

VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

August 2003

Inside

VaANG Heritage: The 192d hits a milestone with the F-16.... *Pages 10-11*

Get Smart on

Cholesterol: See details... *Page 7*

Family Readiness

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



50,000 Hours!



Photos by Tech Sgt Dave Buttner



Commander's Call



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.

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

Check out the electronic Vanguard on the base Intranet.

Wing Commander

Col. Stephen R. Hicks

Chief, Public Affairs

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.....

**Next UTA:
August 9-10**

**No UTA in
September!**

The 192nd Fighter Wing celebrated another milestone recently – 50,000 hours in the F-16 Fighting Falcon.

It's quite remarkable, really, for a number of reasons.

First and foremost, we've achieved that milestone over a span of 12 years without a single aircraft-related fatality.

Thank God for that, and pray that we keep that streak intact for many years to come.

But

good fortune alone doesn't account for the terrific safety record we've compiled. Think of it. At 500 mph, that means we've flown about

25 million miles in the F-16 since acquiring it in 1991.

That's a lot of wear and tear on the engines, stress on the air frames, and punishing G-forces on the pilots' bodies.

Consider also the work-hours that went into maintaining the aircraft and aircraft systems for 25 million miles of flying.

I calculate that we've put nearly 8 million work-hours into supporting the 192FW mission in the 12 years we've been flying the F-16.

That's a dozen years of our sweat, our tears, our lifeblood.

To help defend and protect

our country during that time, our people have spanned the globe – from the skies over the nation's capital to Diego Garcia in the Indian Ocean, from Curacao in the Netherlands Antilles to Afghanistan in central Asia, from Turkey and Qatar and Kuwait to Hawaii and Japan.

In fact, in the nearly two years since the tragic events of Sept. 11, 2001, we have deployed more than 800 people to a total of 32 locations in 15 countries. And those statistics exclude

the support we provided for Operation Noble Eagle, protection of the home front.

During the time it took to reach that milestone, some of us have seen our infants pass through childhood and enter middle school. Or we've seen our

teenagers cope with the challenges of that phase of life, enter adulthood, and start families of their own.

In working toward the milestone we just celebrated – 50,000 hours – you made great sacrifices that forced you to miss milestones in your own families.

For those sacrifices, and for all your hard work and dedication, I thank you from the bottom of my heart.

This is your milestone. You've earned it. Be proud of it.

You are the Air Guard.

Sincerely,

Colonel Stephen R. Hicks,
Wing Commander

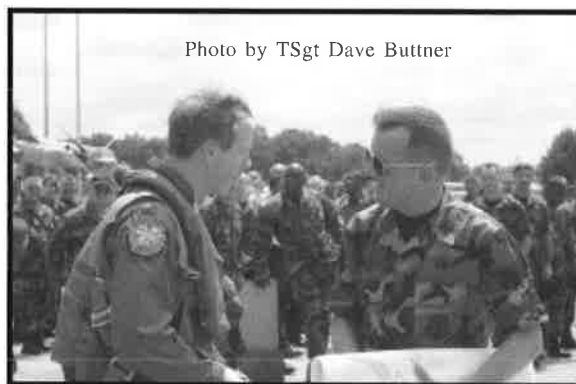


Photo by TSgt Dave Buttner

Col Steve Hicks 192nd Fighter Wing Commander is congratulated by Lt. Col. Carl Bess after completing his mission. Hicks flew the mission that gave the Wing over 50,000 hours of flying time in the F-16C fighter Jet.

Last two groups of 203rd RED HORSE Flight members deploy to Middle East on Memorial Day

The last two groups of 203rd RED HORSE Flight personnel, participating in a phased deployment to various locations in the Middle East, headed out on Memorial Day, May 26. Approximately a dozen unit members left the State Military Reservation in Virginia Beach early that morning. They were seen-off by family members and many of their fellow unit members who were scheduled to depart later that day. The second group, of nearly 50 unit members including unit commander, Col. Tom Turlip, headed out at 2 p.m. Dozens of family members, the handful of 203rd personnel staying behind to maintain the base and VaANG Headquarters Command Chief, CMSgt. Robert Barnette, and his wife saw them off. Local news media covered the departures throughout the day.

The 203rd has been deploying personnel to the Middle East since April 1. Unit members are joining forces with personnel from their sister unit, the 202nd RED HORSE Squadron stationed at Camp Blanding, Florida, and other RED HORSE units from across the U.S. to form the 1st Expeditionary RED HORSE Group. The Group will be involved in various construction projects at multiple locations over the next several months in support of Operation Enduring Freedom (ongoing U.S. military actions in Iraq).

Before departing, Colonel Turlip spoke with unit members and their families, and local news media. He encouraged those deploying to stay aware, focused on their mission,



Members of the 203rd RED HORSE Flight around the emblem for the 1st Expeditionary RED HORSE Group at Al Udeid Air Base, Qatar.

and to be safe. "We have been waiting for this opportunity," he said. "It's finally here. We're ready to do our job, show everyone we're the best and to return home safely." Despite a long wait between receiving the mobilization order in January and deploying, unit morale has remained high. Colonel Turlip urged family members to use the military support system for help during their loved one's absence.

RED HORSE is a rapid-response, self-contained Air Force civil engineering force. They are capable of repairing airfield runways, performing the full range of horizontal and vertical construction activities (e.g. heavy equipment operators, earth movement, road grading and paving, facilities construction, drilling wells, electrical, plumbing, etc.) and setting up operational military bases in undeveloped areas. RED HORSE was initially an acronym that stood for Rapid Engineering Deployable, Heavy Operation Readiness Special Equipment. The 203rd stood up in January 1985; and this is the first time the unit has been mobilized (federally activated) in its history.

The latest update from the area of responsibility, according to Capt. Eva Ellis, 203rd RED HORSE Flight personnel officer, is that there is a lot of work to be done, operations are going well, and that the weather is very hot and personnel are adapting to the extreme heat. Several individuals got to see President Bush during his recent Middle East stopover to thank U.S. military personnel for the work they are doing there.

Cover Photos

Top:

Aircraft 149 taxis through a shower created by the 192 FW Fire Department at Byrd Field Sandston Va after a training mission in North Carolina. The plane flown by Col. Steve Hicks 192nd Wing Commander which just completed a mission that gave the Virginia Air National Guard more than 50,000 flying hours in the F-16C fighter.

Bottom:

Many members of the Virginia Air National Guard gathered on the flightline to commemorate Col Steve Hicks flying the 50,000th hour in the F-16C.

HELP WANTED!

Qualified personnel interested in applying for the position of 192nd Fighter Wing Public Affairs NCO should have resume to 1LT Widener NLT COB on Sat 9 August. Applicants should have excellent communication & computer skills and preferably have experience in journalism, page layout, or related areas.

VANGUARD 3
August 2003

Emergency Data Cards Move To The Web

All Airmen need to update their emergency contact information on the Web based system by using any Web-connected computer rather than visiting their military personnel flights. This system is called the Virtual Record of Emergency Data, or **vRED**, the form provides the Air Force with information needed to contact family members if an airman suffers a serious illness or injury, or dies while on active duty. The vRED replaces the Department of Defense Form 93, Record of Emergency Data, and will need to be kept updated individually. To get to the vRED you must establish a login to the vMPF. Once logged into the vMPF you will be prompted to update your emergency data.

The instructions for initial logon to the vMPF are located on the 192 MSF intranet home page. If this is not your first time using the vMPF and you have forgotten your password, contact the AFPC Technical Assistance

Center at DSN: 665-3995/ Comm: (210) 565-3995 or 1-800-638-3487.

Before you get started you will need to know your **pay date** (PD) and your **date of rank** (DOR). Your PD can be found on your LES or the MyPay website and DOR can be found on your promotion orders or on a current Records Review Rip.

Click on the Internet explorer and enter www.afpc.randolph.af.mil or if you are on a computer on base click on intranet, click on favorites, then go to **AF LINKS**, scroll over to the **AIR FORCE PERSONNEL CENTER** and click, or you can go to the 192 intranet website and select 192 MSF then vMPF.

Chaplain's Corner - by Ch(Maj) Ed Moran

On Your Mark, Get Set.....

Deployment. In today's military, it's the currency of exchange. We've been told that with the Total Force concept, movement abroad is the norm and not the exception. We see service members in DBU's, receive briefings on Anthrax and Smallpox immunization, and start working those checklists to prepare for deployment. What's faith got to do with all of this? Plenty. It's easy to lose sight of the fact that we are all part of God's providential plan of salvation. Each of us operates as a part of the total whole. While it's easy to appreciate this truth from the operational aspect of deployment, our lives of faith could also benefit from seeing movement overseas as something God has planned for the purpose of bringing us closer to Him. For me, this happens in different ways each time I deploy. It may come in that need I feel for God when the briefings about immunization speak to all the possible bad effects a shot might have. That feeling of vulnerability, despite all of the best care and planning, is an opportunity to remember the need for God and the unconditional love that preserves us despite danger and disease. The apostle Paul documents such revelations in his letters to the Churches in telling them how difficult it was for him to learn that lesson.



It's much the same way when separation from loved ones and the familiar occurs. The Scriptures tell us that God had a pattern for teaching us how to grow closer to Him. He'd send His people out into the desert, apart from the familiar and the convenient, to teach them the critical lesson of dependence on Him so He could use them to fulfill that plan of salvation He had begun. It is realistic to believe that for many in the desert, God was the last person they had in mind in trying to make it through the hard and lonely times. It may be the same way in your life. Faith may take the bottom priority in trying to accomplish all that is demanded of us before deployment. Try something different this time. Try injecting God and thoughts of God into the whole deployment process by asking yourself, "What might God be doing in this instance" or "where are the opportunities to actively call on Him in my need". The answers may not come right away since God has His own time for revealing His purposes to us. The questions will always act as reminders to the need to live faith daily and cooperate more intensely with that plan He has mapped out for each and every one of us since we believe He made us all and we belong to Him.

Prayers and blessings to all as we prepare for deployment.

Another Capture for Security Forces

On Jun 3rd at approximately 1230 hours, a joint forces two-man patrol consisting of one Mobilized Security Forces member and one mobilized Army National Guardsman were conducting a Random Antiterrorism Measure (RAM) near the area of Beulah and Portugee Road. *A RAM is an unannounced security measure that is accomplished primarily by Security Forces personnel but is also a tool used by all base personnel to thwart terrorism and surveillance. It could be as simple as an ID check at the entrance to your building or even an extra patrol in a sector of the base.* It was during this RAM on Tuesday that our Security Forces made another great catch. TSgt Peebles and Sgt Allen were on patrol in this area and observed a vehicle with four subjects sitting at the south end of the airport near the runway approach lights parked directly in front of a No Trespassing sign. At this point, they radioed Central Security Control who in turn notified Airport



Sgt Allen & TSgt Peebles on a RAM

Police. Our combined Air/Army patrol challenged the occupants of the vehicle and they displayed credentials as FBI and Federal Transportation Administration Agents. Further investigation determined that they were conducting

a test to see how much time it would take to have a unit respond and challenge them. During the last few weeks, these agents along with others had checked 26 airports within the United States and thanks to our vigilant patrol; Richmond is now ranked as the quickest response time so far. The federal agents were only at that location for 6 minutes before they were detected and challenged. In addition, Army Aviation personnel had also notified their security of the suspicious vehicle and their Civilian State Security Officers had responded to the scene also.

This particular test was to determine the frequency of police patrols along the fence line and reaction time. Once again, if you observe anything that does not look right, please call Security Forces at 804-236-6360. (24hrs)

MOVING IN, MOVING UP, MOVING ON

July Promotions

Lt Col Gregory J. Biernacki	Col
Capt William G. Rogers, Sr.	Maj
Capt Sanders Chadwick	Maj
1 ST Lt Keith J. Murphy	Capt
MSgt Randal L. Sweet	SMSgt
SSgt Ghanda M. Ross	TSgt
SSgt Paul F. Montas	TSgt
SSgt Clarence P. Osborn	TSgt
SSgt Timothy S. Smith	TSgt
SrA Jacob C. Ikenberry	SSgt
SrA Toya O. Young	SSgt
A1C Jeremy Berry	SrA
A1C Derek R. Garman	SrA
A1C Jerod B. Carnahan	SrA
A1C Evan T. Hanks	SrA
A1C Travis P. Hughes	SrA

July Gains

TSgt Cynthia B. Pacheco
SSgt Yolonda C. Ball
SSgt William B. King
SSgt Diana A. Clemmons
SSgt Regina B. Lawrence
SrA Dawn M. Campbell
SrA Robert E. Halstead, II
A1C Joshua P. Astor
A1C Jeremiah J. Clarson, Jr.
A1C Heath E. Hohensee
A1C Chad Martin
A1C Marcella A. Mitchell
A1C Randolph M. Newton

July Retirements

Col Edward Grogan
CMSgt Jamie Pleasants
CMSgt Rodney VanMeter
SMSgt Milton Hathaway
MSgt Ira Harper
TSgt Alden Bertrand

Unit

Medical Squadron
Maintenance Squadron
Medical Squadron
Fighter Wing
Mission Support Flight
Services Flight
203 RD Red Horse Sq.
203 RD Red Horse Sq.
Maintenance Squadron
Aircraft Maintenance Sq.
Medical Squadron
Civil Engineering Squadron
Civil Engineering Squadron

Unit

HQ VaANG
Security Forces
203 RD Red Horse
Logistics Sq
Logistics Sq
192dSVC

News You Can Use/Announcements

Fitness Test for Wing Staff

Squadrons assigned to the Wing: Chaplain, Command Post, Finance, JAG, PAO, Safety, Social Actions, and Staff, are scheduled for Fitness Assessment testing on:

Sunday of August drill (August 10th) at 0800 at Club 149.

Richmond ESGR Supports 192d FW

The Richmond Committee, the local agency of The National Committee for Support of the Guard and Reserve, now has 33 members ready to assist members of the military reserve components and their civilian employers. Our own Angie Wade and Sandra Helmick have just been appointed to this committee.

The ESGR exists to promote and support employment of Guardsmen and Reservists by civilian employers. They provide mobilization and deployment briefings to military reservists and offer free legal assistance to civilian employers, who may not be familiar with federal laws pertaining to military leave. They also encourage military reservists to recommend their civilian employers for DOD awards, when the employer has demonstrated support for the National Guard and Reserve.

The Richmond Committee will conduct briefing with the 192nd during August drill dates. For more information, please contact Mr. Thad Crump, 272-0195, or Colonel Tom Stephen, 559-8207.

Diversity Training

Diversity training for the August UTA will be held on Saturday only. This is a change from the previous schedule. The class is scheduled for Saturday August 9th, 0830 - 1700 at the Holiday Inn Airport.

DENTAL COVERAGE FOR RETIREES

Did you know that Delta Dental provides coverage to retirees? If you enroll within 120 days of retirement, there is no waiting period for the coverage to go into effect. If you enroll after the 120 days, there is a one-year waiting period for the coverage. Go to the website <trdp.org> to download the enrollment form and send it in. The cost is

\$25.25 per month. The coverage includes yearly cleaning, oral exam, X-Rays, fillings (80-100%), root canal, extractions, gum tissue surgery (60%), and crown, bridge, partial, denture (50%). The work can be done by any licensed dentist or endodontist. Ask for the brochure for more information. 1-(800) 888-3363260.

Also available is Anthem BCBS Dental. Their number is 1-(800) 453-3622. The cost is \$33 per month and there is an 18-month waiting period.

DAC "Meet & Greet Cookout"

The DAC will hold a "Meet & Greet Cookout" on Aug. 9, 1730-2030, after the Saturday drill. Air Guard families and friends are invited. Contact TSgt Wall at Ext. 6633 or SSgt Dickerson at Ext. 6894 to confirm attendance..

The DAC is here to HELP you. Last month we listed the member's of the DAC. We would like you to know the POCs for different areas here on base to help you.

Technican Union

[<https://intranet.varich.ang.af.mil/act/>](https://intranet.varich.ang.af.mil/act/)

President = Lawson Osborne, ext. 6003
Vice President = Ray Dawson, ext. 6340
Secretary = Roy Phaup, ext. 6450
Shope Steward = John Reisigl, ext. 6451
Shop Steward = Steve Sadler, ext. 6326
Treasurer = John Anderson, ext. 6851

Technican EEO

BROWN, CHRISTOPHER X6395
BROWN, NEALER, X6340
DENSON, JOHN G. JR, X6467
GONZALEZ, FRANCISCO, 757/437-6125X683
HARRIS, LARRY X6319
MINOR, LONNIE W. X6346
WALL, LORRAINE A. X6633
WOLFE, THERESA, 434-298-6330
BASE IG is FREDDIE BAYLOR X 6490

[<https://intranet.varich.ang.af.mil/dac/default.htm>](https://intranet.varich.ang.af.mil/dac/default.htm)

Quote of the month.

"Your significance is not in your similarity to others. It is in your differences."

-Mike Murdock

Family Readiness News

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

Pull Out
Section

Welcome Home!

SMSgt Larry Wylie recently sent an email out thanking us for being present to welcome home the last of the Security Forces troops who returned home after a five month deployment.

He humbly shared, "*The last 18+ months have been sort of rough on us. This squadron has spent close to 10,000 man days deployed from Richmond since 9/11/01.*"

A lot of his Forces have been mobilized for almost two whole years. Many have served overseas for as much as nine months.

"During those times they missed their first child's first birthday, or their second wedding anniversary (one member was married for 10 days prior to deploying for more than 5 months), or any number of other, very important personal "big days". Several missed Thanksgiving and Christmas," SMSgt Wylie remembered.

During those amazing times, the Family Readiness and Support Group has worked hard to provide comfort and a sense of belonging to the families at home.



We have felt that it was very important to prepare families at the very beginning. But we also knew that keeping in touch with those family members was very important, too.

We tried to get in at least two calls a month to each home, whether we spoke to someone or not. Calls were made all over Virginia and as far away as Alabama.

Friends grew out of our support group meetings. Spouses and kids get together at pools now, call each other at home after dinner for casual conversation, and make time in their schedules, to come to the base to help where needed.

We also established an email tree that became a simple communication tree. Even if schedules were tight, families knew that we were thinking of them.

As it was time for the troops to come home we discovered the need to prepare for the reunion.

The Chaplain's office supported us again by helping our family members to understand communication and adjustment. Our goal was to do everything we could to help families stay whole.

So while this entire two year journey has been challenging at the very least, we have found out what the families were made of. I don't know of a single family unit who did not grow in character and inner strength.

SMSgt Wylie went on to say, "*Your support and attendance at their return highlights the value of what they've done. To all of the other Family Support Team members who've supported us all the way, it truly reinforces the "family" tradition that is the Guard. We appreciate them. Thanks again.*"

And thank you all!

Volume 2 Issue 8 August 2003

Asides:

- Kings Dominion Military Days tickets are still available until the end of their season!**

Tickets can be purchased from the family support office for \$21.00, a 50% discount over the full price one day ticket. They are first come, first serve! Contact Angie Wade, 804-236-7036 or email: frs@varich.ang.af.mil



- The next Family Readiness and Support Group Meeting will be Saturday, August 9 at 10:00 am. Location to be announced!

- Plan to join the Family Support Volunteer Group on a shopping trip to Northern Virginia on Saturday, September 27, leaving from the 192d FW by 9 am and returning back to the base by 7 pm. Please contact the FRS Office to let us know you are interested at frs@varich.ang.af.mil

Inside this issue:

Disaster Assistance For Businesses Affected by Military Call-up	2
Charlie Club June Highlights	3
Commissaries Offer	3
Stuff You Need To Know	4

Disaster Assistance For Businesses Affected by Military Call-Up

Many small businesses across America have experienced substantial financial difficulties because an owner or key employee is a Reservist called up for active military duty.

The absence of a key employee can have an effect on sales and overall business operations. As a result, some small businesses may be unable to meet normal operating expenses and payments.

The U.S. Small Business Administration (SBA) has a loan to help these businesses meet their obligations.

Military Reservist Economic Injury Disaster Loan

The *Military Reservist Economic Injury Disaster Loan* is a low-interest, long-term working capital loan. The loan helps eligible small businesses meet necessary business needs until the business can return to normal. The loan is for short term operating needs. This loan is not for refinancing long-term debt or business expansion.

SBA offers loans for up to \$1.5 million at rates of less than 4% for terms up to 30-years. The loan application filing deadline is 90 days after the employee is discharged

from active duty.

Who Is Eligible?

Small businesses in all 50 states and all U.S. Territories are eligible to apply. Businesses that suffered a substantial economic impact as a result of an essential employee

(including an owner/operator) being called to active duty can apply. The essential employee can be a Reservist in the Air Force Reserve, Air National Guard, Army Reserve, Army National Guard, Marine Reserve, Naval Reserve or Coast Guard Reserve.



For More Information

Small businesses interested in applying for this assistance can obtain a loan application by visiting the SBA Disaster Loan website at <http://www.sba.gov/disaster/mreidl.html> or by contacting the appropriate SBA Disaster Area Office listed on the attached page. If you have questions or need additional information, call the SBA Disaster Assistance office and a loan officer will gladly assist you.

SBA DISASTER AREA OFFICES

There are four SBA Disaster Area Offices. To obtain a *Military Reservist Economic Injury Disaster Loan* application, please contact the Disaster Area Office that serves your state or territory.

1. Small Business Administration Disaster Area 1 Office
360 Rainbow Blvd. S.,
3rd Fl.
Niagara Falls, NY 14303
1-800-659-2955
(716) 282-4612

Serves: Connecticut, Delaware, the District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Puerto Rico, Rhode Island, U.S. Virgin Islands, Vermont, Virginia and West Virginia



Mark Your Calendars!

A Welcome Home Harvest Festival to celebrate the end of the first 45 days of the AEF Rotation will be held on Friday Night, October 31, from 7 pm to 8:30 pm.

Come join in the music, games, and tons of surprises!

And we need your help!!!! Please contact the Family Support Office to volunteer your talents and great ideas.

Email us at frs@varich.ang.af.mil or call 804-236-7036.

203rd Red Horse/ Charlie Club June Highlights!

By Debbie Turlip

The 203rd Red Horse Charlie's Club recently held their first deployment potluck/slide show on June 25th at 6:30 p.m. at Camp Pendleton in Virginia Beach. Club members enjoyed an evening of great food, camaraderie, and a terrific slide show.

The slides were sent in by family members who had received them from their deployed unit member. There were about 170 pictures with lots of group pictures. The kids were interested in seeing what it looked like in the deployed locations. The different scenes in the pictures helped them visualize what it was like for their parents. MSgt. Jeff Horrocks added funny captions to the slides.

It was a very nice evening being with one another and sharing stories. CD's will be made of the slide show and all of the deployed members' families will receive a copy to enjoy!

Commissaries Offer "Club" Deals

by Rick Brink, richard.brink@deca.mil

Commissary shoppers are getting the shopping club experience this summer with a variety of products ranging from hot dogs and frozen pizzas to paper products and laundry detergent being sold in "club packs."

Club packs, which generally offer several items of a product packaged as one unit for sale, are very popular with shoppers seeking to load their pantries.

The club pack promotional program was first introduced in commissaries last year and sales showed customers liked them.

"A good deal of our customers are high volume shoppers, and our club pack program makes it easier for them to stock up on popular items at low commissary prices," said Bob Vitikacs, DeCA's executive director for operations and product support.

Plastic food storage bags, diapers,

macaroni and cheese, coffee, soap, pet food and candy are among the items offered in club packs. They started appearing in commissaries in May and will continue to be offered through September.

The club packs aren't hard to find. Because of their unique sizes and volume, commissaries usually set up special club pack displays, or offer them in case lot sales.

The Defense Commissary Agency operates a worldwide chain of nearly 280 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than



30 percent on their purchases compared to commercial prices - savings worth more than \$2,400 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Visit www.commissaries.com for more news, updates and promotions.

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

50 Falcon Rd Ste.6
Sandston, VA 23150

Phone: 804-236-7036

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



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.

Stuff you need to know!

In-State Tuition for Military Families

In appreciation of the men and women in the military, some schools are stepping forward offering discounted tuition for active duty personnel and selected reserves, and their spouses. In addition to these special discounts, many schools offer credit for military service and accept GI Bill and Tuition Assistance to make earning a degree while serving in the military, or while working full-time after separating, more convenient. Service members and veterans interested in taking advantage of military-friendly educational opportunities can request free information at :
<http://www.military.com/Education/Lead1/>

Shades of Green at Disney World Now to Reopen in March 2004

The refurbished Armed Forces Recreation Center Shades of Green on Walt Disney World Resort will open March 1, 2004.

The current room rates for E-1 through E-5 will be \$70. Other rates are computed on a sliding scale based on rank.

The Armed Forces Recreation Center is open to DoD ID-card holders in all branches of military service: active duty and reserve components, DoD civilians, both military and civilian DoD retirees, and their families.

For more information, access www.shadesofgreen.org or call toll free 1-888-593-2242.

TRICARE Call Center Has New Hours

Effective July 1, 2003, the TRICARE Information Call Center (TIC) will have new hours of operation. The new hours are:

Monday through Friday, 8 a.m. to 8 p.m.
Eastern Daylight Time (excluding federal holidays).

TRICARE Management Activity National Toll-Free Numbers are:

TRICARE Prime Remote (TPR):
1-888-DoD-CARE (1-888-363-2273)

Senior Pharmacy Program: 1-877-DoD-MEDS (1-877-363-



www.donotcall.gov

**NATIONAL
DO NOT CALL
REGISTRY**

If you don't enjoy those unsolicited telemarketer phone calls, please visit the "Do Not Call" website to have your numbers registered .

You can also call 1-888-5-OPTOUT (567-8688) for more information.



"Now Let Us Serve You!"

When traveling this summer, if you stop by a Hard Rock Café and show your Military ID, you can save 15% off of food, beverage and merchandise purchases!
(Excludes alcohol. Not valid with other discount offers.)

Cholesterol: More than just "clogged pipes"

Many individuals accept as true the notion that cholesterol merely deposits in arteries and consequently impedes blood flow. The article "Atherosclerosis the New View" published in the May 2002 issue of *Scientific America*, written by Peter Libby, a Professor of Medicine at Harvard Medical School, states that a myriad of events are to blame for causing atherosclerosis. Atherosclerosis, hardening of the arteries, is a contributing factor for heart disease. The article explains that heart attacks are actually the result of chemical reactions and changes within the blood vessel, and not plaque buildup alone (Libby, 2002). To understand this statement better, we must look at the process by which plaque forms.

Arteries are comprised of the intima (innermost lining closest to the blood channel), the media (middle tissue), and the adventitia, (outermost layer) (Libby, 2002). When cholesterol levels are ideal, Low-Density Lipoprotein (LDL) cholesterol (commonly called bad cholesterol) will travel to and from the intima without deposits collecting on the vessel wall. In individuals with high cholesterol, excess LDL accumulates within the cells of the intima. There the cholesterol undergoes chemical changes. These changes elicit the body's defense system. This response causes cells, molecules, and chemicals to attach where the LDL is being altered. When these substances attach to the blood vessel, the intima is damaged resulting in plaque formation. A "scab-

like" layer may form over the plaque. This process can occur many times in various parts of an artery. Dr. Libby (2002) noted that most heart attacks result from the rupturing of these "scab-like" layers and not the accumulation of plaque build-up within the artery. When the "scab" breaks, powerful chemicals are released that initiate the clotting of blood. If the clot is large enough, it can cause a heart attack or stroke by occluding the blood vessel. Smaller clots can threaten the integrity of the blood vessel by perpetuating plaque growth and contributing to hardening of the artery.

Understanding of how excess cholesterol can contribute to heart disease allows us to better manage it. The foods we eat can increase or decrease the cholesterol levels in our bodies. According to NIH publication No. 01-3290, (2001), consumption of foods high in saturated fat have the most detrimental effect, leading to increased LDL levels. Thus, a diet low in saturated fat can help decrease LDL and total cholesterol levels (NIH, 2001). Maintaining a healthy weight will also help decrease LDL cholesterol (NIH, 2001). Physical activity is another factor that can aid in reducing LDL cholesterol and at the same time increasing HDL (good) cholesterol (NIH, 2001). However, in some cases individuals may need drug therapy in order to control cholesterol levels. Your health care provider can determine if drug therapy is right for you.

LTC Turlip Change of Command

On June 3, Col. Thomas J. Turlip, commander of the 203rd RED HORSE Flight, assumed command of the Central Command Air Forces, 1st Expeditionary RED HORSE Group. He took the reins of the engineering unit from Col. Benjamin Anderson, commander of the 823rd RED HORSE Squadron out of Hurlburt Field, Florida. The ceremony took place at Al Udeid Air Base, Qatar, in front of 1st ERHG personnel.

The 1st ERHG directly supports combat air power within the CENTAF area of responsibility. It provides the air component commander with a dedicated organization to effectively manage airfield and heavy construction projects, repair capabilities, and special capabilities (i.e.,

airborne with explosive ordnance disposal, fire and readiness, well drilling, demolition, etc.) during war and contingencies. It directs the utilization of AOR RED HORSE equipment and airborne equipment, and provides CENTAF with an established command cell.



Colonel Tom Turlip accepts the flag from Major General Larry Twitchell while Colonel Benjamin Anderson looks on.

Turlip was promoted to colonel during April. Colonel Turlip joined the Virginia Air National Guard in 1985 as an electrical engineering officer assigned to the 203rd. In 1990, he became the officer in charge of the unit's Airfields Flight; and in March 1998, he became commander of the 203rd. The colonel is a traditional guardsman, who has been on active duty orders since early January when the unit received its initial activation order.

This Month in Photos

Photo by Tech Sgt Dave Buttner



Angie Wade Family Support Coordinator look on as Master Sgt Ginaulo Poulos explains how all the items on the table arrived in the Security Forces Orderly Room. The table is filled with items ready for shipment to a village in Afghanistan. This weekend kicks off the Adopt-a-Village program headed by Col William Busby who is currently TDY in Afghanistan. Busby said the people around the base have been very helpful and are in need of many of the basic items for everyday life.

Photo by Staff Sgt. Shelley Gill



Tsgt Robert Megginson uses ASP training techniques to ward off "Red Man" (Tsgt Govie Peebles) who is wearing a special padded suit as protection from baton blows. ASP training teaches techniques for Officer Safety when deadly force is not needed. This was part of 192nd Security Forces annual training at Sandston, VA.

MSgt Jesus Mendoza paints the 192nd Civil Engineer's badge. The motto, "Build, Maintain, Protect", is now emblazoned in CE's Training Room.



Photo by Staff Sgt. Shelley Gill

Photo by Staff Sgt. Shelley Gill



Master Sgt. Murphy addresses 192nd Fighter Wing members in a briefing aimed at Smallpox awareness during July drill.

Photo by Staff Sgt. Shelley Gill



SSgt Dionne White draws a dose of the Anthrax Vaccine while "soon to be" recipient SSgt. Leon Jackson looks on.

Shuttle Bus Service Arrives @ Richmond

In an effort to reduce the parking problems and perceived lack of parking on the UTA's, the Mission Support Group has collectively agreed to try and alleviate the problem. It has been calculated that we do have sufficient parking on UTA's. The problem is that the parking that is available is not located directly next to each and every work center. Our increased FPCON's are also taking their toll on the available parking spaces. There are nearly 40 spaces that will probably never be allowed POV parking due to their proximity to the critical resources. One of the possible solutions to the problem is simply to reduce the number of vehicles coming on base. This sounds quite simple and yet it will take all of us to help with the solution. The base transportation section will be providing a shuttle service prior to drill and after drill for those individuals staying at the Holiday Inn and Microtel Hotel. It is not mandatory for members to ride the shuttle, but it would certainly help the situation. The bus will stop at 30 minutes prior to drill on both



Microtel Entrance



Airport Holiday Inn Entrance

days, (0730 & 0630) at the Holiday Inn first and then proceed on to the Microtel Hotel on Airport Drive 10 minutes later. (0740 & 0640) Once on base, the same bus will then become the shuttle bus for those having to park in the overflow parking lot (the old POL farm area) located across from the Base Safety office.

This on-base shuttle will continue to run until approximately 0830 on Saturday and 0730 on Sunday. During inclement weather all members can utilize this shuttle bus as it makes the loop throughout the base. Subsequently, the base shuttle will depart to take members back to the hotel on both days at 10 minutes after the end of the duty day. (1710 & 1610) If you are not in a position to assist us with this shuttle service then please consider riding in with someone else from the hotel each day. Any amount of parking saved by ride sharing or riding our shuttle assists everyone. Questions can be directed to vehicle maintenance at 6364 or to Security Forces at 6360.



Old POL (Overflow Parking Area)

VaANG Docs Lead Medical Team to Romania

Maj. (Doctor) Frank Yang just returned from a two-week mission to Romania where he led a group of ANG medics and provided care to American soldiers as well as troops from six other nations. He is being followed by Maj. Rob Panten, Maj. John Carmack, LtC. Mimi Peak, and LtC. Ken Papier, all docs from the VA-ANG. Each of these docs will do a two-week rotation in Romania.

The mission is "Cornerstone 2003", which consists of a series of construction projects in Romania. The projects include building a school, a road, a water well, and an aircraft parking apron. This is a multi-national effort, in that Albania, Bulgaria, Greece, Macedonia, Turkey, as well as USA and Host Nation Romania all contribute

engineering troops toward these construction projects.

The American contingent consists of engineers from the Marines, Army, Air Force, and Navy. All American medics are from ANG units. VA-ANG is the lead medical unit and supplies all the docs; Tennessee and Alabama

ANG units provide medical technicians and a medical service corp officer.

Not only is this a valuable opportunity for ANG units to work in a joint environment with other service branches, it also gives ANG personnel a most welcomed chance to work with military units from several other nations. It also provides a setting in which ANG showcases its medical talents, with VA-ANG as coordinator and leader of the deployed medical package.

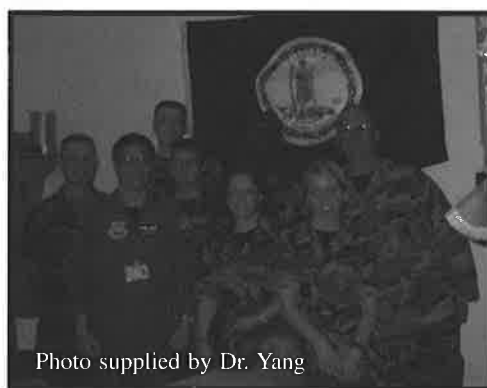


Photo supplied by Dr. Yang

Sick call in Romania by "all-ANG" staff, notice VA flag brought by Dr. Yang.

Virginia Air National Guard Heritage Series



By TSgt. Ed Kelleher
192nd Fighter Wing Historian

When the 192nd Fighter Wing's first two F-16C Fighting Falcons arrived from Germany in June 1990, they heralded an era of Mach 2 speeds and front-line warfighting capability.

The Virginia Air National Guard had good reason to be optimistic: The 192nd was the first ANG unit in the nation to receive the F-16C/D, an upgraded F-16 powered by a General Electric F110-GE-100 turbofan engine with afterburner.

Few crystal-ball gazers could have predicted that slightly more than a month later an Iraqi dictator named Saddam Hussein would invade Kuwait, an act that would



Members of the 192d stand in front of an F-16 during a deployment to Nellis AFB in Nevada.

profoundly affect the Virginia Air Guard for the next 13 years.

Few could have known that Virginia's F-16 pilots would be fully trained too late to take part in the first Gulf War, or that their airplane systems would be considered somewhat obsolete by the second.

And almost no one could have forecast the cataclysmic events of 11 years later – Sept. 11, 2001 – when Arab terrorists hijacked American airliners and smashed them into the Pentagon and the World Trade

Center's twin towers.

The Sept. 11 terrorist attacks hurtled the 192FW into action. That morning, a 192nd pilot, airborne and en route to

Virginia from a Guard base in the Northeast, was ordered to intercept a civilian airliner and verify its intentions. By midday other 192nd F-16s were in the air patrolling parts of the East Coast amid

nervous tensions that more attacks might be on the way.

"Nine-eleven made believers out of those folks who thought 'readiness' was just another military slogan," said Col. Stephen R. Hicks, commander of the 192nd.

For 218 consecutive days 192FW pilots would patrol the skies over Virginia, flying 820 operational sorties



This F-16 was painted in honor of the last reunion of the 352d that was held here at the 192d in 2000. This paint scheme was reminiscent of the Blue Nosed Bastards of Bodney.

Weapons loader SRA Ryant T. Gardner crawls underneath the belly of an F-16C and checks lock nuts security of a 300-gallon centerline fuel tank during an end of runway inspection of aircraft 246. Weapons load crew chief TSgt Jeff Fowler wears an orange safety vest and maintains visual contact with the pilot and the workers.

Virginia Air National Guard Heritage Series

and logging 3,515.5

flying hours. More

than 400 unit members

would be called to active duty for periods ranging up to two years. This marked a span of prolonged activity at the Air Guard base unmatched since the Berlin callup of 1961-62.

Security Forces personnel would be among those most affected. Nearly the entire Security Forces Squadron was called up for two years, and many of its members were dispatched to other bases, both in and outside the United States.

The operational demands on the 192nd were far greater than they had been in 1990-91, when the United States and its allies were mounting a retaliatory assault

against Iraq after its invasion of Kuwait. At that time, pockets of firefighters and other support personnel deployed for short periods to "backfill" for active and Air Guard forces participating in Operations Desert Shield and Desert Storm.

In the years between that war and Operation Iraqi Freedom, the 192nd rotated to Incirlik Air Base in Turkey to stage missions into the no-fly zone over northern Iraq, and to Aviano Air Base in Italy for missions over war-torn Bosnia.



Pneudraulic specialist TSgt Leonard Carter checks a valve on the F-16C.

Along the way, the unit took upon itself an additional mission – it became the Air Force's only tactical reconnaissance flying unit. As such, it developed a portable "recce" pod attached to the F-16's centerline, enabling the aircraft to remain fully armed and support air-to-air and air-to-ground missions while gathering intelligence imagery.

The recce mission was designed to complement the Air Force's other imagery-gathering systems, such as the high-flying SR-71, satellites and unmanned aerial vehicles.

Our new F-16 flies along side of the airframe it is replacing, the A-7 Corsair.



By the time the United States put its forces in position to strike back after Sept. 11, 2001, however, the Air Force had begun to rely heavily on the unmanned vehicles, or drones, for battlefield imagery. The expertise that the 192nd had spent years developing was suddenly no longer in great demand.

Despite that, 192nd pilots had trained extensively in day and night laser-precision bombing and advanced situational-awareness communications systems.

This positioned the Virginia Air National Guard to take a lead role in whatever postwar missions it might be given as part of an Aerospace Expeditionary Force.

Members of the propulsion section kneel in front of the 6 spare GE F110 engines they have completed in the Hush House. There are no engines in work at the time of the photo and no holes in the system. This is an accomplishment that has not happened since 1996!

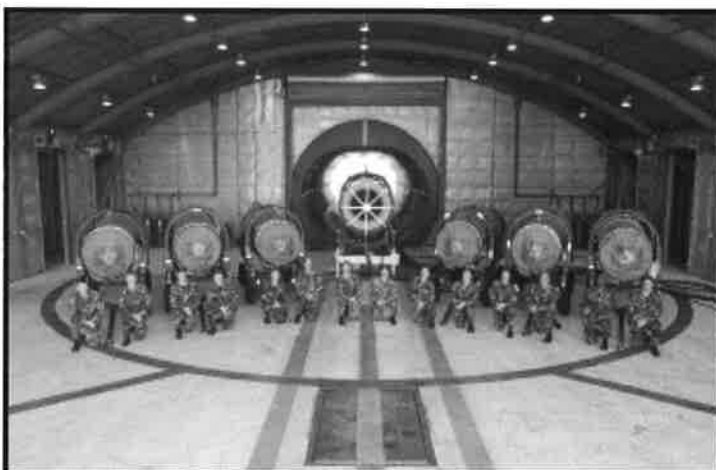


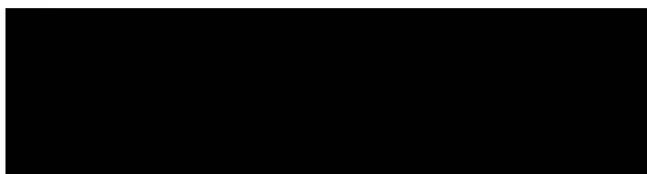


Photo supplied by SSgt Bryan Reynolds

Phi Theta Kappa, the International Honor Society of the two year college, would like to thank two Va. Air National Guard Crew Chiefs for their work with Habitat for Humanity. SSgt Jeremy Prince and SSgt Johnnie Walker spent a long hard weekend putting up siding on a house for a newly nationalized Ugandan family with ten that's 10 children. The Tau Rho chapter, located at John Tyler Community College, routinely applauds scholarly achievement, this time we cheer for our members efforts to better the community. Thanks for serving your country and your neighborhood.

What's for Lunch?

We didn't receive the menu for August drill in time to make it to press.



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