

VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

March 2003



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VaANG Archive Photo



Commander's Call



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: March 8-9

Cover:

Eleven pilots pose in formation in front of VaANG P-47 tail #490073.

Old Men, Warriors and Children

To me, those three elements comprise the "heart and soul" of the 192nd Fighter Wing.

I'll get back to that in a moment, but first a word from our sponsors.

During the February drill weekend, we were honored to host some distinguished visitors from what we call "the depot." That's shorthand for the Ogden Air Logistics Center (OO-ALC) at Hill AFB in Ogden, Utah – the folks who supply the parts for and repair our F-16s.

Ogden provides worldwide engineering and logistics management for the F-16, the A-10 Thunderbolt, and the Minuteman III and Peacekeeper intercontinental ballistic missiles. The center also performs depot maintenance of the F-16, A-10 and C-130 Hercules. And that's only part of its function.

Our visitors came here to listen to our concerns and to reassure us that they value us as a customer.

Ogden's got a big job: 1,396 F-16s are in service in the United States Armed Forces alone; 568 of those are assigned to the Air National Guard. Twenty-two foreign countries that fly the Fighting Falcon account for 1,631 more F-16s in the worldwide inventory.

It should come as no surprise that Ogden places priority on fixing planes that are needed immediately on the front lines.

"You're at the pointy end of the spear," Brig. Gen. Jan Eakle, vice commander of the Ogden Air Logistics Center, told the 192nd maintenance and logistics supervisors. "Our job is to make sure you have a spear to point."

As I was preparing some comments to welcome the Ogden folks, I realized

that the nuts-and-bolts issues would come up in presentations by Lt. Col. Carl Bess, commander of the 192nd Maintenance Group, and his staff. What I wanted to focus on was the "spirit" of the 192nd Fighter Wing – the "wind beneath our wing."

Then it came to me. In a nutshell, that spirit is represented by old men, warriors and children. Let me explain.

In our business, heritage plays an important role. We like to know where we came from, who fought the noble fight before us, and what lifted them when they faced great odds. We need heroes to inspire us.

That's the reason we laid down the red carpet – literally – when the veterans of the 352nd Fighter Group of World War II fame came to Richmond in September 2000 for what was billed as their "last reunion."

The timing was awkward; it was shortly before a federal inspection. Nevertheless, we went all out to honor those men who had helped preserve our nation's freedom. That fact alone says worlds about who we are.

I'm thrilled to report that a full, 56-minute documentary about the 352nd will be aired on Public Broadcasting sometime in mid-2003. It's an uplifting, emotional video. You can order it on base.

The heroes of the 352nd represent our past. The children around us represent our future – the future of our nation.

You've read in the Vanguard and elsewhere about Darby Hill, the young lady from Ward Elementary School in Henrico County who left an inspirational drawing at our front gate in the days after 9/11.

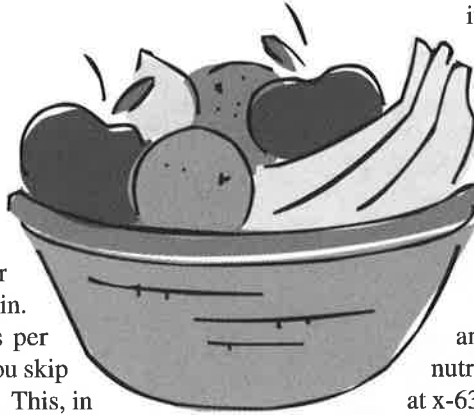
You've seen the pupils from Seven Pines Elementary School who have gathered with their parents, faculty and staff *every Saturday morning* on drill weekends since 9/11 to wave flags, sing

Continued on next page...

March National Nutrition Month

By SSgt Damaris Santiago
Diet Therapy Journeyman
192nd MDS

It is easy to get lost thinking about all the nutrition recommendations. Are you interested in losing weight? Maybe you are simply trying to improve your health, but do not know where to begin. Start by eating at least three meals per day. Your body needs fuel. When you skip meals your metabolism slows down. This, in turn, will negatively affect the rate at which your body burns calories. After all, burning calories is what weight loss is all about. With everyone's busy schedule I understand that this may be more easily said than done. Not being hungry in the morning is a challenge that many of us face. The key is to find a healthy food choice that you can tolerate, such as one piece of fresh fruit, or a glass of milk, something to get you started. Soon you will have the desire for more. Snacks also play a very important role in the whole scheme of things. In addition to curbing your appetite, they also provide another source of nutrients. Another technique that can give you an edge in getting the right number of meals is "brown bagging." It is convenient, you will have more control over what to eat and it may also save you money. Do not dismay



if you cannot pack your food. With growing menus at many restaurants one can more easily find healthy combinations. It is imperative, however, that you make wise choices (i.e. char-grilled meat, side salad, diet soda). Be open-minded when it comes to healthy food choices and do not be afraid to explore. Keep in mind that good nutrition and exercise go hand in hand. To get the most out of your new healthy eating habits you must incorporate at least one hour of exercise per day (disclaimer: consult a physician before starting any new exercise program). If you are interested in nutritional counseling please contact SMSgt. Richardson at x-6307, to schedule an appointment.

Promotions

How do I get one?

Well did you know the following?

You can get the answers to what steps you need to take by looking inside your Career Field Education Training Plan (CFETP). The regulation can also be found electronically on the web at: <http://www.ngbpdc.ngb.army.mil/pubfiles/36/362005.pdf>. The following information is a summary of the basic requirements for one to be promoted from E-4 (SrA) to E-5 (SSgt). Please read the regulation to obtain all footnotes to each step involved in the process. It's quite simple.

- Step 1. Completed 4 years time in service
- Step 2. Have 24 months time in grade
- Step 3. Complete Airman Leadership School (Professional Military Education) either in correspondence or in residence.
- Step 4. Hold at least a 5 skill level in your AFSC.

Who promotes you? Your supervisor does by submitting a recommendation for promotion.

Don't wait too late to discuss the following with your supervisor

- A. Your goals and your supervisors expectations of you
- B. If the supervisor has additional requirements in your section to count towards progressing to the next rank.

Remember that you are ultimately responsible for your career progression and I DIDN'T KNOW is never a valid excuse. Read the regulations for yourself and ask questions if you don't understand something.

Commander's Call...continued

songs and cheer us on as we arrived for work.

And you've read and heard about Colten Hedrick, the young man with a potentially fatal heart condition who has three wishes: to fly an airplane, to visit NASA, and to preach from the pulpit of his church. At the end of Colten's visit to the base, he knelt down in my office and prayed. He specifically prayed for all of you, and for your safety.

The third part of the wing's "heart and soul" is its warrior spirit. That comes from you, the members of the 192nd. It's the commitment to excellence that you bring every time you report for duty. It's your willingness to dig a little deeper, to work a little harder. It's your knowledge that the way you do *your job* is the difference between success and failure, between victory and defeat.

Old men, warriors and children. That's what I see as the spirit of the 192nd – the achievements of the past, the challenges of the present, and the promise of the future.

Sincerely,

Colonel Stephen R. Hicks,

Wing Commander

Warrior Spotlight

By TSgt Michael Rawlings/PA

If a picture is worth a thousand words, then SSgt Dave M. Buttner, combat photographer is the owner of millions.

In looking for an opportunity to get a guard photography position and a chance to escape the cold winters of Vermont, Buttner landed in the VaANG in November 2001. The decision has resulted in even greater challenges and opportunity.

Shortly after enlisting in the 192d, Buttner was activated and assigned to work with the Whitehouse Communication Agency on a one-year tour. The freelance photographer had a long-term assignment that some could only dream of having.

"My job [with the Whitehouse Communication's Agency] is primarily to

print photos for the Whitehouse photographers," said Buttner. "I've been there a year and I've seen a lot of photos that most people will never see — photos of the President, his staff and other world leaders. Mostly photos of the President and you see all sides of him, not just what is seen in the media."



Photo by SrA Michele Misiano

SSgt Dave Buttner contemplates the best way to capture a picture here at the 192d FW.

Buttner has a Bachelor's Degree in professional photography focusing on portraiture and illustration. He is trained as a videographer and in military video production and documentation. He has spent quite a bit of time at the Defense Information School and could probably claim residency.

Though the one-year tour is about to end, Buttner expects to be retained through July. He has had a great time and has learned a lot. "I've had access," he said. "That's the beauty of photography. Opportunity!"

203d Red Horse Gets Ready to Deploy

SrA Hunter of the Virginia Air National Guard's 203rd Red Horse Unit, helps Senior Airman Jones reassemble his M-16 during a refresher course. The unit was preparing for a deployment to an undisclosed location.



MSgt. John Pickard, a Disaster Preparedness Specialist for the 203rd, demonstrates with TSgt. Adrian Hampton, a construction journeyman from the 203rd RHF the difficulty of shooting an M-16 while looking through a gas mask.



Members of the 203rd practice getting a seal on their gas masks in under 9 seconds. The mass chemical refresher course was held due to the units recent activation and deployment orders.



SSgt. Matt Smith of the 203rd practices getting into his chemical gear during a chemical warfare refresher course that was help to prepare troops for their recent activation and deployment orders.

SSgt. Brown and SSgt. Hill of the 203rd prepare to deploy to an undisclosed location by practicing their M-16 training.



LTC Turlip, Commander of the 203rd, addresses the families of guardsmen at a Family Readiness briefing as the troops prepare to deploy.

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

Blessed are the Peacemakers...

News of impending war is bound to get anyone's attention, especially if you're the one being considered to go and fight it. We read where Jesus gives us in that marvelous Sermon on the Mount, one of His beatitudes that says, "Blessed are the peacemakers, for they will be called children of God" (Mt 5: 9).

The question we need to ask ourselves in serving in the Guard, "do we see ourselves as 'peacemakers'? The answer is a definite 'yes'. This means that Jesus' blessing is truly extended to us as 'children of God'. This expression is a Hebrew way of saying we are an intimate part of God's family and quite a consolation for those living in faith whom may be wondering where they belong as the prospect for war deepens. While God's family is pretty large, it's easy not to feel connected with other 'peacemakers' especially if you only come in for drill once a month. But we are connected and blessed. Tragedies, departures, unsolicited efforts to help in a crisis, even the expression of wanting to serve that customer when they come to the desk tell us that we care about each other. When you stop to think that not everyone can do or even chose to do the kind of

job we do, we start to appear as the very special people we are. Faith teaches us that this 'being special' is a sign of a blessing in and of itself, a blessing we need to take stock of in the face of possible deployment. A blessing is

God's way of telling us He will be with us no matter what happens. Knowing this truth can become the basis for a deep and unshakable interior peace.

The way to deepen this blessing and make ready for whatever comes, is to keep looking deep within. Here is where 'peacemaking' truly begins. If you know you are blessed, you can be at peace with yourself.

This state of internal peace can lead to being at peace with your family, your job, or even at the prospect of deployment. Claiming His presence in your life through prayer and acts of charity are the beginnings of true internal peace that live the blessing given us in the beatitude. Try it! Prayer

and acts of charity should be the basis for the kind of devotion to duty that leads to living that core Air Force value of 'service before self'. Christ's gift to us in 2003 is the

kind of peace the world cannot give. Being

blessed as His peacemakers allows us first to live the gift in ourselves and share it with the family He has called us into to serve and bring excellence to all we do. Pray for peace. Seize the blessing as a peacemaker. Live the gift by sharing it with other members of our Guard family.



MOVING IN, MOVING UP, MOVING ON

February Gains

MAJ Neimeyer, Lucian L.
SSG Christian, Benjamin R.
SSG Gill, Shelley R.
SSG Saulsberry, Michael B.
A1C Anthony, Richard O.
AB Osborn, Matthew E.

Unit

State Headquarters
Medical Squadron
Communications Flight
203 Red Horse
Logistics Squadron
Civil Engineer Squadron

February Promotions

1LT Frederick J.I. Hall
MSG Thomas R. Barlow
MSG Brenda K. Kirby
TSG Stephen L. Elliott
SSG Aldeana L. Harris
SRA Wesley B. Childress
SRA Mark S. Fraser
SRA Khristopher Mogren
A1C Lindsey R. Kalber

To

CPT
SMS
SMS
MSG
TSG
SSG
SSG
SSG
SRA

February Retirements

MSG Donald W. Gordon
MSG Gordon R. Olson

Unit

AGS
AGS

News You Can Use/Announcements

The Running of the Bulls!

Okay, not the bulls, but the Student Flight.

The student flight is made up of folks who will shortly be required to participate in group running either at basic military training or at their tech schools. We thought we'd make some time available to them to run together as a group to get into the spirit of the impending requirement (without a TI barking at them!).

So, we're going to have a VOLUNTARY group run during the March UTA. Notice the word voluntary. We have made sure to check this out with the medical squadron and we are allowed to offer a voluntary run. And, we'd love to have any other runners join us that would enjoy the camaraderie.

We're planning to run for 30 min. beginning at 1530 on Saturday, March 8. Here's the 411:

Student Flight VOLUNTARY Group Run - Visitors welcome, all paces and abilities accommodated.
Saturday, March 8, 1530 hrs.
Change to running clothes and meet in front of the O&T building at 1530.
Bring a bottle of water to leave behind and we'll pass the same spot a couple of times.

See you there?

Flight Line News

SSgt Gary Capley, SSgt Gregg Allen, SSgt Corbit Allen, and SrA Reid Saul have been selected as finalists for the award of Crew Chief of the year. The ceremony honoring the finalist/selected person will be held in Savannah Ga. Also MSgt Micheal Crocket was selected by his peers as outstanding performer during OPERATION SNOWBIRD in Tucson Arizona, Dec.2002. This is a first for a supervisor, especially a supervisor on his first trip, we really appreciate his hard work!

Diversity Training

Diversity Training will be held during the first week of the Savannah Deployment. One class will be held per day, (11 - 15 March). All members deploying to Savannah who have not completed this training should attend.

Immunization News

Due to the increase in OPS tempo over the past several months, the immunizations clinic has been working feverishly to meet the demands of both our base personnel and geographically separated unit. To help us better serve you, it is **vital** that you come for your immunization during your unit's assigned time only.

- 0900-1000 AMXS, Support Group

- 1000-1130 Maintenance Squadron
- 1300-1400 Logistics Readiness Squadron, Civil Engineering, Maintenance Operations Flight
- 1400-1500 149th FS, Communications, Security Forces, Services, Weather
- 1500-1600 Mission Support, Operations Group, Operations Support

Your cooperation and support will help us **serve you** better. If a situation arises where you cannot come during your assigned time, please call ahead (6688) and we will do our best to accommodate you. All comments and suggestions regarding immunizations can be directed to the Chief Nurse, Major Falyar at 6409.



The proper location for all decals at this installation effective 1 May 2003 will be the Top Center of the Windshield. Metal plates for decals are no longer authorized. Decals must be permanently affixed to the windshield and not mounted on anything that could be transferred to another vehicle. This action is to better enable Security Forces personnel to control base entry and effectively monitor traffic and parking. It is a simple matter to replace your base decals that are improperly located. Simply stop by Security Forces Pass and Registration, Room 201-K of the main hangar and verify your vehicle registration in the new Air Force wide Security Forces Management Information System (SFMIS) and a complete set of decals will be issued. We are currently issuing expiration dates of 2005 for all vehicles. Hours are Monday thru Friday, 0800-1600 except holidays and all day on both UTA periods. Questions can be directed to ext 6321.

Newcomer's Orientation

**ALL New Members and immediate family invited
OPS Briefing Room**

Saturday, 12 April 2003, 1000 hrs

"Everything you want to know about the 192nd, but were afraid to ask...."

Please contact Angie Wade @ 804-236-7036 for additional details

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

Volume 2 Issue 3 March 2003

Helping Our Kids Cope



We all have been keeping up with the news. Most of us watched the President's State of the Union Address. We are all concerned about whether or not we will be going to war and when.

As of this writing, there is no clear answer how we are all going to be affected. In the meanwhile, we are getting ready.

Family Readiness and Support has provided each member with a *Family Readiness Guide*. The Guide contains quick contact information and practical advice for preparing for "the reality" of a separation due to deployment. However, "the reality" of the deployment is closer than it used to be...and it is a very hard pill for families to swallow.

Family Readiness and Support wishes we could prevent the tears and broken hearts. We cannot. And we are very concerned about how our children are coping with this uncertainty in their lives.

We would like to suggest a family activity might

help you and your children to cope with this uncertain time.

Make a *Special Mom box* or a *Special Dad Box*.

Plan a family night together where you gather some of the larger shoe boxes in the house for a craft night.

Decorate the box any way you like. Get a picture of military Mom or Dad and paste it to the top of the box or place it in the box, whichever you prefer.

Plan to use this box during the separation for special notes for mom or dad to share something special that happened. If you get a special gift or find a special item that you would like to show your parent, place it in the box.

Take pictures of field trips or missed birthday parties and place them in the box, so that mom or dad can see them when they return.

This box is very special and can be shared or just kept between the child and Mom or Dad.

We will continue to share good ideas as we hear of them. The *Special Box* idea came to us from Karol Yox, the Wing Family Program Coordinator for the Maryland Air National Guard.



Want to Send care packages?

MSgt Ginaulo Poulos has sent the following suggestions:

- Stationery: pens, cards, paper, journal
- Camera: Disposable, Instant
- Magazines - cross-words, assorted entertainment, news, educational, sports, hobbies
- Newspaper - local recent papers
- Books: of all kinds(no picture of skin!)
- Specialty Coffees - Metallic Mugs
- Cards - playing, UNO, Skip-Bo, Phase 10
- Dominoes
(More Ideas next issue!)

Asides:

- *Kings Dominion Tickets Season passes are available to us now at a discount. If you have teenagers, consider getting one at \$79.99 each, or a family pass for \$249.99. Contact Angie Wade 236-7036*
- *If you have an emergency with your home while your spouse is deployed, please call the FR office and we will get you assistance, if necessary. Skilled volunteers are available. (But only for emergencies!)*
- *It's Time- The first ANG Youth Council will meet on Saturday, March 8 at 0830 in the Chapel. Youth between 7 and 17 are invited. Together we will share our concerns as National Guard kids. There will be a planned activity and a day trip. We will then reassemble in the chapel at 4:00 pm to record our day. It will be a long but wonderful day! Please call 236-7036 and leave a message to confirm your attendance!*

Inside this issue:

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Communicating during Deployment *from military.com*



Communications play a critical role when a service member is physically absent. Maintaining an emotional connection is essential in sustaining a relationship. Active communication also boosts morale for both the service member and those left at home. It is vital to make communication plans prior to the period of separation to avoid misunderstandings and to save on those unexpected long distance phone calls! Consider which of these methods might be best for your family.

Letters. Letters are the most inexpensive way of communicating and can be the most satisfying. Letters can be reread over and over, especially during periods of loneliness. They are also fun to read years later! Letters can be long, detailed accounts of everyday activities or can be short and sweet "thinking of you" messages. Whatever the style, letters are much appreciated by both partners. It is imperative that you date each letter as you may not receive letters in sequential order. Some couples number every letter

that they send so the receiving partner knows which one to read first when he or she receives five letters in one day (mail service on and off ships is sometimes unpredictable!).

E-mail. Communicating via e-mail has become increasingly popular for geographically separated couples. However, the service member will need to check for system availability aboard ship or at his or her destination. If a computer and e-mail account are made available, this is an excellent way of communicating. This mode of communication is fairly fast and each partner can get "up-to-date" information. If time, planning, and capability exist the couple can create a private chat room and have an electronic conversation. If the spouse at home does not have a personal computer or Internet service, he or she can check at a nearby military installation or another family readiness agency which may offer e-mail access. If this is not convenient, check with your local library for Internet access and free e-mail accounts.

Phone. Relying solely on telephonic communication can be extremely expensive. Many a spouse has gasped with disbelief when the phone bill arrives, so beware! However, hearing your loved ones voice every now and then is a luxury that many couples will budget for. Compare prices between a direct phone call and paying with a phone card. A pre-paid phone card is convenient and there are no surprise bills. Also, check with your long distance carrier for military overseas discounts. Most of the major phone companies offer such discounts. You will need to open this account prior to the separation.

Care Packages. Care packages send a little piece of home to the service member. Things to include might be photographs, cookies, magazines, or a home video. Delivery usually takes 2 to 3 weeks but can take as long as 6 to 8 weeks so send early if you want it to arrive in time for a special occasion. You will need to follow postal regulations for packing and wrapping.

DOD Tests Space-Available Travel Privileges for Dependents within the CONUS

The Assistant Deputy Under Secretary of Defense (Transportation Policy) has approved a one-year test to evaluate the expansion of space-available privileges for dependents traveling within the Continental United States (CONUS).

The test will allow dependents of active duty and retired Uniformed Services members to travel within the CONUS when accompanied by their sponsors.

The test is scheduled to begin 1 April 2003 and will end 1 April 2004.

Dependents will assume the same category of travel as their sponsor.

Space-available sign up for this program will be effective 1 April 2003. Retired members may sign up 60 days in advance but no earlier than 1 April 2003.

Active duty Uniformed Services members must be in a leave or pass status to register for space-available travel, remain in a leave or pass status while awaiting travel, and be in a leave or pass status the entire period of travel.

For additional information concerning space-available travel and sign-up procedures please review the Air Mobility Command public web site at <http://amcpublic.scott.af.mil/Spacea/spacea.htm> or contact the servicing DOD air terminal of interest.



More Information on Medical and Dental Care for ANG Members and Their Families

All -
On behalf of TRICARE
Management Activity's
Office of Communica-
tions, we request your
help in educating Re-
serve Component mem-
bers and their families
regarding their medical
and dental benefits.

Thanks,
Kate
Catherine Connelly
Public Affairs Specialist
Communications and
Customer Service
TRICARE Management
Activity
(703) 681-1775
cath-
erine.connelly@tma.os
d.mil

The following products have been developed to help explain these benefits:

Reserve Component Health Care Benefits Brochure:
(<http://tricare.osd.mil/RNGOLBrochure/index.html>)

Facts Sheets: <http://www.tricare.osd.mil>

- Medical and Dental Care for Reserve Component Members and Their Families
- Transitional Health Care Benefits for Service Members and Their Families
- TRICARE Reserve Family Demonstration Project
- TRICARE Dental Program
- TRICARE Prime Remote

Frequently Asked Questions (FAQs) on Reserve Component (RC) Health Care: <http://www.defenselink.mil/ra/mobil/pdf/medical.pdf>

News Releases:

- "What the Reserve Component Needs to Know About the TRICARE Dental Program," published Nov. 5,
- "DoD Provides Transitional Health Care Benefits for 60 or 120 Days," published on Aug. 2, 2002
- "TRICARE Explains Health Care Benefits For Guard and Reserve; Announces New Demonstration Project Enhancing Family Member Benefits," published Nov. 27, 2001

Military Life Insurance Premiums Reduced

The Department of Veterans Affairs (VA) will reduce Service members' Group Life Insurance (SGLI) premiums, beginning in July 2003. Ninety-eight percent of active duty and 96 percent of eligible reservists hold SGLI policies. The new monthly rate will be 6.5 cents for every \$1,000 of coverage, about 19 percent less than the current 8 cents.

Monthly premiums for the maximum coverage of \$250,000 will fall to \$16.25 from the current \$20.

In addition to the basic SGLI, family coverage is available for spouses and children of service members

holding SGLI policies. Spouses pay age-based premiums for up to \$100,000 coverage, while children receive \$10,000 of free coverage. The reduction for spousal policies will vary among age groups, with the largest decline - 42 percent - affecting those 35 to 39.

The reductions will save service members about \$96 million annually in basic SGLI premiums and about \$42 million in family policy premiums.

The reductions do not affect Veterans' Group Life Insurance (VGLI) rates. For more information about VA administered life insurance pro-

grams visit <http://www.insurance.va.gov/>

Toll-free telephone: 1-800-419-1473
E-mail: osgli.osgli@prudential.com
Toll-free fax numbers:
Death and accelerated
benefits claims only: 1-877-832-4943

All other fax inquiries: 1-800-236-6142
General Correspondence:
Office of Servicemembers' Group
Life Insurance

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

50 Falcon Rd Ste.6

Sandston, VA 23150

Phone: 804-236-7036

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



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.



More ideas on Helping Kids Cope with Deployment!

From military.com

Set up a communication center.



Hang a map on the wall with a cork board for pictures. When the service member deploys or attends a drill, use a marker to follow the route the car, plane, or ship will make. Use the cork board to post pictures, letters, and souvenirs.

Make a family pillow case. Using a plain white pillow case, acrylic paint, glue gun, glitter etc., and personalize the pillow case with hand prints, lip prints, footprints, paw prints etc. Be creative!

Write a family newsletter.

Prepare a family newsletter outlining achievements, accomplishments, and activities. Use a lot of humor! Include the activities of the family pets and family friends.



Co-author a book. Using a spiral,

have the children write a paragraph or two about an imaginary character. Send the spiral to the service member and have them write another paragraph or chapter, and send it back. This can continue throughout the deployment and the end result will be a very unique story.



Make a video tape. With some instruction and assistance, let the children use a video camera to make a tape. They can act out a play or mystery, or just tape regular daily routines.



Make an audio tape.

Children can read a book or an article from a magazine that they think their parent will enjoy. Younger children can sing songs and recite nursery rhymes.

Make a scrapbook. Children love pictures of themselves and a deployed parent will love receiving them!

Prepare a photo album.



Make a photo album containing pictures of the deployed parent. Younger children will enjoy kissing "daddy" or "mommy" good-night each night.

Send a care package. Children will enjoy baking favorite cookies and treats to send to their parent. Packages can also include pictures, cards, or hand made presents.

Measure time. Think of creative activities that will help children mark time. Making paper chains to break or using a jar of jelly beans to eat representing days are ways to help mark time.



Diversity Advisory Committee Corner



"Remember no one can make you feel inferior without your consent"

-Eleanor Roosevelt-

WOMEN'S HISTORY QUIZ

1. In 1955 she swam the English Channel, England to France, in 13 hours 55 minutes, a record for women and men. Who is she?
2. She was born in 1894 and died in 1937. She called herself the Empress of Blues - others called her the greatest female blues singer. Who is she?
3. She wrote about contemporary problems such as women's suffrage, temperance, prison reform and child labor. She is best known for her book, *Little Women*. Who is she?
4. In 1939 she was to sing at Constitution Hall in Washington. The hall was owned by the Daughters of the American Revolution and they said no black singer could appear there. She was then asked to sing at the Lincoln Memorial on Easter Sunday. Over fifteen thousand people gathered on the steps to hear her sing. The incident marked a turning point for black artists. Who is she?
5. She is one of the great originators of modern dance. In her book, *My Life*, she talks of the conflict between art and life for the woman artist (1877-1927). Who is she?
6. She was the publisher of a magazine that battled for women's right to vote. The first issue was published January 8, 1868, with the motto, "Men, their rights, and nothing more. Women, their rights, and nothing less." The magazine folded in two years. She devoted the rest of her life to a campaign for women's rights, especially the right to vote. In 1892 she became president of the National Woman Suffrage Association. She never lived to see the passage of the 19th amendment. Who is she?
7. Her first novel was *Uncle Tom's Cabin*. It aroused great feelings against slavery. Who is she?
8. She was a famous photographer for *Life Magazine*. She was in Russia when the Germans invaded, taking great risks to shoot pictures and send them back to America. Who is she?
9. In 1902 she established a cooking school. One of her chief contributions to the art of cooking was the standardization of measurements. (no more "a pinch of this" or "a walnut of that.") She is best known for her popular cookbook, *The Boston Cooking-School Cook Book*. Who is she?
10. Who is the first woman to be appointed a Supreme Court Justice?
11. In 1932 she was the first woman to fly alone across the Atlantic Ocean. Five years later she disappeared while attempting what was to be an around-the-world flight. Who is she?
12. She was the first woman to compose and arrange for a large jazz orchestra. Who is she?
13. Who directed an opera company in Boston?
14. Her "Little House" books are among the most popular children's classics. Who is she?
15. In 1847 she was refused admission to medical school. One school suggested she might attend classes disguised as a man. Finally Geneva Medical School accepted her. She graduated first in her class to become the first woman in America to earn a degree from a medical college. Who is she?
16. She was both blind and deaf and grew up to write several autobiographical books as well as poetry and social criticism. Who is she?

WOMAN'S HISTORY QUIZ - ANSWER SHEET

- | | |
|---------------------------------|---------------------------------|
| 1. <i>Florence May Chadwick</i> | 8. <i>Margaret Bourke-White</i> |
| 2. <i>Bessie Smith</i> | 9. <i>Fannie Merritt Farmer</i> |
| 3. <i>Louisa May Alcott</i> | 10. <i>Sandra Day O'Connor</i> |
| 4. <i>Marian Anderson</i> | 11. <i>Amelia Earhardt</i> |
| 5. <i>Isadora Duncan</i> | 12. <i>Mary Lou Williams</i> |
| 6. <i>Susan B. Anthony</i> | 13. <i>Sarah Caldwell</i> |
| 7. <i>Harriet Beecher Stowe</i> | 14. <i>Laura Ingalls Wilder</i> |
| | 15. <i>Elizabeth Blackwell</i> |
| | 16. <i>Helen Keller</i> |

Finance Information

Member Responsibilities:

Do you know your responsibilities when on orders for a short tour (less than 30 days) in a **Commute status**? After the tour is complete.....

1. You **must** submit 1 copy of your orders with original certification in order to receive your military pay. Make sure you and the Certifying Official signs the certification. Also, make sure the BAQ and Quarters verification is completed. **Write on top of the orders "Military Pay".**
2. You **must** submit 2 copies of your orders for POV Mileage Only Claims. Include start date, end date, POV miles (round trip), and member's signature. A certified order is not required for reimbursement of mileage. **Write on top of the orders "Travel Pay".** "POV MILES" is the total of 1 round trip mileage. You may also claim any expense for tolls on the first and last day of the tour.

Do you know your responsibilities when on orders for a short tour (less than 30 days) in a **Will Not Commute status**? After the tour is complete.....

1. You **must** submit 1 copy of your orders with original certification in order to receive your military pay. Make sure you and the certifying official signs the certification; and the BAQ certification and Quarters verification is completed. **Write on top of the orders "Military Pay".**
2. You **must** submit a Travel Voucher to include all receipts, plane ticket, and 2 copies of your orders plus two copies of any amendments to these orders (ie, changes to authorize additional days, rental car, etc.)

Do you know your responsibilities when on orders for a long tour (30 days or more): You **must** contact the finance office for a pay briefing prior to your departure for a long tour of 30 days or more. This briefing may be done in person or by phone. Failure to do the above will result in nonpayment to you. Common errors are:

1. Documents missing the full SSN.
2. Only 1 copy of the order submitted for Military and Travel Pay.
3. Not writing "Military Pay" or "Travel Pay" on top of the orders.
4. BAQ and/or Quarters verification not completed.
5. Missing signatures of the member and/or Certifying Official.
6. POV mileage not annotated.

When can I expect payment?

Every effort is made to ensure payments are made to your bank account within 10 business days after the proper pay documents are received in the 192d FW Finance office. Pay transactions are input daily, however, pay runs are limited to 2-3 three times per week with an estimated 7 day processing time for direct deposit to your bank account. This pay run schedule is established by DFAS-Denver at the beginning of each calendar year. You must verify your LES and date of payment to your banking institution.

MyPay: (formerly E/MSS)

Did you know you could get LES's from <https://emss.dfas.mil/mypay.asp> (MyPay) You can also make address changes, direct deposit changes, federal and state withholding changes, and TSP changes at this link also. MyPay is currently for military pay only.

You must establish a PIN upon your initial log on to MyPay. A temporary PIN will be mailed to your LES address. You must ensure that your current LES address is correct to eliminate the possibility of your temporary PIN being sent to an incorrect address.

Your participation in MyPay is **a very useful tool and is highly recommended**. Service members deployed to other countries should have access to the internet and email. MyPay is a means to fill the requirement of having a current LES with you at all times.

The 192d FW Finance office is available Tuesday – Friday from 0700-0800 and 1130-1730. If calling or visiting our office from 0800-1130, please either leave a message by phone or complete a customer inquiry request when visiting.

Feel free to stop by before 0800 or after 1130 Tuesday – Friday and remember, limited customer service is available from 0800-1130. We are open all day on drill weekends except for 1300-1500 on Sunday.

Medical News

Those of you who visited the 192nd Medical Squadron this past month for a 'physical exam' walked into a little different environment than what you have been accustomed to. You may have noticed new paperwork as well as a new method of completing the exam.

There are multiple reasons for the changes. The Air Force is now focusing on preventing injuries and illness before they happen through assessing each individual and providing preventative health education as needed. The result of this change is known as Reserve Component Periodic Health Assessment (RCPHA).

The process is as follows: Your unit health monitor will schedule your RCPHA to be completed during your birth month every 5 years beginning at age 20. Your health monitor is expected to provide a questionnaire, which you need to accurately complete and bring with you to your RCPHA appointment, as well as any specific directions required (i.e. fasting for blood work).

Upon arrival, you are assigned to a single member of our nursing team. That team member is responsible to guide you through the whole process. This provides you with a one on one direct relationship to insure continuity of care, accuracy, and completion of the assessment. This will speed up the process

enabling each one of our patients to spend less time sitting at the medical squadron and more time fulfilling their duty mission.

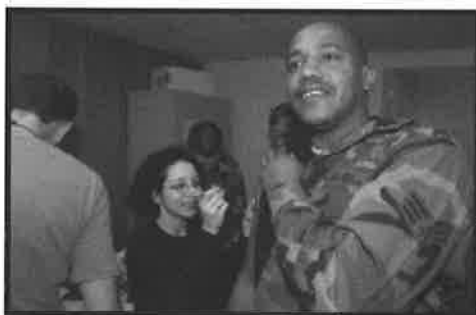
Our first month of this process was a huge success. With the exception of one, our patients were in and out of the medical squadron with a completely finished RCPHA within 2-4 hours. Please recall that our old system required **two** separate visits... a Part I and a Part II with each visit lasting anywhere from **two to four** hours and many times even more.



As we streamline the process, get more comfortable with the paperwork, and listen to constructive feedback... we expect the completion time of the RCPHA process to decrease even further.

This is great news for our Wing as so many sections are dependent on each and every member to complete mission requirements... but bad news for those, who in the past, utilized the medical squadron as a pass to get out of work.

There are mini hurdles that we will be working to overcome. We wanted to provide you with a basic understanding of what we are doing and why. What we need from our 192nd FW family is patience as we work through this change as well as constructive feedback of our process. Thank you once again for your continued support of the medical squadron as it is very much appreciated. POC: MSgt Mike Godfrey x6563 and SMSgt Kim Evans x6030.



SrA Michael Burnette braces for a shot given by SrA Rocio Kary of the Medical Squadron at the shot clinic during Saturday's drill. The Medical Squadron is working hard to get everyone's shots up to date and asks for everyone to check with you squadron Health Monitor for the time your unit is scheduled to be at the clinic.



Members of the 192d Civil Engineers are boarding a C-130 Saturday afternoon during drill to go to Tyndall AFB to participate in the civil engineering exercise Silver Flag.



All photos on this page by SSgt Dave Buttner.

Virginia Air National Guard Heritage Series

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

By TSgt. Ed Kelleher
192FW Historian



A maintenance officer (left) checks the maintenance records of a Virginia Air National Guard P-47 Thunderbolt along with a crew chief as another maintenance troop checks out the cockpit.

Leland H. Waters Jr. didn't take long to rise to the top.

The son of a Baptist preacher, he was a 22-year-old Army Air Corps captain at the end of World War II and had seen considerable aerial combat.

Back in Richmond, he quickly picked up on rumors that the postwar military structure would include "Air National Guard" flying units assigned to individual states.

Waters

wanted in from the start. He started hanging around the airfield in Sandston to greet pilots returning from the war and let them know what was rumored.

He would become the first operations officer of the new Virginia Air National Guard's 149th Fighter Squadron (SE), which was formed in 1947. Within a few months, at age 25, he became squadron commander.

Waters was hot stuff, and he didn't mind showing it – even when it landed him in hot water.

"I was 23 when I started the Guard," he said a half-century later, on the eve of the Air

Guard's 50th anniversary celebrations. Neither his memory nor his brashness had deserted him over the years.

The Air Guard initially had no defined mission, state or federal. So, in many respects it became a flying club, and the flamboyant Waters made sure it flew with spirit and spunk.

He formed his best pilots into an aerial acrobatic group that traveled and performed widely.

One of those performances led the FAA to revoke his civilian pilot's license in 1950. Waters led a flight of P-47 Thunderbolts in an air show in spotty weather over Blackstone, where Virginia National Guard headquarters is currently located at Fort Pickett.

"I had Al Nowitski, Maj. Al Nowitski of the Civil Air Patrol, on the mike for me. I'll go up – a four-ship team across. It looked like an overcast [day] but I could see the runways from say, 6,000 feet down through the overcast, so I rolled over – rolled the team over – and headed for the tarmac. And pulled up and did a loop.

"And Nowitski called and said, 'Rebel leader, the FAA wants you to stop the show' Without realizing that he had all of the speakers around Blackstone, they were tied in, I said something not too complimentary about the FAA."

The show didn't stop there.

"And then I took a B-26, and coming down across the field I feathered both engines, pulled up, unfeathered one and landed on a single engine, and [the FAA rep] didn't like that. I think he filed something like 25 violations – civilian, CFAA violations – against me that day."

The resulting, well-publicized proceedings didn't sit well with Virginia's adjutant general, Brig. Gen. S. Gardner Waller, and before long Waters was headed off for a new career as a test pilot for Republic Aviation and later as an international banker.

Waller, who had risen through the ranks in the infantry, probably didn't view this new Air Guard unit as a priority anyway.

"Fact is," Waters said of the adjutant general, "he didn't know what kind of aircraft I had. He didn't know why there would be an Air National Guard. It



Troops lined up for chow during annual field training in 1948 at Otis AFB, Mass., the 149th Fighter Squadron's first summer camp.

Virginia Air National Guard Heritage Series

didn't concern him. He didn't have one on the Mexican border, so why should he need one here?"

Waters' conflicts with his own adjutant general and with the FAA exemplified the challenges that faced this new breed of state-affiliated air force.

In forming Air National Guard units, there wasn't much of a blueprint to go by.

"I got little or no help from the regulars,"

Waters said. "Fact is, I fought the regular establishment consistently for such things as budget matters."

"I was up in Washington on numerous occasions testifying ... on behalf of the Guard. The Air Force officers present, they would look down on the Air National Guard:



Archive Photo

Major Leland H. Waters Jr.

We were civilian soldiers. We were militia men. That's the role I wanted to play."

Like the neophyte ANG units in most other states, Virginia's was formed in 1947, months before the National Defense Act of 1947 created the Air Force as a separate branch of the service.

The first six enlisted men were sworn in on April 17, 1947. The Virginia Air Guard was formed with four

components: the 149th Fighter Squadron (SE), the 149th Utility Flight, the 213th Air Service Group (Detachment C) the 149th Weather Detachment.

The technical orders showed that the fighter squadron would have 28 flying officers and four ground officers, the utility flight six flying officers, the air service group nine ground officers; and the weather detachment three officers. In all, slots were authorized for 303 enlisted men.



Archive Photo

Four P-47's from the VaANG's 149th Fighter Squadron in flight (incorrectly labeled the 149th Fighter Bomber Squadron).

Col. Ivor Massey, a Richmond coal executive who had pioneered airmail service in Virginia, had flown between wars as a reservist. During World War II, he commanded Richmond Army Air Base as well as several other air bases on the East Coast.

Well connected politically, Massey played a key role after the war in ensuring that Virginia would be assigned a fighter unit. For the unit's first commander, he recommended native Richmonder T. Todd Dabney,

an Army Air Corps veteran of the Pacific Theater.

Dabney took command at the rank of lieutenant colonel, but both he and Waters confirmed that Waters, a captain, did most of the organizational work.

Dabney had a job downtown and a growing family.

Waters was younger, unattached and *wanted* to be in charge. By May 1948, he was.

Did it ever bother him that he was younger than many of the pilots under his command?

"No," he said. "Hell, I could outfly most of 'em."

(Footnote: Leland H. Waters Jr. went on to become an international banker and lived in Panama for several years. He returned to Richmond for the final years of his life. He died in March 1998 at the age of 75.)

At least one spouse (or girlfriend) got in the act while pilots took their places on the hardstand near their P-47 Thunderbolts (circa 1948).



Archive Photo

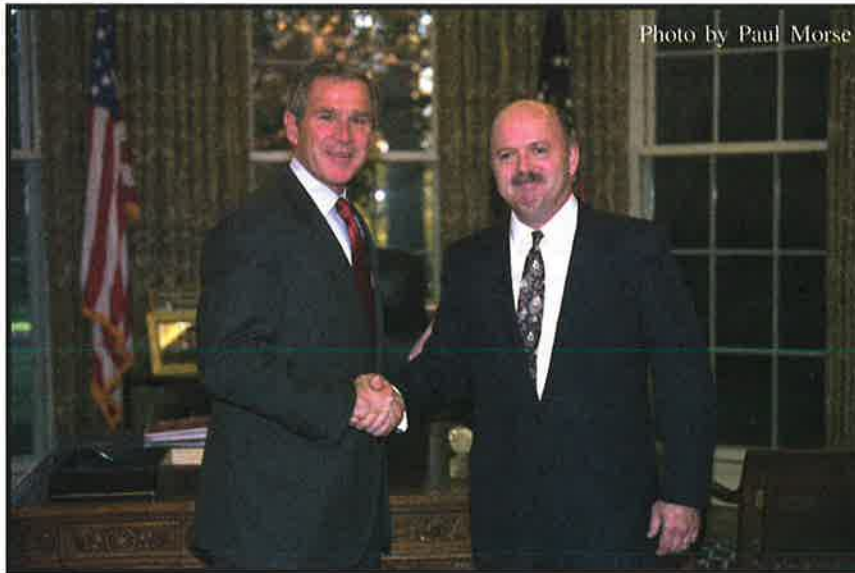


Photo by Paul Morse

Our very own SSgt Dave Buttner, photographer from the MultiMedia shop, gets to meet the Commander In Chief, President George W. Bush.

What's for Lunch?

SATURDAY UTA

Roast Chicken Breasts
Pork Chops
Brown Gravy
Mashed Potatoes
Rice
Squash
Devils Food Cake w/Vanilla
Frosting

SAT.SANDWICHLINE:

Tuna Salad
Ham
Turkey

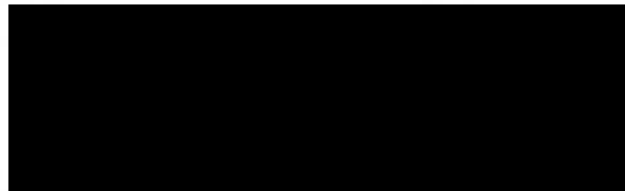
SUN.SANDWICHLINE:

Roast Beef
Chicken Salad
Ham

BOTH DAYS:
Asst Beverages
Salad Bar

SUNDAY UTA

Corned Beef
Salisbury Steak
Boiled Potatoes
Cabbage
Mixed Vegetables
Yellow Cake w/Choc
Frosting



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