

# VANGUARD



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

Virginia Air National Guard

192d Fighter Wing

November 2003

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Illustration by Joe Beach



# 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

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**Editor-in-Chief**  
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TSgt. Sabrina Reynolds-James

**Photographic Support**  
Multimedia Support Center

.....

**Next UTA:**  
**November 1-2**

Don't forget the Welcome Home Party on Sunday, November 2nd! See Family Readiness News insert for details.

Here we are approaching November, the month we traditionally set aside as a period of thanksgiving.

It's a good time to inventory our lives and take stock of our blessings.

This drill weekend we'll be having a welcome-home celebration for those folks who have been deployed overseas answering our nation's call to arms. They are an ample reminder of the many things for which I personally feel thankful. Here's a brief, incomplete list:

I give humble thanks for:

- ❑ the hundreds of 192d Fighter Wing members who during the past year have served more than 100,000 days in direct support of Operations Noble Eagle, Enduring Freedom and Iraqi Freedom.
- ❑ the more than 800 members of the 192d who have deployed to 32 locations spread across 15 countries since the attacks of Sept. 11, 2001.
- ❑ the fact that while the war against terrorism has placed many of our Guard members in harm's way, none has been killed in this effort.
- ❑ the good folks at Seven Pines Elementary School, who still turn out in front of the school on drill weekends – in whatever weather – to show their unflagging support for us.
- ❑ inspirational youngsters – such as 13-year-old heart-surgery survivor Colten Hedrick – who manage to

find goodness in life and faith in the future despite facing overwhelming obstacles.

- ❑ the 192d Security Forces personnel, many of whom were activated for 18 months or longer and deployed to protect lives and military assets in places ranging from Qatar to Kyrgyzstan.
- ❑ the doctors and medics from the 192d Medical Squadron who spent time in Romania providing care to American soldiers as well as military personnel from six other nations.
- ❑ the fighter wing members and families who donated more than a ton of toys, clothing, school and homemaking supplies to the Adopt-A-Village program in Afghanistan.
- ❑ senior citizens – such as Ersell Brinser, Richmond's modern-day Betsy Ross – who do amazing things to display their patriotism.
- ❑ our civilian employers, who have had to do without activated citizen-airmen during times of fiscal stress.
- ❑ our many friends in the community – in our stores, businesses, civic groups and houses of worship – who remind us of their support in so many ways.
- ❑ and, perhaps most of all, our own loved ones, those who shine the light in our lives and provide the wind beneath our wings.

For these and countless other blessings, I join you in giving thanks.

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

## A Message From The Chief

To the men and women of the VaANG:

November 5, I turn over the Enlisted leadership for the Virginia Air National Guard to CMSgt. John Iorio. I must admit that leaving the Virginia Air National Guard and Team Virginia is very difficult for me. I have been serving in this role for 3 years and it's been the best assignment I have had in my 29-year career. This is because I have had the privilege to work with each of you. Team Virginia is the best the National Guard has to offer but most importantly it consists of a wonderful group of citizen soldiers.

Thanks for your support and friendship. I am pleased to have witnessed so many of you grow, advance in your careers and enhance your capabilities and talents. I know you will continue to be successful as a military, a part of the United States Air Force, a team and as individuals because of the quality manner in which you support each other.

We were successful in increasing membership in EANGUS and of course we need to bring in everyone as members. We've been successful cultivating a trained and diverse First Sergeant's core and for the past three years we were able to get each applicant that applied into the Senior NCO Academy.

But there is still some unfinished business: it is critical we bring to fruition our satellite NCO academy on base, re-establish our Virginia Air Honor Guard, and bring our Junior Enlisted members into the main stream of our decision making process.

Team Virginia has a bright future and while I won't be a direct part of your successes you can be certain that I will be cheering you on every step of the way. Keep your sights high and your determination to succeed strong. Be positive and find the required strength through your collective talents and skills.

Finally, my saddest days were when we said good by to our 203rd members lost in the March 2001 aircraft accident. I shall never forget them and their families for they will always remain special to me. I offer this poem below by Major Ted Gload in their memory.

Take care, good luck in your future endeavors and most importantly remember, Integrity first, service before self, and excellence in all things we do.

Robert N. Barnette, CMS, VAANG  
State Command Chief Master Sergeant

### **"The Door" (Why I Serve)** By Major Ted Gload

I serve my Country proudly, as others have done before, Service is not a job or burden, but a calling to a Door, The Door is not made of wood or steel, in fact not seen at all, But the Door is there, open for those who dare, willing to answer the call, This call to defend has been answered, by many during our history, They went through the Door, gave their service and some more, Protecting our Country, Ideals, keeping us free, From Yorktown to Gettysburg, the Argonne and Omaha Beach, At Inchon and Khe Sanh, lives were given, and those who serve we teach, That freedom is not free, and to serve our Country is to show, We will continue to walk through that Door, when we have The Gulf or a Kosovo, I serve my Country proudly, as have all the others for many years before, I do this not for glory or praise, but to honor those who never came back through The Door, They made the ultimate sacrifice, and it's important for all to see, They gave their lives for others, so that we could remain free.



## Volunteers Needed To Help With December Challenge Prom

The next Challenge prom party will be at 7 p.m. Saturday, Dec. 14, 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. Anyone on duty section interested in helping with the December 2003 party is invited to attend the planning meetings at the VaANG State Headquarters at 3 p.m. on the Sundays of both the November and December UTAs.

The Challenge Program is 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 for the prom party to help with decorating, food preparation and service, cadet photos, and clean up.

Call Col. Johnny Haikey ext. 6014 for more information or to volunteer. It's a great way to meet other Air Guard members, have a nice time, develop great party-planning skills and give the cadets a much deserved pat-on-the-back for turning their lives around. Come join us in this fun, worthwhile project.

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

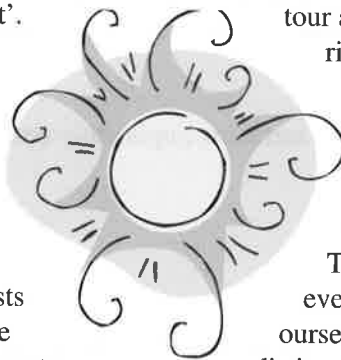
### Having Done the 'Deid'

For me, deployment is over for this time being. It was dirty and dusty and hot! African hot! Think of taking a hair dryer and switching it on full and holding it 14" from your face. That's what it felt like leaving the office for daily visitation to the flight line. Noel Coward once wrote that only "mad dogs and Englishmen went out in the mid day sun"... Add chaplains, maintainers, flight line weapons teams and CE 'dirt boyz' to that 'distinguished list'. To see service members accomplishing so much under such conditions was truly inspiring. In retrospect, it turned out to be a great idea to have visited Costco to obtain 300 freezy pops before deploying. The extra weight in toting along such heavy baggage was worth the effort in how it sweetened visitation in 120 degree temperatures. Everyone from the stranded outposts of SP's to the CE guys working on pipelines to the new Expeditionary Village, all enjoyed ! the cold treats that made for happy mouths and a lasting impression of concerned care. My message to them was to come to the Chapel on Sunday where they could also have a 'happy soul'. Besides our daily Masses, nightly Bible Studies and occasional prayer at official events, we chaplains were all over the place visiting and listening, taking stock of the morale and helping people cope with the separation anxieties that came with Isabel and her effects on loved ones and property thousands of miles away. It was 30 days of concerted care and finding God in the desert and

meeting some of the most skilled and motivated people that Air Force has to offer.

Camp Andy at Al Udeid is transitioning from a deployed to a steady state location. By next March, the move from the tents and into the new compound should be complete. Folks in the know think it will rival PSAB for longevity in staffing rotations. Sooner or later, you may 'do the Deid', as they say. Should you be lucky enough to pull a

tour at this 'garden spot' location, determine right away to go with faith and a positive mental outlook. Go also with the insight that God always sends His chosen out into the desert for the purpose of bringing them closer to Him by what they experience there. It was such for the Old Testament prophets, John the Baptist and even Jesus Himself. We should consider ourselves blessed to affiliate with such a distinguished history of 'desert dwellers'. The mission is crucial to a successful war on international terrorism. The experience will expose you to the reality of the Total Force configuration of today's Air Force and train you in ways that will make for a 'seamless' workforce in accomplishing our mission. The spiritual opportunity will help you find God in the strangest of places if you remember in the words of the Psalmist to "seek Him where He can be found and call on Him while He is still near". Blessings to all who have returned and to all who will be leaving. You have your chaplains' prayers and support in any way we can help.



# First Sergeant Position



A First Sergeant position is available in the 192d Logistics Readiness Squadron. Applicants may come from any organization within the Virginia Air National Guard, including the 203<sup>rd</sup> Red Horse and 200<sup>th</sup> Weather Flt.

Applications should be forwarded to SMSgt Larry Harris no later than 1600 on 7 December 2003. MPF will screen applications to ensure that the applicant:

- Is a Master Sergeant with the ability to serve at least three years after attending the First Sergeant Academy;
- or,
- Is a Technical Sergeant eligible for promotion and has the ability to serve at least three years after attending the First Sergeant Academy and being promoted;
- Meets the minimum weight and body fat standards;
- Has completed the NCO Academy Course (either in residence or by correspondence);
- Must have an ASVAB Score of no less than 45 in Administrative Category (A) or 58 in General Category (G)

The 192d Fighter Wing Command Chief will review the applicant's records for eligibility according to AFI 36-2113, Chapters 1, 2, 10, 12, 13, and 14, and determine if the applicant's total profile supports consideration by a board. The Board will consider eligible applicants during the January 2004 UTA at a time and day to be determined.

The Board will rank or prioritize all applicants and provide that listing to the LRS Commander to assist in making the selection. The ranking/prioritization is not a recommendation for selection. The Commander is free to choose from the entire applicant pool based on his needs.

At a minimum each applicant shall submit the First Sergeant Vacancy Application (available through MPF), a resume of 1- 3 pages in length, a cover letter describing their specific interest or qualifications for the job of First Sergeant, and a letter of recommendation from their current Commander.

For more information about the job of a First Sergeant, read the regulation and see any First Sergeant! There is also a First Sergeant web page under "Special Services" on the Virginia Air National Guard intranet site.

## MOVING IN, MOVING UP, MOVING ON

### Gains

Capt Stephen Bunting  
 TSgt Charles Bennet  
 TSgt Brad Smedshammer  
 SrA Aaron Bell  
 SrA Ronnie Smith, Sr.  
 A1C Billy Newman  
 A1C Casey Chesney  
 A1C Michael Johnson  
 A1C Michael Seruby  
 A1C David Poitras  
 A1C Timothy Murphy, II

### Gaining Unit

149th Fighter Squadron  
 Aircraft Maintenance Squadron  
 Maintenance Squadron  
 Aircraft Maintenance Squadron  
 Logistics  
 203rd Red Horse Squadron  
 Civil Engineering Squadron  
 200th Weather Flight  
 Security Forces Squadron  
 Civil Engineering Squadron  
 Civil Engineering Squadron

### Retirements

#### **OCT**

LtCol Thonas Herbert  
 LtCol Robert Pemberton  
 CMSgt Jerry Johnson  
 SMSgt Thomas Barlow

### Unit

Det 1  
 HQ  
 HQ  
 AMXS

### Retirements

MSgt Leonard Varnette  
 MSgt Albert Harrison  
 MSgt Robert Taylor  
 TSgt Franklin Baker

### Unit

AMXS  
 LRS  
 MXS  
 MXS

### PROMOTIONS

NONE



# Hurricane Isabel Strikes the 192d



Finance is forced to temporarily relocate because of the wrath of the Hurricane Isabel.

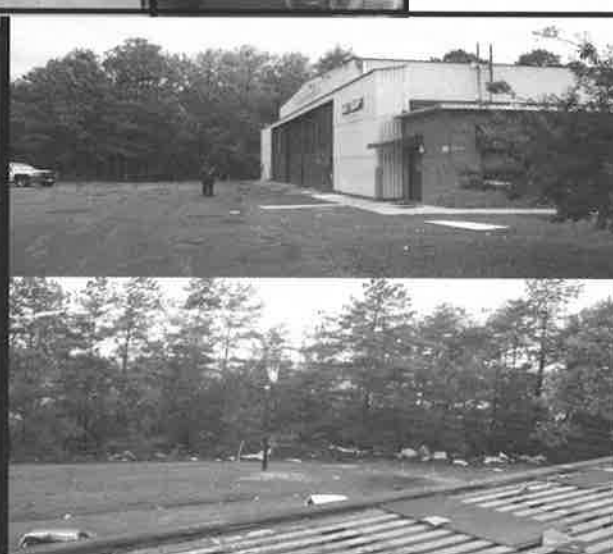


All photos by TSgt Dave Buttner except where indicated.

Photos of debris resulting from Hurricane Isabel. (below)



Photo by SrA Michele Misiano



## Virginia Air National Guard

### Welcome Home!

#### Special points of interest:

- Family Readiness and Support Group Volunteer meeting-8 am in the hangar. Volunteers needed to assist in set-up for the Welcome Home Party
- Welcome Home Party: 11:00 to 2:00 pm
- Clean-Up committee: In the hangar at 3:00 pm

It's Time For One Big Celebration!

On **Sunday, November 2**, from **11:00 am to 2:00 pm**, the Virginia Air National will **recognize our troops** who have served in the various operations around the world **since October, '01**.

We are also **recognizing our Military families** who have also sacrificed to support our country.

Dress for the day is battle BDU's for the troops and patriotic red, white and blue for our families, friends and community supporters!

The party will be held in the **hangar** and will start with a **short program** from **11:00 am to 11:30** when we will break for

a fantastic **barbecue lunch**, featuring Lawson Osborne's, famous Brunswick stew.

To keep the entertainment moving, we will have the **Moonwalk and fire truck slide** for the toddlers. There will also be a **Hayride** that will tour the base.

**Pictures will be on display** around the hangar and the multimedia department will be **showcasing our troops** in action in photos they have taken and that have been submitted.

A highlight of the activities of that day will be a **photo shoot of all of our men and women in their BDU's at 12:30 pm**, which we feel will be a great keepsake for the members of their service.



From **1:00 pm to 2:00 pm**, we will be entertained by "**Third Brass**", a **live band** which features **patriotic music**.

Plan to come and have some fun! **Don't forget your flags!** Let's celebrate how proud we are of our troops and how proud we are to be military families!

#### Inside this issue:

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### Volunteers Needed!

The 192d Fighter Wing Family Volunteer Group needs your help!

Across the country, military family members take advantage of making their world a little better. They get together for support talks, encouraging each other to hang in there. They share about parenting concerns, and offer to give relief to those who just want to go buy groceries without the usual, "Stop that! Get back over here!"

They get together to plan some fun so they can get to know one another better. They discuss and take up issues and causes to better their plight as a military family trying to get ahead.

They encourage each other over a large plate of delicious chocolate chip cookies and plan a proper send off, a Family Day, or Welcome Home party. If they don't do these things, who will?

No one can take care of us like

we can, full of ideas and can-do spirits.

Please consider becoming a part of our group by contacting the Wing Family Program office at 807-236-7036 or email at [frs@varich.ang.af.mil](mailto:frs@varich.ang.af.mil). Request an application which explains some of the needs of the group.

Meetings are held once per month. Relationships go on all month! Don't miss out! We need you!

## Operation Noble Eagle/Operation Enduring Freedom Reservist And National Guard Benefits Demonstration



TRICARE Management Activity has decided to extend the Demonstration Project for another year. It expires NOV 01, 2004.

There will be no changes as to policy or process under the extension.

The policy benefits currently boasts three waivers:

- Waiver of TRICARE Standard and Extra Annual **Deductible** which can be up to \$300. These beneficiaries are only responsible

for their co-payment (20 percent for TRICARE Standard and 15 percent for TRICARE Extra). This component covers all outpatient health care received by an eligible participant prior to Nov. 1, 2003.

- Waiver of the TRICARE **Maximum Allowable Charge** under TRICARE Standard. If a family member sees a non-participating doctor, the can be reimbursed for up to 115 percent of TRICARE's allowable charges.

- Waiver of the **Non-availability statement** for non-emergency inpatient care.

**All care is provided at military treatment facilities or from TRICARE network providers.** When the sponsor is no longer on active duty orders, TRICARE eligibility ends. However, care may be received in a military treatment facility for injuries or illnesses incurred while the sponsor was on active duty.

*Information gleaned from the [www.tricare.osd.mil/factsheet](http://www.tricare.osd.mil/factsheet).*

## "All reservists, Guard Deserve Insurance"

*"Right now our Guard and Reserve troops are full-time soldiers with part-time health care. This is a major step forward for the citizen-soldiers of our National Guard and Reserves.*

*Patrick Leahy of Vermont*

Members of the National Guard and Reserves should be pleased to know Georgia Senators Zell Miller and Saxby Chambliss are on their side.

The Senate last week OK'd a measure pushed by our two senators to extend TRICARE military health coverage to reservists and Guard members during the

times they are not on active duty and even if they are already covered through their work. Coverage is automatic when they are active duty, but it has not been available at other times.

The change, if approved by the full Congress, addresses a September 2002 General Accounting Office

(GAO) study that showed more than 20 percent of the Selected Reserves -- those who are on call and ready for deployment -- did not have access to affordable health insurance.

*From the Valdosta Daily Times-10/07/03*

<http://www.valdostadailytimes.com/articles/2003/10/08/opinion/>

## Has your family been updated in DEERS?

What is DEERS? It is a military acronym for Defense Enrollment Eligibility Reporting System.

DEERS is used by the military as a repository of personnel and healthcare enrollment /eligibility data. What that means to your family is that you are known and supported by the information that is ac-

curately inputted in "the system."

Your family member's pay is determined by data in the system; your ability to access healthcare is determined by "the system"; your access to military facilities is determined by the accuracy of information.

Now that many of your

families have been reunited, please be sure that DEERS is updated with that information.

To update DEERS:

- Visit the DEERS Web site at [www.dmdc.osd.mil](http://www.dmdc.osd.mil).
- Visit a local personnel office that has a uniformed services ID card facility. You may need to call ahead to schedule a time to make the updates, but you can make all changes to "the system" there.



## ASYMCA Sponsors Military Family Month in November

Happy Military Families Month!

For the past seven years the Armed Services YMCA has been pleased to coordinate celebration of Military Family Month in November.

This year, they are working in conjunction with corporate sponsors to salute military families with continuing its Art Contest and

Essay contest, with a chance for our children to earn prizes through the generous support of GEICO Direct.

President and Mrs. Bush sends greetings this month to the military families. He acknowledges "our military families for their continued support of our active duty members" He compliments "your encouragement (in helping them) for the im-

portant tasks they undertake in defense of our country".

We have a great opportunity to celebrate by getting together at our **Welcome Home Party**. Let's meet other families and encourage our children to meet each other over good food, tons of fun, and great conversation.

## ASYMCA Art Contest 2004

This year, the ninth annual Art Contest begins with Military Family Month in November, and concludes with a deadline of January 26, 2004.

A winner will be picked from each service and awarded a \$500 U.S. Savings Bond.

In addition, winners' artwork will be featured on the Military Family Month 2004 poster, sponsored by GEICO Direct.

Second place winners will receive a \$100 U.S. Savings Bond.

Students of military families in the Army, Navy, Marines, Air Force, Coast Guard, and National Guard, in kindergarten through sixth grade, are eligible to enter.

Drawings should be in color, on 8.5-by-11-inch paper. Larger entries will be disqualified. Black and white drawings may be

entered but are less likely to be selected as top winners. Entries should depict the student's military family. Please do not identify family members on the drawing.

Every single entry must include an official art contest entry form. All qualified entries should be postmarked no later than January 26, 2004.

## ARMED SERVICES YMCA



For additional information, visit [www.asymca.org](http://www.asymca.org).

Mail entries to:

**Armed Services YMCA  
Attn: Art Contest / Essay Contest  
6359 Walker Lane  
Suite 200  
Alexandria, Va. 22310**

## ASYMCA Essay Contest 2004: "Why Do You Like to Read?"

The Armed Services YMCA Essay Contest 2004 is seeking readers who can write about why they love to read.

Co-sponsored by Lockheed Martin, the essay contest promotes reading among children and teens of the uniformed services families. Winning essays receive U.S. Savings

Bonds.

One \$500 first place and one \$100 second place bond will be awarded in categories for first and second grade; third and fourth grade; fifth and sixth grade; and seventh and eighth grade.

Students in two high school categories, ninth and 10th,

and 11th and 12th, will be awarded \$1,000 bonds for first place, and \$200 bonds for second place. In addition, there are two \$100 bonds for essays of honorable mention.

Please visit [www.asymca.org](http://www.asymca.org) for details. The deadline for the entries is March 12, 2004.



## Virginia Air National Guard

50 Falcon Rd Ste.6  
Sandston, VA 23150  
Phone: 804-236-7036  
Email: frs@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.*

#### **MAIL DATES DEADLINES**

The recommended mail deadlines for sending mail from the United States to all overseas military mailing addresses for the holidays are:

- **Parcel post: Nov. 13**
- **Space-available mail: Nov. 28**
- **Parcel-airlift mail: Dec. 4**
- **Priority and first-class letters or cards:**



## I'm Ba-a-ack!



This year, it was time for the Virginia Air National Guard to re-bid the position of Wing Family Program Coordinator.

I have served since December 1, 2001. My original interview date was September 11, 2001 at 3:00 pm. I mention that to say (1) I didn't get here fast enough, and (2) the family program was coming to the Virginia Air National Guard all along. Col Steve Hicks cared about the families of the Virginia Air National Guard always. This program will be a part of his legacy.

But the day I walked into the building, and was escorted to my office by Lt Col Rick Turner, there were people already standing in a line waiting to see me!

A mobilization was under way for at least half of the base. All of a sudden, there was much people needed to know, have clarified, corrected, and updated.

Commanders invited me to their briefings and introduced me to their troops and told them that I was going to help take care of

their families. . To be honest, I was afraid, but not of the task. My fear was that I would not get enough done fast enough to meet the needs. But I was going to do the best I could.

You see, this was my opportunity to give in support of my country. I wanted to be here more than anywhere else in this world. I am a "military family member" and I wanted to support other military families with all of the resources and energy I could find.

The task is not over and, quite frankly, I think we all know it never will be over. I have been selected to again meet the challenges at hand of providing support for the families of the Virginia Air National Guard for at least one more year (two years, if I'm good!)

This year, I plan to take it up a notch! But I need your help. Please share your ideas, your suggestions and, for those of you who can, your time.

The volunteer group needs to grow. Our current volunteers are wonderfully devoted and sacrificial. To support the volunteers, training will be provided to assist them in

improving their skills. There will be opportunities to participate the planning and execution of activities and events on the base and off site and the opportunity to travel to the 2004 National Guard Family Program and Youth Symposium to a location yet to be named. This year it was in San Diego. No matter where it is, it will be worth the trip because of the camaraderie and information you'll gain.

An updated Family Readiness Guide will be coming your way very soon. Other significant resources to meet your needs will also become available.

And the look of the Family Readiness News has changed. I hope you like it.

There is no way to say thank you to all of you who have supported me in this office. Please join me in looking forward to a great *Wing Family Programs-year* in 2003-2004.

*Angie Wade*

"Proud" Wing Family Program Coordinator

## 203rd, Charlie's Club helps 167th after C-130 emergency landing

by Maj Debby Magaldi

The 203rd RED HORSE Flight Family Support Group — dubbed Charlie's Club because of its RED HORSE mascot — came to the aid of several members of the 167th Airlift Wing out of Martinsburg, West Virginia, on July 12.

A group from the West Virginia Air National Guard unit — in one of its C-130 aircraft — was returning from a 4-month deployment to Puerto Rico. They were about 30 minutes from the Norfolk/Virginia Beach area when they encountered severe turbulence and were forced to make an emergency landing at Oceana Naval Air Station.

Individuals who were not secured in their seats were bounced around. Nearly 20 people required medical treatment. Six spent at least one night in local hospitals and one person required surgery.

Debbie Turlip, wife of unit commander, Col. Thomas Turlip, heard a breaking news report on the mishap. With the vast majority of the 203rd deployed to Southwest Asia, she immediately contacted the skeleton-crew remaining at the unit; Angie Wade, the 192nd Family Readiness coordinator; and fellow Charlie's Club members. Charlie's Club and the on-hand 203rd members went into action: they worked diligently to keep communication flowing between the WV ANG and Oceana NAS, volunteered



transportation and facilities, visited with those hospitalized, and provided family support for their WV counterparts.

"I think the 167th felt well-cared for," Mrs. Turlip said. "The Family Support coordinator from West Virginia was so happy that we got the family support network rolling so quickly, and she was very impressed that we had volunteered help before they even knew where to look for it. They were very grateful for all of our assistance. As I visited the guardsmen in the hospital, I especially heard many expressions of appreciation for the compassionate and active role taken by our 203rd First Sgt, MSgt. Jodi Warren-Michal."

"It was a real privilege to be of assistance to the 167th. What a great group of guardsmen. I really enjoyed meeting with and talking to their families," Mrs. Turlip added. "I have learned a lot about how much it means in the Guard family that we are there for each other."

"The extended Guard family was there to help," Col. Turlip wrote from the AOR (currently commanding the 1st Expeditionary RED HORSE Group). "The WV ANG is special to the 203rd. They have flown us around a lot over the years and given us a lot of support. I'm relieved that the mishap wasn't worse than it was. And I'm proud of our Charlie's Club and the 203rd members back home who helped out our fellow guardsmen and their families."

## Bearing - by CMSgt Kinsey

Many of our fellow Guard men and women are overseas as I write this and many will have returned by the time this issue gets in your hands. They've been in an active duty world for several weeks. True, most deployed bases are about 40% Guard and Reserve, but the atmosphere, the culture, is active duty. They had to get used to more saluting, more "Yes, Sir; Yes, Ma'am" and much less first-name informality. That's not exactly our culture here, but we should capitalize on the fact that hundreds of our folks have gotten used to it. We should re-adopt those habits and look and sound like the professional force we pride ourselves in being. There are reasons for it — discipline and command effectiveness —



and our new operations tempo demands that we fit in to the active air base culture.

Our recruits go to basic military training and tech school and some of our best NCOs go away to the NCO and Senior NCO academies where military bearing is taught and instilled. It would behoove the rest of us to be good examples of that bearing when those people come back to our unit. We all have the utmost respect for the incredible technical expertise resident on this base. Let's use this opportunity to reinvigorate our other military habits and expertise and present the full package both to our fellow airmen on deployments and to our young recruits and academy graduates.

# News You Can Use/Announcements

## STUDENT FLIGHT REPORTING INSTRUCTIONS

### *MANDATORY for non-prior service members*

0800 Saturday, 1 November 2003  
Bldg 3665, Maintenance Support Conference Room  
(building between the hangar and OPS)

**Purpose:** review base processing requirements, training schedules, and labor pool requests

Student Flight Training  
ALL Student Flight Members  
OPS Briefing Room  
Saturday, 1 Nov 2003, 1300 to 1600

Education Benefits Presentation  
First Sergeant Presentations

If you plan to attend college and need financial assistance, you DON'T want to miss these presentations!

### **Diversity Advisory Council**

Quotes for the month...

"Always remember others may hate you but those who hate you don't win unless you hate them. And then you destroy yourself"  
Richard Nixon

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

Upcoming news in regards to Deployment Information will be in your December's Vanguard. Check out our Web Site <https://intranet.varich.ang.af.mil/dac/default.htm>. We are always looking for your input. DAC

### **Student Flight WORKS!**

#### *Supervisors, YOU can make it work even better.*

For the 192d Medical Squadron change of command ceremony, First Sergeant Rich Green called 2Lt. David Lands and asked if there were some student flight members who could help set up in the hangar. Yes! And, the four students from life support would not have been gainfully employed and thoroughly enjoyed the opportunity. That only worked because they reported to the 0800 Saturday student flight meeting. If you want the student flight to work, and if you want it to work for you, **ensure that your students report to the 0800 Saturday morning meetings on UTA weekends.** They meet in the Maintenance Squadron

Conference Room at the end of Bldg. 3665. That's the last building you pass before you get to Base Operations.

## Command Chief Barnette retires Nov. 2

All members of the Virginia Air National Guard are invited to the Sunday, Nov. 2 retirement ceremony of Command Chief Master Sergeant Robert N. Barnette, Jr.

Chief Barnette, the Virginia ANG Headquarters Command Chief, will be honored during a retirement ceremony beginning at 2:30 p.m., Nov. 2 in the 192d Fighter Wing's main maintenance hangar.

A reception for Chief Barnette will be held in the hangar, immediately following the ceremony. For additional information, contact CMSgt. John Iorio, VaANG Headquarters, ext. 6514.

### **Bogus myPay site**

Be advised, there is a bogus myPay web site 'out there' on the Internet. The bogus site is [www.mypay.com](http://www.mypay.com)

Here's an example of what can happen when you inadvertently log on to that site: Someone was recently trying to download his LES. The individual logged on to the bogus [www.mypay.com](http://www.mypay.com) website, and was entering his Social Security number in the "Search" bar to retrieve his LES ...

The problem??? The bogus site is set up to resemble the official site, with terms like "LES" and "DFAS" listed on the left side as "Recent Searches." However, if you were to click on the "Loan" link, you would be taken to a payday loan vendor, giving them your personal information in the process.

Be careful when accessing your LES online. Use only the official myPay website:  
<https://mypay.dfas.mil/mypay.asp>

### **Guard and Reserve Drill Pay Calculators Available**

National Guard and Reserve members can calculate their drill pay through free calculators available at Military.com. Service members can select their pay grade, their minimum Time in Service, and the number of drill periods (one drill period is four hours), and their total drill pay will be calculated. Typically, one drill weekend includes four drill periods. The National Guard pay calculator can be found at:

<http://www.military.com/Resources/ResourcesContent/0,13964,31089—,00.html>

and the Reserve calculator can be found at

<http://www.military.com/Resources/ResourcesContent/0,13964,31090—,00.html>

# Washington Redskins Honor the Air National Guard

By: Army Staff Sgt. Carmen G. Maldonado, Operation Tribute to Freedom

See photo on back cover.

**LANDOVER, Md.** - Recognition of service members fighting the ongoing Global War on Terrorism has touched down on the NFL and the capital's team, the Washington Redskins. The team, which hosted the New York Giants Sept. 21, dedicated a portion of the game's halftime to recognize members of the Air National Guard who participated in operations in the Middle East.

"This is a great honor to be asked to represent the units in the D.C. area. I want to thank the Redskins organization for recognizing the Airmen, Soldiers, Sailors, and Marines," said Lt. Gen. Daniel James III, Director of the Air National Guard.

Operation Tribute to Freedom is facilitating the Armed Forces dedications during each of the Redskins home games. OTF, launched on Memorial Day under the initiative of Defense Secretary Donald Rumsfeld, serves to support nationwide recognition of the members of the Armed Forces involved in the Global War on Terrorism.

"I think it's very important that our service members be recognized, and this is a perfect opportunity to do that," said Pete Svoboda, whose wife, Capt. Kathryn Kahlson, was being honored during the event. "It's great for the Air Guard, and it's terrific for the Redskins family to allow us to share this with the public," Svoboda said.

"I was incredibly honored, and very blessed to be able to represent my unit," said Kahlson, a Maintenance Operations Flight Commander with the 192<sup>nd</sup> Fighter Wing in Richmond, Va.

The service members, dressed in their blue uniforms, were easy to spot in the sea of burgundy outfits and Redskins logos. Many fans, dressed up for the occasion, took time to stop and thank the Air National Guardsmen for their service before rushing to their seats to enjoy the game.

"I think this is an excellent way to honor the military. It shows that all the negativity that you see on the news towards us is not necessarily true. There are actually patriotic people out there," said Tech. Sgt. Stephen Gray, a Security Forces Flight Chief with the 175<sup>th</sup> Security Forces Squadron, at Warfield Air National Guard Base, Md.

More than 80,000 spectators cheered as the decorated service members hurriedly made their way onto the field.

Gray and Kahlson walked alongside the other award recipients: Tech. Sgt. Christopher Brown, an F-16 Crew Chief from the 192<sup>nd</sup>, Staff Sgt. Steve Breeden, a Weapons Loader with the 113<sup>th</sup> Fighter Wing in Washington D.C., Capt. Bryan Callahan, an F-16 pilot from the 121<sup>st</sup> Fighter Squadron at Andrews AFB, Md., and Maj. Steve Benden, Chief of Security Forces with the 175<sup>th</sup>.

Fans applauded, cheered and screamed as the honorees took their positions on the field. "I think it's great! It's pretty cool, and they deserve it. I think it's important that there are people like these risking their lives in doing what they're doing, which is defending our country," said Barbara Elliot, a football fan from Warrenton, Va.

The service members stood solemnly while the Redskins cheerleaders graced the field with a patriotic performance, including a dance to the beat of Lee Greenwood's, *God Bless the USA*.

"The Director of the Air National Guard is here, and I look at it as an honor to be here. I look forward to representing my unit," were Benden's words prior to stepping onto the field.

Each Air National Guard member snapped in place to receive an Operation Tribute to Freedom coin, and a thank you note from OTF Director, Maj. Gen. Anders B. Aadland, and an Air National Guard coin presented by James.

With trembling hands, the honorees reciprocated in unison their director's salute, before turning to the audience to wave in acknowledgement of its patriotic applause.

After the ceremony, the general led the service members into the Redskins interview room, where he delivered a short, yet powerful speech, full of praise and thanks to the men and women for their service.

"I just want to thank you all for being here today. It takes people like yourselves, like your employers, families, and supporters for us to persevere in this," said James.

"We are ready. We are reliable. We are relevant, and right now our nation needs us; the Air National Guard. I'm proud of you all. Every one of you," added James.

Gray, and the others in the group were flattered by the general's remarks. "The things he said gave us the confirmation that we are an important factor in everything that's going on in the world with the military," said Gray. "After listening to his speech, I wanted to put on a football uniform and get out there to play with the Redskins," he added jokingly.

The general's parting words were aimed at the service members' supporters. "Tell your families, especially your parents and your employers, thanks, too, for giving the support you need to do your job. It's very important. God bless you," concluded James. After meeting with the General, the group disbanded and went out to enjoy the second half of the game.

Some supported the Redskins. Others, like Breeden, pulled for the Giants. But in the end, the group was there for both teams, just like the teams were there for the Armed Forces.

"Anytime anyone does something for my country I support it, no matter what. We live here, so we need to support things like this," said Troy Yesh, a Redskins fan from Springfield, Va.

# The Flu Season is Here

John T. Carmack,  
MAJ, VaANG, MC,  
FS  
192<sup>nd</sup> MDS



The 2003/2004 flu season will soon be upon us and many people will be asking about their flu shot....

or maybe not.

Influenza, commonly called "the flu" is taken for granted by many people who believe the disease is nothing more than a severe cold. This notion could not be further from the truth. Influenza is a disease that comes in seasonal epidemics from late October to early April each year and kills an estimated 20,000 Americans and is responsible for approximately 114,000 hospitalizations each season. To fully appreciate influenza and the need for annual vaccination, it is important to look at influenza from a historic perspective, to know what the "flu" really is, understand why the influenza vaccine is given each year, and who should get it.

Influenza is one of the oldest diseases known to man and was first described in 412 BC. In simple terms, influenza is a serious and often life threatening disease. One of the most infamous influenza outbreaks occurred from 1918 to 1919 and was known as the "Spanish Flu". In 1918, World War One killed hundreds of thousands of young men. In contrast, the "Spanish Flu" killed over 500,000 Americans and an estimated 30 to 40 million people worldwide, more than all those killed during World War One.

Other severe outbreaks occurred in the twentieth century including the "Asian flu" in 1957-58, which was responsible for 70,000 deaths and the "Hong-Kong flu" in 1968-69, which was responsible for 34,000 deaths in the United States.

The "flu" is an acute respiratory illness caused by the influenza virus. Compared to most other respiratory viral illnesses, such as the common cold, influenza has more severe symptoms and complications. Influenza viruses usually are spread by droplets and aerosols produced by an infected person who is coughing or sneezing. A person with influenza can be contagious 1 day before symptoms appear and for 3 to 7 days after the onset of symptoms. Symptoms include fever

100°F to 103°F and respiratory symptoms include cough, sore throat, stuffy or runny nose, headache, muscle aches, and extreme fatigue. Some people even report their skin or eyes ache. Most people recover in one to two weeks, however, influenza can cause more severe complications such as pneumonia, ear infections, sinus infections, or death. Most people would agree that these symptoms are more severe than those associated with the common cold.

The other question people ask is; "Do I really need the flu shot?" The answer in many cases is yes. The vaccine must be taken every year to be effective. The best time to get the vaccine is in October or November however it can be given into December. Much of the illness and death caused by influenza can be prevented by annual influenza vaccination. The vaccine is 70% to 90% effective in preventing influenza however it takes about two weeks for your body to develop immunity after the vaccine is given. The vaccine also helps reduce the risk of inner ear infections associated with influenza in children, especially those attending daycare.

Misconceptions and fears about the vaccine often prevent people from getting the vaccination. Some people worry about side effects of the vaccine, however, almost all people who get the vaccine have no serious problems from it. The most common side effect is soreness at the site of the injection. Other people are worried that the vaccine will "give" them the flu. This is not true. The influenza vaccine produced in the United States is made from killed influenza viruses and cannot cause a true infection.

Who should get the vaccine? Anyone who wants to reduce his or her chances of getting the flu can take the flu shot however the Advisory Committee on Immunization Practices (ACIP) recommends the vaccine for certain groups who are at increased risk for serious complications from the flu. The ACIP has also updated its recommendations on the timing of vaccination. Starting in October, the following groups should be vaccinated:

- Healthcare workers
- People aged 65 and older
- People who live nursing homes
- Adults and children with chronic health problems such as



## Flu Season

-asthma or other ongoing lung problems

-kidney disease

- heart disease

- diabetes

- Adults and children with an illness (such as HIV/AIDS) or who are taking medication (such as chemotherapy) that can lower the immune system;
- Children and teenagers between 6 months and 18 years old who are receiving long-term aspirin therapy; and
- Women who will be at least 3 months pregnant during flu season

Beginning in November and continuing through the flu season, all other groups, including household members of high-risk persons, healthy persons 50-64, and others who wish to decrease their risk of getting the flu should be vaccinated.

Additionally, parents are encouraged to have healthy children aged 6 months to 23 months vaccinated for influenza because children in this age group are at substantially increased risk for flu-related hospitalizations. Finally, police, fire, EMS, and persons in institutional setting such as students or military members should receive the vaccine. You should not take the vaccine if you are allergic to eggs or have had an allergic reaction to the vaccine in the past.

Influenza is a serious illness that is responsible for many deaths and hospitalizations each year in the United States. Influenza produces a more severe illness than does a common cold. The vaccine is safe and effective and should be given each year starting in October for healthcare workers and those at high risk and in November for all others. There are certain groups who should receive the vaccine however anyone over the age of six months can take the flu shot if not allergic to eggs or had previous allergic reactions to the shot. For individuals who would like to learn more about the influenza vaccine talk with your doctor or visit the Centers for Disease Control or the Prevent Influenza websites.

[www.preventinfluenza.org](http://www.preventinfluenza.org)

[www.cdc.gov/nip/Flu/Public.htm#People](http://www.cdc.gov/nip/Flu/Public.htm#People)

## 203rd Returns

### 203rd RED HORSE Flight returns home from deployment to Southwest Asia

The 203rd RED HORSE Flight, based at the State Military Reservation in Virginia Beach, returned to their home station recently after completing a successful deployment that had much of their unit in Southwest Asia since early April. The last group to return—43 unit members, including 203rd Commander Col. Thomas J. Turlip, returned on Oct. 2.

A couple hundred family members, senior Virginia Air Guard leadership, and 203rd retirees happily greeted the last group of RED HORSE members as their buses pulled into the unit near midnight on Oct. 2.

The Virginia Air National Guard, rapid response engineering unit received phased mobilization orders in early January 2003 for active federal service of one year in support of ongoing Operation Enduring Freedom/Aerospace Expeditionary Force missions. Groups of 203rd RED HORSE members began deploying to locations in Southwest Asia in early spring, with the last two teams heading for their areas of responsibility on Memorial Day. As they completed their taskings, small groups of unit members began returning home in August.

During the unit's deployment, it joined forces with other RED HORSE units to form the 1st Expeditionary RED HORSE Group. From June 3, 2003, until shortly before his departure from Qatar, 203rd Commander, Colonel Turlip, served as the 1st Expeditionary RED HORSE Group commander. The group was headquartered in Qatar and performed a variety of construction projects in Southwest Asia, including Qatar, the United Arab Emirates and Iraq. The rapid-response engineering unit built facilities for air operations, constructed a warehouse in the UAE, repaired runways in Iraq, and built a 10,000-foot taxiway in an undisclosed location.

Colonel Turlip described his RED HORSE personnel as having high morale. "All of our troops are dedicated and understand why they were deployed," he said. "They have certainly missed their families and were ready to return home. Everyone here is proud to serve our country and our Air Force as citizen airmen. We take pride in the work we do; and I'm pleased with the quality of work done by the 203rd and all of the units that came together to form the 1st Expeditionary RED HORSE Group. I've worked with an outstanding group of people."



## Salute to the General

From left to right: Capt. Bryan Callahan, Staff Sgt. Steve Breeden, **Capt. Kathryn Kahlson**, **Tech. Sgt. Christopher Brown**, and Maj. Steve Benden proudly salute Lt. Gen. Daniel James III, Director of the Air National Guard, during halftime at the game between the Washington Redskins and the New York Giants, Sept. 21. The service members received challenge coins for their service during military operations in the Middle East. See story on page 9.

## What's for Lunch?

### SATURDAY UTA

Salisbury Steak  
Roast Pork Loin  
Mashed Potatoes  
Brown Gravy  
Fried Apples  
Green Beans  
Assorted Pies  
Bean With Bacon Soup

### SAT. SANDWICH LINE:

Chicken Salad  
**Ham**  
Roast Beef  
Turkey

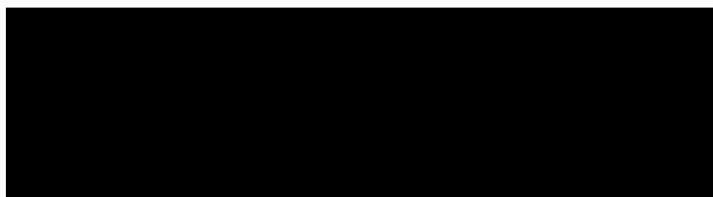
### SUN. SANDWICH LINE: (Cook Out)

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

### SUNDAY UTA

BBQ Sandwich  
Hot Dog  
Baked Beans  
Cole Slaw  
Potato Chips  
Assorted Cookies

*Don't forget the Welcome Home Party! See Family Readiness News for details.*



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