

# VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

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

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**Next UTA: May 22-23**

Cover:

Picture Left to Right and Front to Back.  
MSG (E-8) Susan Bentley, TSgt Steve Zettlemoyer, CMSgt Jay Ellis, TSgt Al Perkins, TSgt Dave Hampton, LtCol Steve Swetnam.

SFC (E-7) Jackie Robinson, MSgt Dave Shelton. Not pictured MSgt. Hutt Williams.

Amid the backdrop of a long and arduous struggle against terrorism, I would like to take this time to discuss the goals of the 192 Fighter Wing. Our goals are simple: First, to continue to improve our Wing in order to provide the best combat force possible to the Combatant Commanders. Second, and no less important, is to ensure our future survival and relevance by taking advantage of the opportunities provided by our geography and present capability.

So how do we accomplish these goals? Well, our ability to provide combat power is shaped by several factors. One of them is what we accomplish day-to-day. In other words, how much we challenge ourselves during our normal full-time work week and what we accomplish on drill weekends. Setting high standards and continuing to improve our daily operations will enhance our combat capability. We do this today by flying a very challenging mission schedule in both sheer volume and type. This flying schedule sets the pace for all who fly, fix and support the mission. The next combat capability driver is our deployments, both in number and type. No matter how challenging our day-to-day operation at Richmond becomes, we are still part of a larger team and we must continue to train and fight as a part of that team. The last factor that will help us achieve improved combat capability is inspections.

The word inspection is another way of saying measurement, and objective measurement is critical to improvement. While no one likes inspections, preparation for them leads to improvement and of course the actual inspection provides an objective view of our capability. Inspections also lead to better unit cohesion as people band together to overcome a common challenge.

So the key to improving our combat capability is through demanding day-to-day operations, deployments and striving to succeed during inspections. The second goal the Wing must strive to achieve is our future survival and relevance, and it is a topic I will save for next month. However, before I go I would like to switch gears and talk very briefly about safety.

Summer is upon us and with kids out of school and vacation planned, it is a great time of year. It is also a time when we will all drive more and engage in outdoor activities that we have not done since last summer. As a final thought I would like to remind all of you of the 101 critical days of summer between Memorial Weekend and Labor Day. Take a moment to think about safety and remember that it only takes a brief moment of inattention or complacency for tragedy to strike.

Sincerely,

*Colonel*

*Pete Bonanni*

Wing Commander





## Don't Dismiss the Unimportant or Contradictions of Your Life - by Ch(Maj) Edward Moran

When the Army Commander Naaman contracted a form of leprosy, he sought out the prophet Elisha for a cure. When the prophet told him to go jump in the Jordan River, he was offended thinking in a very nationalistic way that there were far better rivers in Syria. His slave reminded him that if the prophet had told him something difficult to do, the great general would have complied. All the more reason, the slave said, to do the little and seemingly meager thing the prophet had told him to do. When Naaman relented and complied, he was healed. The story illustrates the need to see beyond our 'comfort zone' of secure expectations especially when it comes to paying attention to small details in the context of the seemingly unimportant or contradictory. This is because God's ways are not often our ways or the ways of the world. We certainly can apply the principles of this biblical story to our lives and to our mission in the Guard. It's our attitudes of complacency that leads to the inattention to oftentimes critical details. Pilots have harrowing stories of what happens when a preflight item was carelessly omitted or an instrument contraindication was ignored. Our pride often stands in the way and blinds us to what is truly happening as well as the challenges God presents that can lead to improvement and personal growth. When you stop to think that the Scriptures show that God is always full of surprises and seeming contradictions, it shouldn't surprise us that life throws us curves for a purpose. Expecting the unexpected and paying attention to the details, especially when they seem contradictory or unimportant, can clue us in to God's



providential plan for us in our daily lives. Appreciating the purpose of contradictions in life is important. Who would have suspected that God would come as a helpless baby, of peasant parents, in the midst of crushing poverty, from an unimportant town, in an occupied country. Throughout the Scriptures, there are patterns whereby God chooses the least likely over those who, according to human

standards, are the most important and most likely. Recall how David was chosen over his older brothers to be anointed King. This unseemingly shepherd boy with nothing more than a slingshot defeated the giant Goliath. The contradiction of the seemingly unimportant and weak went up against the strong and well-equipped should strike us as an unexpected way God would use the small and the weak to humble the proud and win the day. Jesus said that the poor would share the reign of God, that the sorrowing would be comforted, the last would be first and that the humble would

be exalted. This challenges us to realize the potential in the ordinary, wisdom in seeming in the contradictory and seemingly unimportant. We have to learn that the way of the world is often not God's way since His power is revealed in our powerlessness. His influence is seen in the people who do not have much influence according to the world's standards. St. Paul said, "I will rejoice in my weakness that the power of God may be manifest in me". Think about this when you counsel the underachiever in your flight or deal with the contradictions of the day. God is at work showing us His presence in ways that surpass our expectations.



Photo by TSgt Dave Buttner

Base supply's old loading ramp across from the hanger is being demolished now that the new ramp is ready for use. Chief Master Sgt Gary Bradley said there were a number of safety issues that

were addressed with the new ramp which included a the new location in the main parking lot, a railing and an adjustable ramp. Bradley said the new adjustable ramp will make unloading safer because at the old ramp the truck would sometimes shift and the load could become stuck between the ramp and the truck.

Staff Sgt Robert Mach of the 149 Fighter Squadron participates in a class over the warrior network. According to Master Sgt Patty Lapolt in the Education Office there will be an NCO Academy course presented soon over the network where you can do most of the course here at home station. For more information contact Master Sgt Lapolt.



Photo by SrA Michele Misiano

## THE TRUCK DRIVER, TEENAGER, AND OLD MAN

TALES FROM THE ER - by John T. Carmack, Maj, VaANG, MC, FS

We have all heard the expressions "Buckle up, it's the law" and "Seatbelts save lives" however there are still many people who do not heed this advice. Motor vehicle accidents are the leading cause of accidental death in the United States. As an ER doctor working in a rural emergency department, I have had the unfortunate experience to see just how devastating the *human toll* can be for individuals and their families who choose not to buckle up. So what about the truck driver, teenager, and old man? Well, they all were unrestrained victims of motor vehicle crashes. Here are their stories.

The truck driver is a 33-year-old married man with a wife and children who was simply driving his large tractor-trailer down a rural highway one snowy night. He was unrestrained when his rig slid out of control. As he lost control at fifty miles an hour into a tree, his chest collided with the steering wheel and his head smashed into the windshield. As a result, his neck hyper-extended and rotated to the right and the glass from his window and windshield exploded into his face. In the emergency department, he was complaining of neck pain and tingling in his left arm. His left ear was nearly torn off with profuse bleeding. The x-ray and CAT scan of his neck revealed he had broken his third and fourth cervical vertebrae with possible spinal cord injury. He was subsequently transferred to the regional trauma center for neck surgery. As he was leaving in the ambulance, his wife was heard saying, "I told you to wear your seatbelt. . . . You never would listen to me."



The teenager was a sixteen-year-old young man who was out joy riding with his three friends one Friday night. The roads were wet from the cold drizzle that had been falling all day. It was now two o'clock in the morning and the drizzle had started to freeze. As their car rounded a curve, the driver lost control and they crashed into an earth embankment. Their rapid deceleration resulted in the unrestrained front seat passenger being ejected through the windshield. The windshield remained intact except for the small hole created where his nimble body shot through like a fish slipping through a net. As a result of his head and face being the first to impact the windshield, the skin of his forehead and entire nose were filleted off his skull. His nose was left attached only by dried blood and macerated pieces of flesh. Ironically, he did not suffer any apparent brain damage or neck injury. He too was transferred to the regional trauma center for further care and what would be

extensive plastic surgery. His tearful mother said to me, "he knows, he knows. . . . I have always told him to wear his seatbelt."

It was ten o'clock on a sunny clear morning as the eighty-six year old man was making his usual weekly drive to the bank. He was driving an older model pickup truck doing about fifty-five miles an hour on an open country highway. As he topped a hill, he had no way of knowing a slow moving backhoe was in his lane. The collision was rapid with no opportunity for the old man to even slow down according to one witness. He instantly went from fifty-five miles an hour to zero. Being unrestrained, his elderly body smashed into the steering wheel, his head into the windshield, and his left shoulder into the door post. When he arrived in the emergency department, he was awake but

confused. He quickly became more disoriented and combative. In order to protect his airway and prevent him from harming himself, he was sedated and paralyzed with medications and a breathing tube inserted into his airway. Miraculously, he had no neck or skull fracture however he had suffered a severe closed head injury as well as

a fractured left shoulder. He was evacuated by helicopter to the trauma center. His elderly frail wife sat quietly in the ER. I could tell she did not grasp the severity of his injuries. Her main concern was how she was going to get to the trauma center to see her husband. She did not drive and had no other family in the area. In fact, she had never driven a car and had been completely dependent on her eighty-six year old husband for transportation. Thirty minutes later at the trauma center, the old man died of a cardiac arrest. Now the elderly woman was alone.

According to the National Highway Traffic Safety Administration, approximately 42,850 people died in 2002 on our nation's highways. This is the largest number since 1990. As you might imagine, there is greater risk of death for occupants of motor vehicles who do not wear safety belts. Almost 60 percent of those killed in car crashes last year were not belted. In each of these cases, injuries and life could have been saved if they had taken the ten seconds to buckle up. Alcohol is a factor in 49 percent of motor vehicle crashes. Interestingly, none of the above cases involved alcohol. In fact, all of these victims were going about their normal activities unaware of the grave risk they faced by not wearing safety belts.

*Continued on page 5...*

# FAMILY READINESS NEWS

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### Special points of interest:

- Kings Dominion Season Passes and single day Profits go directly to benefit the Youth Retreat Weekend (YRW). The last Day to purchase Season Passes is May 31. Don't forget to get yours.

**Family pack of four- \$249.99**

**Add-ons- \$ 62.50**

**Individual Passes: \$ 74.99**

**Single Day Tickets: \$22.50**

- Visit the National Guard Family Website , [www.guardfamily.org](http://www.guardfamily.org), for the latest updates on Family benefits and information.
- Please join our email tree! Send yours to [frs@varich.ang.af.mil](mailto:frs@varich.ang.af.mil) or stop by the office and sign up!

## AMERICA'S MILITARY-PEOPLE, ACHIEVEMENT, HISTORY, PRIDE

**"National Military Appreciation Month (NMAM)**, as designated by Congress, provides a period encompassing both the history and recognition of our armed services with an in-depth look at the diversity of its individuals and achievements. It allows Americans to educate each generation on the historical impact of our military. Through the participation of the community with those who serve, patriotism is encouraged and love for America reconnects the "Family of America".

"May as National Military Appreciation Month, gives the nation a forum, a framework, a time and place on which to focus our attention and express our appreciation for our armed services. Multiple venues of expression recall our valuable history.

"Museums, civic centers, libraries have exhibits. Schools

invite active military and veterans to visit with students. Cities and towns offer proclamations and special observances.

"National Military Appreciation Month (May) includes VE Day, Military Spouse Day, Loyalty Day, Armed Forces Day/Week, National Day of Prayer, and Memorial Day. This very important month therefore, honors those Americans who have given their lives in defense of our nation's freedom and the men and women now serving in uniform.

"It recognizes those on active duty in all branches of the services, the National Guard and Reserves plus retirees, veterans, and all of their families - well over 80 million Americans and more than 227 years of our nation's history. Let us celebrate them just as we celebrate the other important entities that make up this wonderful country of ours."

### Special Local Events throughout the Month for your consideration:

**May 14:** Norfolk Tides Armed Forces Night and Fireworks

**May 28-31:** Remember the Music, Remember the Heroes, Virginia Beach, 17th Street Park and 24th Street Park

**May 30:** PBS National Memorial Day concert, West Lawn, State Capital

**May 27-31:** National WWII Memorial Dedication, Washington, DC

Taken from [www.nmam.org](http://www.nmam.org)

For more information about special events near you, visit the NMAM site for links.

## NMFA AND SEARS CELEBRATE MILITARY APPRECIATION MONTH

**May is Military Appreciation Month.** Now, more than ever, we need to show all military families that we recognize and appreciate everything they do.

Special **"HomeFront" Cards** are available at Sears Full-Line stores nationwide from April 17 to May 16.

**"HomeFront" Cards** are greeting cards specially designed for everyday Americans to recognize military families' daily sacrifices, selfless service and cour-

age here at home.

By writing your name, hometown and a few words from the heart in a **"HomeFront" Card**, you can show your support and gratitude to a deserving military family.

With each card purchase of \$2, Sears will contribute about \$1 to help the National Military Family Association (NMFA) send military children to a unique summer camp. With each card you send, you will

help bolster the courage and resolve of a military family.

In addition, a special keepsake book of 100 children's heartwarming essays, called **A Tribute to Military Families: Letters of Thanks for Our Nation's Children**, is available on [sears.com](http://sears.com). Proceeds from the book sale will help the National Military Families Association create additional programs that provide support for military families.

Visit [www.nmfa.org](http://www.nmfa.org) for details.



## CONTINUING OUR SUPPORT OF THOSE STILL SERVING WITH PHONE CARDS

Now that most of our families are enjoying some quiet time after two and a half years of intense activity, please don't forget those who are still serving overseas.

Communication is very significant, if you will recall. Hearing the voice of a loved one is just the morale boost many service members need to make it a little longer.

You can continue your support of military families by giving prepaid phone cards through the Armed Services Exchanges "Help Our Troops Call Home" program.

The cards available through the program offer the best value for calls made from the overseas call centers, never expire, and there are no added charges or connection fees.

To purchase cards online, log on to any of the three Armed Services Exchange web sites: the Army and Air Force Exchange Service <http://www.aafes.com/> [<http://www.aafes.com/>], the Navy Exchange Service Command <http://www.navy-nex.com/> [<http://www.navy-nex.com/>], and the Marine Corps Exchange [http://www.usmc-](http://www.usmc-mccs.org/)

[mccs.org/](http://www.usmc-mccs.org/) [<http://www.usmc-mccs.org/>].

Click the "Help Our Troops Call Home" link. From there, a prepaid calling card may be purchased for an individual at his or her deployed address or to "any service member" deployed or hospitalized.



The Armed Services Exchanges will distribute cards donated to "any service member" through the American Red Cross, Air Force Aid Society and the Fisher House Foundation.



*Shoppers enjoying the Deals at the 2004 Annual Sidewalk Sale at the Virginia A National Guard*

## MAY IS ALSO COMMISSARY AWARENESS MONTH

The 2004 Commissary Awareness Month (CAM) shopping list is full!

Included on the list are case lot sales; single service member tours; special Guard and reserve events; the launch of the Commissary Connection customer newsletter; and the launch of a new marketing program: "Savings You've Earned".

"We're shopping for customers!" said DeCA director Major Gen. Mike Wiedemer

DeCa sells groceries at cost plus 5%, which means greater

savings for the commissary customers. .

More shoppers means increased business. Increased business means vendors are often motivated to offer lower prices that DeCA passes directly on to the shoppers.

"Commissary Awareness Month is all about savings and spreading the word to all authorized shoppers," said Wiedemer. "It serves as a focal point for celebrating the savings and celebrating the commissary benefit."

A "World's Biggest Case Lot

Sale" is scheduled for the month of May. This Sale routinely saves customers 50 percent or more off of regular prices for paper products, cereal, canned goods, beverages, cleaning supplies, and more.

The 2004 Commissary Awareness Month ends on May 27. Look for "Savings You've Earned" throughout the stores. Red White and Blue signs, posters and banners will highlight what's on sale.

Visit [www.commissaries.com](http://www.commissaries.com) for details of all of the events.

*By Bonnie Powell*

## THANKS FOR YOUR HELP

A special thanks goes out to those who volunteered to assist Family Readiness and Support at the Annual Sidewalk Sale.

Volunteer spouse Shelia Smith opened the morning and greeted the many shoppers who showed up at 10 am to get a head start on taking advantage of the deals that Ron Smith, Fort Lee Store Director brought to 192d FW families.

She was joined by SrA Mike Marra and New Student Flight volunteers Joel Born, Drew Aldinger, Derrick Chandler, Meaghan O'Neil. Together they helped customers with their groceries and organized shopping carts.

Mary Quarles and son, Todd, family of one of our deployed SF personnel, joined us at noon and Clarissa and Richard

Dempsey, parents of another SF member, completed our afternoon with support in the clean up area.

We'd also like to thank CMSgt John Glenn and Staff for accommodating us again this year; SMSgt Mark Horner for assisting us with the announcement sign; and with various members of SFS who assisted us with tables and chairs for the event.



*New Student Flight with Shelia Smith at the Annual Sidewalk Sale*



## ARGHH!! THERE'S A TEEN LIVING IN MY HOUSE!

Living with a teenager can be a challenge. Many Guard families feel that the one they have would be better off living with another family that is far more "normal" than their own.

We often say to ourselves, "There is no way I was that disrespectful to my parents!" Yes, many of us grew up in the days of "backhands across the face" for being sassy, which (if we were smart) only occurred once!

Today, things are different! We want to give our teens the benefit of the doubt, believe in their judgment, trust them to make the best decisions at all

times... but they don't. In spite of our best intentions, teens today are the same as teens in our day! But we don't do "backslaps" anymore! (That is called child abuse!)

Today, the modern and careful parents go for help! We seek out resources on the web. We read books by various authors who understand. We look for guidance based on our personal level of frustration with our teens.

**Air Force One Source** is one such resource.

In their booklet titled, "**Questions Parents of Teens Ask**", they cover questions such as "What can I expect of my teen-

ager?"; "How can I keep the lines of communication open?"; "We're always arguing. What can I do?"; "How can I help my teenager succeed in school?"

This booklet discusses how to choose your battles, "recognizing that some problems are your teenager's, not yours."

Parents need all of the encouragement they can get. After all, didn't you promise yourself that you were going to be a good parent before the kids were born? You still can become that parent!

## THINKING ABOUT AN OLDER RELATIVE MOVING IN?

Some of us are at that point where we need to consider having an older relative move in with us.

If it is the best option for your situation, you'll need to think through some practical considerations in order to make the situation work.

The first few weeks or months of your new arrangement might be difficult. It may take a while for both of you to adjust. You can help ease this period by:

- establishing routines, such

as regular times for meals or chores

- making sure that your relative has his/her own private space. If possible, let him/her have their own television, phone, radio, and anything else they need to maintain a sense of independence
- making sure your home is properly equipped for an older relative. Be sure you have necessary safety equipment, such as grab bars in

the shower or handrails for the stairs or steps

- making an extra effort to be patient with yourself and your older relative

In spite of the extra effort, having an older relative move in with you can be an incredibly rewarding experience for your entire family.

*Taken from lifeworks.com*

## IT'S TIME FOR A LITTLE FAMILY R&R

Gas prices are high, time is short, but your family really needs a break! Consider a quick get away at the State Military Reserve (SMR) in Virginia Beach!

Located just 2 hours east on I-64 to I-264, the SMR is a great place to rent a cottage or trailer for the whole family that is affordable and close to everything the family may want to do.

Aside from having its own private beach on the Atlantic Ocean, there is a motor park, a water park and a Marine Science museum

directly across the street.

Venturing down General Booth Blvd towards the ocean, you can walk and shop till you drop on Atlantic Avenue or you can go fishing for your supper.

To buy your groceries, just go in the opposite direction on General Booth Blvd and follow the signs to the Oceana Commissary. Be sure to wear your walking shoes because this is a big grocery store with lots of diverse foods, from prepared specialties to "regular" groceries.

Eligible members who can take advantage of this benefit include active duty Air (or Army) National Guard member, currently employed Federal and State employees of the Virginia Air National Guard, Retired Virginia National Guardsmen, and Retired Federal and State employees.

To schedule your getaway, call 757-491-5140 ext. 14 or stop by the Family Readiness and Support Office for forms.

*A great parents' resource  
is*

**Air Force One  
Source.**

*Visit  
[www.airforceonesource.com](http://www.airforceonesource.com)*

*for specific topics about  
parenting, including  
"Questions Parents  
of Teens Ask". You  
can email a request for a  
particular booklet online,  
or stop by the Wing Fam-  
ily Program Office to pe-  
ruse the booklet resources.*



# GOD BLESS AMERICA AND OUR UNITED STATES ARMED FORCES!



A military child visiting our Sidewalk sale- the reason we serve!

## "REMEMBER THE JAR" - TAKEN FROM AN EMAIL

*When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the jar...and the coffee...*

A professor stood before his philosophy class and had some items in front of him.

When the class began, wordlessly, he picked up a very large and empty jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up

everything else.

He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand.

The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life".

"The golf balls are the important things-your God, family, your children, your health, your friends, and your favorite passions-things that if everything else was lost and only they remained, your life would still be full.

"The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else-the small stuff. If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls.

"The same goes for life. If you spend all your time and

energy on the small stuff, you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal.

"Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

*"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal."*





## Asian Pacific Month

The month of May is significant in the history of Asian Pacific Americans in that Japanese immigrants first arrived in the United States on May 7, 1843 and May 10, 1869 marks the day that the transcontinental railroad was completed, connecting the East to the West. More than 12,000 Chinese worked on the railroad when White workers were unwilling to undertake the dangerous, and oftentimes, deadly task of laying railroad tracks throughout the Sierra Nevada Mountains. In October 1978, President Jimmy Carter signed the Joint Resolution, and in May 1979 the first Asian Pacific-American Heritage Week was celebrated. On October 23, 1992, President George Bush signed legislation declaring May as the annual Asian Pacific-American Heritage Month. The goal of the heritage month is to nurture an appreciation and understanding of Asian and Asian-American culture and to recognize the rich contributions of Asian Pacific Americans. It also serves as an opportunity to promote diversity and to foster cooperation and better understanding among groups within the workforce. Asian Americans include, but are not limited to, Chinese, Filipino, Koreans, Asian Indians, Japanese, Vietnamese, Cambodians, Laotians, Hmong, and Thai. Pacific Islanders include Hawaiians, Samoans, Guamanians, and Tongans among others.

Thirty Asian Americans have received the Medal of Honor. Among them, Second Lieutenant Rudolph B. Davila:

Second Lieutenant Rudolph B. Davila distinguished himself by extraordinary heroism in action on 28 May 1944, near Ardena, Italy. During the



offensive that broke through the German mountain strongholds surrounding the Anzio beachhead, (then) Staff Sergeant Davila risked death to provide heavy weapons support for a beleaguered rifle company. Caught on an exposed hillside by heavy fire from a well-entrenched enemy force, his machine gunners were reluctant to risk putting their guns into action. Crawling 50 yards to the nearest machine gun, Staff Sergeant Davila fired from the kneeling position ignoring the enemy fire that struck his tripod and passed between his legs. Ordering a gunner to take over, he crawled forward to a vantage point and directed the firefight with hand and arm signals until both hostile machine guns were silenced. Bringing his three remaining machine guns into action, he drove the enemy to a reserve position 200 yards

to the rear. When he received a painful wound in the leg, he dashed to a burned tank and, despite the crash of bullets on the hull, engaged a second enemy force from its turret. Dismounting, he advanced 130 yards in short rushes, crawled 20 yards and charged into an enemy-held house to eliminate the defending force of five with a hand grenade and rifle fire. Climbing to the attic, he straddled a large shell hole in the wall and opened fire on the enemy.

Although the walls of the house were crumbling, he continued to fire until he had destroyed two more machine guns. His intrepid actions brought desperately needed heavy weapons support to a hard-pressed rifle company and silenced four machine gunners, forcing the enemy to abandon their prepared positions.

...Continued from page 4.

What was the *human toll*? For the truck driver, he will undoubtedly be out from work for months without an income and perhaps have permanent spinal cord damage. The youthful face of the teenager will have everlasting scars to remind him of the night he didn't buckle up. The elderly man was never aware of what happened. Even though he was awake upon arrive to the ER, his head injury was too severe for him to have any recall of the accident. Unfortunately, his wife will live out her years alone and isolated because he did not wear his safety belt.

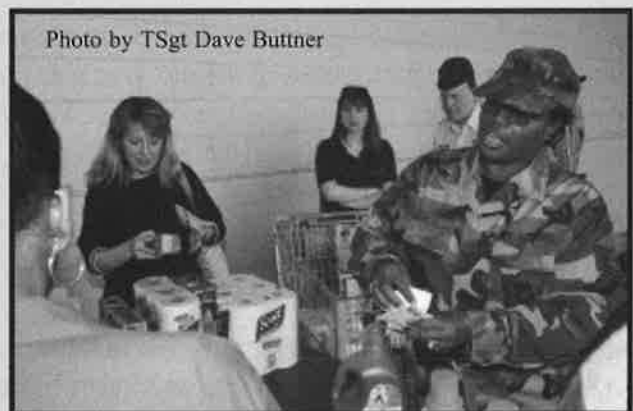


Photo by TSgt Dave Buttner

MSgt Smith makes a purchase at the highly successful Side Walk Sale during April UTA.

# News You Can Use/Announcements



Photo by TSgt Dave Buttner

## New Historian

Hello, my name is MSgt Peter J. Martens, your new Wing Historian. I look forward to documenting the many accomplishments of the 192d FW, and link the present with the past in a way that will be interesting, educational, and of value to you, the traditional and full time guardsman. Each month I

will post something of interest within the pages of the Vanguard. You may find that a certain photo or story sparks your memory of an event which took place during that same time period. I am always looking for more details on an event to include in historical documents, which I will submit to the Guard Bureau and record for future reference. I welcome your phone calls and email input as I do this, and can be reached at extension 6846 during drill weekend, or at Pmartens97@aol.com during the workweek. If you see me here on base, take a moment and introduce yourself to me, as I will look forward to learning about you!

## NOTICE TO MOTEL USERS

Due to changes in the Billeting program if you have been staying at the Microtel Inn please get with Services to see where you will be staying. We are not going to use the Microtel Inn any longer.

Effective with the end of the March UTA weekend if you have not recertified your mileage certificate your name has been removed from the eligible list to get Billeting. You will not be reinstated for a room until this requirement is completed.

## Human Resources Information

Check out the new Human Resources website on the intranet. The site includes information pertaining to Troops To Teachers Program, Diversity Training and Mentoring.

For additional information, contact your Human Resource Advisors:

State Advisor - CMSgt Barry Coleman, ext.6513

192nd Fighter Wing - SMSgt Susanne Dates, ext. 6694

## MEO INFORMATION CORNER

### Office of Equal Opportunity and Civil Rights (NGB-EO)

The NGB Office of Equal Opportunity and Civil Rights is organized as a joint staff office of the National Guard Bureau to serve as the focal point for all National Guard military, civilian, and technician Equal Opportunity and Equal Employment Opportunity policies, programs and issues.

**MISSION:** Ensure combat readiness of all National Guard personnel by fostering an environment of respect, growth, and human dignity through compliance with the Civil Rights Act of 1964 as amended in 1972.

**FUNCTION:** National Guard Bureau of Equal Opportunity and Civil Rights will provide leadership with direction, administration, management, and policy implementation to National Guard Equal Opportunity military and technician (civilian) Equal Employment Opportunity (EEO) and Civil Rights programs to both Army and Air Force. NGB Office of EO and Civil Rights will ensure the effective management of National Guard Affirmative Action Programs that will achieve military and civilian work force structure reflecting the diversification of the 54 states and territories. Achieving these goals will further promote the National Guard Human Goals charter and regulations as well as Federal Civil Rights laws and regulations.

### CONTACT INFORMATION:

**Information/hotline phone number:**

1-800-371-0617

**Email:** eosupport@ngb.af.mil

**Web Address:** <http://www.ngb.army.mil/staff/special/eo/policyprograms/sexharas.asp#shpp>

## April 2004 COMSEC Inspection

On 8 April 2004 the 192FW base COMSEC (Communications security) program received a rating of Outstanding on their ACC COMSEC compliance inspection. The COMSEC program has the difficult task of providing secure voice and data for critical systems within the 192d, the 203d RHF and the Army Aviation Support Facility. The F-16 relies heavily on COMSEC to complete its sophisticated day to day mission. The main COMSEC account is located in the 192Comm flight. The main account is managed by CMSgt. Jay Ellis, MSgt. David Shelton and MSgt. Hutt Williams. There are also seven sub-

accounts that fall under the main account. Persons who manage these sub-accounts are appointed as COMSEC responsible officers (CRO's). The 192nd sub-accounts are Intel, managed by LTC. Steve Swetnam, OPS, managed by TSgt. David Hampton, Avionics, managed by TSgt. Dennis Richards and TSgt. Al Perkins,



AIS, managed by TSgt. Steve Zettlemoyer, Security Forces, managed by TSgt. Jim Lipinski, CF account, managed by TSgt. Arnie Robinson, 203<sup>rd</sup> RHF, managed by SSgt. Jennifer Lathrop and Major Pete Garner, and the

Army Aviation Support Facility managed by MSgt. Susan Bentley and SFC Jackie Robinson. Each individual account is subjected to an in depth analysis given by the ACC COMSEC inspection team, and evaluated on their compliance with current procedures and policy. In order for an overall grade of Outstanding to be achieved, most accounts must be error free. This inspection is the equivalent to a Unit Compliance inspection and is conducted every

two years. Sub account managers are given the responsibility of COMSEC responsible officer as an additional duty. They must conduct their COMSEC responsibilities in addition to their normal duties. Please congratulate them on a job well done.

### MOVING IN, MOVING UP, MOVING ON

#### Gains

1Lt Nuccitelli, Karen  
MSgt Ewers, Jeffrey  
SSgt Lewis, Daniel  
SrA Bryce, William  
SrA Samplaski, Jared  
SrA Silvers, Jason  
A1C Corrigan, Timothy  
A1C Engel, Richard  
A1C Perez, Charles  
A1C Price, James  
AB McNeil, Meaghan  
AB Walton, Leonard

#### Gaining Unit

Maintenance Squadron  
Logistics Resource Squadron  
Maintenance Squadron  
Security Forces Squadron  
Security Forces Squadron  
Maintenance Squadron  
Aircraft Generation Squadron  
203rd Red Horse Squadron  
Maintenance Squadron  
Maintenance Squadron  
Fighter Wing  
Security Forces Squadron

#### Retirements

##### MAY

MSgt Arlessa Gray  
MSgt Paul Stimpson

#### Unit

192D Communications Flt  
192D Mission Support Flt

#### PROMOTIONS

SMSgt Larry Harris  
MSgt Robert Laws  
TSgt Danny Athanasaw  
TSgt Robert Gray  
TSgt John Griffin  
TSgt Barry Ivey  
TSgt Robert Jones  
TSgt David Kromkowski  
TSgt Mary Meyer  
TSgt Scott Morrill  
TSgt Joseph Reid  
TSgt Lisa Tyree  
SSgt Louis Dangelo  
SSgt Alan Epstein  
SSgt Mark Hearl  
SSgt Jimmy Kidd  
SSgt Jerri Perrybrown  
SSgt Alicia Taitano  
A1C Amanda Amoroso

#### TO

CMSgt  
SMSgt  
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MSgt  
MSgt  
MSgt  
MSgt  
MSgt  
TSgt  
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TSgt  
TSgt  
TSgt  
SrA



Photos by TSgt Dave Buttner



Above, Col. Pete Bonanni accepts command of the 192FW. At left, the new Wing Commander poses with the Chief's after the Change of Command ceremony on Sunday of April's UTA.

## What's for Lunch?

### SATURDAY UTA

Grilled Hot Dogs W/ Chili  
Hamburgers  
Cheeseburgers  
French Fries  
Baked Beans  
Mixed Vegetables  
Carrot Cake

**BOTH DAYS:**  
Asst Beverages, Salad  
Bar W/ Dressings  
Asstd Breads

### SAT. SANDWICH LINE:

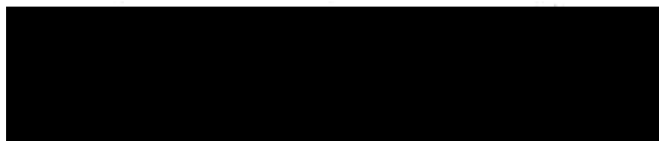
Tuna Salad  
Cold Cuts Submarine  
(ham, turkey, & roast beef)  
w/ chips

### SUN. SANDWICH LINE:

Tuna Salad  
Cold Cuts Submarine  
(ham, turkey, & roast beef)  
w/ chips

### SUNDAY UTA

Stuffed Green Peppers W/  
Tomatoe Sauce  
Grilled Ham Steak W/  
Sauce  
Mashed Potatoes  
Scalloped Potatoes  
Lima Beans  
Asstd. Cookies  
Marble Cake With Icing



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Virginia Air National Guard  
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