

VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

September 2004

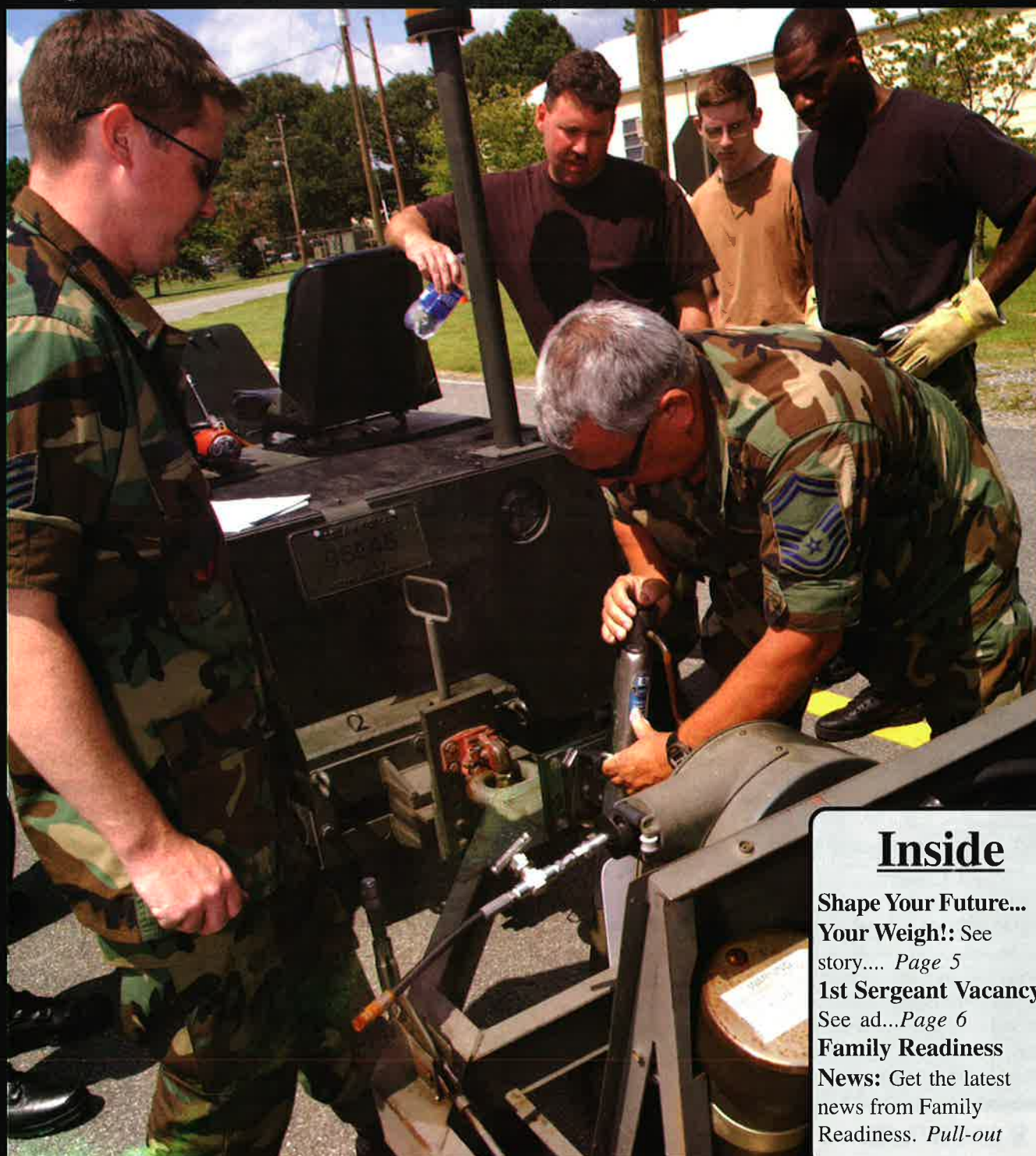


Photo by TSgt Dave Buttner

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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: September 11-12

Cover:

Senior Master Sgt Ralph Davis is lowering the tongue wheel on a trailer being weighed and measured in preparation for loading on an aircraft for deployment. All equipment identified for shipping was checked and assembled in a holding area awaiting an aircraft.

I would like to congratulate the Wing for a good effort during our ORE in August. We have taken the first steps on a journey that involves several more hurdles before we reach our goal of an Outstanding grade on the upcoming ORI. Many lessons were learned and we are now ready to apply them once again as we prepare for another Phase I ORE, this time culminating in our deployment to Savannah.

After watching this exercise I have a few observations that I think are worth discussing. First, "time on task" is critical. This training axiom means that the amount of time an individual or team spends correctly performing a set of procedures or actions directly correlates to their level of performance. There are two key concepts in this sentence. The first is the amount of time spent practicing. The second is doing things correctly. The two go hand-in-hand and have a synergistic effect. While learning from our mistakes is important, it is crucial to repeat the task again, applying those lessons. I described our preparation for the ORE as a journey, but really it is a race of many laps, where for each lap we increase the pace—a repetition of the same task, each time getting faster and better.

My second observation is closely related and concerns the Exercise Evaluation Team (EET). They are manning our stopwatch, timing each lap. This group is a fundamental piece in the ORE process since their objective observations serve to refine our individual and team performance. Again, time on task is the driver so the evaluation team must help us

ensure that the time we spend on ORI preparation will achieve the desired result.

My third observation is more esoteric and relates to the changing nature of warfare and how it applies to the ORI. The theater of war in the 21st century combines speed and lethality on an unprecedented scale. Information flow is a combat multiplier and the primary enabling element of victory on this new battlefield. More relevant combat information is available to individuals of all ranks and the trend is accelerating. This rapid and pervasive information flow provides our armed forces a significant combat edge, but with a price: greater responsibility at lower levels of the organization. This is a capability unique to the U.S. military in general, and the Air Force in particular, and it is a good thing. However, as we continue to empower our warfighters at the lowest level of mission execution, we must understand the fundamental impact this trend has on our ORI. The performance of our Airmen is almost as critical as the performance of our more senior members. I will borrow a phrase from our Army brothers and call this concept the "Strategic Airman."

Strategy is historically left to senior ranks, but in today's U.S. Armed Forces mistakes made by relatively junior members can have catastrophic results. Our 192d Fighter Wing Strategic Airman needs to be aware that his or her performance has a large effect on the outcome of the ORI. Job knowledge, sense of urgency and professionalism are required by every member of the Wing. I am confident that together we will all succeed, but we must be aware that success will not be driven solely by actions from above. Instead it will come from the execution

Suicide Prevention - by Ch(Maj) Edward Moran

Suicide accounted for 13 percent of all ANG deaths between 1990 and 1997. On the average, 13 Air Guardsmen die by suicide each year. Behind such statistics, are the direct impact on mission sustainability, the disruption to the surviving family members and military community as well as the economic value invested in the victim and cost of replacement. The bottom line is that we are all effected by suicide. We all have a role in preventing suicide.

Throughout all ADAF and ARC duty stations, you will see awareness training taking place with emphasis on stress and suicide risk factors. Here's a quick summary to help you identify at-risk personnel and know how to take action.

(1) Anyone with suicidal thoughts is a person at-risk: From fleeting ideas to a well-thought out plan, people who think about suicide are people at risk and need attention. There is a clear distinction between those who have thoughts of suicide and those who do not. Having thoughts of suicide means getting help.

(2) Know the signs: Trouble eating or sleeping, drastic changes in behavior, withdrawal from friends or social activities, lost interest in hobbies, work, school, or personal appearance, giving away prized possession, prior history of suicidal attempts, taking unnecessary risks, preoccupation with death or dying, increased use of alcohol or drugs.

(3) Be skilled in Do's and Don'ts: Awareness is the big key to successful prevention or intervention. Learn the warning signs by heart and have them always ready for use when around people. Get involved, listen, offer empathy and show interest and support. Be courageous and ask if there are thoughts about suicide. This gets it out in the open and confirms the person is at-risk. Ask if the person has a plan and/or there has been attempts in the past. A 'yes' to either of these questions escalates the at-

risk exponentially! Don't act shocked, lecture, dare, debate, give advice or put them off. All of these actions put distance between you and the at-risk person and break down whatever connection and involvement that was building. Staying involved and connected can mean the difference between life and death.

(4) Know Your Helping Resources: Once you have discovered a person at-risk, you need to get them help while keeping a connection that serves as a temporary life line. Chaplains are the most non-threatening resource who are trained to come to your assistance with confidential assessment and referral skills. They can be the conduit to Mental Health, Family Support, Legal and Financial resources. Know how to get in touch with the chaplain and contact him or her whenever there is evidence of suicidal thoughts that puts the person at-risk. Don't try and handle the at-risk situation yourself. Get help!



No one is immune to being potentially at risk for suicide. There are a host of stressors that can trigger suicidal thoughts.

The fact that there ARE thoughts is key to recognizing the at-risk condition and doing something to prevent or intervene in the potential loss of life. Just as self-aid buddy care can treat and save injured lives, awareness, care and de-compartmentalization can identify and save at-risk personnel from suicide. In these tough times of high ops tempo, extended overseas deployment, and the stress that comes from combat, family separation, financial situations, addiction, depression or emotional loss, we all have a role to play in protecting and preserving life as the God-given gift it is and the value it has in accomplishing the mission we are called to do. Pray for the strength to get involved, stay aware and practice the skills of getting help. You could save a life!

Commander's Call...*Continued from page 2*

by individuals and teams at all levels of the Wing.

In a related subject I want to again address safety. Nothing we do day-to-day or during an ORE or ORI should compromise the health and well being of our people. Said another way, a grade on the ORI is insignificant compared to maintaining a safe work

environment. Please take the time you need to do things by the book and look out for each other during this demanding period. We're going to need you.

Sincerely,
Colonel Pete Bonanni
Wing Commander

Why Me? - 192d Drug Testing Program

by SSgt Tesha Thornton

The goal of the 192nd Drug Testing Program is to maintain mission effectiveness by eliminating and deterring drug use by all members. All military personnel assigned, including geographically separated units, will be subject to the DTP on a regular basis. It has been noted by several people that the DTP tends to "favor" certain individuals and select them more than others. This can be extremely uncomfortable and inconvenient for the individual who feels he/she is being "favored," and also calls into question whether or not the DTP can reliably be considered legally acceptable as part of the random selection process.

You may wonder how names are selected for **random** urinalysis and just how **random** the process really is. All Guard units are required to utilize the Air Force Drug Testing software for the selection process. The software is designed to select members for testing either randomly by number or percentage. It can also select members by complete squadron in the event of an entire sweep or a probable cause directed test, which the Unit commander would mandate. Under no circumstance, can anyone add or delete members for drug testing with the testing software; therefore **ALL** members are subject to be tested at any time and with any frequency. Unfortunately, if the software selects a member every month for several UTAs, that member will be required to provide a sample.

The first step in the selection process is for the user to determine a selection probability. Once this has been done, an updated personnel list is imported from MPF that includes all members of the unit. The only fields available for import include the member's last and first name, social security number, rank, gender and organization. Factors such as race and ethnicity are not utilized during the import process; therefore are not included during the selection process. Each member is then assigned a number from 1 to 100. If this number is lower (or equal to) the probability determined by the user, then that member is flagged as selected. For example, if the user specifies 10% and the random number generator produces the number 37, for an individual, that person would not be selected. Unfortunately, this process may not appear random, as certain individuals may be selected more than others. However, this is the nature of pure randomness and is not hard to see if viewed in the proper light: when a coin is tossed, the results are even (50%) that

"heads" or "tails" will be selected. However, given that "heads" occurred on a previous toss, the odds are much higher that "heads" will be "favored" in the next test. In fact, given the fact that the test was "heads," the odds of "heads" occurring twice is 50% where the odds of "tails" occurring twice is 0%. Both tests were completely unrelated and random, but in the second test there was a much greater chance the "heads" would appear to be favored.

If you are one of the lucky ones selected that month, no other activity supercedes drug testing! Failure by a military member to perform the duties imposed may constitute a violation of Article 92, under the Uniform Code of Military Justice. While it has been suggested that DTP take previous tests into consideration during the selection process in order to prevent the "favoring" of certain individuals, this is unnecessary and would compromise the true

random behavior that the program now exhibits. Per the Guard Bureau, the DTP has been conclusively proven to behave as expected and should be considered a legally acceptable method of selecting individuals for drug testing. Our office understands there is a concern when a member is selected several times during the year; however it is a duty that cannot and should not be avoided. Our unit's mission depends on everyone supporting this program. If there are any further questions concerning the drug testing process, please contact the Military Equal Opportunity Office, ext 6389.



Senior Airman Ron Colonna of the 192d Logistics Readiness Squadron prepares to issue decantamination kits to members getting their mobility bags ready for deployment. Part of the exercise evaluation required the members here to complete the issue in a specific period of time.

FAMILY READINESS NEWS

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Special points of interest:

Kings Dominion Single Day
Tickets are available for \$22.50 from the FR & S Office, Room 6.

Busch Garden Military Appreciation Day Tickets are also available through the Wing Program Office for \$34. **Water Country Tickets** are available at \$29 for Adults and \$25 for kids.

Show Your Support! Vehicle Magnets available for \$5.00. All Proceeds benefit the FRG Programs.

Contact the FRS Office for purchase.

FAMILY DAY IS MOVED TO APRIL 23, 2005

Your eyes did not deceive you. Family Day has been moved to April 23, 2005 due to increased operations tempo between now and March, 2005.

So what will we do with this extra time to prepare? Plan

it bigger, better, and more fun than before.

Keep your eyes open for announcements and requests for help. But more significantly, look out for sales on Hawaiian shirts, skirts, tiki torches, leis, and

everything else Hawaiian! You want to come in style and the fun won't start without you! See you in April at Family Day!

ALOHA!



AIR NATIONAL GUARD YOUTH GROUP PLANS KICKOFF IN SEPTEMBER

National Guard Youth from across the country spoke out at a recent National Guard Family Workshop and Youth Symposium and said that local youth groups are vital to the health and well being of National Guard youth and families.

In response to the call, the youth of the Virginia Air National Guard, ages 13 to 17, are being called together to kickoff the first Air National Guard Youth Group.

Rachel Carter, 13 year old daughter of TSgt Lennie Carter. Rachel, a volunteer in the Family Readiness and Support Office this summer, has volunteered to head up the ANG Youth Group. She is excited about the possibilities for this youth group.

Rachel sees this group as taking advantage of opportunities to get to know other ANG Youth through fun field trips, community service activities and

monthly get-togethers to discuss serious issues such as surviving deployments. Rachel's ideas for the Youth Booth for Family Day will allow for a lot of fun in the planning and execution.

Please join Rachel at the All Ranks Club from 2:00 pm to 3:45 pm on Sunday, September 12 to share your ideas and to make a difference in the lives of the Air National Guard Youth.

BENEFITS BRIEFING TO BE HELD IN SEPTEMBER

Once a year, families of the Air National Guard are given an opportunity to be brought up to date on benefits. This year's benefit briefing for families of the Virginia Air National Guard 192d FW will be held on Sunday, September 12 in the ballroom of the All Ranks club from 2:00 PM to 3:45 PM.

This year's brief will give new spouses and parents a chance to meet each other as well as seasoned family members, and will help you understand your

overall role in the Guard Mission. We will discuss customs, traditions, rank, and protocol.

Our benefits brief will also provide information on entitlements and benefits while educating you about other resources and service available to you as a Guard Family.

Our goal will be to help you, the Guard family feel empowered to take care of yourself with an increased ability to cope with the changes that occur due to sepa-

rations/deployments.

An issue that we do not like to consider but an issue in which we need to have some preparation, is what to do in the event of a casualty or fatality. We need to be prepared to help others as well as ourselves.

Refreshments will be served so please RSVP to Angie Wade no later than September 4th by email (frs@varich.ang.af.mil) or by phone, 804-236-7036.

NATIONAL FAMILY WORKSHOP AND YOUTH SYMPOSIUM 2004 REPORT



The entire Virginia Air and Army Delegation are joined by Lt Gen Daniel James and Lt Gen Roger Schultz.



Debbie Turlip shares ideas with a visitor to the Virginia Display.



Debbie Turlip, Mrs. Jumper and Angie Wade pose with "Charlie."

The National Family Program and Youth symposium was held in Albuquerque, New Mexico this year from August 1 through August 4. New Mexico, known as the "Land Of Enchantment" provided a perfect backdrop for training for the volunteers who attended as well as the Family Program Coordinators for Air and Army.

The theme of this year's workshop was "Ready, Relevant, and Reliable". Workshop sessions included breakout opportunities to hear from speakers in the field from around the country to discuss adapting to changes, coping with emotions during deployment, activities and events to keep families involved during deployments, the effects of military separation on children, and developing and executing a successful youth program.



Marla Williams, wife of TAG MG Williams, Dana James, wife of Lt Gen Daniel James, Angie Wade and Debbie Turlip pose for memories.

Our very own Debbie Turlip, wife of Col Tom Turlip, was selected to share "Formed from Tragedy; The Story of Charlie's Club." Debbie's presentation described how the family support group of the 203rd Red Horse Squadron came together as a result of their unit loss in March, 2001 and was in place to aptly support their mobilization in 2003. Invitations for her to visit other Air National Guard Units from around the country to share the whole story followed her 20 minute presentation.

General Sessions opened each day. We were fortunate to hear from the Director of the Air National Guard, Lt Gen Daniel James. He was accompanied by his lovely wife, Dana, who plays a valuable part in supporting the overall continuity of the Air National Guard Family Program.

All states had an opportunity to highlight portions of their programs through tabletop displays arranged in the hotel in which the National Workshop took place. The State of Virginia Family Program was privileged to showcase our program from both the Air and Army. The star of our display was "Charlie, the little Red Horse" the Charlie's Club mascot. "Charlie," who travels from family to family encouraging morale, has adventures similar to "Flat Stanley," the paper doll that is used in elementary schools to travel the world, photographing his journeys. "Charlie's" adventures have been documented through pictures and collected in a traveling scrapbook by each family who takes him. He has been to weddings, childbirths, family vacations, and the dentist. Visitors to our table really liked Charlie and the scrapbook and decided that they wanted to have their picture taken with Charlie, too. One special visitor thought Charlie was so cute, and asked us to take her picture with him and to email the picture to her. As she gave us the information, we realized that we were speaking to Mrs. John Jumper, whose husband is



Debbie Turlip and Angie Wade looking over the display table at the workshop.



Mrs. John Jumper holding Charlie at the NGB-FP Workshop in New Mexico

Chief of Staff of the Air Force!

Our Workshop was concluded with a presentation by the 70 member delegation of youth representing every state and our territories. Their overall recommendations this year was that a viable Youth group needs to exist in each state. (Delegates for this conference are generally selected from the local youth groups.) Only military youth can understand the realities of other military youth, especially when deployments occur. They need a complete, supportive network in which they can interact for them to thrive.



AAFES WORKS WITH CHARITIES TO DISTRIBUTE GIFTS TO GIS

Since the Army and Air Force Exchange Service began its "Gifts from the Homefront" program last year, people from all walks of life have rallied around America's troops by contributing \$406,745 toward the program designed to lift the morale of deployed troops around the world, said officials at AAFES headquarters here.

The certificates, which can be purchased by any individual or civic organization, allow service members to purchase items of necessity and convenience at PX and BX facilities around the world.

"Gifts from the Homefront" certificates can be addressed to "any service member" or individual service members. Officials said AAFES' charitable partners

have been key in the distribution of certificates earmarked for "any service member." The USO, American Red Cross, Air Force Aid Society and Fisher House have distributed more than 7,000 certificates, totaling more than \$120,000, to deployed troops. Friends and family have purchased \$283,645 in "Gifts from the Homefront" certificates for individual service members.

"Because the gift certificates can be used for merchandise already stocked at contingency locations, "Gifts from the Homefront" are a safe alternative to traditional care packages that can strain the military mail system and present force protection issues. Service members can purchase exactly what they need with the certificates be-

cause they can be applied to a wide range of products, AAFES officials said. Reports from Operation Iraqi Freedom indicate that donated certificates are being used for CDs and DVDs, comfort items such as snacks and beverages, and phone cards.

Those wishing to send a "Gift from the Homefront" can simply log on to the AAFES Web site at www.aafes.com or call (877) 770-4438 toll-free to buy gift certificates in \$10 or \$20 denominations.

"Gifts from the Homefront" gift certificates can be redeemed at AAFES facility worldwide, including its 56 stores throughout central and southwest Asia.

(Courtesy of Army and Air Force Exchange Service.)

AMERICAN RED CROSS HERE FOR THE GUARD



**American
Red Cross**

Together, we can save a life

Get to know the American Red Cross before you need them.

Visit their website at www.redcross.org and go to the Reserves and National Guard link to get information on how to use the Red Cross during a separation due to deployment. Part of good family preparation is knowing what to expect before you need the help of the Red Cross during an emergency.

Go to their site to get more information on access to emergency financial assistance, counseling, and veterans services as well as locate contact information for your local chapter. And remember, volunteer opportunities exist for you to be able to help others in need. "Together, we can save a life!"

TEENS AND YOUTH! A WEBSITE FOR YOU!

Military teens and youth want to be connected and have some fun, too! Right?

Well, take a peak at the AF Crossroads website just for teens and youth at www.afcrossroad.com/kids. It is filled with "tons to offer both kids and teens alike. It features sports, arts, video games and hours worth of information and entertainment."

From the Teen Link, you can get

homework help (might come in handy this fall), find out how things work, games, computers the internet, even information on studying abroad. There is a teen forum web link that is monitored which allows military youth to connect and share concerns and ideas. A National Guard Teen/Youth forum is soon coming, but in the meanwhile, this one may be of interest.

The Youth link includes fun and

games and homework help for budding artists and writers, understanding "the world of numbers," and hobbies.

The little ones in the family who are becoming computer savvy can visit the link for preschoolers and dive into "1 2 3 Sesame Street," "ABC Action," "Black dog's Coloring Book" and many more. Try visiting the site for good, safe fun and learning.



WORDS OF WISDOM FROM THE WEST BY ANGIE WADE

The Culture of New Mexico is very different from the celebrated culture in Virginia. The local fare in the restaurants is very "New Mexican". One wonders why they put "new" in front of it at all because it seems to be very "Mexican". Every meal has beans, rice and tortillas in one form or the other. "Spicey" is a key word. For those brave enough to try the green chili, all I can say is "Please pass the honey!" Pass the Honey? Yes, in the West, honey quickly soothes the blistering pallet and throat. That's one good piece of wisdom!

Wanting to absorb other words of wisdom from an enchanting land, nothing like I have visited before, I purchased a small book with words of wisdom from the Native

American culture. I thought our families would appreciate some of them taken from a collection of Native American Proverbs :

"I seek Strength, not to be greater than my brother, but to fight my greatest enemy, myself." (tribe unknown)

"Good and evil cannot dwell together in the same heart, so a good man ought not to go into evil company." (Delaware)

"To gossip is like playing checkers with an evil spirit: you win occasionally but more often trapped at your own game." (Hopi)

"Those who have one foot in the canoe and one foot in the boat are going to fall in the water." (Tuscarora)

"Talk to your children while they are eating; what you say will stay with them even after you are gone." (Nez Perce)

"When an elder speaks, be silent and listen." (Mohawk)

"If I am in harmony with my family, that's success." (Ute)



There is ALWAYS something for ANG families to celebrate in the month of

| | | | | | | |
|------------------------------|-----------------------------------|--|----------------------------|--|---------------------------------------|--|
| | | | 1 Labor Day | 2 VJ DAY ***** National Blueberry Popsicle | 3 Uncle Sam's Birthday! | 4 Newspaper Carrier Day! |
| | | 5 "Be Late For Something" Day | 6 "Read A Book" Day | 7 "Neither Rain nor Snow" Day | 8 International Literacy Day | 9 |
| 10 | 11 Chocolate Milkshake Day | 12 Grandparents Day | 13 National Peanut Day | 14 National Crème-Filled Donut Day | 15 Make A Hat Day | 16 'COLLECT ROCKS' DAY |
| 17 Apple Dumpling Day | 18 International Peace Day | 19 International "Talk Like A Pirate" Day | 20 National Punch Day | 21 Miniature Golf Day | 22 "Elephant Appreciation" Day | 23 Checkers Day |
| 24 Good Neighbor Day | 25 National Comic Book Day | 26 National Pancake Day | 27 | 28 "Ask A Stupid Question" Day | 29 | 30 Hispanic Heritage Month |

A Shaply Future

Submitted by Health Promotion Office
Maj. Christian R. Falyar, OIC
Tsgt. Damaris Santiago-Santiago, NCOIC



The Air Force is combating a weighty issue. Too many service members are heavy. Although most people consider the military to be lean

and fit, a surprising fifty-four percent (54%) of active duty members are either overweight or obese. This is shockingly similar to the 64.5% overweight or obese within the U.S. population. Although obesity is significantly lower among active duty compared to the U.S., the impact of excess weight is costly.

Why be concerned? The rising incidence and array of consequences associated with being overweight and obese pose serious problems for both the nation and the U. S. Air Force. Just consider the facts known about excess weight. Obesity is associated with type 2 diabetes, high blood pressure, stroke, certain types of cancer, heart disease, and depression. Individuals who are obese based on body mass index have a 50 to 100% increased risk of premature death from all causes, compared to individuals with a healthy weight. Even moderate weight excess (10 to 20 pounds for a person of average height) increases the risk of death, particularly among adults aged 30 to 64 years. Over 300,000 deaths each year are attributed to obesity. According to the Surgeon General, the economic cost of this disease in 2000 was 117 billion dollars!

Excess weight is the leading predictor of low fitness for men within the Air Force, regardless of any other behavioral factor. Each year, the Air Force spends about 28 million dollars on medical costs and productivity losses, not to mention loss of valuable airmen who do not maintain weight and body fat standards. The key to stopping this epidemic is prevention!

For each individual, body weight is the result of a combination of genetic, metabolic, behavioral,

environmental, cultural, and socioeconomic influences. Behavioral and environmental factors offer the greatest opportunities for change. Armed with this information, and a mission to prevent weight gain, Air Force health and wellness experts have developed Shape Your Future...Your Weigh! in an effort to prevent weight gain. This is a truly innovative campaign, as reflected in the logo and slogan.

Shape Your Future... signifies the vision that all individuals have the power to 'get and stay in shape' and achieving and maintaining a healthy weight will shape an individual's future by decreasing health risks and enhancing fitness, confidence, and readiness. Your Weigh! implies that a unique, healthy weight exists for every individual and maintenance of that weight is important. Your Weigh! means there are a variety of healthful and effective methods to choose from to reach and maintain that weight and it is all about the individual and the personal path chosen to follow!

Due to the magnitude of the problem, it is highly unlikely this epidemic of weight gain will be resolved in the near future. The intent of the Shape Your Future...Your Weigh! campaign is to implement progressive phases, each targeting different aspects of military life that may impact weight gain and its prevention. Future phases of the

campaign will focus on community commitment to a healthy environment by employing a roadmap to assess base efforts in supporting healthy weights and lifestyle. Recognizing and offering helpful solutions to factors which often contribute to weight gain, such as deployments, injuries, and stress may make it easier to reach the goal of achieving or maintaining a healthy weight. Once fully implemented, the Shape Your Future...Your Weigh! campaign will provide the missing link between awareness and action necessary to maintain a fit and healthy force, ready to face the current and future demands of the AF. This responsibility lies not with a select group of

members but with each individual member. Shape Your Future...Your Weigh! is designed to make this goal an individualized reality.

For more information on Shape Your Future...Your Weigh! or weight gain prevention, contact your local Health Promotion Office at extension 6570.



News You Can Use

New Front Gate

MSgt Douglas Richardson/CE

We have an exciting project in the works to upgrade the base entrance. The work will not only improve the esthetics of the base as you enter but will allow us to meet anti-terrorism/force protection standards and help eliminate traffic congestion during drill weekends.

The scope of the project includes building a new 300 square foot gate house located in the center of two incoming lanes and one outgoing lane. The two incoming lanes will be covered to protect the security guards and drivers from the elements and a separate covered lane will be constructed to inspect large trucks. We are building a 120 space parking lot to the north which will help the base in the future by enabling us to eliminate parking that is too close to existing facilities to meet anti-terrorism/force protection standards. To accent all this new construction we have added ornamental fencing and landscaping to spruce the entire area up a bit.

This project is scheduled to be awarded for construction sometime in September and will approximately take six to seven months to complete. During this time the entire base will have to use Fire Training Road or what most people know as the "D" Street gate. Please plan on delays during drill weekends and keep an eye on the progress during construction. We will publish the exact dates of construction the closer we get.

Mission Support Group First Sergeant Vacancy

The 192d FW is soliciting applications for the First Sergeant position for the Mission Support Group. The position is open to all MSgts and TSgts who are currently eligible for promotion to MSgt. If interested, please submit your resume to Lt Col Rick Turner no later than 1700 11 September 04. AFI 36-2113 states the policy on authorizations, tenure, duties and responsibilities of a First Sergeant. All interested members who have already applied for the First Sergeant in the Maintenance Squadron will be considered and need not send another resume.

Fetal Protection Program

by MSgt Jason Yetter

Many factors can affect our reproductive health and ability to produce healthy children, including radiation, chemicals, certain drugs, cigarettes, some viruses, and alcohol. We may be exposed to these factors at work, at home, or in the community, where they can cause reproductive or developmental problems such as infertility, miscarriage, birth defects, low birth weight, abnormal growth and development, and childhood cancer.

Although this information may be alarming to prospective parents, the good news is that many such exposures are readily preventable.

The Air Force is concerned about the protection and health of the unborn child. Public Health has established a program for managing pregnancy in the workplace.



The first step is **CONFIRMING PREGNANCY EARLY.**

Some jobs may entail exposures to chemical or physical agents such as ionizing radiation (which may be damaging to the unborn child). The greatest risk from chemicals to the fetus is during the first 13 weeks of pregnancy. Female workers who have chemical exposures must understand the necessity of confirming pregnancy at the earliest possible time. Pregnancy Confirmation can be done by your Family Physician.

Upon confirmation of pregnancy, all female members will be directed to the Medical Squadron for a pregnancy consultation and enrollment in the Fetal Protection Program. Working with Public Health and Bioenvironmental Engineering personnel, health care providers use hazard information specific to the female's job for any restrictions to be included in the member duty profile.

For further information contact Public Health 236-6558.

Education Services Update

Automatic Test Score Reporting to CCAF

1. CLEP, DANTES, and Excelsior College passing test scores are automatically sent to CCAF for Air Force, ANG, and AF Reserve members and added to student academic records under the following conditions:

- A student taking the test must mark the "Air Force" block on the test answer sheet; this enables a "passing" test score to flow to a file which CCAF downloads every Monday.
- The student must be registered in an open degree program for the test to be added to the student's CCAF record.

2. When the automatic reporting systems fail, CCAF will accept the ETS "Official Education Office Copy" of the score report (pink copy) as long as it is mailed directly from the Education Office and has not been in the possession of the student.

3. If ESO does not have a pink copy, students may have to order an official transcript from the testing service. Information for ordering a CLEP/DANTES transcript or Excelsior College official grade report to include downloadable forms, can be found at the DANTES website, http://www.dantes.doded.mil/dantes_web/examinations/transcripts.htm

Students who tested prior to military service may order a CLEP transcript by following the instructions at the College Board website:

<http://www.collegeboard.com/student/testing/clep/scores.html>. Students should not use a "CCAF school code" for score reporting or transcript requests. The cost for a CLEP/DANTES Transcript is \$20 each, and Excelsior College official grade report is currently \$8, soon to be \$10 each.

For additional information, please contact the Base Education and Training Office at extension 6436 or 6590.

MOVING IN, MOVING UP, MOVING ON

| Retirements | Unit | PROMOTIONS | TO |
|------------------------|------------------------------|--------------------------|-----------|
| SEP | | | |
| SMSgt Michael Batesole | 203rd Red Horse Squadron | LtCol Debra Carol | Col |
| MSgt Fred Amy | 203rd Red Horse Squadron | LtCol Gary Maupin | Colonel |
| MSgt Robert Puryear | 192nd Maintenance Squadron | LtCol Gregory Pietrocola | Colonel |
| TSgt Joe Bailey | 192nd Maintenance Squadron | Maj Mark McCauley | LtCol |
| TSgt Krag-Stevens Cash | 192nd Maintenance Squadron | Capt John Humphrey | Maj |
| TSgt Robert McCall | 203rd Red Horse Squadron | SMSgt Clyde Osborne | CMSgt |
| TSgt Peter Potter | 192nd Maintenance Squadron | MSgt Lawson Osborne | SMSgt |
| | | TSgt Douglas Guenther | MSgt |
| | | TSgt Eric Hunter | MSgt |
| | | SSgt Crystal Gochenour | TSgt |
| | | SSgt Benjamin Anderson | TSgt |
| | | SrA Corey Hutchinson | SSgt |
| | | SrA Rocio Kary | SSgt |
| | | SrA Jamal Smith | SSgt |
| | | A1C Robert Austin, | SrA |
| | | A1C Samuel Doran | SrA |
| | | A1C Jonathan Hernandez | SrA |
| | | Amn Bruce Morris | A1C |
| Gains | Gaining Unit | | |
| Maj Thomas Kirles | Fighter Wing | | |
| SMSgt Jeanne Beurs | 203rd Red Horse | | |
| MSgt Maria Stumm | Logistics Resource Sq. | | |
| MSgt Mark Sutherland | Detach 2 | | |
| SSgt Michael Frady | Maintenance Squadron | | |
| SSgt Michael King | Civil Engineering Squadron | | |
| SSgt Wendell Miller | Communications Squadron | | |
| SrA Terry Mitchell | Aircraft Generation Squadron | | |
| SrA Ryan Plantin | Aircraft Generation Squadron | | |
| A1C Christopher Wilson | Aircraft Generation Squadron | | |



It was a busy time at the Deployment Processing Unit on both Saturday and Sunday as members of the 192d FW go through the process of preparing for deployment. This drill was dedicated to training for the upcoming ORE. Capt Tara Davis, Staff Sgt John Taylor and Staff Sgt Codie Ferguson all of the 192d Medical Group are checking shot records to be sure they agree with the computer and administering any shots personnel would need to deploy.

Photo by TSgt Dave Buttner

What's for Lunch?

SATURDAY UTA

Fried Chicken
Baked Pork Chops
Mashed Potatoes
Brown Gravy
Macaroni & Cheese
Collard Greens
Velvet Cake

SAT. SANDWICH LINE: BLT

Cold Cut Submarines(ham,
turkey, roast beef) w/ chips

SUN. SANDWICH LINE: BLT

Cold Cut Submarines

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

SUNDAY UTA

Grilled Steak
Cornish Hens
Baked Potatoes
Sauteed Mushrooms
& Onions
Rice Pilaf
Brown Gravy
Greens Beans
Apple Pie

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

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

