

# VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

December 2003

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Photo by SrA Michele Misiano



# 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**.*

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

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

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

#### Wing Commander

Col. Stephen R. Hicks

#### Chief, Public Affairs Editor-in-Chief

1st. Lt. Mark Widener

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TSgt. Sabrina Reynolds-James

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Multimedia Support Center

.....  
**Next UTA:  
December 6-7**

#### Cover:

Maj. Pat Deconcini and his daughter Theresa at the welcome home ceremony in the hangar.

All of you have given so much during the past couple of years – your time, your enormous talent, your sustained effort – that it seems almost silly to remind you that December traditionally ushers in a season of giving in the United States.

That said, as Americans we do feel the urge and need to share our blessings with those less fortunate than us. That's one of the characteristics that make us such a great nation.

We don't have to look around for too long before we recognize the many opportunities available for us to share with others.

The three key cultural U.S. holidays in December – Christmas, Chanukah and Kwanzaa – all involve some sort of sharing.

I'm proud of the fact that the Virginia Air National Guard has a heritage of outreach to the community. From Children's Hospital to the Virginia Special Olympics to the Henrico County Christmas Mother, you have always made the time to stay involved.

Again this year, volunteers are being sought to help out with the Henrico Christmas Mother campaign. This nonprofit group provides food, clothes and toys to more than 1,100 families each year who apply for assistance. It relies on volunteers. SMSgt. Dorothy Tatem and Angie Wade, our family readiness coordinator, are spearheading the

Air Guard's participation. You can sign up by going to:

***frs@varich.ang.af.mil***.

Also this month, the wing's first sergeants are holding a canned-food drive to help the less fortunate in Richmond. See your first sergeant for information on collection sites.

And because of federal budget cuts, the Department of Veterans Affairs has stopped providing toiletries to resident veterans at the McGuire VA Center in South Richmond. The residents there can use donations of any personal or

hygiene products, including products for the care of false teeth. Other needed items include nail clippers, emery boards (heavy duty), shaving accessories, socks, T-shirts and skull caps. SMSgt. Andie Richardson in the 192d Medical Squadron is coordinating.

Continuing in the spirit of giving, I'd like to take this opportunity to give you my heartiest thanks and congratulations for a job well done all year, often under trying circumstances.

Keep in mind that some of our own unit members are still in harm's way, although they should be returning to Virginia soon. Please pray for them and for all the U.S. military personnel stationed abroad, and pray that tensions that wrack some parts of the globe quickly give way to world peace.

Happy holidays.

Sincerely,  
***Colonel Stephen R. Hicks,***  
Wing Commander



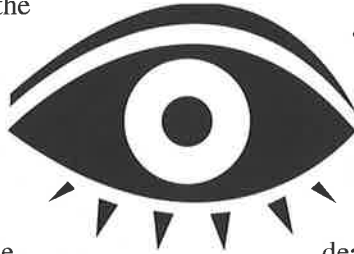
## You Are Being Watched! - by Ch(LTC) Charles Smith

God is watching you twenty-four hours a day, seven days a week. Everything you do and say is noted. Does that make you just a little bit nervous?

When visiting a monastery, the tiny cells of the monks impressed a woman with the tour group. She noticed an eye painted on the ceiling of one cell, so she asked the monk, "What is the meaning of the eye?" "That eye painted there above my bed is the watching eye of God," the monk replied. The woman responded, "How terrible!" The monk explained further, "Yes, it can scare you to death to think that God watches every moment of your life, but it can also be a great comfort and joy."

"You are being watched!" God watches you every moment of the day. He watches not to scare you but to give you the "peace that passes understanding." God

watches you because He loves and cares for you. That can give us "great comfort and joy." Especially when we feel lonely and isolated, God is there. Remember the 23<sup>rd</sup> Psalm:



"The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, he leads me beside quiet waters, and he restores my soul. He guides me in the paths of righteousness for his namesake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."

THANK GOD, "YOU ARE BEING WATCHED!"

## 192d MDS Flight Surgeons Attend Space Operations Training Course

Five flight surgeons from the 192<sup>nd</sup> Medical Dental Squadron recently attended the DOD/NASA Space Operations Medical Support Training Course. Colonel Greg Biernacki, Lieutenant Colonel Jim Walter, Major John Carmack, Major Jeff Schwartz, and Major Frank Yang were selected to attend this training course 10-12 September 2003 at the 45<sup>th</sup> Space Wing, Patrick AFB, Florida. The three day course covered Space Shuttle familiarization, emergency landing procedures, emergency space suit removal, toxicology and hazards of the shuttle, H-60 medical configuration, and various space medicine subjects. In addition to the didactic portion of the course, the flight surgeons had the opportunity to tour Kennedy Space Center and launch areas.

Since the early days of Project Mercury, the Air Force, in coordination with NASA and other DOD forces, has provided real-time medical support for all manned space operations. The DOD Manned Space Flight Support Office (DDMS), which is located at Patrick AFB, Florida, serves as the interface between NASA and the DOD. The system of support has evolved over time into an extensive mission involving many different disciplines, facilities, and personnel worldwide. The Air Force is involved in a major DOD effort in support of the National Aeronautics and Space Administration's

(NASA), and its various missions and specifically the Space Shuttle Program. An important part of this mission is medical support. The Space Operations Medical Support Training Course prepares flight surgeons to respond in the event of a mishap involving the Space Shuttle. In the event of a medical emergency during launch or landing of the Space Shuttle, there is a basic sequence of rescue procedures which will be followed. An on-site medical triage site is established and staffed by NASA personnel as well as fire and rescue personnel. In addition, four USAF Pave Hawk Helicopters each with two pararescueman and one flight surgeon or "Air Doc" are pre-positioned to assist with astronaut recovery, decontamination, resuscitation, stabilization, and medical evacuation. All flight surgeons supporting the shuttle program as an "Air Doc" must be certified in Advance Cardiac Life Support

and Advance Trauma Life Support. Additionally they must be certified in helicopter underwater egress training and the helicopter aircrew breathing device, or HABD, a small device which allows underwater breathing for short periods of time.

The next Space Shuttle launch is scheduled for no earlier than 12 September 2004.





## Food Safety For The Holidays - by Dr.(Maj) John Carmack



As the leaves change marking the beginning of fall, we are reminded that the holiday season is approaching. Thanksgiving is a season filled with culinary delights and hearty appetites. While we are preparing that roasted turkey and deciding which stuffing recipe to use, we should not forget about food safety in the kitchen this season. Food borne illnesses are very common and affect thousands of people each year in the United States. There are several simple steps that the cook and helpers can take to insure a safe holiday meal.

Food borne illness is more common than most people realize. There are more than 200 know diseases that can be transmitted through food and include viruses, parasites, toxins, and bacteria. The impact of these agents is tremendous leading to an estimated 76 million illnesses, 325,000 hospitalizations, and 9,000 deaths in the United States each year. Almost any food can become contaminated and lead to a food borne infection if not properly handled. Certain foods are more likely to become contaminated or infected such as protein rich foods like meat, poultry, fish, and seafood. Under cooked poultry, raw eggs, and seafood are frequently contaminated with Salmonella. Likewise, E. coli is often found in raw or rare ground beef, uncooked fruits or vegetables, and unpasteurized apple juice or cider. Additionally, moisture rich foods are more favorable for bacteria growth such as egg or cream-based foods like potato or pasta salads. Common symptoms of food borne illness include vomiting, abdominal cramping, diarrhea; fever, and sometimes blood or pus in the stools. These symptoms can come on as quickly as thirty minutes after eating or take several days to weeks depending on the infecting agent. The effects of a food borne illness can be more severe in the very old, very young, and people with underlying diseases such as diabetes, liver disease, kidney

disease, immune disorders, or HIV. These individuals are at greater risk for complications and may even die if the infection is severe. Many people with a food borne illness will often claim they have the "stomach flu" and may not associate their symptoms with a food illness.

Several steps can be taken to reduce the risk of accidentally causing a food borne illness in your family or guests this holiday season. The first cardinal rule of safe food preparation in the home is: Keep everything clean. Cleanliness applies not only to the food preparation area but also the cook. Before you start your meal, you should wash your hands with warm soap and water for at least 20 seconds and again after handling raw meat or poultry. Countertops should be washed with a chlorine solution of one-teaspoon chlorine to one quart of water or a commercial kitchen cleaner. You may use warm soap and water however this will not kill unwanted bacteria as well as the chlorine solution. Also be sure to keep dishcloths and sponges clean. Use only a smooth cutting board made of hard maple or plastic and avoid boards made of soft porous material. Boards with cracks, crevices or made of soft material may harbor dangerous bacteria that can cross contaminate other foods. Always wash and sanitize your cutting board after cutting raw chicken or meat.

Also you should avoid using the same knife on other foods after cutting raw meats. Do not allow the juices from raw meats to drip on other foods. All these steps will reduce the chances of spreading harmful bacteria such as Salmonella and E. coli from raw meat or poultry to other foods. Also wash your raw vegetables and fruits as they too may contain dangerous bacteria.



The second most important rule for food safety is: Keep hot food hot and cold food cold.

You should not thaw your turkey or other food at room temperature. If thawed at room temperature, the inside can remain frozen while the outside can thaw and become a breeding area for dangerous bacteria. Thaw all your meats in the refrigerator over a one to two day period. Another consideration is the internal temperature of meats during cooking. Using a cooking thermometer to insure the proper internal temperature is reached in order to kill the harmful bacteria is very important. In general, the thermometer should be placed in the thickest part of the meat away from any bone or fat. For a whole turkey, the internal temperature must reach 180° F in the innermost part of the thigh. If you chose to stuff your turkey, the

## Food Safety

center of the stuffing must reach a temperature of 165° F. If you are cooking only a turkey breast, the temperature should reach 170° F. Remember, cooking times will be longer for a stuffed turkey and the external color of the skin can be very misleading about the inside temperature. If you decide to use a turkey with a "pop-up" temperature indicator, it is recommended to still use your cooking thermometer to check the internal temperature of the meat and stuffing. Cooked foods should not be left out for more than two hours or the risk of bacteria growth and food borne illness increases. After the meal, leftovers should be placed in the freezer or refrigerator as soon as possible and then used within three to five days. In general, cold foods should be maintained at 40° F and the freezer at 0 ° F. If you have a large bowl of soup or chili, it should be poured into several shallow pans and then refrigerated. If the large bowl is placed in the refrigerator, the edges will cool however the center may take several hours to cool. During these several hours, dangerous bacteria can grow and multiply in the center and lead to a food borne infection.

There are a few other miscellaneous guidelines which can help keep the food safe this holiday. First, the cook should avoid mixing food with their hands if they have long or fake fingernails. These nails can often harbor dangerous bacteria and can be spread to other foods. Also, you should not let your jewelry, especially rings or bracelets, become covered with any foods you may be mixing by hand. It is best to remove that wedding ring or bracelet before starting your food preparation. If you are wearing plastic gloves in your food preparation, change them frequently and especially if you are handling raw meats. Finally, Thanksgiving is a special time for cookies and cakes and children especially like to lick the mixing bowl. If you are using raw eggs, resist tasting your favorite cookie dough or cake batter. Eggs are notorious for having salmonella in them. These can become infected directly from the chicken's ovary and may not show any outward signs of being infected.

Food borne illnesses are very common and can often be serious. Most all of us have had a food borne illness however the symptoms are frequently dismissed as the "stomach flu". If food is handled and prepared safely, most of these illnesses can be avoided in your kitchen. If in doubt about a given food, throw it out. Remember, keep hot food hot, cold food cold, wash your hands, and use your cooking thermometer. By following these few simple rules, you can reduce the chances of having a food borne illness this holiday season. Have a happy and safe holiday.

## Snapshots



TSgt Chris Banaszak excelled while deployed to Al Udeid AB, Qatar during the 192d AEF deployment, 7 September-19 October, 2003. He was selected as the NCO of the Month and is presented the 379 MXG Award by Col. Stankowski. This award recognized TSgt Banaszak's efforts to improve existing fuels systems and resurrect dormant fuels maintenance programs. His contributions greatly improved maintenance efficiency and readiness for daily real world combat missions directly supporting OIF/OEF.



Photo by TSgt Dave Buttner

Maj Gen Claude Williams presents Mrs. Janice Barnette, wife of CMSgt Robert Barnette, a plate to commemorate her support over the years at her husband's retirement ceremony on Sunday, November 2. Brig Gen Tony Haynes and CMSgt David Kinsey (not pictured) are also on hand for the event.

# Easing The Transition From Civilian To Airman

You may remember meeting A1C Linette Sanchez in the "Warrior Spotlight" section of the April 2003 issue of the Vanguard. The article described her experiences with the Student Flight Development Program (SFDP) and preparation for Basic Military Training (BMT). That was then.....this is now.

SrA Sanchez headed for BMT as a trainee, but left Lackland AFB as an Airman. Congratulations SrA Sanchez, welcome home!

In a recent 21st century interview (conducted mainly via email), Sanchez reflected on how the SFDP prepared her for the often shocking transition from civilian to military life.



**Vanguard** ~ How would you describe the Student Flight Development Program (SFDP)?

*Sanchez ~ I think that the Student Flight Program does a wonderful job in welcoming new members to the 192<sup>nd</sup> Fighter Wing. It is an opportunity where students are given insight on what to expect in Basic Military Training. You are among others that are*

*feeling the anxiety and anticipation on taking the first step in becoming a member of the United States Air Force.*

**Vanguard** ~ How well did SFDP prepare you for BMT, tech school, and your new career with the VaANG?

*Sanchez ~ I felt this Program prepared me best by introducing the Air Force core values. This is definitely something you will learn in BMT and will stay with you throughout your military career.*

**Vanguard** ~ Were there any components of SFDP that were more beneficial than others?

NOTE-you attended the BMT Roundtable, NG101-to include "History of the ANG" and "History of the 192d FW - 352<sup>nd</sup> Reunion" videos, USAF Rank Structure, Core Values, and Newcomer's Orientation.

*Sanchez ~ I think that all the information was beneficial. The "History of the ANG" as well as the "History of the 192<sup>nd</sup> FW" is important for new members to know and will now be a part of.*

**Vanguard** ~ What would you say to new enlistees to encourage participation in SFDP?

*Sanchez ~ I would tell them that it is an opportunity to meet people that all have at least one thing in common, BMT. It also is a glimpse of what to expect or how to prepare and actually allow you to be one step ahead when you arrive at Lackland.*

**Vanguard** ~ In what way has the SFDP contributed to your "sense of belonging" or camaraderie as a new member of the 192 FW?

*Sanchez ~ Let me just say that I could not have made a better choice than becoming a member of the 192<sup>nd</sup> Fighter Wing.*



Sounds like the SFDP is on target!

Upon completion of formal technical training, SrA Sanchez was reassigned from the 192d Student Flight to the 192 Security Forces Squadron.

# Family Readiness News

Virginia Air National Guard 192d FW 203d RH 200th WF



## Special points of interest:

- No Family Support Meeting this month

Come help the Henrico Christmas Mother. Call 804-236-7036 to volunteer.

- Thursday, 11 December 2003
  - Friday, 12 December 2003
  - Tuesday, 16 December 2003
  - Wednesday, 17 December 2003,
- 0830-1200HRS  
1200-1500 HRS

By 11:00, the tables were set, the red, white and blue balloons were flying in dozens around the hangar to show our appreciation for the commitment to serve, and to endure separation from their families. Our heroes entered under the banner of "A Gathering Of Heroes" and stood at formation.

A big Welcome Home Party was held in November for our troops who have deployed since September, 2001.

The Family Support and Readiness Volunteer Group, the community and two of our Congressmen, Rep. Robert C. Scott, D-3rd and Rep. J. Randy Forbes, R-4th, joined Col Steve Hicks, Commander of The 192d FW, BG Richard Haynes, Chief of Staff and the States Adjutant General, MG Claude A. Williams in addressing our troops to thank them and their families

for their sacrifices. Congressman Randy Forbes spoke most generously of the personality of the Air Force, expressing that the Air Force has a sense of humor after his interaction with a pilot who, in preparing him for a landing in Baghdad, reminded him of "retirement benefits".

After the short program, it was time for lunch, prepared by Lawson Osborne and Thornton Williams, both members of the Guard. Guests waited in line while listening to DJ, Mr. Holladay, of Rural Point Elementary School. Throughout the day, Mr. Holladay announced door prizes generously donated by WXGI radio, the Wyndham hotel, Holiday Inn, and Richmond Newspapers.

Children of our members also had the pleasure of enjoying the Moonwalk and fire truck slide.

"Third Brass", a patriotic, all brass band joined us with wonderful musical selections to close the party.

But the star of the day may have been the Ice Cream truck to cool everyone down in the 85 degree temperatures.

It was a great day for the troops and families and we are glad to have them home!



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## Thank you to The Best Volunteers ever!

The big Welcome Home party could not have been a success without the help of the best volunteers ever!

Many members of the 192d FW who were able to attend our Welcome Home party made a point of telling me how impressed they were with the show of red, white and blue that greeted them when they entered the hangar on Sunday Drill for the lunch time event.

A large patriotic balloon arch

adorned the entrance to the hangar, and helium filled bouquets decorated the dressed tables for the members and their families to sit and enjoy their meal.

The volunteers themselves were part of the decorative festivities in their red, white and blue attire. They attended the family readiness and support information table, the sales table and the giveaway tables. And they maintained their smiles all the while to enhance

the atmosphere for the honorees!

The volunteers who deserve pats on the back for an extraordinary job well done are: Sandra Helmick, Susan Seay, Ann Hicks, Karen Bess, Diane Petree, Becky Yates, Debbie Haynes, Marie Edwards, Altheia Burton, Sheila Smith, Angie Perkins, Matt Perkins, Mary Quarles, Joe Yates and Elaine Simmons.

-Angie Wade



## UPDATE

### Just When You Think You Understand....

I recently had the privilege of attending the first "new" TRICARE Fundamentals Course at Langley AFB. I was determined to go, committed to completely understanding TRICARE so that I could better assist our beneficiaries.

I did well, missing just 5 questions on the 50 question test that they presented at the end.

We all learned a lot. For example, we learned that all military members need to sign up for TRICARE Prime before they leave for deployments because something might happen to them while they are away and they may require continued

medical care when they return home. If they do not have Prime, the military member might have some unexpected out of pocket costs to pay for his or her care.

We also learned that everyone knows that TRICARE "messes up", if you will. The two superb instructors, Joe Cruz and Ron Peoples, brought it to our attention first and explained that the number one goal of our Government healthcare system is to change for the better, considering all of the beneficiaries concerns.

So, by the time we learned everything we needed to know

to pass the test, we had the pleasure of being among the first to hear of the "new" TRICARE, that will be affecting us in our "new" region, Region 1, by June of 2004.

The goals are short and sweet. Our new healthcare experience should be the best healthcare experience ever, bar none! The new approach is goal oriented instead of process oriented. With that said, be on the watch for announcements of upcoming TRICARE briefings at the Wing.

-Angie Wade

*For a copy of the guidelines and application for the scholarship, please contact the family support office at [frs@varich.ang.af.mil](mailto:frs@varich.ang.af.mil)*

### Aerospace Education Foundation Air Force Spouse Scholarship Program

The Aerospace Educational Foundation is sponsoring 30 spouses throughout the Air Force, Air National Guard and Air Force Reserve to encourage their continuing education in all academic programs from associates to postgraduate degrees.

Applicants who have received the Spouse Scholarship in the past are not eligible. Undergraduate stu-

dents must be enrolled with a minimum of 6 credit hours when the scholarship is awarded in March.

Graduate and post-graduate students must be enrolled in a minimum of 3 credit hours. Current students must possess a 3.5 or higher GPA. Applications are accepted from 1 Nov 03 through 30 Jan 04.

The 30, \$1000 scholarships will be awarded in March 04. Every applicant will receive notification of their application's status by the Aerospace Education Foundation.

If you have any questions, please contact them at [aef-staff@aef.org](mailto:aef-staff@aef.org) or call 1-800-291-8480.

### Has your family been updated in DEERS?

No, this is a new article! But the headline is valid every month.

A few spouses have contacted the Family Support office lately and mentioned that they have expired Military ID cards. This is not acceptable for the prepared military family.

One of our primary goals

since the inception of this office is to help all of our families become "ready" so that at a moment's notice, the response to mobilizations can be quick and without a glitch. It is very hard to schedule getting ID's updated after the fact, because all military personnel need to concentrate on getting the deploying members out of here.

It is also hard to explain to the Gate Guard, the commissary, the BX/PX, and the doctor why your Military ID is not currently valid.

Please remember that it is the responsibility of both service member and spouse to keep your families' ID cards current!

-Angie Wade



*To schedule your appointment to update your Military ID card, please call 804-236-6336*



## New VA Kids Website is launched

This question is for your child in grades K through 5th: **What does the term "Old Glory" mean**, and when did we start to use that term in the United States? It is not such a hard question if you know where to go find the answer.

VA Kids, located on the web at [www.va.gov/kids](http://www.va.gov/kids) has the answer to that question as well as many more interesting pieces of information about the Department of

**Veterans Affairs, Cool Facts about Veterans, Games and Activities and other links of interest to your military kid.**

For example, under **Games and Actions**, you can design your own medals. Your child can choose the shape, the superlative word and the ribbon to decorate the medal. The best part is that you can print it out and it is as large as a full 8 1/2 x 11 page and it can be printed to

a veteran or current service member who may still be deployed.

The Youth page celebrates volunteerism for Veterans, and showcases scholarship opportunities. Please visit the site for more information.



## DeCA Scholarship Program Kicks Off

The application period for the children of active-duty, retired, Guard and Reserve members to apply for \$1,500 academic scholarships kicks off Nov. 4. The application window for the 2004 Scholarships for Military Children program extends through Feb. 18.

In four years, the Defense Commissary Agency program has awarded nearly \$2.5 million in scholarships to about 1,500 children of U.S.

service members and retirees.

The goal is to award at least one scholarship at every commissary location, depending on the number of qualified applicants and funding, said Kay Kennedy, chief of corporate communications for the agency.

Last year, 550 scholarship recipients were selected from 6,500 applicants.

Funding comes from manufacturers and suppliers whose products are sold at military commissaries, Kennedy said. The Fisher House Foundation is also underwriting the program's administrative costs.

For more information about the scholarship program and application procedures, visit the program's Web site, at [www.militaryscholar.org](http://www.militaryscholar.org).



## Help With Getting Your Medical Paperwork In Order

A new website is up and running to assist families in organizing medical paperwork for their children, especially those with special needs.

Through the development of a **Care Notebook** and a **Care Organizer**, a parent can "track information about appointments, schedules, equipment, test results,

medications and more. It also has folders for organizing paperwork. The parent can adapt the Notebook to meet their child's needs."

Pages for the notebook or organizer can be downloaded and copied from the website at [www.cshcn.org](http://www.cshcn.org). Hard copies of the books can be purchased for \$20.00 by

people outside of the state of Washington.

Among the choices of the pages that are available are growth tracking, medications, care schedule, mobility, coping/stress tolerance.

Keeping track of important information makes it easier to share with your child's care team.

By mail: write to  
**Children's Care Program**  
(Children's Hospital and  
Regional Medical Center,  
Children's Care Program,  
Attn: Megan Sety, PO Box  
24025, Seattle WA 98124-  
88310); By phone  
(866.987.2500, option 4 or  
206.987.2500, option 4)  
e-mail  
([megan.sety@seattlechildr](mailto:megan.sety@seattlechildr))



*Virginia Air National Guard 192d  
FW 203d RH 200th WF*

50 Falcon Rd Ste.6  
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### **Family Readiness and Support**

### **Vision**

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

### **Mission**

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



## **Why our volunteers do what they do**

"I am an American wife,  
I have an American husband who has  
gone off to war.

I am an American wife,  
who lies in bed every night crying for  
the one she loves. I pray every day that  
he will come home safely to me. I pray  
every day that GOD will keep him safe  
from harm.

"I am an American wife,  
one who is proud that her husband is  
doing the right thing. I believe in him, I  
am proud that he is my husband. I am  
one who cares, and one who shares her  
fears with him.

"I am an American wife,  
one who stands tall, one who knows that  
he will be coming home.

I am an American wife,  
one with children, praying that when  
their day comes, that because of their  
Dad, they won't have to worry about this  
fight.

I say my prayers for those who are with

him. That they will stand beside him,  
protecting him as they would protect  
themselves.

But my heart lies over the ocean.

"I am an American wife,  
I will not fail him. I will be there for  
him, as he has been there for me. And  
thru my fears, and all my tears,  
My heart lies over the ocean.

"I dream of him, and  
pray that he dreams of me.  
I am an American wife, and thru all of  
our trials, thru all of our hurts, I will be  
here when  
he gets home.

I will stand with every other wife, father,  
mother, daughter, sister, husband, who  
has  
a loved one over the ocean.

"I will not falter. I will prevail.  
I will be there to salute him  
as he comes home.  
I will see the love in our children's faces  
as he walks to us.

I will see them run to him and hold  
him as if he were getting ready to leave  
us again.

I pray for this day. I pray that I too will  
see the love in his eyes, that I will feel  
it on his lips as they touch mine.

I am an American wife, and  
My heart lies over the ocean."

\*\*\*\*\*

This poem is a song written by Bob Bennett "My Hearts across the Ocean" modified beautifully from the spouse perspective by Sandra Helmick, whose Husband is still deployed.

This is why she is a part of the Family Support Volunteer Group.



*Sandra and Josh*

## Thanks For A Successful AEF Deployment-by CMSgt Wilcox

This type of deployment was a first for our unit. We no longer were a complete stand-alone unit, but a deploying force, which meant the different squadrons were absorbed by the 379<sup>th</sup> AEW host unit. It was tough losing men and woman from the 192<sup>nd</sup> to the 379<sup>th</sup> back shops. This created a communication barrier between the aircraft and maintenance squadrons, which made it that more challenging to succeed, but somehow we managed. It was hot, humid, dusty and dirty with long working hours. The aircraft were hot to the touch, flying long hours, munitions were being uploaded/downloaded frequently and



aircraft constantly being repaired by our maintenance personnel and augmentees. So once again, I just wanted to say thanks to all the maintenance personnel who participated in this AEF deployment for a job well done.

I would also like to thank personnel in operations, administration, supply, clinic and the augmentees from other units who helped during this AEF deployment and on the deployment process and demobilization of returning personnel. Demobilization processing was the smoothest I have seen since being in the unit.

### MOVING IN, MOVING UP, MOVING ON

#### Gains

LtCol Gary Maupin  
TSgt James Scharp  
SrA Luis Almodovar, III  
SrA Russell Harris, II  
SrA Luke McCullah  
SrA David Vaughan  
SrA Amir Zaher  
A1C Timothy Canavan  
A1C Timothy Carpenter  
A1C Kenneth Creager  
A1C Jens Philip  
A1C Ryan P. Walters  
A1C Junius Warren  
Amn Kameron Spencer

#### Retirements

NOV  
CMSgt Robert Barnette  
TSgt Donald Dows

#### PROMOTIONS

Capt Michael Lovell  
2d Lt Pamela Garner  
2d Lt Emily Huffman  
2d Lt David Lands  
MSgt Mark Horner  
SSgt Terence Carter  
SSgt David Williams  
SrA Sheneida Curry  
A1C Fallon McNeil

#### Gaining Unit

Detach 1  
MOF  
Communications Flight  
203rd Red Horse  
203rd Red Horse  
Communications Flight  
AMXS  
203rd Red Horse Squadron  
Security Forces Squadron  
Maintenance Squadron  
203 Red Horse Squadron  
Civil Engineering Squadron  
Civil Engineering Squadron  
Logistics Squadron

#### Unit

HQ  
AMXS

#### TO

Maj  
1st Lt  
1st Lt  
1st Lt  
SMSgt  
TSgt  
TSgt  
SSgt  
SrA

# News You Can Use/Announcements

## REPORTING INSTRUCTIONS

192FW Student Flight  
0800 Saturday 6 December 2003  
Bldg 3665, Maintenance Support Conference Room  
(building between the hangar and OPS)

Purpose: review base processing requirements and training  
schedules

Student Flight Training  
ALL available Student Flight Members

OPS Briefing Room  
Saturday, 6 December 2003, 1300 - 1600 hrs

USAF Core Values  
Integrity first, Service before self, Excellence in all we do

“Study them...understand them...follow them...and  
encourage others to do  
the same”

### **The 192FW Legal office is looking to fill a Paralegal Position (AFSC 5J0X1)**

Please submit cover letters and resumes to Major William Rogers via e-mail (william.rogers@varich.ang.af.mil). Interviews will be conducted on Saturday December 6, 2003 and should last no longer than 30 minutes each. A schedule of interviews will be e-mailed to those applicants whose resume has been received. Applicants, please do not assume that your resume has been received until you have gotten a confirmation from Major Rogers.

### **Commonwealth ChalleNGe prom**

The next Commonwealth ChalleNGe prom party will be at 7 p.m. Saturday, Dec. 13, at the State Military Reservation in Virginia Beach. The Virginia Air National Guard hosts the party twice each year (December and June) for the graduating classes. Individuals or duty sections interested in helping with the December 2003 party are asked to attend the planning meeting set for Sunday, Dec. 7, at 3 p.m. in the State Headquarters training room.

Commonwealth ChalleNGe is a 5-month, in-residence, bootcamp-type program designed to help high school

dropouts get their lives back on track, complete a high school general equivalency diploma program, and receive money for follow-on education or job training. Volunteers are needed to help with decorating, food preparation and service, cadet photos and clean up for the prom. Call Col. Johnny Haikey, ext. 6014, for additional information or to volunteer.

**BLACK HISTORY MONTH PROGRAM**  
**SATURDAY, 07 FEBRUARY 2004**  
**CROWNE PLAZA HOTEL**  
**555 E. CANAL STREET**  
**DONATION: \$35.00 PER PERSON**

IF YOU ARE INTEREST IN HELPING TO PLAN FOR THIS EVENT, THERE WILL BE A MEETING SATURDAY, 06 DECEMBER 2003 AT 1400HRS IN MAINTENANCE CONFERENCE ROOM BLDG 3665. FOR MORE INFORMATION CALL MSG LONNIE MINOR X6346 AND TSG FLOYD BROWN EXT.6023.

### **Retirement dinner honoring Col. Prorise set for Jan. 10**

All members of the Virginia Air National Guard are invited to the retirement dinner honoring Col. William A. “Bill” Prorise, Jr., VaANG Executive Support Staff Officer. The dinner is scheduled for Saturday, Jan. 10 at the Holiday Inn in Sandston. A cash bar will open at 6:30 and dinner will be served at 7 p.m. Dinner choices are steak or chicken. Contact MSgt. Beth Simmons, ext. 6014, or MSgt. Lucy Washington, ext. 6516, no later than Jan. 6 to make reservations. Cost is \$25 per person.

### **Diversity Advisory Committee**

One of the goals for the DAC is to take barriers collected from Diversity Training Classes to review. DAC is currently focused on the topic of Deployments. Several members have brought this topic up and it has continued to be an issue. During the month of November the DAC will be meeting with Sections to set up more information on deployments. For more information on deployments, you can check out the following links:

[https://intranet.varich.ang.af.mil/192fw\\_xp/aef.htm](https://intranet.varich.ang.af.mil/192fw_xp/aef.htm)  
[https://intranet.varich.ang.af.mil/192fw\\_xp/deployment\\_readiness.htm](https://intranet.varich.ang.af.mil/192fw_xp/deployment_readiness.htm)

Look for the next article to more details.



# Medical Squadron Gets New Commander

by Ed Kelleher, Wing Historian

Lt. Col. Kenneth S. Papier looked down at the seriously wounded young soldier on the stretcher as it was loaded onto a C-130 med-evac in Iraq. The GI had been hit in the right side by two AK-47 rounds during an ambush and still had drainage tubes attached after surgery.

"I was saying, 'I'm the physician on this flight, and you let me know what I can do to help you ....'"

"And the young fellow looked up at me – again,

[he's] 18 or 19, and the drain is on his abdomen – and he said, 'Well, no, doc, actually, I'm supposed to be over here in this country taking care of you.'"

"That really got to me. And I looked down at him and said, 'Well, soldier, for this flight, we're going to reverse that role, and I'm here to take care of you.'"

Papier, new commander of the 192<sup>d</sup>

Medical Squadron, was volunteering on a med-evac mission in Iraq while deployed to Qatar in September with a contingent of 192<sup>d</sup> Fighter Wing troops.

An anesthesiologist and critical-care specialist at Mary Washington Hospital in Fredericksburg, the 45-year-old physician found that his experience was welcome on med-evac flights during the hours he wasn't working in the 192<sup>d</sup> field clinic in Qatar.

He was awestruck by the youthful appearance of many of his patients.

"I have a 17-year-old daughter," he said. "All these young 18- and 19-year-old soldiers look about her age."

The soldier he was attending to was one of several wounded servicemen being airlifted out of Iraq on one of Papier's first missions in that theater.

"The thing that struck me was how young they all looked," he said. "Maybe it's just I'm getting older."

"We hear about the deaths" of U.S. military personnel in Iraq, Papier said. "What we're not hearing about is all the folks who are injured. We're not hearing about the number hurt and the severity of the injuries."

Flying med-evac missions was not without risks, he acknowledged. On one flight out of Baghdad, with patients in the rear, the C-130 had just cleared the airfield perimeter when "somebody popped up with an AK-47 and started firing at the plane."

After landing at its destination airfield, the crew was happy to note that the shots had missed.

Papier, a native of Trenton, N.J., was trained first as an optometrist and then returned to medical school in the Air Force and specialized in anesthesiology and critical care. He spent 12 years on active duty and four years as a reservist before joining the 192<sup>d</sup> Fighter Wing in summer 2000.

He had high praise for the medical services available to U.S. forces in Southwest Asia.

"Many of [the wounded] were surviving because of the simply outstanding medical care. The surgical care they're getting is first rate."

Papier's return to Virginia was no less hectic than his time in theater. He arrived here in late September. A few days later, during the October drill weekend, he assumed command of the 192<sup>d</sup> Medical Squadron from

Col. Gregory J. Biernacki, who moved into the surgeon general slot at State Headquarters.

The next Wednesday, Papier and his bride, Liz, an operating room nurse at Mary Washington, were married on a beach in the Cayman Islands.

So, in a span of four days in October, Lt. Col. Ken Papier had become first in command of his squadron and second in command of his own home.



Photos by TSgt Dave Buttner

Sunday October 5, 2003 Col Gregory Biernacki turned the command of the 192<sup>d</sup> Fighter Wing over to Lt. Col. Kenneth Papier.

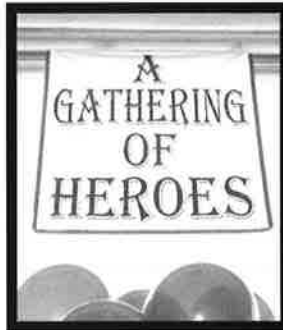
Above- Papier accepts the flag from Col Hicks. Right- Papier is accompanied by his wife Liz and two daughters.



# AEF Deployed



# AEF Welcome Home



Photos by MSgt Peter Martens, TSgt Dave Buttner, SrA Michele Misiano



Photo by SrA Michele Misiano

Col Steve Hicks introduces the guests of honor (Brig Gen Tony Haynes, Maj Gen Claude Williams, Congressman Robert Scott and Congressman Randy Forbes) at the welcome home ceremony held on Sunday, November 2nd.

## What's for Lunch?

### SATURDAY UTA

Spaghetti w/ Meat Sauce  
Breaded Pork Steak w/ Gravy  
Buttered Corn  
Garlic Toast  
Assorted Cake  
Cherry Pie

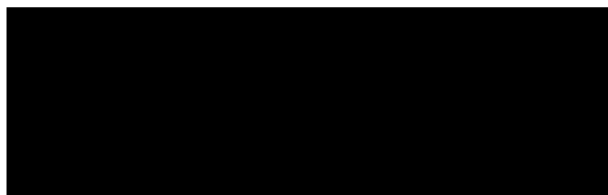
**SAT. SANDWICH LINE:**  
Tuna

**SUN. SANDWICH LINE:**  
(none)

**BOTH DAYS:**  
Asst Beverages,  
Bread & Salad Bar

### SUNDAY UTA

Grilled Steak  
Baked Potato  
Cornish Hen  
Rice Pilaf  
Sauteed Mushrooms &  
Onions  
Mixed Vegetables  
Pumpkin Pie  
Sweet Potato Pie  
Apple Pie



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

