces Flight
203RD Red Horse

CMS Richard K. Edwards
SMS Michael E. Redell
TSG James Botelle
TSG Lester Riggs

Unit
AGS
AGS
CES
203RD Red Horse

News You Can Use/Announcements

100th Anniversary of Flight Posters

The Public Affairs office now has the latest 100th Anniversary of Flight Air Force posters. Please come by Suite 6 in the O&T building and pick up these great FREE gifts.

Student Flight Run

The first Student Flight Fun Run was held Saturday, March 8, at 1530 in fantastic weather. Not many showed up (okay, just one) but we hope to spread the word and improve that. The next fun run will be Saturday of April UTA at 1600. We have a 1.5 mile loop and folks are welcome to run as many loops as they care to or just the one. If you want to walk, that's fine, too. This opportunity is purely voluntary. We have organized this opportunity because you will be required to run when you get to basic training or tech school and you might want to get in a run or two before you go. Other folks who wish to join us are more than welcome as long as you've cleared it through your supervisor or chain of command.

1st Sargeant Opportunities

Two First Sergeant opportunities are coming open in the next 3-6 months. The Medical Squadron will be seeking a new First Sergeant and so will the Fighter Wing/Operations. You do NOT have to be in either of those squadrons to apply to be their First Sergeant. If you are interested, please go to our First Sergeant web site or see any First Sergeant.

VaANG Headquarters announces Command Chief selection board for impending vacancy

Chief Master Sergeant Robert Barnette, Virginia Air National Guard Headquarters Command Chief Master Sergeant, will complete his tour in this position before the end of 2003. The VaANG Headquarters is currently accepting applications for his replacement.

The Headquarters Command Chief Master Sergeant's duties include advising the Adjutant General of Virginia, and the Deputy Adjutant General for Air, on matters concerning welfare, morale, and compliance of regulations of the enlisted force. For a complete list of duties and responsibilities and qualifications applicants should refer to ANGI 36-2109.

Anyone interested in applying for the position must be a chief master sergeant or a promotable senior master sergeant. Interested applicants must submit a letter of interest, with a resume to: VaANG Headquarters (building 3630), to the attention of CMSgt. Barnette, no later than 4 p.m. Sunday, May 18 (May 2003 drill weekend). Applications received after the deadline won't be considered. Full time technicians or AGR personnel must have approval of their immediate supervisor and commander, before applying for this three-year position.

Candidates will be notified of the date, place, and time to appear before a selection board, which is scheduled to take place during the June drill weekend (June 7-8). The individual selected to fill the position must be available to begin taking over as Headquarters Command Chief during the July or August drill weekends.

WELCOME TO:

MAJ Lucian L. Niemeyer, II to state headquarters. MAJ Niemeyer is appointed the homeland security planning officer in this nationwide newly created position.

Education

Hello everyone! It has been brought to my attention that there is an AF Virtual Education Center. From this site you can look at your CCAF Progress Report and request a CCAF transcript. The web site address is <https://afvec.langley.af.mil/afvec/>. Click on Sign me up or Login, fill in the required information and establish a password.

If you are not able to access the website above, you can access it through the CCAF web page <http://www.au.af.mil/au/ccaf/pubs.htm>. Once you are in the CCAF web site, follow these steps:

1. Click on Student Information
2. Click on the first item, Distance Education Offerings for CCAF Students
3. There will be a list of items on the left hand side and click on AF Virtual Education Center
4. Click on the first item Sign me up or Login.

****Remember that this does not authorize you to deal directly with CCAF. All updates, changes or additions to your CCAF Progress Report must be accomplished through your Education Office. ****

Just In Time Training

by Capt Jacqueline Nino

The 192nd Civil Engineer Squadron and the Services Flight recently deployed to Silver Flag Alpha along with the 184th (Kansas ANG) and several active duty units. These units merge together to form one consolidated team of approximately 200 personnel. The training that is required every 4 years for Prime Beef and RIBS units focuses on bare base bed down operations and sustainment



Members erecting an Alaskan Shelter, the new tents being used for billeting etc

using unique Harvest Falcon/Eagle equipment. Silver Flag is an integrated training event that mirrors what Prime BEEF and Prime RIBS teams may experience during an actual deployment in remote locations.

The first few days of training was dedicated to classroom time and individual hands on learning. Command and Control was responsible for putting together a bed down plan to deploy "x" number of personnel to a remote location. The plan takes into consideration, deployed assets, assets available from the host nation as well as manpower to bed down a number of personnel and aircraft. On day 4 of Silver Flag it was all hands-on training to see if individuals could implement their taskings. All training personnel packed their belongings and deployed to a location across base. During the morning of the exercise the "runway was bombed" and began Airfield recovery operations. This included teams completing damage assessment, EOD sweeps, crater repair, crater profile measurements, as well as installation of the MAAS, airfield lighting and striping. During the same time other teams

where implementing the bed down plan. Tents were erected to accommodate the number of deployed personnel, as they would sleep in them that evening. Structures also erected a California shelter, which is a new large facility that is approximately 36' x 60'. The Utilities sections were responsible for setting up the ROWPU so that personnel would have potable water to cook with and drink. The Power Pro and Electrical shops made sure that the lighting requirements were met in relation to the bed down plan. While some of the normal bed down tasking was happening the fire department personnel did get their fair share of hands on training. They also have a J-Fire suit, which is their chemical gear for fires in addition to completing their regular taskings. Toward the end of the day was a chemical scenario in which the Disaster Preparedness section did their wonderful job and got us out of MOP 4 fairly quickly. Once all taskings were completed for the bed down exercise personnel were required to process through MPF



Photos on this page by Capt Jacqueline Nino

VAANG Fire Fighter completing a confidence course for training

and Services to obtain their required bed assignments.

Not only was this training vital for personnel to get the hands on requirements for their deployed taskings but, it became known as our "Just in Time Training" before the end of the week due to current possibilities of deploying to a remote location. Before the end of the week there was an individual that received his orders to deploy to the desert. Things like that really make you realize the importance of the training.

Air Force Implements Stop Loss

by Staff Sgt. A.J. Bosker, Air Force Print News

WASHINGTON - The Assistant Secretary of the Air Force (Manpower & Reserve Affairs) has authorized the use of Stop Loss in order to retain specific skills needed to meet national security objectives. Effective May 2, 2003 43 officer and 56 enlisted specialties are Stop Loss.

"We do not take this action lightly," said Secretary of the Air Force Dr. James G. Roche. "Stop Loss is designed to preserve critical skills essential to supporting the Global War on Terrorism, while ensuring we're prepared to meet other contingencies."

"We've implemented Stop Loss to ensure we have the necessary skilled personnel to conduct operations," said Air Force Chief of Staff Gen. John P. Jumper. "We'll use it only as long as necessary to accomplish our mission."

Stop Loss is being implemented across the total force (active duty, Air Force Ready Reserve, and Air National Guard) for the above career fields and affects all airmen in the rank of colonel and below, according to Maj. Teresa L. Forest, chief of Air Force retirements and separation policy at the Pentagon.

Both the secretary and chief of staff are acutely aware that the Air Force is an all-volunteer force and that this action, while essential to meeting the service's worldwide obligations, is inconsistent with the fundamental principles of voluntary service.

"We take Stop Loss seriously and are working hard to ensure the lives of our airmen, their families and their civilian employers are not disrupted any longer than is necessary to meet our national commitments," Jumper said.

Therefore, a waiver process will be implemented for those people with unique circumstances.

"We are doing our best to minimize this disruption," Roche said. "And we will look at unique circumstances on a case-by-case basis and do all we can to offer appropriate relief."

"We understand the individual sacrifices that our airmen and their families will be making," Jumper said. "We appreciate their unwavering support and dedication to our nation."

For more information about Stop Loss, members can contact their local military personnel flight or the Air Force Personnel Center's Stop Loss Control Center (SLCC) at (210) 565-2374 DSN: 665-2374 or www.afpc.randolph.af.mil.

Stop Loss will be implemented on the following AFSCs beginning May 2, 2003:

OFFICER (APPLIES TO PAFSC REGARDLESS OF PREFIX/SUFFIX EXCEPT WHERE INDICATED):

11AX	Airlift Pilot
11BX	Bomber Pilot
11EX	Test Pilot
11FX	Fighter Pilot
11GX	Generalist Pilot
11HX	Helicopter Pilot
11KX	Trainer Pilot
11RX	Recce/Surv/Elect Warfare Pilot
11SX	Special Operations Pilot
11TX	Tanker, C-12 CTP Pilot
12AX	Airlift Navigator
12BX	Bomber Navigator
12EX	Test Navigator
12FX	Fighter Navigator
12GX	Generalist Navigator
12KX	Trainer Navigator
12RX	Recce/Surv/Elect Warfare Navigator
12SX	Special Operations Navigator
12TX	Tanker Navigator
13BX	Air Battle Manager
13DXA	Combat Rescue
13DXB	Special Tactics
13MX	Airfield Operations
14NX	Intelligence
31PX	Security Forces
32EX	Civil Engineer
43ex	Bioenvironmental Engineer
43hx	Public Health
43tx	Biomedical Laboratory
44EX	Emergency Services Physician
44MX	Internist
45AX	Anesthesiologist
45BX	Orthopedic Surgeon

45SX	Surgeon
46FX	Flight Nurse
46MX	Nurse Anesthetist
46NXE	Critical Care Nurse
46SX	Operating Room Nurse
48AX	Aerospace Medicine Specialist
48GX	General Medical Officer
48RX	Residency Trained Flight Surgeon
51JX	Judge Advocate
71SX	Special Investigator

ENLISTED (APPLIES TO CAFSC REGARDLESS OF PREFIX/SUFFIX EXCEPT WHERE INDICATED):

1A0XX	In-Flight Refueling
1A1XX	Flight Engineer
1A2XX	Loadmaster
1A3XX	Airborne Communications & Electronics Systems
1A4XX	Airborne Battle Management
1A5XX	Airborne Mission Systems
1A7XX	Aerial Gunner
1A8XX	Airborne Cryptologic Linguist
1C0X1	Airfield Management
1C1XX	Air Traffic Control
1C2XX	Combat Control
1C3XX	Command Post
1C4XX	Tactical Air Command & Control
1C5XX	Aerospace Control & Warning SysTEM
1N0XX	Intelligence Applications
1N1XX	Imagery Analysis
1N200	Signals Intelligence Analysis Manager
X1N2XX	Aircrew Signals Intelligence Production
1N3X4	Far East Cryptologic Linguist
1N3X5	Mid-East Cryptologic Linguist
1N3X6*	African Cryptologic Linguist
1N3X7*	Turkic Cryptologic Linguist
1N3X8*	Polynesian Cryptologic Linguist
1N3X9*	Indo-Iranian Cryptologic Linguist
1N4XX	Signals Intelligence Analysis

1N5XX	Electronic Signals Intelligence Exploitation
1N6XX	Electronic System Security Assessment
1S0XX	Safety
1T1XX	Aircrew Life Support
1T2XX	Pararescue
2E2X1	Com, Network, Switching & Crypto Systems
2F0X1	Fuels
2T3X2A	Special Vehicle Maintenance (Fire Trucks)
2T3X2B	Special Vehicle Maintenance (Refueling Vehicles)
3C0X1	Communications - Computer Systems Operations
3C2X1	Communications - Computer Systems Control
3E000	Electrical (CEM)
3E0X2	Electrical Power Production
3E4X1	Utilities Systems
3E4X2	Liquid Fuels Systems Maintenance
3E5X1	Engineering
3E7X1	Fire Protection
3E8X1	Explosive Ordnance Disposal
3E9X1	Readiness
3H0X1	Historian
3N0XX	Public Affairs & Radio/TV Broadcasting
3P0XX	Security Forces
4A1XX	Medical Material
4A2XX	Biomedical Equipment
4B0XX	Bioenvironmental Engineering
4E0XX	Public Health
4H0XX	Cardiopulmonary Laboratory
5J0X1	Paralegal
7S0X1	Special Investigations
8D000	Linguist Debriefer
9L000	Interpreter/Translator

*APR 03 CONVERSIONS

Medical News - by Maj. Greg Jellenek

SPORTS EYE SAFETY

While nearly 90 percent of all sports eye injuries are preventable, eye safety is often at the bottom of a team's priority list.

According to PREVENT BLINDNESS AMERICA, more than 40,000 eye injuries occur annually in sports and recreational activities.

More than half of these injuries are to children, yet only a handful of sports organizations mandate the use of eye and face protection for young athletes. In baseball, only one national league – Dixie Baseball, Inc. – is requiring such protection for its little leaguers.

"Children are often injured in sports because they are not as fast, as accurate, or as experienced as their adult counterparts," says Major Jellenek. "When youngsters are under pressure to react quickly, they may throw wild, dodge the wrong way, or kick in the wrong direction." Sports eye injuries may include bruises around the eyes, shattered

facial bones, retinal detachment, and even permanent vision loss.

Not surprisingly, basketball is now the leading cause of sports eye injuries for both children and adults. Baseball follows at a close second. Swimming pool sports are ranked third. "Within the next decade, the number of sports eye injuries could increase because more Americans are moving toward a more active lifestyle," notes Major Jellenek. "And as Americans become more active, sports eye injuries will continue to climb if people do not take the necessary steps to protect themselves."

Major Jellenek advises parents and coaches to encourage their children's coaches to require eye and face protection by their youngsters. To help parents provide information to coaches, PREVENT BLINDNESS AMERICA is offering free information about sports eye safety and how to choose proper eye protection for specific sports. People can obtain the information by calling PREVENT BLINDNESS AMERICA at 1-800-331-2020.



Photo by MSgt Carlos Claudio,
192CF Multimedia

192nd Communications Maintenance specialists TSgt Mike Garcia and SSgt Jesse Miller (on left) make final adjustments on the installation of a sound system that alerts pilots and maintenance personnel to ready their aircraft and fly. MSgt Arlessa Gray monitors from the ground.



Photo by SSgt. Shelley Gill, 192CF Multimedia

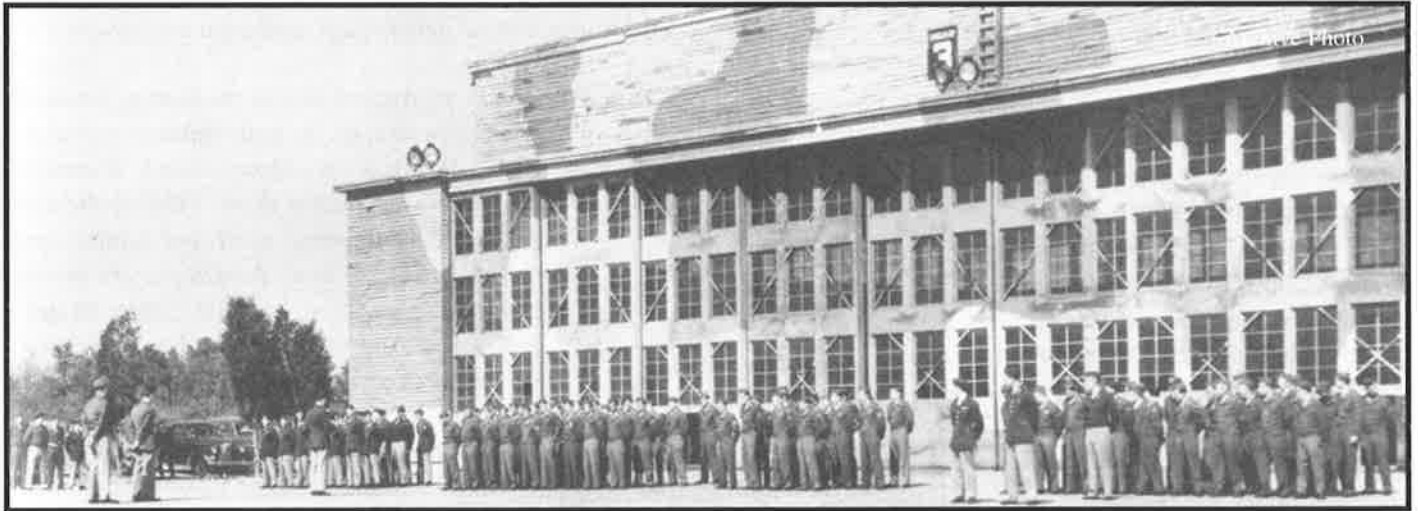
Phil Tawney, a volunteer with the 192 FW student flight in Sandston, VA guides a "BMT Roundtable" meeting. The meeting allows recent Basic Training graduates to share guidance and experience with new recruits to help prepare them for BMT.

SrA Michelle Misiano applies simulated M-9 tape to MSgt. Carlos Claudio's chemical warfare suit during chem gear familiarization training. Misiano and Claudio are both members of the 192nd Fighter Wing's Visual Information Section.



Photo by SSgt.
Shelley Gill,
192CF
Multimedia

Virginia Air National Guard Heritage Series



Formation in front of Hangar 3 before the fire completely destroyed it.

(Editor's note: This is the second in a series of Vanguard articles on the history and heritage of the 192nd Fighter Wing.)

By TSgt. Ed Kelleher
192FW Historian

As the year-end holidays approached in 1954, members of the Virginia Air National Guard had good reason to count their blessings.

The Air Guard had been officially reactivated in January after being called up for federal service during the Korean War. A fighter squadron before the call-up, it was redesignated the 149th Bombardment Squadron, Light, and equipped with twin-engine Douglas B-26 Invader bombers.

That was not everyone's idea of a sexy airplane, but it provided a chance to fly for the pilots and jobs for the ground crews.

Then, on Oct. 15, the Air Guard base in Sandston escaped serious damage from Hurricane Hazel, one of the strongest storms to hit Virginia in decades. Hazel swept through the Commonwealth, killing 15 people, sinking small craft on the James and Potomac rivers, and knocking out electric power to half the state. It shattered 200 plate-glass windows in Richmond, damaged 18,000 houses statewide and uprooted mammoth trees in Byrd Park.

At the Guard base, however, the half-dozen B-26s on hand were crowded into a wooden World War II-era hangar to keep them out of harm's way.

"I for sure was one of those that thought the roof was going to come in," said Gil Molina, a munitions specialist and war veteran who was one of the charter members of the Virginia Air Guard.

The roof held firm, but that was the last stroke of good luck to hit the hangar.

Nine weeks later, in the predawn hours of Dec. 23, the building went up in flames. A dog, a squadron pet that slept in the hangar, perished in the blaze.



These are the remains of a boiler damaged in the fire.

Fortunately, this time the B-26s were on the parking apron, a safe distance from the fire.

The hangar was the largest of three that the Air Guard inherited when, in 1947, it took over part of what had been Richmond Army Airfield. Two were on the east side of the runway, with the third located on the other side.

They were heated with coal.

New Emergency Relief Fund Introduced by EANGUS

There is a new Emergency Relief Fund available to the families of the Army and air National Guard.

Administered by the *Enlisted Association for the National Guard and Reserve of the United States (EANGUS) We Care For America Foundation (WCFA)*, the fund will offer an emergency grant or no-interest loan to any member who has suffered financial hardship due to mobilization and who meet certain criteria.

"The emergency grant or loan will be disbursed on a first come first served basis on funds availability,

with only one loan per family annually" according to EANGUS.

The amount of the award will not exceed \$500 per award unless there is documentation for extenuating circumstances which require a higher amount. The award will be paid directly to the creditor.

For further information about this program, and EANGUS, visit www.eangus.org or call 1-800-234-3264. More information is also available through the Family Readiness and Support office.



Eligible for Assistance	Not Eligible
<i>Past due medical bills</i>	<i>Telephone or mobile phone bills</i>
<i>Past Due Utility bills</i>	<i>Credit Cards</i>
<i>Rent or Mortgage</i>	<i>Insurance</i>
<i>Groceries</i>	<i>Auto/ Vehicle Expense, lease or purchase</i>
<i>Loss of shelter due to disaster</i>	<i>School associated fees</i>
	<i>Transportation</i>

Getting to know the Continued Health Care Benefits Program [CHCBP]

CHCBP is available to persons who are *losing their eligibility for TRICARE* benefits because they are separating (not retiring) from the military, have dependent children reaching the age of 21 and who are not full-time students; have dependent children who reach the age of 23 and were, or are, full-time students; have dependent children who marry; or has divorced former spouse who does not meet the requirements to maintain benefits as an un-remarried former spouse.

The above may apply for *temporary, transitional medical coverage* under the CHCBP which can act as a "bridge" between your military health benefits and your new job's medical benefits.

If you purchase this conversion health care plan, CHCBP may entitle you to coverage for preexisting conditions often not covered by a new employer's benefit plan.

The CHCBP benefits are comparable to the TRICARE Standard

benefit, which covers a majority of medical conditions, uses existing TRICARE providers and follows most of the rules and procedures of TRICARE Standard. However, for some types of treatment, coverage can be limited.

Prior to enrolling in CHCBP, interested beneficiaries are encouraged to contact a TRICARE Service Center to ask specific questions regarding TRICARE Standard coverage.

Eligible beneficiaries must enroll in CHCBP within 60 days following the loss of entitlement to the Military Health System. To enroll, you will be required to submit:

*** A completed CHCBP Enrollment Application form (DD Form 2837).**

*** Documentation as requested on the enrollment form, e.g., DD-214-Certificate of Release or Discharge from Active Duty; final divorce decree; DD1173-Uniformed Services ID Card.**

Additional information and documentation may be required to confirm

an applicant's eligibility for CHCBP.

** A premium payment for the first 90-days of health coverage.*

The premium rates are \$933 *per quarter for individuals* and \$1,996 *per quarter for families*. Humana Military Healthcare Services, Inc. will bill you for subsequent quarterly premiums through your period of eligibility once you are enrolled.

CHCBP coverage is limited to 18 months for separating Service Members and their families or 36 months for others who are eligible. In some cases un-remarried former spouses may continue coverage beyond 36 months if they meet certain criteria.

You may not elect the effective date of coverage under CHCBP. For all enrollees, CHCBP coverage must be effective on the day after you lose military benefits.

For more information, visit www.humana-military.com/chcbp/main.htm.

[Source: MOAA Benefit Update FEB 03]



Virginia Air National Guard
192d Fighter Wing 203rd Red
Horse 200th Weather flight



Family Readiness and Support

Vision

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.

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Sandston, VA 23150

Phone: 804-236-7036

Email: angeli.wade@varich.af.mil

Virginia Air National Guard presents...



The 3rd VaANG Sidewalk Sale

When: **Saturday April 12** Where: **Vehicle Maintenance**
Drill Weekend Time: **10:00 to 17:00**

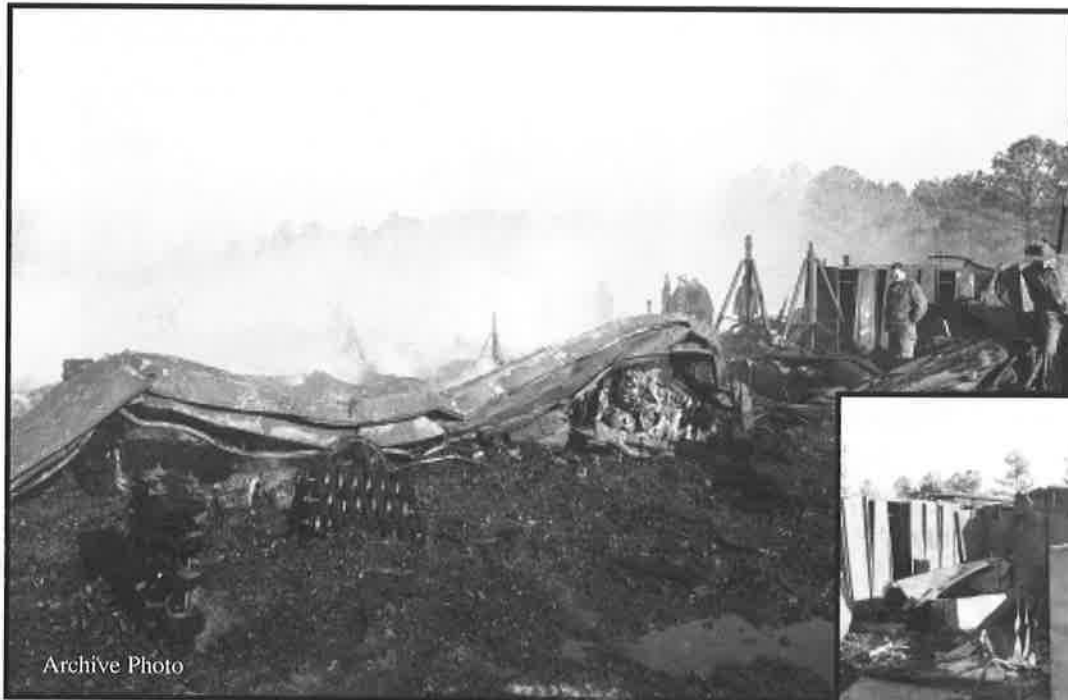
Only Vehicles with Decals will be allowed on base. Spouses and Retirees with proper ID are welcome to shop!

Understanding the Homeland Security Advisory System



1. *Low Condition (Green). This condition is declared when there is a low risk of terrorist attacks.*
2. *Guarded Condition (Blue). This condition is declared when there is a general risk of terrorist attacks.*
3. *Elevated Condition (Yellow). An Elevated Condition is declared when there is a significant risk of terrorist attacks.*
4. *High Condition (Orange). A High Condition is declared when there is a high risk of terrorist attacks.*

Virginia Air National Guard Heritage Series



Archive Photo

The hangar was completely destroyed by a fire on the morning of December 23, 1954.

Over 2,000 hours of comp time were lost in the hangar fire. These file cabinets were all that was left.



Archive Photo

"We had to fire the furnaces at night," said Forrest Tibbs, an NCO who, along with Molina, has long since retired.

Furnace parts were hard to come by, so the small cadre of enlisted men who maintained the B-26s and base facilities used their GI ingenuity to make things work. They scavenged parts from some of the remaining WWII barracks that dotted the landscape.

It was the coal furnaces that were thought to be the cause of the fire.

The big hangar was the center of activity. It also contained offices, and the fire destroyed years of records.

By the time firefighters reached the structure, not even a shell of the building remained.

"Over 2,000 hours of comp time burned up in that hangar," said Vivian Mann, who was in charge of the fire department at the time.

Harvey Mahoney, another retired NCO, was an aircraft maintenance supervisor at the time.

"We lived over by Byron Street, near Mechanicsville Turnpike," Mahoney said. "We could see the sky lit up."

Operations were moved to one of the other hangars, and the next year \$900,000 was appropriated to build a new,

63,000-square-foot hangar, a solid structure that has undergone numerous renovations since then. Construction was completed in 1958.

And the B-26s? Even though they stayed around until the new hangar was built, the squadron never achieved combat status flying them.

But that's another story.

One of the units B-26 Invaders.



Archive Photo



Cpt William Rogers of the 192 Fighter Wing in Sandston, VA gives a pre-deployment legal briefing to members of the 192nd who will be deploying for their Annual Field Training to Savannah, GA

Photo by SrA Michele G. Misiano, 192CF Multimedia

TSgt Arnold Roots, a Structural Craftsman from the Virginia Air National Guard's 192d Fighter Wing, removes snow from the parking lots and roads on base using a Case tractor with a landscaping box attachment. After the ice storm that hit the eastern coast in mid February 2003, the 192FW Civil Engineering was tasked with clearing the ice and repairing any damage caused by the storm.



What's for Lunch?

SATURDAY UTA

Spaghetti w/Meat Sauce
Baked Fish
Mac and Cheese
Mixed Vegetables
Cookies
Yellow Cake with Chocolate
Icing

SAT.SANDWICHLINE:

Ruben Sandwiches
Ham
Roast Beef
Turkey

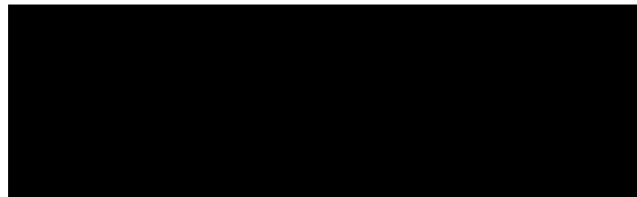
SUN.SANDWICHLINE:

Chicken Salad
Sandwiches
Ham
Roast Beef
Turkey

SUNDAY UTA

Braised Beef w/
Noodles
Cornish Hens
Stuffing
Rice Pilaf
Broccoli
Ginger Bread Cake w/
Lemon Frosting

BOTH DAYS:
Asst Beverages,
Bread & Salad Bar



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