

# VANGUARD



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

Virginia Air National Guard

192d Fighter Wing

October 2004

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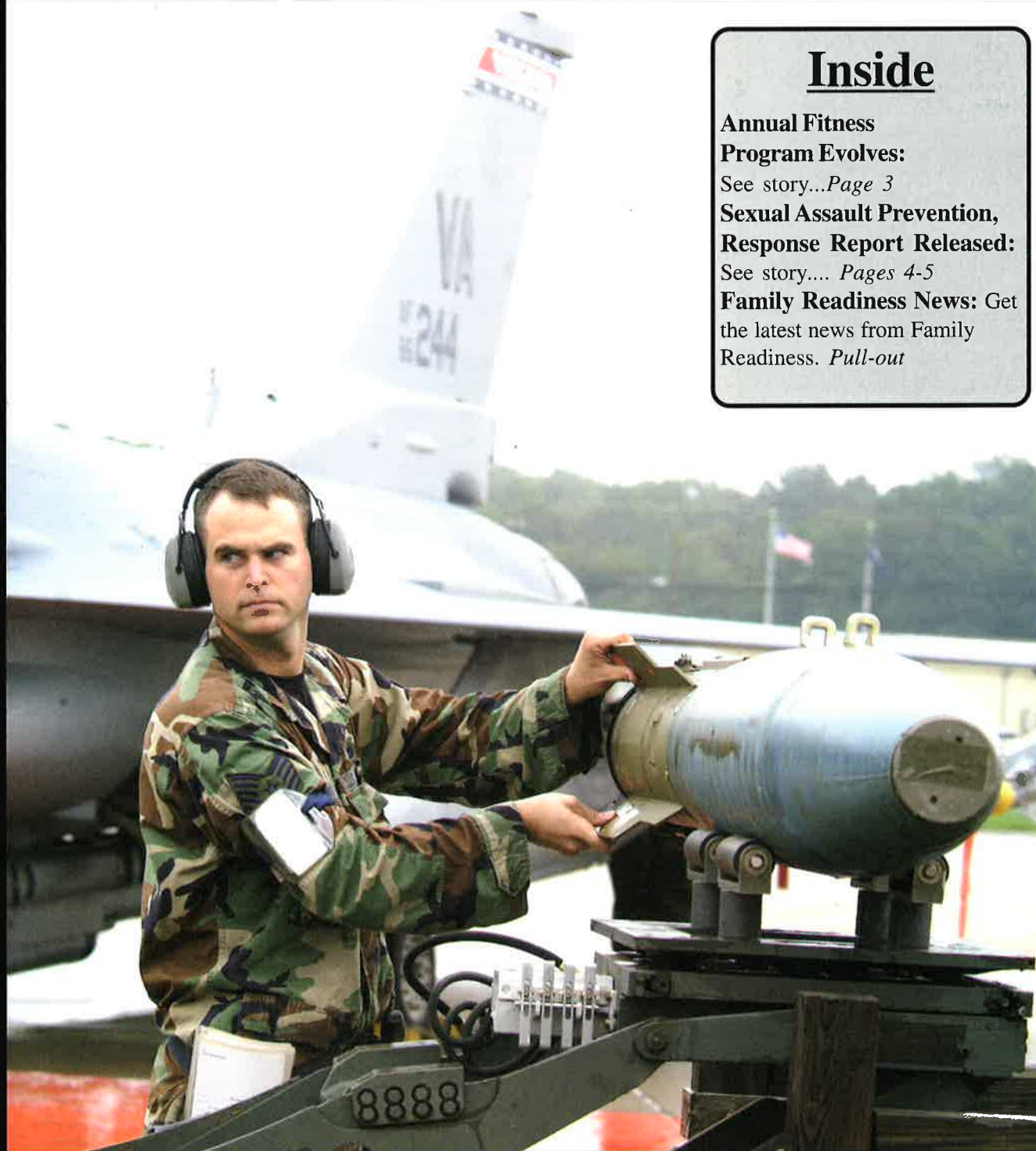


Photo by TSgt Dave Buttner

## 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

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

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**Next UTA: October 2-3**  
**Cover:**

TSgt Jonathan King from the 192d AMXS Weapons Loading Shop guides a bomb as it is being moved to the aircraft for loading during the regeneration portion of the ORE. Weapons loading teams got high marks for their part in the regeneration at base X.

## Ready, Set, Go! - by Ch(Maj) Edward Moran

After a week of readiness work at Langley AFB with ACC/HC as well as a few days at our bi-annual Chaplains' Convention in Baltimore with scores of Army chaplains, the stark reality of this being a deployed Air Force struck home. Our Chief of Staff, General Jumper, said it succinctly: "If you are green, you go".

The deployed commitments overseas have made Total Force a reality especially for needed AFSCs in our new Joint world. For years, we in the Guard have been sheltered from such realities. With Iraqi Freedom, it is a new world. Our sister service in green can readily attest to extended duty with all of the attendant family separation issues that accompany such long-term deployment.

From an Air Force perspective, Guard augmentation and integration are still in good shape. There are willing volunteers who wish to deploy. The scheduled-in-advance AEF cycles are predictable. The length of overseas tours is reasonable compared with other Branches of the Service. Still, Security Forces, Transportation, Fire Fighters as well as other critical AFSCs are in such demand that extended tours are becoming a reality.

How do we cope? A good reality check is essential in this time and day. Air Force active duty standards are becoming the prevailing currency of exchange. We can see this with our upcoming ORI, our Physical Training standards, the demands that will form our transition to Langley as well as in other requirements the unit will face in the immediate future.

Are you ready? As one pilot aptly put it, "ACC is our ATC. We are on course and on glideslope, cleared to land at a destination different from where we have been landing for

years. There will be new approach procedures, new clearance directions. The best things we can do is to stay focused on the mission, study the changes that come down, learn to think outside of the box, stay pro-active, calm and collected in the face of new taskings, be resourceful in finding new help for new challenges, work at adapting. Never lose sight that we are truly a vital part of the Total Force package".

If flexibility is the key to Air Power, this is a time to be flexible while appreciating the distinctive gifts, attitudes and excellence we as the Air Guard bring to the mix. Oh yes, did I mention that faith is a big consideration in all of this transition? With so much of the process far from completion, we have to believe that God is having a hand in all of the transition. He is always a fixed point of reference in a sea of change. He can give us the peace the world cannot give if we go to Him often in prayer. He can be the surety behind all readiness moves overseas when we respond in service to the needs of the country. The times demand that our relationship with God be strong. This War on Terror does not look to abate soon. Deployments will continue to wreak havoc on civilian jobs, our families as well as our career plans.

Readiness means more than having your checklist completed and orders in hand. It is a frame of mind that understands the 'whys' and 'what fors' of the kind of war we are fighting. In these days of preemptive strikes against terrorists that demand a readiness and mobility more than what we are perhaps used to, we need a strong and active relationship with God. He will help us make it through the transitions enabling us to take our marks for the command orders that will come down to be ready, set, go! ...Blessings

## The Annual Fitness Testing Program Evolves: New Requirements This Year

Air National Guard personnel across the country are now included in the Air Force's new fitness-testing program.

For years Air Guard personnel fitness was measured by either a 1.5-mile run or a 3-mile walk. Last year, the ANG moved to a composite fitness program that included a waist-line measurement, a 3-minute step test, push-ups, sit-ups and a fingers-to-toes stretch.

This year the Air National Guard, AF Reserve and active-duty AF have moved to one fitness program with everyone following the same procedures and standards. The new standards include a waist measurement to determine body composition; a 1.5-mile run (or in some cases the 3-minute step test) to evaluate aerobic/cardio ability; military-style push-ups and crunches (sit-ups) to determine muscular strength; and the fingers-to-toes stretch to look at flexibility. Both men and women will do military-style push-ups (on the toes) under this new program. And while ANG personnel will still do the stretch (flexibility test) in order to determine fitness age, it won't count toward an individual's AF Total Fitness Score.

This program emphasizes the overall health and rewards than a passing score. It promotes a more individual health, fitness and safety, not just passing the

"We want a program that ensures that our people strongly on deployments. We must be able to This program builds on what we started last good for the military."

All Airmen are expected to meet the new with a total score above 90 are considered in Good; 70 to 74.99 is Marginal; and less than Airmen rating Excellent or Good will test again rating will be given fitness guidance and retested month retest and enrollment in the Fitness

Fifty points of the total score will come from account for up to 30 points, and the push-ups and

The scoring is broken down by age and gender. five years for both men and women. As an crunches required for a perfect 100-point score However, the waist-measurement standard men, a top score of 30 points means a you're 18 years old or 55. For women, it's 29.5 inches.

Certain exemptions have been built into the program. For instance, within a certain timeframe for pregnancy and abdominal surgery, the abdominal circumference measurement will be exempt from the composite score.

Everyone on base should be tested under the new program by Dec. 31 2004. Integrating a variety of fitness activities and a healthy lifestyle is key to successfully preparing for the new fitness assessment, according to MSgt. Michael Godfrey, 192d Medical Squadron. Sergeant Godfrey and MSgt. Kevin Garrett are the base Fitness Program Managers.

About 3 months before fitness testing, each Unit Fitness Program Manager (UFPM) will ask unit members to fill out the Fitness Assessment Questionnaire. The form must be completed and returned to your UFPM within one month of your fitness assessment. The Fitness Assessment will help determine whether individuals will complete the run or the step test. The form may be downloaded and printed out from the Broadcast Message Intranet web page. Specifics about the new fitness test will be available through the UFPMs.

For general information about the program please refer to AFI 10-248. For a look at the new USAF Fitness Charts, visit <http://www.af.mil/news/airman/0104/fitness.html> and download the pdf document. General information on the new fitness program is also available at <https://wwwmil.afrc.af.mil/hq/sg/FitnessProgram/PhysicalFitness.htm>



wellness of our members' lifestyles, according to "Being physically fit paves the way for more productive and energetic way of life and helps us do of our military missions. The focus is on improving test."

are in the best possible fitness so they can perform handle the challenges and dynamics facing us. year," she explained. "It's good for us and

physical-fitness program standards. People Excellent health. A score of 75 to 89.99 is 70 is Poor. The minimum passing score is 70. in 1 year, while individuals with a Marginal in 6 months. A Poor rating will require the 6-Improvement Program.

the run/step test. The body composition score will crunches will be worth an additional 10 points each. Beginning with "under age 25," the charts go up every Airman's age progresses, the number of push-ups and goes down and more time is allowed for the run. remains constant, no matter what a person's age. For measurement of less than 32.5 inches, whether

# Sexual Assault Prevention, Response Report Released

by Tech. Sgt. David A. Jablonski  
Air Force Print News

WASHINGTON – The Air Force released a study that assessed the service's sexual assault prevention and response capabilities.

The 96-page document entitled, *Report Concerning the Assessment of USAF Sexual Assault Prevention and Response*, was released Aug. 30. In February 2004, the secretary of the Air Force and the Air Force chief of staff requested an assessment of sexual assault prevention and response capabilities, including areas in need of improvement. The Air Force performed a qualitative assessment that generated findings to inform senior leaders of potential program improvements.

Michael L. Dominguez, Assistant Secretary of the Air Force for Manpower and Reserve Affairs, and Lt. Gen. Roger A. Brady, Deputy Chief of Staff for Personnel, supervised the assessment.

The assessment's findings and recommendations were briefed to Air Force senior leadership on May 18 at CORONA Top. They approved a campaign plan to address the findings and to further develop the recommended solutions. Air Force three-star leaders met at a summit Aug. 16 to discuss proposed solutions.

"The most important thing we learned is that sexual assault is a very complex subject," General Brady said. "And it's a subject that we probably didn't understand very well. So this report helps us educate our commanders, our supervisors, our people, and ourselves so that we know what we're dealing with and we can attack the problem aggressively.

"We want to do something about it because it obviously affects the quality of life for our people, it affects our readiness, it affects our ability to conduct our mission."

Air Force Vice Chief of Staff Gen. Michael T. Moseley, in a February tasking memorandum to all major command commanders, established five goals for the assessment:

- Strive to eliminate sexual assault and any environment that fosters it.
- Ensure an environment where victims have the confidence to report sexual assault.

- Conduct appropriate investigation and prosecution.

- Address victims' well being and health as effectively as possible.

- Ensure commanders and senior leaders oversee program effectiveness.

"We want to send a very clear message," General Brady said. "It is that sexual assault, or any behavior anywhere approaching this, is absolutely inconsistent with our core values and everything that we believe. It is unacceptable.

"When we find people who are involved in this kind of activity, these are not people we need in our Air Force. We also need to make sure that anyone who is a victim of such a crime knows that we're going to handle it discreetly, we're going to be aggressive in not only pursuing justice for the individual and the system, but we're also going to show all of the compassion and show all the support we can to the individual as they proceed through what for them is a very traumatic event."

Twenty significant findings are listed in the report, as well as 14 recommendations. Findings and recommendations focused on six topic areas: sexual assault realities; policy and leadership; education and training; reporting; response; and air expeditionary forces and deployment. Each topic area except sexual assault realities contains a series of recommendations.

"We're already using what we have found," General Brady said.

"We did not wait until we got ready to publish the report. As soon as we started having consistent findings from across our Air Force, we put out guidance to our commanders, for example, to establish victim support liaisons. We are using this report to educate ourselves about the nature of this crime, about the environment we currently have in the Air Force and to build the programs we need to create the environment where we build greater trust. I think it will help us move toward eradicating a behavior that is totally unacceptable.

"We already have Air Education and Training Command building most of our education programs for this. We're developing programs that begin with airmen coming to Lackland, officers coming in to various accession forces,

# FAMILY READINESS NEWS

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## Special points of interest:

**Kings Dominion** This is the last month to purchase **discount** one day tickets for \$ 22.50.

**Busch Garden Military Appreciation Day** Tickets are also available through the Wing Program Office for \$34. Buy yours from Family Readiness and Support to attend Howl-O-Scream."

**Show Your Support!** Vehicle Magnets available for \$5.00. All Proceeds benefit the FRG Programs. Contact the FRS Office for purchase.

Pick up a copy of the new **Military Spouse Magazine** at exchanges and select Barnes and Noble Stores. You may contribute to future stories and submit a picture of yourself to be on a future cover.

## FAMILY READINESS AND SUPPORT EXTEND SERVICES

Every once in a while, a military family is so overwhelmed by stress, that things happen. Tempers flare, and occasionally, abuse happens.



maintains information on available treatment, counseling, and support programs, acting as the focal point between victims and those programs.

military and community services. The FSC provides information to victims on available medical, financial, legal, and other social services, and assists victims in obtaining those services.

In the past, the victim(s) may not have known that some aid can be provided through the Family Readiness and Support office.

The Wing Family Program Director works with other installation agencies to identify victims' needs and determine appropriate forms of assistance and resources available through

Please contact our office if you or someone you know can use our help.

The Family Support Center (FSC)

Tough situations require strong, effective support. Let us help.

## RELOCATION ASSISTANCE AVAILABLE THROUGH FRS

Family Readiness and Support is proud to introduce a new service to the families of the Virginia Air National Guard who may find themselves in a position of having to relocate.

The programs helps a family by coordinating efforts on behalf of a family to assist in a smooth move from Town A to Town B, even if that move is in another state.

whether it be rental or home purchase.

Working with volunteer spouse, Stacey McCauley, the Relocation Assistance Coordination Committee has developed a program that will meet our needs.

A professional in Town B is contacted and provided information about the family's needs, and the professional goes to work to find property to meet that need,

Stacey is excited about her part in this program because of her experience as a fulltime military spouse who moved frequently before her husband joined the 192nd Fighter Wing. To reach Stacey for help, please contact the FRS Office, 804-236-7036.



## YOUTH GROUP GOING TO "HOWL-O-SCREAM"

The Youth Group of the Virginia Air National Guard / 192d FW met in September for the very first time in the All Ranks Club. They discussed their reason for being, their goals and their future activities.

Rachel Carter headed up the discussion of what the groups purpose will be. They plan to advocate on behalf of all Virginia Air National Guard Youth, become involved in outreach services, and provide opportu-

nities for diverse social activities.

The first Youth Group fun activity will be held on an off-drill weekend, Saturday October 16, 2004 from 1:00 to 9:00 pm. The Group will be attending "Howl-O-Scream" at Busch Gardens. All ANG Youth between 13 years old and 17 are invited and they can bring one friend.

Tickets will be \$17.00 for ANG youth and 34.00 for non-ANG

Youth.

If you are interested in attending, please email the Family Readiness and Support Office at frs@varich.ang.af.mil. The deadline to RSVP is October 8 by noon. Transportation is being planned based on responses by that time only!

So, don't miss the fun! *It's going to be a scream!*







For more information  
on Troops To Teachers, visit  
[www.ProudToServeAgain](http://www.ProudToServeAgain)

## TROOPS TO TEACHERS-YOUR NEXT CAREER

You have served 20 years or more and gained valuable military training and learned many job skills. Among the most valuable skills are personal discipline, teamwork, integrity, the importance of good character, and how to serve others. Now that you are retiring, it does not mean that these skills have to retire. Consider teaching!

**The Troops To Teachers (TTT)** program was designed to encourage and assist military members to consider transitioning into the public school system in high need areas.

The TTT program is designed for military personnel who :

- Have retired, or will soon retire, from active duty or Reserve/Guard.
- Possess or are eligible for an honorable discharge.
- Were separated not earlier than 1 October 1990, with 6+ years of service.
- Are Reserve Component personnel currently serving and who have 10+ years of total service.

A Bachelor's Degree in any discipline is also required.

Referral and placement services are available to help you find a location close to home in which you can serve.

Financial assistance may be available for eligible individuals as stipends. Each military person whose chooses to pursue teaching may receive up to \$5K to assist with certifications or up to \$10 K to agree to teach in high need areas with low income families. If you accept either stipend you will have to agree to teach in those high need schools for up to 3 years.

Can you make a difference? Is it worth it? You Becha! You can change a generation, influence our future leaders and know that your lifetime military commitment continues to shape the future.

## FREE PACKING MATERIALS FOR FAMILIES OF OUR TROOPS

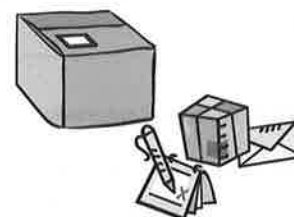
The United States Postal Service is offering free packing materials to spouses and families of military members who are deployed overseas.

To take advantage of this service call: 1-800-610-8734 and

press 1 (for English & then 3 for an operator) and they will send you free boxes, packing materials, tape and mailing labels.

These products are to be used to mail care packages to ser-

vice members.



## YOUTH EARN COMMUNITY SERVICE HOURS DURING SUMMER PROGRAM

Three youth earned community service hours this summer by participating in the Youth Volunteer Program.

Owen Davis, a non-Virginia Air National Guard youth, was the first to sign up to volunteer this summer. Owen performed various tasks around the base while under supervision from military members. Owen acted as an office assistant for Family Support, Finance and as a facilities maintenance assistance throughout the Wing Headquarters. He combined his volunteer service with summer school, and

earned 24.5 hours.

Rachel Carter, daughter of TSgt Lenny Carter, joined us next and immediately put her administrative skills to use in the Medical Squadron and in the Family support Office. She answered phones, sold amusement park tickets and helped anywhere on base she could. She earned 100.5 community service hours.

Matthew Allen, son of SMSgt Chris Allen and SMSgt Karen Lindsey earned more than 150 hours this summer. Matthew assisted the entire Wing Headquarters and Civil Engineering.

He was eager to volunteer his help anywhere he was needed, and as a perfectionist, Matthew did an outstanding job, as did all of our volunteers.

All three were recognized in a luncheon given by the Family Readiness and Support Group. The Commander, Col Pete Bonanni, assisted by Col (S) Rick Turner, Support Group Commander, presented each youth with a certificate recording their volunteer hours. They were also given small gifts of appreciation.



Angie Wade stands with Owen Davis, Matthew Allen, and Rachel Carter after recognition for a job well done by the youth for the summer Volunteer Program.



## NEW FEDERAL LAW-CHECK 21 GOES INTO EFFECT OCTOBER 28

A new federal law "Check 21," goes into effect 28 Oct 04 which takes away your ability to get back your original paper checks.

Under this law, consumers may be more likely to bounce checks and may find themselves paying higher bank fees. All checks will be cleared electronically *within minutes to include nights and weekends*.

For example, if payday is Monday and you write a check at the BX on Saturday assuming it won't clear before your paycheck is deposited in your account, you will be wrong—that check will

bounce and you will be charged overdraft fees.

How "Check 21" will effect consumers:

- You won't be able to get your original paper checks back, because your bank will no longer have them.
- Checks you write will *clear sooner*, increasing the risk that a check will bounce if funds are not in the account when you write the check. Don't write a check unless the funds are already in the account to cover it.
- You may not get access to

the funds from checks you deposit any sooner, because the new law does not shorten check hold times.

After 30 months, there must be a study on whether banks are making funds available to consumers earlier than the allowable hold periods.

Banks will save money on processing checks, but banks are not required to share these savings with consumers.

For more information on Check 21, visit the links below:  
<http://www.consumersunion.org/finance/ckclear1002.htm>

## GUARD FAMILIES CAN INCREASE TERRORISM AWARENESS, PROTECTION

National Guard family members can take advantage of a range of educational and support services to increase their awareness about terrorism and how to protect themselves.

After Sept. 11, 2001, the lives of Americans were changed forever. An attack so close to home by terrorists brought home a new realization that every man, woman and child is a potential target. How do we know who terrorists are, what they look like or where they will strike? None of these questions can be answered realistically, but everyone should be aware of signs of terrorist behaviors. Stay-

ing involved, knowing what is going on at all times and being alert on and near Department of Defense installations are things family members can do.

**For interested family members, the Department of Defense offers the anti-terrorism training online.** It can be taken at home from a family computer to understand terrorist threats and how to employ situation based measures to lower vulnerability, recognize proper responses to threat actions and understand how to support unit security.

To take the training, log on the Awareness Web site at [www.at-awareness.org](http://www.at-awareness.org)

<<http://www.at-awareness.org/>> and follow the instructions. It will ask for a password that can be obtained from the service member's unit anti-terrorism officer.

Service family members need to be aware there is a terrorist threat, no matter where they are in the world. Family members should understand the threat and force protection levels. By understanding these, family members can be a part of the effort to protect and defend our resources and most importantly, to save lives.



## MILITARY RESOURCES FOR YOUR MILITARY CHILD

Parents can use all of the help they can get. Military Families sometimes have extra issues with which to deal when trying to keep a stable home environment and appropriate educational support.

A new website, MilitaryStudent.org may be just the resource to assist you no matter your situation.

Information is available for students with links for kids, youth teens as well as parents, special needs situations, military leaders and school educators.

The website is designed to also appeal to alternative learning situations, such as home schooling, distance learning, charter schools and private schools.

MilitaryStudent.org also provides information on issues of specific concerns to military families that range from deployment issues and working with local schools. There is a link <http://www.greatschools.net/> to which you can go to make comparisons for informed educational decisions.

MilitaryStudent.org

## INTRODUCING... "FRANKY THE FALCON!"

Well, here he is, "Franky, the Falcon."

At the first Youth Group meeting held in September, the teens voted to name the new stuffed toy peregrine falcon mascot, "Frank." Who is the new mascot and what is his purpose?












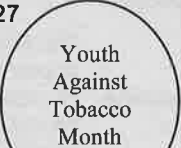

"Franky" is a support for our families who are experiencing a deployment. Family Readiness and Support Groups around the country who have developed similar projects have discovered positive results from this activity. Families who were strangers except that they have spouses deployed together, get to know each other and are able to provide comfort to each other.

One aspect of "Franky's" visits is that a scrapbook goes home with the sponsoring family. The weeks adventures and activities are recorded and pictures documenting highlights of the visit are lovingly entered. When the family support groups get together, they share the updates. And when the deployed members return, they get to see what they missed.

One mascot visited the dentist office, a childbirth and attended a wedding. We expect "Franky" to do the same. In fact, Franky's first outing will have him attending a horse show and actually riding a horse himself! If you'd like "Frank" to visit you, please contact the FRS office at 804-236-7036 to schedule.



*There is always something for ANG families to celebrate in the month of ...*

OCTOBER					1 Magic Circle Day 	2 DRILL 
3 DRILL 	4 National Golf Day <b>FORE!</b>	5 National Storytelling Day	6 German-American Day 	7 National Frappe Day	8	9 Moldy Cheese Day 
10 National Angel Food Cake Day 	11  "It's my Party" Day	12 International Frustration Scream Day "All together"	13 National Peanut Festival	14 "Be Bald and Free" Day 	15	16 Youth Group Outing "Howl-O-Scream" At Busch Gardens
17	18 Pretzel Month 	19	20  International Internet Day	21 Babbling Day!	22 National Nut Day 	23 National Bologna Day
24 31	25	26 Mule Day	27 Youth Against Tobacco Month 	28 Chocolate Day!	29 	30



## Sexual Assault Prevention ...continued

noncommissioned officer academies, commander's schools, etc. We want to have consistent messages, appropriate to the audience, across the ranks. And we are educating our leaders to deal with these problems wherever they're faced."

The cornerstone of this effort was a series of self-assessments conducted by major commands focusing on each one's sexual assault prevention and response capabilities. A headquarters integrated planning team undertook a parallel effort to review established policies, conduct corporate and university benchmarking, and engage in sexual assault subject-matter experts external to the Air Force. Representatives from the MAJCOMs and the headquarters IPT worked together to capture findings and develop recommendations.

This assessment is the culmination of a journey that began in January 2003, when allegations of sexual assault at the U.S. Air Force Academy came to light. In March 2003, after multiple investigations into these allegations, the secretary and chief of staff implemented *Agenda for Change*. The *Agenda for Change* was a map for complete cultural change within the Academy.

Over the course of 2003, two studies focusing on the sexual assault crisis at the Academy were conducted. *The Report of the Working Group Concerning Deterrence of and Response to Incidents of Sexual Assault at the U.S. Air Force Academy (Working Group Report)*, was delivered in June 2003. In a second study, former Rep. Tillie Fowler led a panel chartered by the U.S. Congress to review the actions of the Academy and Air Force in response to allegations of sexual misconduct. *The Report of the Panel to Review Sexual Misconduct Allegations at the U.S. Air Force Academy (Fowler Report)*, was released in September 2003.

The Air Force learned a great deal about sexual assault from its experiences with the Academy. Consequently, during a four-star summit in the fall of 2003, Air Force senior leaders decided to look beyond the Academy to determine whether the Academy experience was an anomaly or existed Air Force-wide.

The Pacific Air Forces commander volunteered to do an assessment within his command. This assessment was limited to allegations of rape within the command and findings were presented to the next four-star summit in February 2004. Based on the PACAF findings, Air Force leaders agreed on the necessity of an Air Force-wide assessment.

This assessment represents the culmination of an 18-month process. Although the learning process continues, the Air Force is comfortable drawing three overarching observations:

- The sexual assault problem is much more complex than it seemed initially.
- Sexual assault is a societal problem. Consequently, it is also an Air Force problem. There are no quick solutions to address sexual assault. It will require positive, ongoing efforts to foster and inculcate institutional change.
- Commanders and leaders at all levels are key to the process of institutional change. Recognizing and understanding the sexual assault problem is challenging. Air Force commanders have been working this issue on a case-by-case basis rather than attacking it as cultural and societal issue. The Air Force must do a better job of defining and understanding the crime of sexual assault and the behavior that spawns it. Ultimately, the Air Force must work through its commanders to create an institutional environment that refuses to accept or facilitate such behavior.

"Finally, let me say that this is an issue that has to do with who we are as Airmen," General Brady said.

"It has to do with our core values. And just as we talk about integrity first, service before self and excellence in all we do, there is an important, vital component in each of those that has to do with respect. When we have sexual assault we have a clear lack of respect. As Airmen we must respect ourselves, we must respect the institution and its values, and we must respect each other.

"Airmen come into the Air Force because they want to be part of a winning team. And to be a winning team every one of us - every man, every woman - has to be a full-up round. We cannot have a situation in which one airman, for whatever reason, lives in fear of another. Winning teams do not operate that way. We're a team: men, women, civilians, military, officer, enlisted, Guard, Reserve and active. One team, one total force, one standard."

The complete *Report Concerning the Assessment of USAF Sexual Assault Prevention and Response*, is available at [www.af.mil/library/posture/SA\\_Assessment\\_Report.pdf](http://www.af.mil/library/posture/SA_Assessment_Report.pdf).

# Senior Leaders Diversity Training

Attention All Senior Leaders – Lieutenant General Blum, Chief, National Guard Bureau, has requested that the National Guard (Army and Air) facilitate a Diversity Awareness Curriculum for Senior Leaders. The goal of the curriculum is to prepare senior leaders in the commissioned officer (O5 and above) and senior noncommissioned officer (CMSgt) ranks to implement a diversity process that creates fair and equitable opportunities across gender, multi-cultural, generational, religious, and socioeconomic lines. To that end the Virginia Air National Guard has scheduled the following training dates to accommodate both Drill Status Guardsmen (DSG) and Full-time members. Even though the schedule below is broken out by Full-Time and DSG, everyone is welcome to attend any class that meets their scheduling needs.

## Full-Time Members Class Dates

Wednesday, 20 October 9-11 am

Monday, 8 November 9-11 am

\*Wednesday, 17 November 9-11 am

\*Note: These dates are make-up dates only, if necessary.

Friday, 22 October 9-11 am

Wednesday, 10 November 9-11 am

\*Friday, 19 November 9-11 am

## DSG Members Class Dates

Saturday, 6 November 2-4 pm

Saturday, 4 December 2-4 pm

Sunday, 5 December 1-3 pm

Please contact CMSgt John Iorio - 235-6514, e-mail [john.iorio@varich.ang.af.mil](mailto:john.iorio@varich.ang.af.mil) or CMSgt Larry Harris – 236-6319, e-mail [larry.harris@varich.ang.af.mil](mailto:larry.harris@varich.ang.af.mil) to schedule a day and time that fits your schedule. We are asking those members seeking to schedule a seat during the week (Full-Time schedule) do so no later than 5 October and those seeking to schedule a seat on UTA's (DSG schedule) do so no later than 15 October.

# News You Can Use/Announcements

## Health Promotion/Fitness Update

On 3 October 2004, a meeting for all UFPMs will be held at 1030 in the base chapel.

As UFPM, you are the link between your Squadron or Group and health promotion information. At this meeting, I will be distributing health promotion materials to each UFPM for dissemination to base personnel.

There will also be time allotted for discussion of the new Air National Guard fitness program. Major Carmack, the Wing Medical Liaison Officer, will be available to answer your questions.

If you are unable to attend, please send a designee on your behalf. If you have any questions or concerns, please do not hesitate to contact me at extension 6409 or [christian.falyar@varich.ang.af.mil](mailto:christian.falyar@varich.ang.af.mil) on UTA weekend.

## Please help the 192<sup>nd</sup> Chaplain's Office Help the less fortunate at Christmas time !

Operation Christmas Child brings joy and hope to children in desperate situations around the world through gift-filled shoe boxes and the Good News of God's love. This program of Samaritan's Purse provides an opportunity for people of all ages to be involved in a simple, hands-on missions project while focusing on the true meaning of

Christmas—Jesus Christ, God's greatest gift. Along with shoe box gifts, millions of children are given Gospel booklets in their own language. In 2003, we collected over 6.6 million shoe box gifts worldwide and distributed them to children in some 95 countries. Find an empty shoe box. (You can wrap it—lid separately—if you would like, but wrapping is not required.) Decide whether your gift will be for a boy or girl and choose an age category: (2-4), (5-9), or (10-14). Fill your shoe box with a variety of gifts:

- **Toys:** small cars, balls, dolls, stuffed animals, plastic kazoos, harmonicas, yo-yos, small Etch A Sketch®, toys that light up or make noise (with extra batteries), Slinky, etc.
- **School supplies:** pens, pencils and sharpener, crayons or markers, stamps and ink pad sets, coloring books, writing pads or paper, solar calculators, etc.
- **Hygiene items:** toothbrush, toothpaste, soap, comb, washcloth, etc.
- **Other:** hard candy, lollipops, mints, gum, sunglasses, flashlights with extra batteries, ball caps, socks, T-shirts, toy jewelry sets, hair clips, watches, small picture books, etc.

Please drop off your completed shoe boxes and the \$5 shipping fee during November drill. The Chaplain's office will provide forms with the boy/girl tags. If you need more information please contact ext. 6387

## Volunteers Needed To Help With December ChalleNGe Prom

Mark your calendar for Dec. 11! See if your Guard co-workers, or your spouse or friends want to join you in helping out with this special event. Joint Forces Headquarters-Virginia (formerly known as State Headquarters) is starting to plan the December 2004 ChalleNGe Prom. The prom has been set for 7 p.m. on Saturday, Dec. 11 (weekend after Dec. drill); and Headquarters staff is looking forward to seeing everyone who has helped with past parties, and lots of new faces to come out and help make this a party the cadets will always remember.

The ChalleNGe Program, based at the State Military Reservation in Virginia Beach, is a 5 1/2-month in-residence program designed to help high school dropouts get their lives back on track, complete a high school equivalency diploma program, and receive money for follow-on education or job training.

Twice each year (December and June) the Virginia Air National Guard hosts a prom party for the class preparing to graduate. As usual, the event will be held in Hurt Hall

and begin at 7 p.m. Volunteers are needed on Saturday morning and Saturday evening to help with a variety of party activities, including decorating, hall set up, food preparation and service, cadet photos, and clean up. Individuals or duty sections, interested in helping with the

December prom are invited to attend the planning meetings at the JFHQ-VA Training Room (building 3630, room # 6) on UTA Sundays Nov. 7 and Dec. 5 at 3 p.m.

If you can't attend the meetings, but want to help out, please contact MSgt. Beth Simmons, ext. 6014. Sergeant Simmons can also provide SMR military room information to those planning to stay overnight (Friday or Saturday) in Virginia Beach while helping with the party. If you have friends who may be interested in volunteering, tell them about this wonderful event. The prom is a great way to give the cadets a much-deserved pat on the back for turning their lives around. Also, Virginia Beach is a fabulous place to visit and you'll have plenty of time for the boardwalk or shopping after set-up and before the party starts.



## MOVING IN, MOVING UP, MOVING ON

<b>Retirements</b>	<b>Unit</b>	<b>Gains</b>	<b>Gaining Unit</b>
<b>Oct</b>			
Col Stephen Hicks	192d FW	TSgt Matthew Prince	Security Forces Squadron
Lt Col Rober Namiot	192d SVF	SSgt David Burley	Operations Support Flight
CMSgt Warren Desper	192d SFS	SSgt Carl Hill	Civil Engineering Squadron
SMSgt Karol Crane	192d MSF	SSgt Robert Rafferty	Civil Engineering Squadron
MSgt Rochelle Cull	192d MSG	SSgt Kevin Johnston	Medical Squadron
MSgt Roy Wilson	192d CES	SSgt John Chandley	Maintenance Operations Flight
MSgt Jerome Wade	192d CF	SSgt Marcus Nieves	203d Red Horse Squadron
		SrA Robert McCoy	Aircraft Maintenance Squadron
<b>Promotions</b>	<b>To</b>	SrA Tabitha Lundeen	Communications Flight
TSgt Joseph Yates	MSgt	SrA Matthew Stroud	Operations Support Flight
TSgt Kevin Dickens	MSgt	SrA Richard Burnett	Operations Support Flight
SSgt Jeffrey Coleman	TSgt	SrA Phutthiwat Wongwian	Civil Engineering Squadron
SSgt Anthony Pelina	TSgt	A1C Jason Burrow	Civil Engineering Squadron
SSgt Tyrell Scott	TSgt	A1C Billy Lactoen	203d Red Horse Squadron
SSgt Andre Davis	TSgt	A1C Mickey Steppe	200th Weather Flight
SrA Benjamin Steinmetz	SSgt	A1C Jason Mann	203d Red Horse Squadron
SrA Dennis Boyd III	SSgt	A1C Marion Curry	Services Flight
SrA Timothy Rothe	SSgt	A1C Joshua Wolff	Aircraft Maintenance Squadron
SrA Charles Edmonds	SSgt	A1C Cammi Allen	Medical Squadron
A1C Nicolette Echols	SrA	A1C James Battle	Maintenance Squadron
A1C Jessica Fauber	SrA		
A1C Luke Dobbs	SrA		



MSgt Anthony Penna, TSgt Elwood Wooden Jr., MSgt Barry Ivey and TSgt Anthony Price all of the 192d Quality Assurance Team take a break after the regeneration is finished on Wednesday. The team worked tirelessly to make sure the aircraft were ready for flight.

Photo by TSgt Dave Buttner

## What's for Lunch?

### SATURDAY UTA

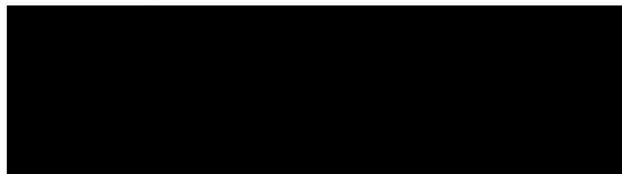
Salisbury Steak  
Baked Fish  
Mashed Potatoes  
Steamed Rice  
Broccoli Spears  
Brown Gravy  
Vegetable Soup  
Chocolate Brownies

**SAT. & SUN.  
SANDWICHLINE:**  
Chicken Salad/Cold Cut  
Submarines(ham, turkey, roast  
beef) w/ chips

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

### SUNDAY UTA

Beef Tips w/Gravy  
Polish Sausage w/  
Sauerkraut  
Mashed Potatoes  
Buttered Noodles  
Peas and Carrots  
Yellow Cake w/Vanilla  
Icing



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192d Fighter Wing/PA  
Virginia Air National Guard  
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Sandston, VA 23150-2524

