

VANGUARD



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

Virginia Air National Guard

192d Fighter Wing

April 2004

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Photo by TSgt Dave Buttner



Commander's Call



ABOUT the VANGUARD

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

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

Vanguard@varich.ang.af.mil.

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

Check out the electronic Vanguard on the base Intranet.

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.....
Next UTA: April 24-25

Cover:

During Sunday's drill members of the 192 Munitions Maintenance Squadron participated in weapons buildup training. They train like this every drill in order to keep their skills sharp and to learn any new procedures that have been developed. SSgt Sheneida Curry shows SrA Jamal Smith and SrA Roberto Rochet the proper way to install the FMU-139 fuse into the tail fuse well on the JDAM weapon as part of the training session.

I would like to take the opportunity in this first Commander's Call article to share a few of my observations about the 192d Fighter Wing. These observations have been formed by 17 years of participating in many deployments and inspections while flying the best aircraft in the world. I know some of you are assuming that I am referring to the F-16 when I say the "best aircraft in the world" but that is not technically correct. I have flown a few different aircraft in my career, both in the Guard and on Active Duty, but the best aircraft I have flown have been the ones parked out on the Virginia Air Guard ramp. The jets I have taxied off that ramp have been cared for by a group of maintainers without peer anywhere in the world. The quality of these aircraft has been superior to all others I have flown. Of course the job of fixing and flying jets would not be possible without the men and women who provide critical support to the pilots and maintainers, and it has become axiomatic over the years to describe our Wing support team as the finest in the Total Force. So I guess my first observation is that the 192d Fighter Wing is now, and has been since my arrival, a superior organization.

My second observation then is that our success is the result of a superior ability to work together within our shops and offices and across functional lines. Modern combat is a team sport

where ability to work well with others is at least as important as individual talent. This synchronization has been achieved in large measure by the efforts of our senior NCOs and commanders. Their success in promoting team skills in the organization has been critical to our overall success.

My third observation is about organizations in general, but applies to the 192d Fighter Wing in particular. It is virtually impossible for an organization to remain in the same place. The 192d Fighter Wing has to stay committed to continuous improvement or we will slide backward. This improvement will come from challenges like inspections and deployments, but it will also arise through an emphasis on the personal and professional development of its most valuable resources—its people. There are many factors that contribute to developing the full potential of our force but fitness, professional military education and career development courses are all integral to this process.

My last point is more of a prediction than an observation. Much has been written about the history of our organization and, while we all are justifiably proud, it seems obvious that the best people that have ever served in this unit are driving through our gates right now and some of the best days of the Virginia Air Guard lie ahead of us.

Sincerely,

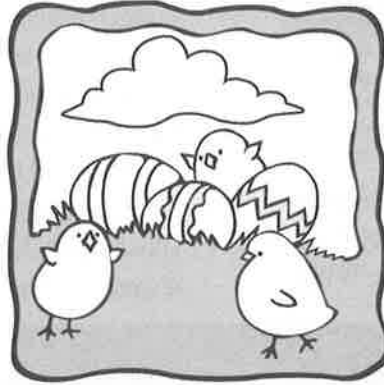
Colonel Pete Bonanni

Springing Into New Life - by Ch(Maj) Edward Moran

By the time we get to April, the signs of new life should be apparent. Nature presents us with the theme of death (winter) into new life (spring). Many ancient nature religions played on this cyclic example to inspire hope in its adherents. With death being an ever-present specter in everyone's reference, the emerging life from hibernating plants and animals that shook off the dormancy of winter gave new encouragement and hope. If nature acted in such a way, the reasoning went, perhaps we humans could participate in a renewal as well.

Our Jewish and Arab brothers and sisters were not immune from these influences and arguments. By the way, God revealed Himself in the patterns of creation, those who believed could discover an even more penetrating truth to these natural cycles of death into new life. They would see in these seasonal changes the signs of an ever-loving God who offers to His creation the hope of rebirth. Time and season became holy manifestations marked off by distinctive ways God would manifest Himself in acts of liberation and renewal notably in the celebration of Passover and the time leading up to and immediately after such a high holy feast.

Christians believe that all has been perfected by the coming of the Christ in Jesus of Nazareth. Hence,



His suffering, death and resurrection perfect and fulfill the meaning of what we see in nature and have celebrated in times past as signs of God revealing Himself in patterns of creation, law and prophet. Granted it takes the gift of faith to make these qualitative 'jumps' but such a gift is readily available to all who search for it. Unfortunately, we all can become too busy to search. Our climate-controlled offices and homes can shield us from the

changes in nature, changes an ancient people very much noted and appreciated. We can take for granted the passage of time and season moving through them without paying attention to what they truly mean and the significance God wants to draw out of them for our fleeting lives.

For Christians, the celebrating of Easter means going with Jesus through His crucifixion into His resurrection as a way of participating in the truest form of death into new life. How else could we ever find meaning, hope and consolation in those daily deaths we see occurring around and in us each day. Wrinkles, 'senior moments' and that gradual diminishing of vitality remind us that death will one day come for us all. St. John tells us that if we choose to die with Him in all the ways that come to us, we shall live with Him forever. Such a truth brings lasting hope. All the signs of new life around us can remind us the real meaning and purpose they are meant to convey.

Military Drug Testing & Prescription Drugs

The VaANG Drug Testing Team has had several questions posed to them about testing positive for prescription drugs. According to the Medical Regulations AFI 48-123, it is the member's responsibility to provide proper documentation to keep their medical records current of any conditions, including doctor prescribed medications of a long term or temporary duration. Therefore, if you are currently taking any kind of prescription, it is your responsibility to provide the 192d FW Medical Squadron with a copy of your prescription to be placed in your medical file. Here are some important FACTS to follow when taking prescription and non-prescription drugs:

- It is illegal to take a prescription drug prescribed to anyone else other than yourself, even if you have been prescribed a similar drug in the recent past or present.
- It is illegal, and dangerous, to take a prescription drug without following the proper dosage, even if it is prescribed in your name.
- If you are unsure about a counter drug, dietary supplement, or herbal remedy negatively affecting your urine sample for drug testing purposes, ask your military medical technician about it prior to being selected for drug testing.

Assisting The 192d - by SSgt Andrew Wright



Photo by SrA Michele G. Misiano
In the pouring sleet, Staff Sgt. Sherwood Smith, a 13 Bravo Artillery Gunner from the Virginia Army National Guard's 1st/111th Field Artillery Unit, stands guard with Sgt. Preston Judson, a 13 Fox also from the 1st/111th Field Artillery Unit, at the Virginia Air National Guard's 192d Fighter Wing.

Army National Guard's 1/111th Field Artillery Battalion have been assisting the 192nd Security Forces Squadron in the protection of the 192nd Fighter Wing. The small detachment from the Hampton Roads area assumed their duties in February 2003 after a decision was made between the Air Force and Army to utilize Army National Guard personnel for force protection.

The 1/111th's journey to Sandston began after mobilization in January 2003 and a brief period of training at Ft. Dix, New Jersey. The members arrived at the 192nd SFS and began extensive training to familiarize themselves with Air Force security policies and needs. After which, the members were placed in flights to work with their Air National Guard counterparts.

For the last year, both Army and Air Force members of the 192nd Security Forces Squadron have worked closely together to maintain the highest level of protection for the fighter wing, thus reflecting the idea of *Team Virginia in Action*. Their combined efforts thwarted an attempt by the Department of Defense to violate base security in a new DOD initiative testing the security of various installations, and resulted in the detection of a hydrazine leak on the flight line for which security forces personnel were commended.

They have responded to numerous alarms and situations that were "security questionable," continuously being on the alert to ensure the protection of the 192nd.

The members of the SFS keep their security skills sharp by conducting weekly exercises involving different aspects of base security. Whether it is a routine vehicle inspection or guarding against possible terrorist activity, the members of the SFS train to identify and deter any issue that could pose a threat to the mission of the 192nd Fighter Wing.

The members of the 1/111th haven't limited their duties to just providing for the security needs of the 192nd. Some soldiers have volunteered along side their Air National Guard colleagues by becoming active in the community, such as serving as "Lunch Buddies" or guest speaking at the local elementary school where students shared quality time with those in uniform.

In their off-duty time, many soldiers have taken the opportunity to further their education by attending the local community colleges, universities, or trade schools for what may lie ahead after the battalion is demobilized. Though most soldiers will return to their jobs once this activation is complete, some have used this time to research new employment opportunities or to consider new avenues.

The soldiers of the 1/111th serving here in Sandston for the last year have enjoyed the experience of working alongside the Virginia Air National Guard for force protection. The soldiers easily adjusted from their roles as artillerymen to a new role in fighting the war against terror, and have accepted that responsibility as they would any mission. The soldiers have been tasked with remaining in Sandston for another year and look forward to the opportunity to further assist the 192nd with its security needs, and be of service to the mission of the 192nd Fighter Wing.



Photo by SrA Michele G. Misiano
Members practice night security operations.



Photo by SrA Michele G. Misiano
Security members practice a face down on the flightline.

FAMILY READINESS NEWS

INSIDE THIS ISSUE:

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Special points of interest:

- We are updating our email tree. Lots of current information, TRICARE updates, benefit updates, recreation opportunities, and meeting/event announcements are sent through the email tree. Stay in the know! If you would like to be included, please send your current email to frs@varich.ang.af.mil.
 - Kings Dominion Season Passes and single day tickets are available. The FRG will be selling the tickets at the Sidewalk Sale. Profits go directly to benefit the Youth Retreat Weekend (YRW).
- Family pack of four- \$249.99*
Add-ons- \$ 62.50
Individual Passes: \$ 74.99

ANNUAL SIDEWALK SALE SET FOR APRIL 24

Cleaning stuff, eating stuff and deals, Oh My! It must be the Virginia Air National Guard Annual Sidewalk Sale!

Scheduled for Saturday, April 24 from 10:00 pm to 4:00 pm, the Defense Commissary Agency (DeCA) has once again gotten in touch with their vendors to bring the best deals around to our military families.

"We look forward to providing this service every year with the Virginia Air National Guard", said Ron Smith, Store Director of the Ft Lee Commissary.

This year, Air National Guard Families can look forward to special values on warehouse style case-load sale from spaghetti sauce to soft drinks.

We can also expect the usual great deals on cereals, canned vegetables and snacks per Alfred Crawford, Deputy Store director. He implied a few sur-

prises as well as the usual coupons for better deals as we have had in the past.

Can we expect a great event? If the managers of all of the departments and the commissary have their way, this will be an event to remember. Last year, there were at least three families who loaded up on three separate visits within the day.



Who can take advantage of the Annual Sidewalk Sale?

Any family member with a current military ID can enter the base to shop for the day. This

includes our Retirees as well as any Army Personnel and the families.

Parking will be at a premium. When entering the base, please follow the directions of the gate

guards to avoid getting a ticket. Don't worry about how

far away you park. When you are finished with your shopping trip, Family Readiness Volunteers will be at the

gate to assist you. They will watch your groceries for you while you get your vehicle and then help you load them.

And speaking of "loading your groceries", DeCA usually brings non-employee baggers to assist us at the end of check out. They do a great job and work for tips. (The usual tip is within \$1-\$3).

Don't forget to stop by the FRG display table on your way in. We look forward to seeing you there.

POC: Angie Wade, Wing Programs Coordinator, 804-236-7036; FRS@varich.ang.af.mil

YOUTH RETREAT WEEKEND IN JUNE

Attention all campers between the ages of 10 and 13 years old (and their parents!)

Family Readiness and Support Programs is partnering with the FR Volunteer group and the Charlie's Club to provide a Youth Retreat Weekend (YRW).

The dates for this event will be June 25, 26 and 27.

Campers will be staying at the Camp Pendleton State Military Reserve in Virginia Beach. One bay has been reserved for girls and one bay is reserved for boys. Counselors will be staying with the kids.

Camp Pendleton was selected this year as the best place to host our first Youth Retreat Weekend (YRW) because of safety and the "fun" potential in the area.

Cont'd on Page 2

YOUTH RETREAT WEEKEND, CONT'D FROM PAGE 1

A number of adults have already volunteered to be leaders, counselors and overall caretakers for the young people who will have this first adventure.

The goals of the YRW are

- To establish a viable Youth Council as a connection to the heart of our youth on matters of deployments and the effects on the family
- To nurture relationships among the youth members of the Air National Guard Families
- To introduce the youth to the deployment process that the military parent experiences
- To provide an overview of military benefits and privileges by providing activities and experiences that examine both
- To provide a nurturing and fun environment keeping safety at the focal point of activities and events
- To provide opportunities to work as a team and to earn awards
- To hear speakers who understand the youth point of view and can inspire them to be

proud of who they are by providing opportunities to share in group discussions.

We hope to encourage lifelong relationships and acceptance of the military family lifestyle

The YRW committee has decided that 26 young people will be able to attend this year. "This will give us all a chance to get our feet wet with this type of effort", said one of the committee members.

The fair weather program includes a lot of sunshine activities and heavily chaperoned "MWR" trips into the community. Rainy day plans will include a lot of games, movies, snacks and fun during the MWR time. Applications will be accepted on a first come, first served basis and must be received by **May 1, 2004**. Once received, a set of "mobilization orders"

and the Camper's Medical Form will be sent to the campers when to "report for duty".

Lt Col Carl Bess, who is on the current committee, has volunteered to do the "briefing" for the kids leaving from the 192d going to the retreat. They will be given instructions for the "country" they are going to, how to understand the "customs" of

the area' how to be on guard for their safety, and how to have their spiritual needs met if necessary.

There will even be a medical mobility line, although no "shots" will be given. We are planning a parallel activity at the 203rd RHF.

All YRW attendees must be dependents of Air National Guard mem-

bers.

More adult counselors are needed and older youth from 14 to 17 can apply to be junior counselors for the YRW. Please see the applications for details.

Any other questions can be directed to Angie Wade at 804-236-7036 or frs@varich.ang.af.mil.



Make checks out for \$45.00 to:

"FRG"

And write "YRW" in the memo.

Mail Checks and applications to :

VaANG/ 192d FW
Family Readiness and
Support

Attn: Angie Wade, WFPC
50 Falcon RD Ste 6
Sandston, VA
23150-2524

**Application Deadline is
May 1, 2004**

WHAT TO BRING TO THE YRW.

A supply list will be sent home to every camper accepted for our first outing.

Campers will be allowed to bring CD players, music, and handheld video games! But the camper will be solely responsible for their items. A container that can be locked up to store those items when the camper is not at the barracks is recommended. Parents must review all music before they are allowed to be brought to the

camp. Any music deemed unfit by the counselor will be confiscated and not returned.

Flashlights will be a necessary item for the late night treks back to the barracks for lights-out. (No young person will move around without a chaperone at all times.)

Plan on bringing some snacks and candy, but plan to share them just like the ANG members do overseas.

And please don't forget your toiletries! Any camper who forgets his toothbrush and toothpaste, soap or deodorant will be sent back home! (Just kidding! We'll help them out!)





The Virginia Air National Guard YRW

25 JUNE - 27 JUNE 2004

CAMPER APPLICATION

WHO: Boys and Girls, ages 10-13, must be a legal dependent of a VA NATIONAL GUARD

WHAT: VAANG YOUTH RETREAT WEEKEND

WHERE: CAMP PENDLETON STATE MILITARY RESERVE, VIRGINIA BEACH, VA

WHEN: FRIDAY, 25 JUNE - SUNDAY, 27 JUNE 2004

WHY: GOOD FUN!!! GOOD FRIENDSHIP!!!! GOOD GUARD!!!

COST: \$45.00 Per Child, Includes Meals, Lodging, Staff (Counselors/Instructors/Medical Materials, Insurance)

NOTE TO PARENTS

Make Check Out to "FRG" and send to:

VA AIR NATIONAL GUARD FAMILY READINESS OFFICE

ATTN ANGIE WADE, Wing Family Program Coordinator

50 FALCON RD, STE 6

SANDSTON, VIRGINIA 23150-2624

((Deadline for Application is 1 May 2004. A \$25.00 late fee will be addend on to those applications received after the deadline.))

Name _____

(Please Print)

(First)

(Middle)

(Last)

Mailing Address: _____

(Street)

((City)

(State)

(Zip)

BIRTHDATE _____

AGE _____

SEX: M / F

T-SHIRT SIZE _____

YOUTH: S M L XL

ADULT: S M L XL

SWIMMING LEVEL

Non-swimmer ☐

Beginner ☐

Intermediate ☐

Advanced ☐

PARENT INFORMATION

GUARD MEMBERS NAME

(RANK/MR./MRS) _____

UNIT: 192d FW

203d RHS

EMERGENCY/ DAY

TELEPHONE NUMBER

(Include Area Code) _____

EVENING/ HOME

TELEPHONE NUMBER

(Include Area Code): _____



The Virginia Air National Guard YRW

25 JUNE - 27 JUNE 2004

YRW COUNSELOR APPLICATION

Youth / Adult (Circle One)

Name: _____

(First)

(Middle)

(Last)

Mailing Address: _____

(Street)

(City)

(State)

(Zip)

How many years have you lived at this address: _____

Home Telephone: _____ Work Telephone: _____ Cell Phone: _____

E-mail Address: _____ Best time to contact: _____

If Youth, please give us your age: _____

Is the National Guard member /parent a full-time employee of the VaANG? Yes _____ No _____

If yes, Please Circle all that apply: 192d FW 203rd RHS ; State AGR Technician TRAD

Volunteer Interest

Why are you interested in working as a volunteer?

Do you prefer to work directly with: Younger Kids _____ Teens _____ Both _____
Administrative _____ Other (List) _____

Previous Volunteer Experience: (List current or most recent experience first).

Organization

Volunteer Role

Year

References

Please provide the complete information of two people not related to you who have knowledge of your qualifications. They will be contacted as soon as possible.

1. Name _____ Relationship _____ Phone _____

Address: _____

2. Name _____ Relationship _____ Phone _____

Address: _____

A NEW RESOURCE FOR OUR FAMILIES

Overview

A Step-by-step approach to becoming a more active and involved father.

- Identifying the obstacles
- Getting Past the obstacles
- Step 1. Recognizing the importance of fatherhood
- Step 2. Pushing through imaginary obstacles at work
- Step 3. Connecting with your children
- Step 4. Spending Time with your spouse
- Step 5. Taking Care of yourself

-Taken from the talking paper, Becoming the Father you want to be

A new resource for our families is now available.

Air Force One Source is a help service that is available 24 hours per day, seven days a week. A live person answers the phone at all times, or, if in the early morning hours, they return calls quickly.

Air Force One Source is a compliment to your Family Readiness and Support Program, especially if you are deployed or the family lives out of Virginia and needs assistance from a local source. Air Force One Source will exhaust its resources to find someone reliable to assist your family with car repairs, home relocation or specialty help.

They have provided a library of resources to the Family Readiness and Support Office that are available upon request.

The following are a list of titles of the booklets that are available:



AIR FORCE
One Source

**A New Resource For
Air National Guard Families**
Provided in partnership with
Family Readiness and Support

From simple questions to complex issues, Air Force One Source is available 24/7. There is no cost to you and your privacy is respected.

All Calls are answered live.

From the US: 1-800-707-5784;
Collect Calls: 484-530-5913
Outside the US only: 800-7075-7844
TTY/TDD: 1-800-346-9188

Or: www.airforceonsource.com
User ID: airforce/Password: ready

Parenting	Stepfamilies	Talking Papers	Sleep and Bedtimes routines for children
	The Single Parent Handbook		Your Older Relative at the Wheel
	How to help your child succeed in school		Becoming the Father You Want To be
	Questions Parents of Infants Ask	Tapes	Finding Strength in Family and Community
Finances	Keeping your Teenager safe		The Time Squeeze: Finding Time to fit it all in
	Personal Budget management	CD'S	Handling Stress with Humor
	Getting out of debt		Breathe; Managing Stress
	Buying a home		Achieving Balance: Overcoming overload in your work and personal life
For Teens	Applying For College		Positive discipline
Everyone	The Work Book		Personal finance For Everyone
	Home Care For Adults		Caregiving: Caring for yourself when you care for an-

"Volunteers Inspire by Example"

One needs to look no further no further for inspiration than within the committed group of volunteers from the FRG, supporting the families of the 192d FW of the Virginia Air National Guard.

This past year saw a lot of support group meetings and volunteer group meetings.



Ann Hicks, Sandra Helmick, Chairperson of the FRG, and Elaine Simmons,

treasurer, rarely missed an opportunity to be here for support to set up refreshments for our meetings and to clean up afterwards. (Sandra even prepared a big old fashion breakfast one morning for the group!)



Susan Seay and Dee Carter baked

until they dropped to provide treats to the families of the troops waiting for their return from the AEF deployment. Both groups were delighted with irresistible cookies of all kind.

Night time homecomings were a must for Ann



Hicks, who joined her husband in shaking hands to thank the troops for their

sacrifice. She welcomed family members to the base, met their children and shared laughs with families as they told stories about the adventures that occurred during the separations. Ann also prepared and stuffed over 300 goodie bags, joining Sandra and Elaine to make sure that our deploying troops knew that they were appreciated.



Debbie Haynes coordinated the crafts at the big Welcome Home Party. Paint was everywhere but the fun



was contagious. **Altheia Burton** was also a great help in setting up the decorations. She and

Susan Seay climbed ladders to create the beautiful and memorable Balloon Arch that adorned the entrance to the hangar for the party. Many first time volunteers came out to help with the this event.

Marie Edwards, her kids Sophia and Preston, are old-timers at volunteering wherever they are needed.

Clarissa Dempsey is an



other who has been with us for a while. She has provided much support by

way of phone calls to families during deployment.

Karen Bess truly did whatever there was to do. She



babysat, attended meetings, and even now, is the Fund Raising Chairperson for the group, helping to raise the funds for the Youth Retreat Weekend. She is also the "hostess with the mostest", opening her home to the YRW committee midweek to hammer out details for the event.



Carolyn Smith delighted us all with her sense of humor every time she joined us for an activity. She proved that she can sell some donuts, as she did last year at the Sidewalk Sale.

All of the people mentioned here are individuals whose personal sacrifice is inconsequential compared to the goodwill their overall efforts communicate. They are a group to whom a mere thank you is inadequate. So we Salute you instead!

*To be a volunteer is
to be
a person of influence,
changing the world
around you,
making it a better
place.*

*To Volunteer with
the FRG or the
Charlie's Club,
please contact Angie
Wade at
frs@varich.ang.af.m
il for a volunteer ap-
plication.*

*Share your hobbies,
skills, and talents.*

*We look forward to
hearing from you!*

CELEBRATING VOLUNTEER OF THE YEAR— ANN HICKS

Have you ever wanted to make someone cringe? Just recognize them for doing something that they have a deep passion to do, with no desire whatsoever to be seen doing it. I have just described Ann Hicks, Volunteer of the Year for the Family Readiness and Support Group of the 192nd Fighter Wing. Please share in my open letter to her.

"Dear Ann,

It is with great pleasure that I designate you our Volunteer of the Year. I should really crown you Volunteer for the Decade because of all of the groundwork you laid for the Family Readiness and Support Program here at the 192d FW.

I know you think you've hidden behind your good works, but they betray your confidence as they celebrate your involvement throughout the years.

In the very beginning, you felt the pain of the family members who sat in the dark during times of deployments, not even knowing that there was assistance. Many of these family members did not understand their benefits and their privileges as military families. They did not know they needed ID cards so that they could shop at the commissary and BX's and have healthcare protection.

So you, Ann, worked to bring enlightenment to us all.

You sat on committees. You planned events. You attended conferences. You forged relationships between the military personnel and the volunteer.

You did not sleep at night. You worried, you cared. You saw a problem, and you set out to fix it.

This year, you will retire alongside of your husband Col Steve Hicks. You and your support, will be sorely missed.

But Thank you for all that you have done. You have been a model for us all!"

OO's & XX's

The entire FRG



Ann Hicks, standing on the right, gets more details from NMFA Representatives.

WHY JOIN A FAMILY READINESS AND SUPPORT GROUP BY ANGIE WADE

Military Family Support Groups have become a symbol of the times.

Many family support groups started out as simply wives clubs. They sponsored social occasions so that they could get to know one another. They soon found that the exchange of vital information, from news from overseas, to understanding healthcare benefits, was readily available and shared.

I asked Debbie Turlip, whose husband commanded the 203rd Red Horse Flight, (It is now the 203rd Red Horse Squadron), to share her thoughts on how important the Family Support group was to their unit.

"First, this is a subject very near and dear to my heart. The 203rd Red Horse has a tremendous support group

known as Charlie's Club, which refers to "Charging Charlie", the Red Horse mascot.



"In March 2001, when the tragedy occurred, there were 18 men from the 203rd and 3 men from the Florida Army Guard who died in a plane crash, there was no Charlie's club.

"An extraordinary thing happened from the tragedy. Many wonderful volunteers-spouses,

significant others, friends, and families of the unit members came together and spent many days and hours caring for the needs of nearly 300 people each day. These volunteers provided food, childcare and moral support. They worked with agencies and the military leadership. The Charlie's Club was born from the incredible bond that developed between each of us working together to survive this event.

"The group now boasts of an extensive email tree, monthly meetings, and monthly communication to all of the members through the base newsletter, 'The Stable Talk'.

"The most important thing was that family members came together to support one another...knowing that each one understood what the other was going through."

"The most important thing was that family members came together to support one another...knowing that each one understood what the other was going through."

-Debbie Turlip

APRIL CELEBRATES OUR VOLUNTEERS

In 1896, Maud and Ballington Booth founded the Volunteers of America. Their motto was, "Go wherever we are needed and do whatever comes to hand."

The Husband and wife team saw the need to relieve the hardships of the urban poor, of children, and of criminal offenders returning to society.

The Booths also led the establishment of programs that met the needs of the elderly, the disabled, the homeless and the abused.

Today, volunteerism all across America is still alive and well.

In the Virginia Air National Guard, volunteers have made the difference in the community and in the suc-

cess of the Family Readiness and Support Programs.

Our volunteers have financed FRG support for the troops through the sale of donuts and amusement park tickets.

They have sacrificed their time, from babysitting for each other to blowing up balloons in celebrations. They come to serve, to decorate, to serve on committees, to support their spouses and their children in the mission. Our volunteers are wonderful!

This year's theme is "Volunteers Inspire by Example". The volunteers of the Virginia Air National Guard and the Family Programs have been shining examples of seeing a job that

needs doing, and doing it!

Pat a volunteer on the back the next time you see one in action, and say "Thank you, we couldn't live without you!"



A Salute to our Christmas Mother Volunteers

MSgt Patti LaPolt	TSgt Scott Neischel	SMSgt Sheryl Clark	Susan Seay
CMSgt Chris Hodge	SrA Andrea Trice	SSgt Denita Washington	Pat Appar
TSgt EJ Houghtalen	SMGT Philip Thomas	MSgt Jim Cunningham	LTC Rick Turner
MSgt Josh Costen	Maj Tony Costanza	TSgt Angela Hill	Greg Rojas
MSgt Brian Evans	Virginia Mathias	MSgt Doug Richardson	TSgt Jim Corell
Maj Dave Kolmer	MSgt Gerald Golden	SSgt Durriel Smith	Sgt April Lee
SrA Ronnie Smith	MSgt Cheryl Stimpson	MSgt Paul Stimpson	Sgt Sivels
MSgt Tom Foard	MSgt Gary Harper	MSgt Jerry Talley	Sgt Chandler
MSgt Thomas Norbert	CMSGT Larry Harris	Wendell Miller	TSgt Lori Wall
MSgt Gina Poulos	MSgt John McCraine	Maj David Biggs	SMSgt Lonnie Minor
SMSgt Randy Sweet	SMSgt Tom McIntyre	TSgt Lennie Seay	Lt Col Gary Wood
SSgt Angelique Dickerson	SMSGT Dorothy Tatem	TSgt Darryl Smith	MSgt Valeria Murphy
Capt Tony Schlagel	TSgt Michael Powell	MSgt Charlie Wood	MSgt Floyd Brown

A Salute to our Special Olympics Volunteers

MSgt Tom Foard	Debbie Foard	SMSgt Tom McIntyre	Elizabeth McIntyre
TSgt Tom Carter	MSgt Eddie Wray	TSgt Steve Zettlemoyer	MSgt Cliff Hixson
TSgt Jerry Katz	SMSgt Ricky Earhart	Russ Acors	Tony Harris
Bob Taylor	MSgt Norman Jones	SSgt Tom Stout	C MSgt Charlie Martin
MSgt Lenny Seay	TSgt Elaine Houghtalen	Lt Col Gary Denson	MSgt Donald Morrison
MSgt Floyd Brown	TSgt Duane Sheppard	MSgt Mike Pittman	TSgt Steve Sadler
TSgt David Williams	TSgt William Truitt		

A Salute to

The Lunch Buddies

MSgt John Anderson
Maj David Biggs
TSgt Michael Bowers
TSgt James Breeden III
TSgt Len Carter
TSgt Tom Carter
SMSgt Sheryl Clark
MSgt Jim Cunningham
Lt Col John Denson
SMSgt Tom Foard
Col John Haikey
MSgt Gary Harper
TSgt Elaine Houghtalen
TSgt Jerry Katz
MSgt Patty LaPolt
MSgt Glennis Lightburn
TSGT Karen Lindsey
Major Mike Lovell
SMSgt Michael Mahoney
Virginia Mathias
SMSgt Robert McGhee
Captain Jackie Nino
TSgt Al Perkins
SSgt Jeffrey Powers
Capt David Schlagel
MSgt Lenny Seay
MSgt Beth Simmons
SSgt Sherwood Smith
Angie Wade
TSgt Lorraine Wall

Educational Services Update

Education Services:

New CLEP Computer Base Testing

Starting on February 16, 2004, military personnel will be able to take funded computer-based CLEP exams at those colleges and universities that offer this service to the military. In addition, national test centers will offer CLEP computer-based testing at selected bases. CLEP and DANTES are also pleased to announce that 14 exams will be available in paper-and-pencil format at the DANTES Testing Centers starting in April 2004. Visit the DANTES web site at www.dantes.com for a listing of DANTES Test Centers

In the past, service members have only been able to take funded CLEP exams in paper-and-pencil format at education centers on military bases. Taking CLEP on computers has several advantages for examinees, including year-round testing at multiple locations, instant score reports, and “rights-only” scoring.

To review the most up-to-date listing of college and university test centers, consult the College Board Web site at www.collegeboard.com and look for the centers designated as “military-friendly.” DANTES funds the CLEP eCBT exam fee upfront. **Military personnel pay only the registration fee charged by the college.** If no “military-friendly” centers are located nearby, you can inquire with centers designated as “open” about availability at their facilities.

Brochures that outline each of the new options for taking CLEP are available in the Base Training Office.

New Education Opportunities:

American International University Online offers Associate's, Bachelor's and Master's Degrees in Business, Marketing, Visual Communication, Information Technology, Criminal Justice, and healthcare Management and Education. AIU Online's virtual campus offers degrees with classrooms as close as any Internet connected computer. Our students have access to a complete campus experience 24 hours a day, 7 days a week. **Just mention that you are an active/reservists at the Virginia Air National Guard you will receive a 10% Freedom Grant on tuition and your application fee will be waived.** Contact your personal admissions advisor, Thomas Ring, at 877.701.3800 x7024 or visit the university online at www.aiuonline.com

Colorado Technical University Online offers Bachelor's and Master's degrees in Business, Marketing, and Information Technology. CTU Online is a registered educational provider of the Project Management Institute (PMI). Our educational program content is continually updated and instantly applicable, so what you learn today, you can use on the job tomorrow. **Just mention that you are an active/reservists at the Virginia Air National Guard and you will receive a 10% Liberty Grant on tuition and your application fee will be waived.** You may visit the university online at www.ctuonline.com or you may call 800.416.8904 to speak to an academic advisor.

Brochures on both programs are available in the Base Training Office.

News You Can Use/Announcements

The 192nd FW is soliciting your help in asking for donations of toiletry articles to provide to inpatients at the VA Hospital. Due to funding restraints at the VA, patients are no longer provided toiletry items free of charge. This program is being accomplished in conjunction with the Va Employment Commission and semi-annually we take the items donated and hand them out on Memorial Day and

Veteran's Day to those inpatients. We will have a donation site set up in front of the 192nd Medical

Squadron on Saturday of April and May UTA's if you would like to donate. We would like to thank our Family Support Group volunteers for their time in helping this very worthwhile project get off the ground. We will also accept cash donations and then purchase the items needed at a later date. For more information please contact SMSgt Andie Richardson at the 192 MDS, ext 6307 or Ms. Angie Wade, Family Support Coordinator at ext 7036.

Military Appreciation Night at the Diamond

Military Appreciation Night at the Diamond is set for 22 May, 1900 hours, cost \$2.50 a ticket or \$10.00 for a ticket and t-shirt. Must email or call MSgt Shirley Cooper (804- 236-6428, shirley.cooper@varich.ang.af.mil) about getting shirts NLT 30 April.

Get Applications in for Next Officer Board

The Military Personnel Flight (MPF) is currently accepting applications from individuals interested in becoming an officer in the Virginia Air National Guard.

The VaANG policy for filling vacant non-rated/non-professional officer positions within the state is to establish a pool of qualified applicants.

The pool consists of individuals selected from all applications received that meet the qualification requirements. People placed in the pool are reminded that should they not be selected for a vacant position during the year, they must reapply the following year. Applications are not automatically retained in the pool at the beginning of each new fiscal year. Some of the commissioning requirements are as follows:

— AGE: Individuals must be commissioned by age 35. No age waivers will be considered.

— EDUCATION: A bachelor's degree is desired. Waivers of education will be considered. Applicants must have a minimum of 90 semester hours for consideration of a waiver.

— TEST REQUIREMENTS: All applicants must take

the Air Force Officer Qualification Test (AFOQT). If a person tests and qualifies, their scores won't expire. An MPF representative can explain required qualifying scores.

The application submission deadline for the upcoming Officer Selection Board is close of business of the June drill (Sunday, June 13). Applications submitted after that date won't be considered. The next selection board meets in the June timeframe.

For more information about becoming an officer in the VaANG or to submit an application, call MSgt. John Rollings at ext. 6708, or stop by the MPF (Military Personnel Flight). Applications mailed to him at 192 MSF/DPMPE, 50 Falcon Rd, Sandston, VA 23150 must reach him before the deadline.

Effective 1 Dec 03, Community College of the Air Force (CCAF) will only accept civilian transcripts directly from civilian institutions.

No longer will CCAF accept official college transcripts from the Base Education office. If you were in the process of requesting a transcript or would like to have a transcript sent to CCAF, direct the college to send the transcript to :

CCAF/DFRS

130 West Maxwell Blvd

Maxwell AFB AL 36112

Direct all questions to the Base Education & Training Office at ext. 6436 or 6590.

Chief's Corner -by CMSgt Kinsey

Leadership. Virginia has been home to many of this nation's most famous and most accomplished leaders — several Presidents, author and signers of the Declaration of Independence, and author of the Constitution. Those men made some tough decisions. Those decisions were not always popular. In fact, they incensed a lot of people! But, as leaders, they kept the best interests of the organization, the country, at heart and made the tough decisions. Making tough decisions and taking unpopular stands is not easy. Colonel Steve Hicks has had a tough tenure, full of volatile change and tough choices. As a true leader he has stood that test and made some very tough choices even though he knew there might be a hue and cry against them. In an era when we see leaders reluctant to make tough calls until they get the poll results or refusing to adopt good ideas because they don't match up with the party line, it has been an honor and a pleasure to work for a leader. Thank you, Sir.

192d Fighter Wing 2003 First Sergeant of the Year

She hit the ground running and darned if the ground itself didn't seem to be moving! That's what it seemed like to First Sergeant Short as she assumed first sergeant duties of an active duty, deployed Aircraft Maintenance Squadron at the busiest air base in southwest Asia. It was MSgt Short's willingness to volunteer for that unknown challenge, in a different hemisphere, a completely different environment, and with responsibility for many, many people she had never seen before that made her an ideal selection as the 192d Fighter Wing Outstanding Airman of the Year in the First Sergeant category.

Most of the year, MSgt Short served as First Sergeant for the 192d Mission Support Group here in the sleepy little one-stoplight town of Sandston. She serves four Commanders and about 140 people, including having the responsibility for the entire student flight (which can be like herding cats, right?). While she's resting from that she's a pre-med student at James Madison University.



But for about three months she was First Sergeant for 810 personnel of the 379th EAMXS at Al Udeid AB, Qatar. She dealt with inprocessing, outprocessing, orders amendments, family issues 8,000 miles away from family, clothing issue, CDCs, promotions, awards, MWR, Commanders she had never met and even helped clean the rotator aircraft — all in an austere, harsh environment. Dessert heat and sandstorms are bad enough when you are only trying to take care of yourself!

First Sergeant Short gained a tremendous amount of experience and education in 2003 and the respect and admiration of her fellow 192d First Sergeants and the Command Chief. She exhausted herself, shook it off and went back for more. She made us proud and we are proud to honor her as First Sergeant of the Year for 2003.

MOVING IN, MOVING UP, MOVING ON

Gains

MSgt Francis Simone, Jr.
TSgt Timothy Jackson
SSgt Joseph Anzelone
SSgt Franklin Burrus
SSgt John Dinofrio
SSgt Patrick Frankewicz
SSgt Erick Jackson
SSgt Sherry Marotti
SrA Jasen Hendricksen
A1C Kai Burton
A1C Luke Dobbs
A1C Nathan Fair
A1C Michael Geoghegan
A1C Shannon Hughes
A1C Jason Martocci
A1C Nettie Siler
Amn Kelly Heatherman

Retirements

MAR
CMSgt William Fuller
MSgt Robert Brown
MSgt Leslie Mayo
TSgt Mark Hearl

Gaining Unit

Mission Support Flight
Security Forces Squadron
Maintenance Squadron
203rd Red Horse Squadron
203rd Red Horse Squadron
Aircraft Maintenance Squadron
149th Fighter Squadron
Fighter Wing
Aircraft Generation Squadron
Services Flight
Aircraft Generation Squadron
Aircraft Generation Squadron
Maintenance Squadron
Security Forces Squadron
Civil Engineering Squadron
Security Forces Squadron
Operations Support Flight

Unit

203rd Red Horse Squadron
203rd Red Horse Squadron
192d Security Forces Squadron
Aircraft Maintenance Squadron

PROMOTIONS

Maj Jeffrey Schwartz
SMSgt Larry Harris
SMSgt Angela Dientes
MSgt Thomas Foard
MSgt Robert Laws
TSgt Yvette Deblanc
TSgt Charles Felber
TSgt Paul Holloway
SSgt Gary Capley
SSgt John Cary
SSgt David Martens
SSgt Demari Santiago-Santiago
SSgt Joseph White
SrA James Hartwell
SrA Michael Martin
SrA Willie Moses, III
SrA Scott Simmons
SrA April Williams
A1C Adam Bowen
A1C Anthony Lofaro
A1C Sherard Julien
A1C Kenneth Stolarski
A1C Anthony Turner
A1C Kenneth Young

TO

LtCol
CMSgt
CMSgt
SMSgt
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SrA



The 192nd Security Forces Squadron has been getting help from the Virginia Army National Guard's 1/111th Field Artillery Battalion in protecting the Fighter Wing.
-See Story Inside...

What's for Lunch?

SATURDAY UTA

Beef Stew
BBQ Sandwich
French Fries
Green Beans
Chocolate Chunk Cookies

BOTH DAYS:
Asst Beverages,
Salad Bar

SAT. SANDWICH LINE:

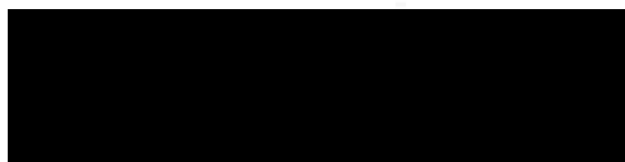
BLT'S
Cold Cuts Submarine
(ham, turkey, & roast beef)
w/ chips

SUN. SANDWICH LINE:

BLT'S
Cold Cuts Submarine
(ham, turkey, & roast beef)
w/ chips

SUNDAY UTA

Salisbury Steak
Brown Gravy
Scalloped Ham & Potatoes
Jefferson Noodles
Southern Style Greens
Cherry Pie



PRE-SORT STANDARD
U.S. POSTAGE PAID
RICHMOND VA
PERMIT 999

192d Fighter Wing/PA
50 Falcon Rd.
Sandston, VA 23150-2524

