

VANGUARD



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

Virginia Air National Guard

192d Fighter Wing

October 2003

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

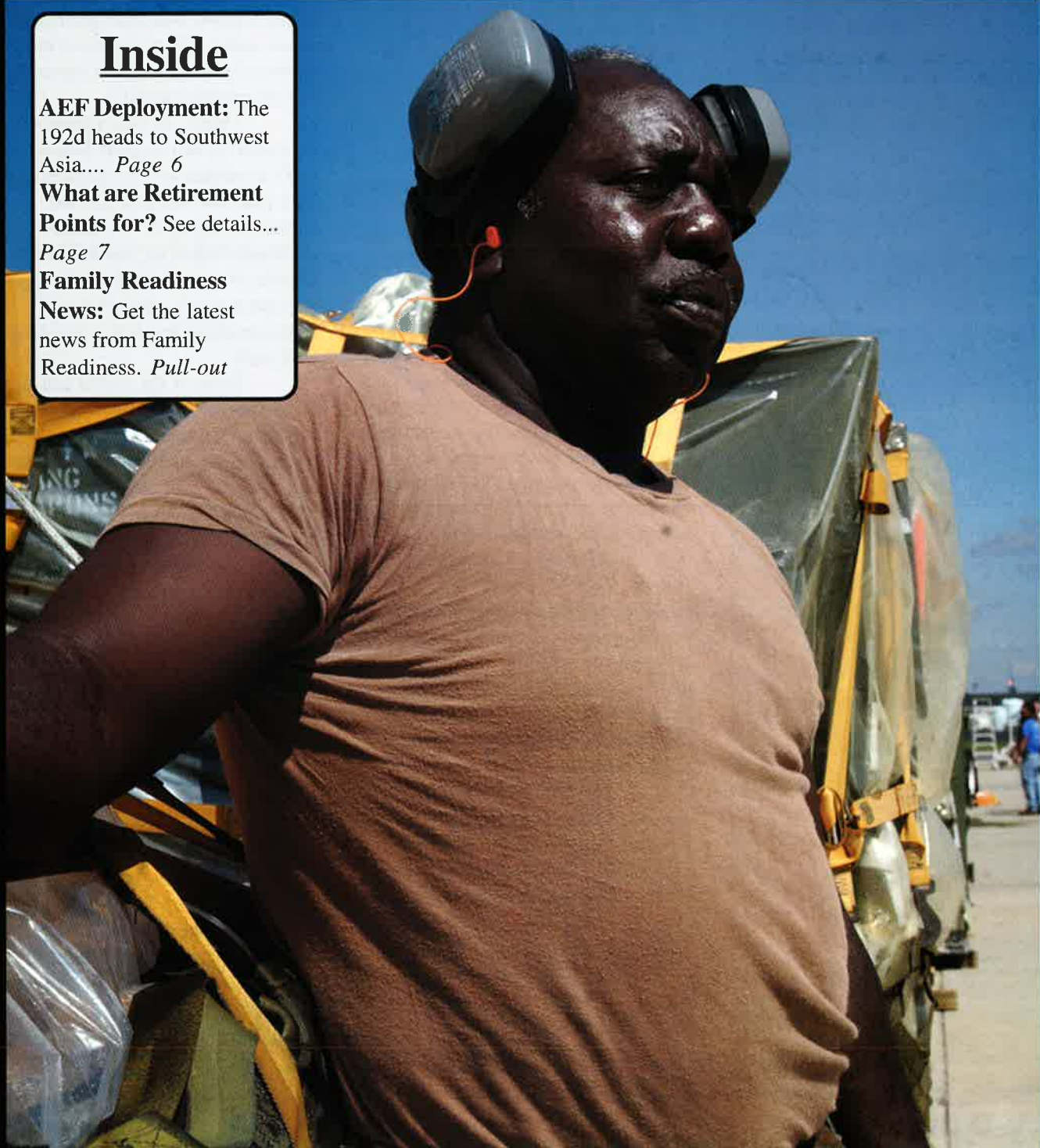


Photo by SrA Michele G. Misiano



Commander's Call



ABOUT the VANGUARD

This funded Air Force newspaper is an authorized publication for the U.S. military service. Its content does not necessarily reflect the views of, nor are they necessarily endorsed by the Department of Defense, the Department of the Air Force, or the Virginia Air National Guard.

Submission Requirements

*The Vanguard is printed monthly. Deadline for submissions is **close of business on Saturday** of the drill weekend. Please submit material to: **Vanguard@varich.ang.af.mil**.*

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

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

Check out the electronic Vanguard on the base Intranet.

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Col. Stephen R. Hicks

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Multimedia Support Center

.....
Next UTA:
October 4-5
Cover:

Tech. Sgt. Marion McLoed, a Traffic Management Specialist from the Virginia Air National Guard's 192d Fighter Wing, waits for the C5 crew to give an "okay" to begin loading the plane. The Virginia Air National Guard's 192d Fighter Wing is participating in a 90 day AEF tour to Southwest Asia in support of Operation Iraqi Freedom.

To meet the Vanguard production deadline, I'm putting together some thoughts for this column a little more than two weeks before our October drill.

A lot may have changed by the time you read this. You never know. That's just the nature of things. We normally approach each day expecting life to go on as scheduled, but in reality we're subject to the whims of nature and the actions of people in far-off places we may never have heard of.

Some events are simply beyond our control. They can be difficult to predict, impossible to prevent, and challenging to confront. All we can do is be as fully prepared as possible for *any* eventuality and surround ourselves with people capable of dealing with most any situation.

Here's the backdrop for my musings. Today is Wednesday, Sept. 17, and I'm flying an F-16 at 25,000 feet over the East Coast en route from Richmond to Savannah. This jet is one of three that we're moving to Savannah to seek safety from Hurricane Isabel. The storm is expected to wreak havoc on parts of eastern North Carolina and Virginia in the next day or so.

Off to my left, over the Atlantic, I can see Isabel's awe-inspiring system imperceptibly making her way toward the coast. I can only pray that she makes an 11th-hour turn that will spare residents of the Old Dominion and the Tar Heel state – the two states closest to my heart – from untold damage.

As a pilot flying at this altitude, I have an enviable view of a powerful natural phenomenon in the making. As a husband and father, I'm concerned about the safety of my loved ones. As a wing commander, my concern extends to a larger family – all of you in the 192nd Fighter Wing and our brother organizations throughout the Virginia National Guard.

Perhaps at no time is it more important for you to feel secure that you are, indeed, part of a family. Many of you are in Southwest Asia serving the interests of your country. While you may be in harm's way and your families are worried about you, I'm sure at this point you are more worried about them.

This is a time you would normally be spending together – especially those who live in the Tidewater and Hampton Roads areas – either preparing to withstand the onslaught of the storm or moving inland to avoid it.

I wish you didn't have to be separated by such a great distance, but that's a sacrifice you're called on to make. Two years and six days ago, the unforeseen events of 9/11 placed new challenges before us, and the members and families of the 192nd Fighter Wing have responded with a dedication and professionalism that makes me stand tall with pride.

Some of the photos and stories in this edition of the Vanguard reflect that dedication – round-the-clock work by load teams moving equipment and supplies onto C-5 transports bound for Southwest Asia, predawn launches of F-16s headed across the Atlantic, your giving spirit in contributing to Col. Bill Busby's Adopt-a-Village program in Afghanistan.

In some respects, Hurricane Isabel is like the situation in Southwest Asia. We know there's a threatening storm in each case. One is filled with powerful winds and soaking rains. The other is pent up with destructive anger and hypnotic hatred. Each presents us with its own set of challenges.

As I glance toward the Atlantic, I see the storm on this side and ponder the storm on the other, and I give thanks that the Virginia Air National Guard can count on you and your families to show uncommon strength in the face of both.

God bless you all.

Sincerely,
Colonel Stephen R. Hicks,
Wing Commander

Servicemembers' Group Life Insurance

SGLI BENEFICIARY DESIGNATIONS

- **Servicemembers' Group Life Insurance (SGLI) is a most valuable benefit. In the event of a servicemember's death, SGLI affords the ability to leave up to \$250,000 to the loved ones or to the entities about which the member cares most. Specifically naming the intended beneficiaries best assures this result as well as prompt payment of the insurance proceeds.**
- SGLI is a contract between the member and the insurance provider. It is not controlled by the terms of a will or by a state's laws for distributing property in the event of death without a will. The member holds an absolute right to name each person or entity desired as a beneficiary. The insurance provider pays the beneficiaries so named. By failing to name beneficiaries, a member gives up control of the disposition of as much as a quarter of a million dollars.
- Members have used the term "by law" to identify beneficiaries. This designation creates a significant risk of payments to unintended beneficiaries, of delays in payments, and of litigation by persons claiming the member intended they receive the SGLI proceeds or attempting to include themselves within the class covered by the term "by law."
- Servicemembers' understanding of common terms like "parents" and "children" may not align with the definitions of these terms in the law creating SGLI and in the court cases interpreting that law. The "by law" designation can result, and too often does, in a federal court identifying the beneficiaries of SGLI proceeds. The court's ability to consider the member's intent will be sorely limited - if he or she only wrote "by law." The court will have to interpret the SGLI law's distribution provisions using varying state law definitions of such terms as "widow or widower," "parent," "child," and "other next of kin." As a result, no one - not an attorney or personnel specialist or anyone else - can confidently advise just how a "by law" designation will ultimately distribute as much as a quarter of a million dollars. Nor can anyone tell how long the payment of benefits will be delayed due to claims, disputes and litigation brought by a third party seeking inclusion as a "by law" designation beneficiary.
- By taking some time to consider and name specific beneficiaries, members avoid these potential problems and exercise the power to control how this benefit is paid. Although disputes can still occur when a member specifically names beneficiaries, the specifically named beneficiaries will prevail over the unnamed claimants. Court decisions bear out this point, routinely citing specifically named beneficiaries as the best evidence of a military member's intent.
- Members must periodically review and update beneficiary designations to ensure they continue to reflect their intentions for the disposition of this benefit of service. Excellent opportunities to do so include during in- or out-processing as part of a PCS move; as part of regular readiness checks while preparing to deploy and on return from a deployment; when significant events occur in life, such as a marriage, divorce, separation, birth or adoption of a child, or death of a named beneficiary; or at any time a change in beneficiary designations is desired.
- An attorney in the base legal office can answer questions and provide advice on this subject.
- Anyone wishing to change their SGLI beneficiary designation should report to the Customer Service Section in the Military Personnel Flight.

Diversity Action Committee's "Meet & Greet" Cookout

Photos by MSgt Carlos Claudio



Lt Col Freddie W. Baylor, Jr., Inspector General for the Virginia Air National Guard and part time Disk Jockey, adjusts the compact disk music using a sound "mixing board" during the Diversity Action Committee's "Meet & Greet Cookout".



192nd Security Forces TSgt John W. Griffin lines-up the hot "pulled barbeque" trays during the Diversity Action Committee's "Meet & Greet Cookout"

TSgt Glennis Lightburn (R) gets a free and long overdue back rub from certified massage therapist Natasha Titus at the Diversity Action Committee's "Meet and Greet Cookout". Mrs. Titus is married to TSgt Kenneth G. Titus of the 192nd Communications Flight.



(L-R) Jordyn Eason and Dorvionne and Dorlana Lindsay show-off their lolly-pops and smiles during the 192nd Diversity Action Committee's "Meet & Greet Cookout".

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

Doing Global Ministry in Today's Total Force Air Force

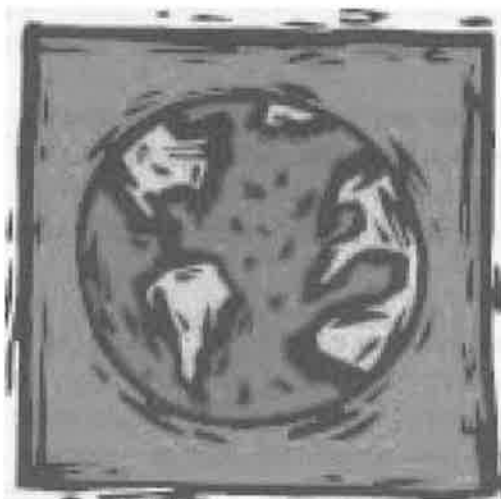
It was refreshing and challenging to have had the opportunity to attend a Global Ministry briefing at Langley AFB last week. What's Global Ministry you ask?

With deployments becoming the norm rather than the exception, as well as growing needs for ministry in CONUS, the Air Force had to figure out a way to define, prioritize and set realistic goals for service given limited resources and expanding operations demand when ministering to service members. In much the same way that Total Quality Management (TQM) swept the Air Force in the 80's, Global Ministry is the newest buzzword.

Begun under our former Chief-of Chaplains, MG Bill Denninger, Global Ministry is defined as a process to be followed by chaplains and their assistants in coming to grips with increasing demands on time and limited resources.

While our Air Guard unit does not have the kind of permanent faith communities (equivalent to civilian parishes) nor the diversities of ministries as does an active

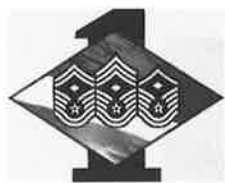
duty Air Force base, we still have the need to identify, prioritize, and fund ministry in both the unit and when deployed.



All bases in the ACC have the mandate by way of General Jumper to identify, prioritize and communicate to the command the ministries they perform be they worship services, visitation to the squadrons, counseling, or morale runs, etc. With all the other possibilities for ministry on active duty bases, the Global Ministry procedure of identifying and prioritizing needs and resources will help the Total Force to dedicate personnel and material to the most important challenges both here and abroad.

If in your Air Force travels, you come across the phrase 'Global Ministry', take a moment to think and pray for our chaplains and their assistants, the work they do, and the demands made on their time. Let them know what you think their priorities should be in this time of Global Ministry. We appreciate your suggestions and recommendation.

First Sergeant Position



As has been described in the VANGUARD over the last two months, a First Sergeant position is available in the 192d Civil Engineering Squadron. The position is being re-advertised and is also open to those who may be deployed. Applicants may come from any organization within the Virginia Air National Guard, including the 203rd Red Horse and 200th Weather Flt. Applications should be forwarded to SMSgt Larry Harris no later than 1600 on 5 October 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 November UTA at a time and day to be determined.

The Board will rank or prioritize all applicants and provide that listing to the CE Commanders 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 or her 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

Promotions

Lt Col Peter Bonanni
Lt Col Charles Smith
SMS Barry Coleman
SMS John Iorio
TSgt Nealer Brown
TSgt David Cooper
TSgt Michael Rawlings
TSgt Richard Williamson
TSgt Peter Martens
SSgt Lynda Lane
SSgt Christopher Brown
SSgt Steven Zettlemoyer
SSgt Charles Nellist
SSgt Donald Morris
SRA Jack Kazebeer
SRA Angela Ford
A1C Christopher Marion
A1C Loresa Hester
A1C Linette Sanchez
A1C Rodney Hughes
A1C Amber Tarreto
A1C Brian Rizzo
A1C Alec Modine

To

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Promotions

A1C Peter Boginsky
A1C David Artis
A1C Lonnie Copeland

To

SRA
SRA
SRA

Gains

SSgt Scott Samuels
SrA Gregory Woolfolk
SrA Terence Sheridan
SrA Omer Pilgrim
A1C Drew Aldinger
A1C Stephen Dubrey
A1C Danielle Schiveid
A1C Ambrose Kun
Amn Katelyn Fick
Amn Bruce Morris

Retirements

AUG

CMS Edward Smith
MSG Donald Wold

SEP

CMS Robert L Weis

Unit

192dLSF
192dAMXS
149FS

192d Participates in Southwest Asia AEF

Photo by TSgt Dave Buttner



Tech Sgt Joe Yates from the AGE shop at the 192d Fighter Wing comforts his daughters Lauren and Veronica before he leaves with the AEF advance team going to Southwest Asia. The team is going over there to prepare for the arrival of the main body of personnel and aircraft and saying goodbye was difficult.

Photo by SRA Michele G. Misiano



Master Sgt. John Rollings, the NCOIC of Career Enhancement for the Virginia Air National Guard's 192d Fighter Wing, helps load cargo onto a C5 airplane bound for Southwest Asia. The Virginia Air National Guard's 192d Fighter Wing is participating in a 90 day AEF tour to Southwest Asia in support of Operation Iraqi Freedom.

Photo by TSgt Dave Buttner



Senior Airman Andrea Trice of TMO and Master Sgt Dave Beahr of Avionics from the 192d Fighter Wing Sandston, Va. check over some paper work before releasing some cargo to the staging area. Trice and Beahr are part of the team getting the equipment for the Wing's first AEF rotation in Southwest Asia.

Photo by TSgt Dave Buttner



Lt Col Benard Barker dismounts the truck that will be used to haul the bags to BWI Airport for the advance team going to Southwest Asia. The 192d Fighter Wing is participating in an AEF and the team will be preparing for the personnel and aircraft arrival.

Photo by TSgt Dave Buttner



Master Sgt Albert Harrison from TMO and Staff Sgt Johnny Deloach from the sheet metal shop at the 192d Fighter Wing in Sandston, Va. inspect the bottom of a container that needed some repair before it could be cleared for shipping. Deloach said that any loose metal on the bottom of the container has to be repaired before it can be slid into a cargo plane. The unit is in the process deploying to Southwest Asia on it's first AEF rotation in it's history.

Photo by SRA Michele G. Misiano



Master Sgt. Valerie Murphy, NCOIC of Employment/Relocation at the Virginia Air National Guard's 192d Fighter Wing, loads deploying members baggage onto a truck. The Virginia Air National Guard's 192d Fighter Wing is participating in a 90 day AEF tour to Southwest Asia in support of Operation Iraqi Freedom.

Family Readiness News

Pull Out
Section

192d FW Virginia Air National Guard

AEF Deployment Underway

Volume 2, Issue 9 October, 2003

Page 1



Senior Airman Richard Jimenez, a weapons loader from the Virginia Air National Guard's 192d Fighter Wing, says goodbye to baby Sophia and wife, Sherri. Picture provided by SrA Michele Misiano.

Saying Goodbye was not easy for the families of the 192d FW as the volunteers left for the AEF Rotation overseas. This is only the second time in the base history that the members have had to deploy to the desert in such a large group.

Families came out to support the members as they boarded the bus. Moms, Dads, bothers, sisters, spouses and children shared special last moments. The Wing Family Programs provided dog tags to the children that read "I'm a proud military kid!" to match the "jingle" of dad's or mom's tags.

A couple of spouses took advantage of the "Hearts Apart" program by



Senior Airman Hugh Rice, says goodbye to his wife before departing on a 90-day deployment to Southwest Asia. Pictures provided by SrA Misiano.

bringing in pictures of their loved ones and getting t-shirts heat pressed with the images so that the kids could stuff them with pillows by night and wear them by day to keep the parent close to them. (This program is available to anyone who wants to do the same. Just contact the Wing Family Program at 804-236-7036, office for details.)

The "heroes" are due back in mid-October.





Asides:

- Volunteers are still needed!!!! Become One!
- Next **Family Readiness and Support Meeting** will be Saturday, October 4, 1000 to 1200. Return and Reunion video will be shown and Return and Reunion Packets will be given out. Support Staff will be present to answer questions.
- Executive Committee Meeting will follow from 1300 to 1400. If you have a desire to serve the families in a volunteer leadership capacity, please plan to join us. The location to be announced.

RSVP to:

frs@varich@ang.af.mil or call 804-236-7036 and speak to Angie Wade.

Upcoming Events

October	November	December
4- Family Readiness and Support Group Meeting 10:00 am to Noon. Family Support Discussion/ Question Answer Period <i>Bring your pictures for scanning onto T-shirts (you Provide)</i> 1:00 pm to 2:00 pm: Welcome Home Party committee meeting. <i>Anyone who is interested in helping may come back to the meeting</i> 3:00 to 4:00 : Executive committee meeting.	1- Family Readiness and Support Meeting. 10:00 am to noon 1:00 to 4:00 Welcome Home Party Committee meeting: Updates and Final Work 2- Welcome Home Party in the Hangar 11:00 am to 2:00 pm <i>A true Family Event! Come wearing Red White and Blue!</i> 	6- Family Readiness and Support Meeting. Assist the First Sergeant with the Christmas Stocking Program. 10:00 to Noon <i>Meet in the Security Forces Briefing Room</i> 1:00 pm to 2:00 pm Executive committee meeting. Discuss activities and fund raising events for 2004. 

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Free Computers Available to Qualified Families

You or someone you know may qualify for a free computer.

Operation Homelink™ provides free refurbished computers to either parents or spouses of deployed service men and women in the ranks of E-1 through E-5. The program enables email communications between families and their loved ones deployed outside of the continental United States.

Who Qualifies

Qualified recipients are spouses and parents or legal guardians of soldiers. To request a computer for your military family, please read the information below, and go to **www.operationhomelink.org** to complete the form.

- "We can not accept requests from children or minors.
- Because our supply is limited, the military member must be outside of the continental United States. Activated Reservists who are still in the United States do not qualify.
- We are legally prohibited from giving computers to military members. Only family members may receive a computer.
- We only ship computers to family members located within the continental U.S. "

To apply for a computer, the military member of your family must hold rank within the pay grades of E-1 through E-5. In addition, the military member must meet one of the following conditions:

- **Either** active duty military, deployed for 90 days or more, **or**
- Work aboard an active U.S. Navy ship **or**
- Mobilized member of the Reserves or National Guard on recall orders of at least one year, and currently outside of the continental United States.

Before you may request a computer, you must accept their *Terms And Conditions of Application for and Use of a Donated Computer* available on their web-site. After clicking ACCEPT at the bottom of that agreement, they will direct your browser to the computer request form.

Operation Homelink™ received 501(c)(3) certification from the U.S. Internal Revenue Service. Their Federal Employer Identification Number (FEIN) is 91-2186796. Operation Homelink™ is incorporated in the state of Illinois as a Not-For Profit (NFP) (#6273-688-7).

Corporations nationwide are encouraged to participate in the program by donating end-of-life computer assets to Operation Homelink™ and may do so by contacting their technology partner Redemtech via e-mail (ohl@redemtech.com). Redemtech will coordinate all aspects of the physical donation and offer the donating corporation refurbishment and relicensing at a discounted rate and delivery service at cost. The Microsoft Authorized Refurbisher (MAR) Donation Program is providing Windows 98 operating systems for the donated computers.

All donated computers must be in good working order and provide basic e-mail functionality running Windows 98 operating system (or newer) or meet the following minimum technology specifications:

- Pentium I, 166 MHz processor or better
- Minimum 32 MB of RAM
- 14" VGA monitor
- Minimum 25 computers

Monetary Donations

Operation Homelink™ is an all-volunteer organization that uses donations to pay operating expenses. Operating expenses include Web Hosting/Internet service, phone, postage and office expenses/supplies. They appreciate any amount you can give. Donations are tax deductible (Federal Tax ID: 91-2186796).



A Tribute to our families and our Troops

Our Yellow Ribbons!

(Sung to the tune of "She Wore a Yellow Ribbon")

Around the trees, we tied those yellow ribbons
We tied those yellow ribbons on all our Virginia trees

And if you ask us why the yellow ribbons?
We'll tell you

"They're for our Guardsmen who are far, far away"

Far Away, Far Away

Yes, we'll tell you

"They're for our Guardsmen who are far, far away!"

And while they're gone, the FRG grows stronger
We're there to help and cherish all of our families

And if you ask us why we help our families
We'll tell you "It's for our Guardsmen who are far, far away"

Far Away, Far Away

Yes, we'll tell you "It's for our Guardsmen who

far, far away!"

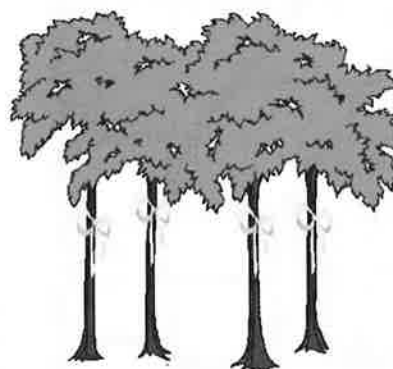
Come the day our families are united
We'll cut those yellow ribbons from every Virginia tree

And if you ask us why we cut those ribbons
We'll tell you "It's for our Guardsmen who are home finally"

Finally, Finally

Yes, we'll tell you

"It's for our Guardsmen who are home finally!"



Welcome Home Party Set for November 2

For most of our families, the deployments will be over.

Reunions with families and friends are underway. Pats on the backs from the employers are fresh. The dogs and kittens should have adjusted to the whole family being together again.

So let's have a party and acknowledge a job well done by our own personal heroes!

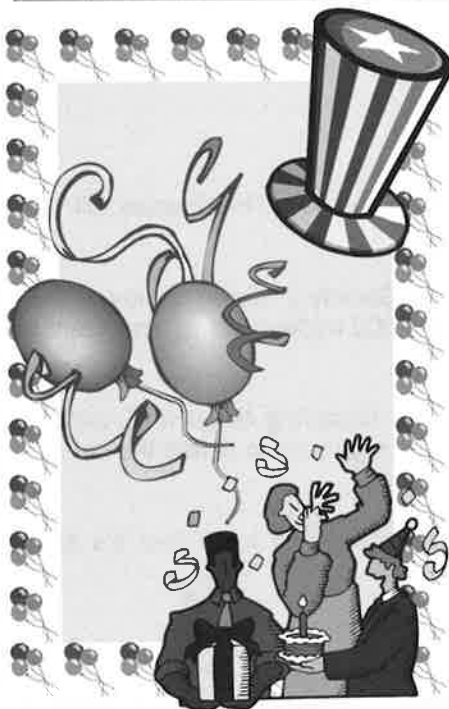
On Sunday, November 2, from 11:00 PM to 2:00 PM, we will be celebrating the return of our troops from this past year of deployments, including the current AEF Rotation.

The fun-filled event will be held in the hangar and will resemble a down-scaled Family Day.

Military members will be asked to dress in the battle BDU's and the "support staff" (a.k.a. - families and friends) are asked to dress from head to toe in Red White and Blue!

Flags will be the accessory of the day! So come waving yours and show how proud you are to be an American Military Family!

Please look for further updates in your November Vanguard!





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: Dec. 11**

Join "Making Strides Against Breast Cancer", and let's make breast cancer a thing of the past!

The Walk
Sunday, October 19, 2003
5 miles through Byrd Park
in Richmond, VA



If it hasn't already, breast cancer will touch you or someone you know. The disease will strike more than 200,000 times this year and claim 40,000 lives.

Since 1993, Making Strides has been the American Cancer Society's rallying cry to raise awareness and dollars to fight breast cancer. Last year 400,000 walkers across the country collected more than \$28 million.

When you raise Making Strides contributions, you strengthen lifesaving American Cancer Society research, education, patient services, and advocacy programs to defeat the disease.

It's about survival and raising support to save more lives. It's about protecting those we love. And it's about remembering those for whom the answers did not come soon enough.

To get involved: Call 804-527-3766 or 1-800-966-3586 x 3766
www.cancer.org/stridesonline



National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. Other than skin cancer, breast Cancer is the most frequently diagnosed cancer in women in the United States today. The key to finding breast cancer is early detection and the key to early detection is Screening (looking for cancer in women who have no symptoms of disease.) The best available tool is a regular screening mammogram. Regular screening Mammogram significantly reduces the death rate from breast cancer in women who begin screening in their forties. Factors that can increase the risk for breast cancer Are



- Personal history of a prior breast cancer
- Evidence of a specific genetic change that increases susceptibility to breast cancer
- Mother, sister, daughter or two or more close relatives, such as cousins, with a history of breast cancer
- A diagnosis of a breast condition that may predispose a woman to breast cancer

These risk factors do not by themselves cause cancer. Having one or more does not mean that you are certain or ever likely to develop breast cancer. Education, breast self exams (BSE) monthly and yearly mammograms are all measures we should take to help reduce our chances of breast cancer.

Air Force Reserve Medical Policy on Mammography requirements, require all female members to have a baseline mammogram at age forty and then again at 5 year intervals. VAAir National guard members requiring mammograms are notified annually. Guard members may choose to have this screening accomplished by their private physician or the 192nd Medical Squadron will provide this service to them through a local hospital as a group on Saturday of drill to be announced.

Remember the five-year mammogram requirement is an Air Force Reserve requirement. The American Cancer Society recommendations are for annual mammograms after the age of forty. Remember regular mammograms save lives!!! For any questions or information you may need on Mammograms and breast health. Contact TSgt Dawn Wilson the 192nd Medical Squadron's Mammography Program Manager at Extension 6010

Retirement Points - by CMSgt Kinsey

On a recent trip to Ft. Indiantown Gap with CE, the conversation turned to the subject of retirement points. There was confusion about how many points made a "good year," where those points came from, was there some maximum, and whether it did you any good as far as retirement to do more than 13-15 active duty days per year. I figured that would be a good topic for me to investigate and report.

A "good year" is 50 points. You get 48 for coming to all UTAs and you get 15 membership points just for being a member of the Guard. Therefore you can make your good year just on UTAs. The maximum amount of points toward retirement you can earn overall is 365 – the number of days you could be on duty in a year. Currently, you can earn a maximum of 90 points for "inactive duty" which can include points obtained by also doing correspondence courses!

Any active duty time you have, regardless of what Title, whether MPA or AT, counts toward retirement. For a thorough explanation, charts and a retirement pay calculator, go to the web site below.

Air Reserve Personnel Center – Retirement points: <http://arpc.afrc.af.mil/rsp/index.htm>

Click on "Points" and "How to read the AF 526" to educate yourself. Click on "Retirement" and you can download a retirement pay calculator. Most of all, read your AF 526 every year. Look to see if you have earned at least 50 points in the Retire column. Make sure your AD column shows all the active duty days you worked that year or you'll need to provide information to the MPF. Don't wait 'til it's too late!

Americans bring peace,

by Staff Sgt. Russell Wicke
455th Expeditionary Operations Group Public
Affairs

BAGRAM AIR BASE, Afghanistan (AFPN)

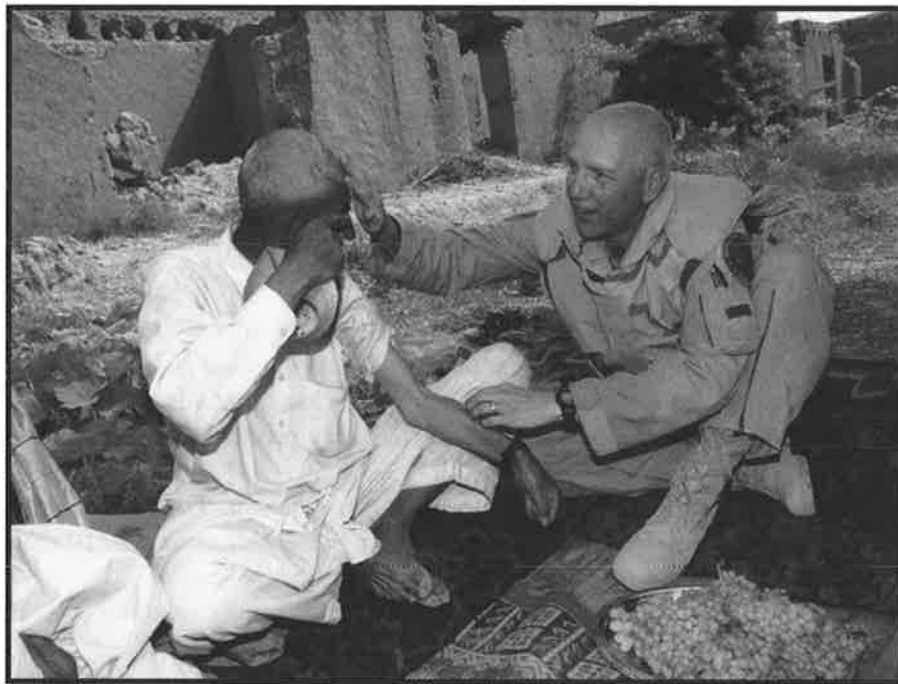
— For the first time in more than 30 years the people of Afghanistan are beginning to see signs of peace and stability.

Elders and leaders from local villages in the Bagram area of Afghanistan said the U.S. military and coalition partners have enabled them to begin living without the fear that comes from the violence of terrorist forces like the Taliban, al-Qaida and others.

American and coalition forces deployed here after the Sept. 11, 2001, attacks. Their job was to remove al-Qaida and Taliban from power and to eliminate the terrorist base in the country.

“Just about two years ago, on this ground and in the buildings we’re operating out of now, terrorists were plotting and training to kill Americans,” said Col. Bill Busby, 455th Expeditionary Operations Group commander deployed from the Virginia Air National Guard. “Now, these terrorists are basically trying to survive and hiding from us and coalition military forces.”

However, there is still a need today for forces to remain here.



JAMADAAR, Afghanistan — Ghulanhaidr (left), an elder here, shows his scars from fighting with the Taliban to Col. Bill Busby, 455th Expeditionary Operations Group commander. Ghulanhaidr fought the Taliban and other terrorist groups before coalition forces arrived. He has received multiple injuries from mortar fire and bullets. (U.S. Air Force photo by Staff Sgt. Russell Wicke)

“Our mission here in Afghanistan is to kill, capture and deny sanctuary to terrorists,” said Busby. “But it is also to provide humanitarian assistance to the Afghan people to help them rebuild their country.”

Instead of waiting for another attack on American soil, Busby said they are taking the fight ‘offensive’ to the terrorists here, in their back yard where they operate.

“By doing this, not only are we safer and more secure back home and around the globe, but the Afghan (people) have a much better chance to rebuild and grow after decades of war and destruction,” he said.

The Afghans said the Taliban and other terrorists had made life miserable for them long before their attacks on America.

“We used to hide underground for days during the ruling of the Taliban and other terrorists,” said Ghulanhaidr, a village elder of Jamadaar here. “But now our children, boys and girls, are attending school for the first time in many years.”



MSgt Gina G. Poulos and TSgt Thomas L. Austin of the 192nd Security Forces Squadron work together packing and mailing boxes to the 455th Expeditionary Squadron's Adopt-a-Village program.

stability to Afghanistan

School is not the only benefit the locals are enjoying because of the U.S. and coalition presence.

"We can now walk safely from village to village," said Fazilkarin, another elder in Jamadaar. "We are growing grapes and other crops again because we can safely rebuild our irrigation."

Leaders from other villages suggest the Americans have brought with them good fortune, too.

"When the Taliban was raiding here, there was drought, storms, trouble and the ground would not produce for us. They dug up our crops and destroyed our houses," said the leader of the Qau'eh-ye Musa village. "After you Americans came, rain fell abundantly, good crops started growing, and our people are more healthy."

Although it can be debated that Americans brought rain with them, they do bring more than munitions.

"We have a program we call 'Adopt-a-Village' that is designed to provide much-needed supplies and goods to the locals here," said Busby. "With this program we receive donations from our hometowns and bases in the mail. We then go out to the villages and distribute them."

Busby said the donations have been phenomenal, with things such as shoes, boots, school supplies, basic cookware, toys and even candy for children.

Not only does this program offer goods to the locals, but it also provides an opportunity to visit and make good relations with the people living next to operating U.S. forces.

"For the majority of the people here, we are very well received," said Master Sgt. Russ Hastings, 455th EOG first sergeant deployed from Spangdahlem Air Base, Germany. "Every two weeks we take about 20 airmen and go out to deliver supplies sent from home to different villages, and every time the hospitality is extraordinary."

But many Americans are shocked when they see for the first time what the past wars have done to this nation.

"When you get on the ground, it's obvious that the infrastructure of this nation has been at war a long time," said Lt. Col. Pat Malackowski, 81st Expeditionary Fighter

Squadron commander deployed from Spangdahlem. "Their buildings and walls, all made of mud, are torn down and (in) disarray. Seeing this, I know it is not the Afghan nationals and civilian populace who support terrorism. They were the first ones being terrorized."

"We are still very poor, but thanks to the Americans and the coalition, we are at least safe and secure," said Mohahammed, an elder of Sortekhel Village.

Nevertheless, the Adopt-a-Village program is designed to soften the blow of their poverty.

"With this program, we show the people of Afghanistan that we aren't here to make trouble and pillage like many forces who came before us, but we come to help them build and grow their villages and country," said Busby.

Because of America's help, the favors have gone both ways.

"The village leaders have told us they would remain vigilant and watch for 'bad guys' (who) might want to harm our aircraft and forces," said Busby.

And the American forces are proud to serve here.

"Morale among our people is sky-high and off the charts," he said. "Our team wants to be here and they know how important this mission is. I've deployed to many other locations and combat zones in my 25-plus years in the military. This is the most important and rewarding job I've ever done."

MSgt. Stacy Short, First Sgt. of the Virginia Air National Guard's 192d Fighter Wing's Communications Squadron, and SMSgt Antonia Vincent, First Sgt. for the 192 FW's Security Forces Squadron, work together to send boxes to the 455th Expeditionary Squadron's Adopt-a-Village program.



Photo by SrA Michele G. Misiano

Virginia Air National Guard Web .

Remote Access Guide

Microsoft Web Outlook

Virginia Air National Guard
Tel: (804) 236-6866
DSN 864-6866

192 FWPAM 33-3

Use Web Outlook to access your VaANG E-Mail account from anywhere. Web Outlook is an independent application that works in conjunction with Internet Explorer or Netscape to access your mail. The Outlook window will appear as part of your browser window.



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Remote Access Guide

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WEB outlook

When using Web Outlook, use the "up" arrow above your Inbox to access your other Exchange folders, including your Contacts and Public Folders. Personal Folders are good storage location for reference E-mails but remember they are not accessible remotely.

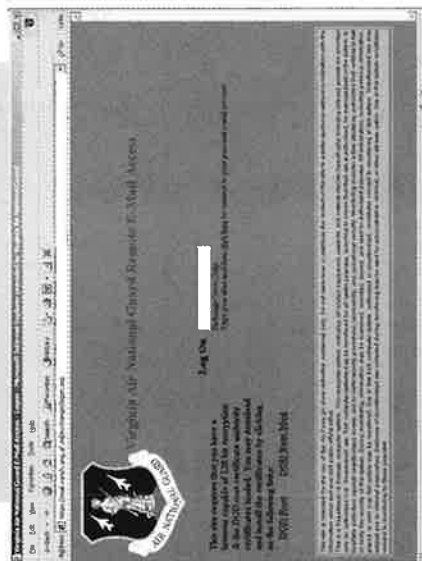


Connect from anywhere

Use Outlook Anywhere!

As long as you have access to a computer with Internet Explorer or Netscape with 128-bit encryption it is possible to access your military E-mail from anywhere in a few easy steps.

1. Login on any machine.
2. Open your web browser (Internet Explorer, Netscape etc.) and go to <https://mail.varich.af.mil>



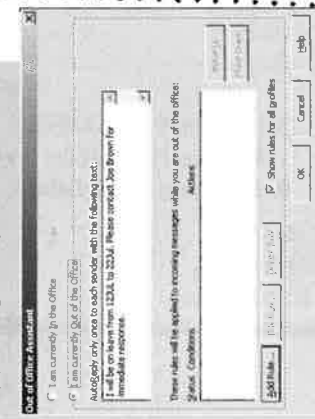
3. Type your User ID in the Log On box.

4. At the next prompt, type in your User ID and network password.



Out of Office Reply

When you are going to be away for an extended period of time, you can set up your Outlook to send an Out of Office Reply message to anyone who sends you an E-mail. In Outlook, click



on your Tools button at the top of the screen. Then click the Out of Office Assistant. Check the I am currently out of the office box. In the box below type whatever message you would like to be sent to anyone who sends you an E-mail while you are away. The reply message will only be sent the first time an individual sends you an E-mail. If they send any E-mails after the first one, they will get no reply.

Remember to Change Your Password

If you are going on an AEF or extended travel, you need to change your network password before you leave. Passwords are only good for 90 days and you do not want them to expire while you are gone. The Air Force Computer Emergency Response Team (AFCERT) has directed that remote password changing be disabled. This directive has been complied with so you are no longer able to change your password via Outlook Web Access.

Warnings

If you have too many E-mails saved in your Exchange account, you will receive a warning message. Traditional guardsmen get 15MB of space before they receive a warning. After accumulating 20MB of E-mails you will no longer be able to send mail. Fulltimers have 30MB of storage space before a warning and 40MB before no longer being able to send E-mails. If you have received a warning, or have had your E-mail sending privilege blocked but have moved all of your saved messages out of Outlook, you may still have the messages in your Deleted Items. Empty your Deleted Items Folder. Ensure you are in the Folder List view (click on View then on Folder List). Click on the Deleted Items icon. This should free up your storage space and allow you to send E-mail. If not, remember to delete your sent items. They also count towards your warning limits. Remember it only takes a few E-mails with large attachments to fill up your account.

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What's for Lunch?

SATURDAY UTA

Baked Fish
Corned Beef
Boiled Potatoes
Rice
Boiled Cabbage
Broccoli
Chocolate Cake/Vanilla
Icing
Cream of Broccoli Soup

SAT.SANDWICHLINE:

Italian Sausage Sandwich
Ham, Roast Beef, Turkey

SUN.SANDWICHLINE:

Bologna, Ham, Roast
Beef, Turkey, Tuna Salad

BOTHDAYS:

Asst Beverages,
Bread & Salad Bar

SUNDAY UTA

Lasagna
Italian Veal Steaks
Mashed Potatoes
Buttered Noodles
Lima Beans
Peach Cobbler
Vegetable Beef Soup

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