

# VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

August 2005



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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.*

### Submission Requirements

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

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**Front Cover:** Lt Gen Blum and MSgt Hill at the Chief Freedom Challenge Awards breakfast.

**Next UTA:  
August 6-7**

You have heard me say it before but I feel it is particularly important that I reiterate it: organizations rarely stay at the same level of performance. They may do so for brief periods of time, but eventually they must either continue to move forward or risk a backward slide. We are in August now and summer is on the wane. We did well last March in our ORI, steadily improving our performance, but the ORI was not our peak. While we have enjoyed a brief break in the ensuing return to normal operations, there are challenges that loom ahead we must face and overcome. Some of these challenges are familiar while many others are unprecedented in unit history.

The first challenge is a familiar one and it is called the HSI or the Health Services Inspection. The HSI is essentially an ORI for the Medical Group and it is a very tough and high profile inspection (as we learned the hard way several years ago). We will be inspected in August, one year from now. Before us non-Medical Group folks breath a sigh of relief, let me make one thing very clear—this inspection is more about Wing Teamwork than it is about Medical things. Yeah, the inspectors will probably count up all the needles and poking devices over at the clinic and make sure everything is in order. But the main

focus of this inspection is on how well the Medical Group provides service to the Wing and their other State-gained units. That's where the Teamwork comes in.

The clinic cannot force people to fill out forms and show up for physicals. All they can do is ask and hope all of us do what we are supposed to do. Since I like to keep the tone of these Commander's Calls positive I will

simply say that we have a great opportunity here to make a big improvement and help the clinic. I ask all of you to take advantage of this opportunity on every drill weekend from now until the HSI. The clinic

needs to move hundreds of people through the process at each drill so the opportunity to move forward in this area abounds. The involvement of our commanders and senior NCOs is a critical component in this effort so make yourself aware of the demands of the HSI and help the Medical Group get out in front in their preparation process.

Another challenge on the horizon is the Langley integration effort which has moved from "possible" to "probable". We will talk more about that challenge next month. I will close by reminding everyone to drive safely over the Labor Day weekend. Thank you.

Sincerely,  
**Colonel Pete Bonanni**  
Wing Commander



Photo by MSgt Carlos Claudio

## 192nd Recruiter is 'Top Gun'

In February 2005, LTG H. Steven Blum, Chief of the National Guard Bureau, put forth a challenge to all Army and Air National Guard recruiters under his command. The challenge was intended to inspire the recruiters to strive even harder to increase their numbers. Those that met the challenge were to be invited over to Blum's house to spend the 4<sup>th</sup> of July with him and enjoy BBQ and fireworks.

The "Chief Freedom Challenge" criteria for Army National Guard recruiters was to enlist 11 applicants during the timeframe of 1 Feb 05 through 15 Jun 05. Air National Guard recruiters had a different goal, however. They needed to enlist 18 people during that same time period. By July 3<sup>rd</sup> 2005, MSgt Angela Hill had answered LTG Blum's challenge. Not only did she enlist 34 people in the specified timeframe, she also surpassed 290 other Army and Air Guard recruiters and was noted as having the highest overall accession of recruits guard wide. This accomplishment makes her the number one recruiter in the nation as pertaining to the recruitment goals set forth for the Army and Air National Guard. It wasn't until she attended the Chief Freedom Challenge Award Ceremony that she found out just how well she did. LTG Blum invited MSgt Hill to sit with him at his table for breakfast at the ceremony that morning. She was very surprised when it was announced that she had attained the highest number of accessions in the Chief Freedom Challenge across the nation.

On the 4<sup>th</sup> of July the General did indeed have all award recipients spend the holiday in his back yard as promised. While there, Hill noticed that the General had a nice pond in his backyard. Being an avid fisherman, and aided by the type of self confidence you would think the nation's number one Guard recruiter would have, she asked Blum if he did any fishing. When he said that he did she asked if he had a fishing rod she could borrow. "Are you serious?" Blum asked. "Very serious, sir," replied Hill. The General had someone get a rod, handed it to her then she went out to cast her line. Although her name was called out once more during the event, she missed hearing it because she was out back at the pond fishing. "I managed to reel in three catfish and enjoyed the fireworks as well. It was a great experience," said Hill.

Many of the recruiters present at the occasion asked MSgt Hill how she achieved such outstanding results. "By putting in lots of long hours and liking what you do. When you are in a work environment that is very comfortable it just makes the job a lot easier," was her answer.

There has seldom been a more important time to ensure that our military is as strong as it can be. With so many threats to freedom all over the world and so much at stake, it is essential that our fighting forces have the people they need to accomplish their mission. While this is an ongoing effort, recruiters like MSgt Hill help make sure our nation is well defended by constantly finding great people who are willing to fight for it.

## News You Can Use/Announcements

**Questions about Integration?** Come to Q & A with Lt. Col Barker Sat 6 August 1330-1530 and Sunday 7 August 0900-1100 at the Club Ballroom. All are welcome.

**Get Your Vanguard Sooner!** We can send you a PDF version of the Vanguard electronically to any e-mail address you send us. E-mail us at [Vanguard@varich.ang.af.mil](mailto:Vanguard@varich.ang.af.mil) and let us know what email address you'd like us to send it to. We will email the latest edition to you as soon as it's done, typically two weeks before you get it in the mail!

The **USAF Information Assurance Awareness 2005** training should have been completed by all users. If you have not completed the 2005 course you will need to complete it by the 8<sup>th</sup> of August. If you have taken it and are not on our report please log into the Smart Force site and make sure your information has been imported and that your E-mail address is your current military E-mail address (John.Doe@VARICH.ANG.AF.MIL). The most current report can be found at the top of the Broadcast Message.

**Hometown News** - Letting the folks back home know about your new promotion, the school you just attended, your upcoming retirement or the award or decoration you just pinned on just became easier. The DD Form 2266 is now an easily filled out PDF file. Email us at [Vanguard@varich.ang.af.mil](mailto:Vanguard@varich.ang.af.mil) and we will send you the file. You can fill it out, attach a digital picture and then click on the 'Submit' button on the form and it will automatically email your info to the Hometown News agency. They will process your form and your announcement will typically be published in three local newspapers. Let folks back home know what's happening with you!

**JEC** - If you are an E-1 through E-6 and want to get involved with the Unit a little more, come be a part of the Junior Enlisted Council. The next meeting for the JEC will be held on Sunday August 7th at 1130 in the Club. Voting for council officer positions will be held and remember to bring your lunch. If you have any further questions please contact SrA Margaret Koerner at [margaret.koerner@varich.ang.af.mil](mailto:margaret.koerner@varich.ang.af.mil) or SrA Fallon McNeil at [fallon.mcneil@varich.ang.af.mil](mailto:fallon.mcneil@varich.ang.af.mil).



## Planning is the key to a Safe Summer - by Ch(Maj) Ed Moran

Anyone with even a minimal exposure to the workings of military life can expect during this time of the year to hear about the need to stay safe during the critical days of summer. Much of this has to do with addressing the increasing trend of accident statistics among service members particularly during this time of year. Good weather means more folks getting out doing more with their machines, travel plans and schedules. Combine such increases with the desirable vacation attitude of 'kicking back and taking some needed time off'. What occurs is doing more with a potential for complacency which pilots will tell you is a sure-fired formula for increased accidents.

During these critical days of summer, the question we need to ask ourselves is how to take full advantage of the benefits of summer and still be safe? The answer comes back to planning. Make a plan and then follow your plan. Have some alternatives ready since life oftentimes throws us unplanned for curves. Checking the boat for oil and gas can be extended to a safety check for life preservers, extra batteries and an emergency radio check. A drive to the beach with the family anticipating a full day under the sun and the exhausting ride back in heavy traffic can



prompt taking sun screen and planning for an alternate return driver or route to help overcome dangerous fatigue or traffic congestion. A weather and traffic check can be invaluable for avoiding bottleneck delays, detours and powerful storms enroute to a favored destination. Planning can be as rigorous as checklists and on-line research or as informal as a chat with a spouse or a friend on expectations, limitations and alternatives. Good planning doesn't have to squelch any of the spontaneity or enjoyment of those great summer moments we all look forward to having. It can however, make the difference between avoiding tragedy and returning to the unit refreshed and ready to continue with the mission.

Enjoy the summer but realize that complacency can hide in the anticipated moments of relaxation and enjoyment. Do your planning to avoid dangerous situations. Developing a safe attitude for the critical days of summer is like being a superior pilot. Superior pilots are those with superior planning that keeps them out of situations that demand them using their superior skills. It's the same for our superior folks going on vacation and using fully these summer days of enjoyment.

## For Military Retirees and Families, Planning Can Save Heartache

DENVER (May 24, 2005) — "By failing to prepare, you are preparing to fail." — Benjamin Franklin

For some, the idea of death is an unpleasant one best avoided. Unfortunately, death itself cannot be so easily avoided and the failure to plan can cause additional stress for spouses and families when they are least able to cope with it.

"Families can get overwhelmed when tragedy strikes," said Navy Captain Karl Bernhardt, director of Retired and Annuitant Pay for the Defense Finance and Accounting Service (DFAS). "Many of the retirees we support have wives, husbands and families who are left with unfinished business when the retiree passes away. Unfortunately, many have no idea that action is required to notify DFAS of the death in order to avoid overpayments of retired pay."

DFAS is required to recover all overpayments. In many cases, this means simply transferring funds from the retiree's bank account back to DFAS. However, if the funds have been spent or distributed, debt collection efforts can be initiated to reclaim the money. This can be especially difficult for elderly spouses.

According to Bernhardt, a few hours spent gathering the information for a checklist will save months of aggravation and grief later on. "The checklist can be kept with a retiree's will and other legal documents. When the time comes and those documents are needed, the checklist is ready to guide the survivors through the legal and governmental processes. I would recommend putting the notification of DFAS near the top of the list."

**DFAS Retired and Annuitant Pay Services** maintains a customer contact center staffed with experts in all aspects of retired pay at (800) 321-1080. A survivor's checklist can help eliminate the unwelcome surprises in life, allowing more time to enjoy the benefits the military retirement. As Benjamin Franklin observed, "An ounce of prevention is worth a pound of cure." Get more information on developing a survivor's checklist by visiting the following Internet site:

**Air Force Retiree Services Branch** (<http://www.afpc.randolph.af.mil/afretire/>)

## Are You Ready For Summer Heat? by Dr.(Maj) John Carmack

As summer fast approaches and temperatures begin to climb, it is easy to forget the summer heat can be dangerous or even deadly. As an ER physician, I typically treat several cases of heat injuries each summer ranging from the very mild to the life threatening. The range of heat injuries include **heat cramps** and **heat exhaustion** which are non-life threatening to **heat stroke** which is potentially fatal if immediate medical treatment is not started. Heat related deaths are more common than most people realize. It is estimated that approximately 200 people die each year in the United States from heat stroke and as many as 1500 per year during heat waves. Several thousand are treated for heat cramps and heat exhaustion annually. Many people ignore the early signs of heat stress such as thirst and profuse sweating or they are engaged in activities that take their mind off the warning signs. We primarily cool our bodies through sweating and evaporative heat loss, however in extreme heat and humidity, this mechanism fails to protect us. Anyone, at any age, can suffer the effects of extreme heat. Those with pre-existing health problems, the very young and elderly, and those who are frail might be more easily affected. Certain medications can interfere with the body's ability to maintain a normal temperature. Antihistamines for example can cause decrease sweating which is vital for evaporative heat loss from the body. Thyroid hormone, Amphetamines and tricyclic antidepressants such as Elavil or Amitriptyline can cause increase heat production and increase the risk of heat injury. Mortality rates range from 10-75 percent for heat stroke victims depending on age and other risk factors. Taking certain precautions and following simple guidelines can prevent heat injuries especially during periods of extended summer heat.

**Heat Cramps** are painful spasmodic contractions that usually affect the abdominal and leg muscles. These cramps frequently occur in unconditioned or non-acclimated individuals who experience profuse sweating during several hours of sustained work effort and have ingested large volumes of water. Heat acclimated individuals are less likely to experience heat cramps. These are not life threatening and usually respond to electrolyte drinks such as Gatorade and moving to a cooler environment.

**Heat Exhaustion** tends to develop over several days but can develop during intense short-term exertion in a hot environment. The symptoms are a result of salt and water

depletion from the body and can be difficult to distinguish from heat stroke. The signs of heat exhaustion include paleness, weakness, malaise, headache, dizziness, nausea, vomiting, fainting, and a moderately increased temperature (101-102 degrees F). The most important distinguishing factor between heat exhaustion and heat stroke is that the person remains alert and oriented to his or her surroundings. There is no confusion, disorientation, or coma with heat exhaustion like in heat stroke. Rest and water may help in mild heat exhaustion, and ice packs and a cool environment (with a fan blowing on the individual) may also help. Individuals suffering from more severe heat exhaustion may need IV fluids, especially if they are vomiting and unable to take oral liquids.

**Heat stroke** is the most severe form of heat illness and is a true *life-threatening medical emergency*. It can develop rapidly even in people who are not exercising or exerting themselves, if the weather is hot enough. Heat stroke occurs when there is a total breakdown in the body's temperature regulation system. When this occurs, the body's core temperature can increase to 106° F or higher and cause damage to the brain, kidneys, heart, liver and other organs.



Prevention is the key to reducing death and suffering from heat stroke. All of us are at potential risk of heat stroke and death when exposed to extreme heat or when our cooling mechanisms fail. It is important to understand that the very young, elderly, and individuals with chronic medical conditions such as diabetes, heart trouble, and obesity are at increased risk for heat illnesses. Planning vigorous activities during the cooler parts of the day and dressing in lightweight, loose fitting clothes is also helpful in preventing heat injuries. Very few of us drink enough water and thirst is a poor indicator for the need to drink. By the time you feel thirsty, you are already two percent dehydrated and at increased risk for a heat illness. A person should drink adequate volumes of sports drinks and/or water to produce clear urine. A general guideline recommends six to eight quarts of water per day for persons engaged in strenuous activities during periods of sustained heat. If however you have chronic heart, kidney, or lung problems, you should consult your doctor before drinking large volumes of water or electrolyte drinks. It is also important to avoid alcohol and caffeine as both of these drinks contribute to dehydration. Again, if your urine is dark yellow and concentrated, you are already at risk. Remember to drink plenty of fluids and be watchful of infants and the elderly who are most at risk during the summer season.

## ESGR Seeking Employers' Support - by Col (ret.) Tom Stephen

The National Committee for Employer Support of the Guard and Reserve (ESGR) is working hard all over America to gain the overwhelming support of Civilian Employers for their employees, who also serve in the National Guard and Reserve forces of the United States. There are over 400,000 employers in America today, who have employees that also serve in the National Guard and Reserve. Local committee Employer Outreach Chairpersons are hard at work trying to meet with these employers and ask them to publicly step up to the plate and show their support by signing and displaying a **5 Star Statement of Support (SOS)**.

Bob Hollingsworth, National Executive Director of ESGR, has pledged to Assistant Secretary of Defense, The Honorable Tom Hall, that we will get at least 10,000 statements of support before 30 September 2005. In Virginia, the Virginia Committee (VaESGR), has a goal of 260 5-Star SOS's.

To qualify each employer has to meet certain criteria. To gain the **First Star**, the employer must certify to ESGR and their employees that they are complying with USERRA (The Uniformed Services Employment and Reemployment Rights Act of 1994) by signing a Statement of Support and displaying it in their place of business. To earn the **Second Star**, the employer must review their Human Resource policies to ensure they are in compliance with USERRA. The **Third Star** is gained by the employer agreeing to provide training to their managers and supervisors regarding their company military leave policies and USERRA. The employer's **Fourth Star** is earned when they agree to adopt "over and above" policies, such as paying a pay differential or continuing health care benefits for mobilized employees, etc. Finally to get that **Fifth Star**, the employer will agree to support ESGR, by getting involved in their local ESGR committees activities or volunteering their time to introduce ESGR to other employers in the area.



Photo by MSgt Carlos Claudio

The VaESGR committee needs your help now to accomplish their SOS goals. If you can arrange an introduction between your HR manager and ESGR, that will go a long way to helping ESGR in this employer outreach mission. Your local contacts with the Central VA ESGR Committee are retired Colonel Tom Stephen (559-8207), and Mr. William Duff (364-2226), the ESGR Employer Outreach Chairman. For more information on this important program contact these two ESGR reps or Angie Wade, 192 FW FRG Coordinator or Captain Mark Widener, 192 FW Wing Executive Officer. Don't delay!!! September 30<sup>th</sup> is just around the corner. Do your part to help your employer gain this important DOD recognition. Most of them are already 4 Star SOS employers, but don't even know it.

Thanks for your outstanding support of ESGR and your role in ensuring we maintain a strong National Defense.

*Mrs. Iris Page, Principal of J.E.B. Elementary School receives the Patriot Award from Tom Stephen, Vice Chair of the Central Virginia ESGR Committee. Awarded for recognition of a boss who "supports National Guard and Reserve Members." This award resulted from the recommendation of Capt Andrea Stewart, Chief of 192nd FW/MEO, who works for the City of Richmond Public Schools as a 2<sup>nd</sup> grade teacher. Mrs. Page, who is retiring after 35 years with the City of Richmond School District, was instrumental in supporting Capt Stewart in the numerous times she was called away from her students to serve our nation. ESGR recommends that every Guard and Reserve member who has a supportive boss to recommend him or her for the Patriot Award. Act now and sign your employer up! You can do it on line at: [www.esgr.mil](http://www.esgr.mil).*

# FAMILY READINESS NEWS

Volume 4 Issue 6

Summer 2005

## 192D FW FAMILY READINESS AND SUPPORT

### Summer Volunteers Have Great Opportunities At the VAANG

School is out and many middle and high students are scrambling trying to decide exactly what to do during summer break. If you are looking for meaningful and exciting opportunities to plug into for the summer, please contact Angie Wade at the Family Readiness and Support office at 236-7036 to volunteer at the 192d Fighter Wing.

Responsible middle and high school students are invited to volunteer their time this summer, but we also invite teachers and spouses to come out to



*TSgt Cynthia Pacheco is overseeing assignment given to youth volunteers Rachel and Ashley, daughters of two members of the 192d FW.*

support the VA Air National Guard operations.

Volunteer opportunities will support various squadrons around the base.

Commit your services for as little as 4 hours a day, to all day; 1 day a week or 4 days a week; the entire summer, or for just a few weeks at a time.

Assignments in Medical, Mission Support, Finance, Communications, and Personnel include filing, computer operations, answering phones, bulletin board help or taking pictures.

Volunteer Orientation will be held every Friday morning at 0900 during the summer. So call now to submit your name for consideration.

We are looking forward to working with you at the Virginia Air National Guard!

Call 804-236-7036  
to Volunteer at the  
Virginia Air  
National Guard  
this Summer.

### "Mahalo" to all for a great Family Day!

Family Day 2005 "Hawaiian Deployment" was the best ever, according to a very unofficial survey taken since our May event. In fact, words of appreciation keep rolling in from members and families about how much there was to do for all ages.

Warm weather, blue skies and gentle breezes complimented all of the plan-

ning and coordination of events and activities.

The food was great, (Services). The open houses were exciting, (MPF, SFS, Weapons Load, Medical, Hangar). The displays were awesome( Supply, Engine Shop, CE). And the transportation provided by A.G.E. was fan-

tastic!

But a wise person once said that it is the families of the 192d FW who make the fun.

"Mahalo" (Thank You!)  
to all for a great Family  
Day!



#### Inside this issue:

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#### Special points of interest:

Did you know...

That the Air Force has a recommended summer reading list for military members and civilians?

One of the four titles listed for the summer is Supreme Command, which cites examples of great modern leaders, arguing that "civilian statesmen can be brilliant in times of war."

You can find the other recommended titles by visiting [www.aafes.com](http://www.aafes.com) under "Gifts". Order it through [booksamilion.com](http://booksamilion.com) and receive your military discount.

Nominate Your Employer to sign a Statement of Support!

Visit [www.esgr.mil](http://www.esgr.mil) for all of the details, or contact Capt Mark Widener, your Unit Liaison to Employer Support of the Guard and Reserve, or Angie Wade, for more information.

## Has your Employer signed an "SOS"?

One of the most important aspects of a family becoming mission ready is job security at home.

According to the Uniformed Services Employment and Reemployment Rights Act (USERRA), an employer of a Guardsman has to protect the status of the employee and reemploy the Guardsman upon return from service within a reasonable time as long as the Guardsman has honored all of

his/her obligations and responsibilities to the Employer before leaving.

Since 9/11, most employers have become more aware of the military employee and their rights, and they have become very supportive.

If your employer has reviewed their Human Resources policies to ensure compliance with USERRA, promoted training of mid-level managers and supervisors to

effectively supervise their Guard member employee, adopted policies and programs of support that are above and beyond the USERRA requirement, and are advocates of the National Guard, then perhaps they should be nominated to sign a **"Statement Of Support" (SOS)** and be recognized within the community as a great place to work!

## Celebrating "America The Beautiful"

Every so often a movement is started to make "America the Beautiful" the national anthem instead of "The Star-Spangled Banner," largely because it was not written as a result of a war. The tune is easier to sing and the whole country is praised, not only the flag. Katherine Lee Bates, an English professor at Wellesley

College, rode in a horse-drawn wagon up Pike's Peak, a mountaintop in Colorado in 1893. She saw a view of the mountains that few people saw in those days and was inspired by her glimpse of the "spacious skies" and "purple mountains" to write a poem, which became the first verse of the song. The public loved the poem, and

Miss Bates was encouraged to set it to music. She chose the music of a hymn by Samuel Ward. The words and music traveled around the world, and today Mexico, Canada and Australia sing it with their own countries' names instead of "America."

-- From *Celebrate! Holidays*  
In The U.S.A., U.S. Information Agency



## AirForceOneSource- Is moving an Option?



**From Air Force One Source**

It's official. The 192d FW is integrating to Langley Air Force Base. While your family is awaiting orders, are you considering whether or not to move and can you pull it off?

Air Force One Source is a one stop resource for information on making a move if you have a home to sell, or desire to purchase, or you want to rent an apartment.

"Buying a Home" is a booklet designed to help alleviate the stress of the home buying process. You can order a copy for yourself online and there is no charge for the booklet or for shipping.

An online article, "Finding Resources in a New Community," covers topics of interest that include information on before and after you move, getting the professional help you

need to assist you on each end, and how to find fun things to do.

"Looking for an apartment to Rent" is an article which covers how to find a place to live, apartment inspections and deciding on the type of apartment you want. Visit

[www.airforceonesource.com](http://www.airforceonesource.com) to access the easy to read material and to download for your files.



## Volunteers to go to Boston, MA for the NGB Family Workshop

This year, three members of the Virginia Air National Guard families will be attending the National Guard Family Program Workshop and Youth Symposium, held in Boston, MA from July 31 to August 4.

Representing all of the families of the VaANG will be Debbie Turlip, wife of Col Tom Turlip, former commander of the 203rd Red Horse Squadron. Debbie had the privilege of attending last year as a

speaker, conducting 3 breakout sessions telling the story of the Red Horse tragedy and the strength of the volunteers pulling together to support the military members, the families and the community. Her heart is still with supporting the families of the Virginia Air National Guard, no matter the need.

Representing the 192d FW this year will be Patti Earley-Carter, wife of full-timer TSgt Lenny Carter.

Patti's family is no stranger to volunteering for the 192d FW. Last year, Patti was very supportive of providing transportation to her daughter, Rachel, who volunteered during the summer with the Medical Squadron.

Rachel will also be attending the workshop, representing the Air National Guard Youth, a first for the VaANG. Rachel works in leadership with the unit volunteer youth group.



The Virginia Delegation at last year's National Family Workshop in Albuquerque, New Mexico.

## "Your Guardians of Freedom" Answers the Question

### "But what about me?"

Frequently, that is the question a family member will ask after their military loved one has deployed and returned. Recognition is given to the military member to thank them for their service but sacrifices are made by everyone back at home.

Military members can answer the question by submitting the name of a

spouse, a parent, and even an employer to "Your Guardians of Freedom", nominating them for a special pin and giving them the recognition they deserve.

Each pin has a blue star, "S" for "Spouse", "P", for "Parent" or "E" for "Employer" cradled in the center of a contemporary Air Force Symbol, an adaptation of an old war-

time tradition.

To give a pin, go to <http://www.yourguardiansoffreedom.com/> and register. The directions to place an order are easy to follow.

The Pins are sent to the address that is provided by the Airman who makes the requests.

It's always the little things that make the sacrifices worthwhile. This one answers the question.



Spouse's Pin



Employer's Pin



Parent's Pin

## Safety in the Summer-Your Child and the Internet

Remember the good old days of summer, when the last bell of the school year rang and kids "sadly" walked into the lazy days of summer?

Many kids would spend a lot of time outside, socializing with neighborhood friends, eating ice-cold popsicles, swinging under big overgrown shade trees, enjoying family trips to the beaches or jumping into neighborhood pools.

Today's young people take a different approach to their summer. They look forward to spending a lot of time indoors keeping in touch with school friends and extended family via the internet.

Along with emails, chat rooms and Instant Messenger are a regular part of our kids' communication routines. Establishing a set of rules for their internet safety is as important as teaching your child water

safety so they will not drown.

- They should never give out personal information of any kind to anyone.
- They should share a list of Instant Messenger buddies with you, especially if they are very young.
- Be sure to set a time limit on all indoor activities. They need great, old-fashioned outdoor memories, too!

**Stop by the Family Readiness Office and pick up "Internet Safety". A Guide for Families with children and Teenagers", available from Military OneSource**

## 192D FW FAMILY READINESS AND SUPPORT

### Youth Volunteer

#### Opportunities

Get your valuable Volunteer Hours in at the Virginia Air National Guard Family Program. Call 804-236-7036 for Details!

### Magnets! We have Magnets!

Stop by the Family Readiness and support Office to pick up your Patriotic magnets! They cost just \$5 and all proceeds go the Family Readiness Volunteer Group Programs.

Kings Dominion Tickets Available through Family Readiness and Support through the entire season.

One day tickets are \$24.00.



\$1 of each ticket supports the FRG.



Visit [www.guardfamilyyouth.org/](http://www.guardfamilyyouth.org/) for an online community that is just for you!



[www.youthleadership.net/](http://www.youthleadership.net/)

Are you keeping up with politics this summer? Try the UVA Youth leadership website, a non-profit, non-partisan website based at the UVA Center for Politics.

A Thought for Parents, Kids and Teens on the 192d FW Integration to Langley AFB...



### "Military Teens and Kids On the Move"

*"My Dad grew tired of my complaining about the*

*move and finally said to me, 'Son, since when do we get to do only the things we want to do? If that were true, there would be no dentists and no High Schools!' I had to admit, he was right!"*

*-Josh, 17 years old*

Facing the move to Langley AFB is bound to be met by some objections from teens and kids in our families. The excerpt quoted above is from a real story from a fulltime AF teen, who was tired of another move. It's hard enough on parents having to make the move, or deciding that a move is in the best interest of the entire family. But where can ANG

young people go for direction so that they can be supportive and develop a positive attitude toward the new adventure?

Teens and Kids can visit a website just for them called Military Teens on the Move, at [www.dod.mil/mtom](http://www.dod.mil/mtom).

Although Air Guard kids typically don't experience the occasional PCS (Permanent Change of Station) that their fulltime counterparts do, they can learn a lot from "hearing" from them about how they adjusted.

Headings that cover the bases include:

- We're moving again!
- Your New Life
- Military Teens Moving Guide

- Living your Life.

Each topic is filled with encouraging quotes and presented in a fresh and exciting voice that says, "I've been there and found out things about myself that I never knew was there— and it's all good!"

Under the Moving Guide, teens will get practical tips from cleaning out their closets to backing up their computer files.

There is also a "Friends Guide" and good information on School Transfers.

Change is never easy; it is the one constant in life. *"How you cope with it is what makes the difference."* - Virginia Satir, Psychologist

## It Takes All OF Us! - by Chaplain (Lt Col) Tom Kirles

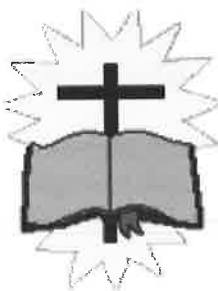
Chaplain's  
Pew

I have had the privilege of working with a lot of wonderful people through the years who have been a portrait of our Air Force Core Values of *Integrity First, Service Before Self and Excellence In All We Do*. These individuals have put a lot of importance on working as a TEAM. I have seen that same kind of attitude and character during this last year as a member of the 192<sup>nd</sup> Wing and 203rd Red Horse Squadron. Each of us have special gifts, abilities and training that make up the totality of the potential for excellence in our on going mission of protecting and preserving freedom. It is no accident that you and I are part of this TEAM. **It**

**Takes ALL OF US !** We might think that it is all about us or the efforts of another single individual, but **It Takes ALL OF US !** Our recent "Excellent" ORI success story showcases our TEAM. **It Takes ALL OF US !**

The Bible speaks to this wonderful image of TEAM in the New Testament (1 Corinthians 12:14-31). The Apostle Paul refers to this team as the Body. An Olympic runner utilizes not only the discipline of physical conditioning but active mental preparation and active involvement in winning the race. It would be unthinkable to spend months, years in physical preparation to be totally in shape without focusing the mind and spirit toward winning the prize. It would be just as bizarre to merely wish to "run for the gold" without embarking on a rigorous discipline and sacrifice of training each muscle...

It takes all of the Body working together (mind, body and spirit) to have a shot at the gold. Each member of the Body is important to every other member. Some an ear. Some would rather be an elbow or an ankle TEAM is just as important as any other. For example, would be able to see many situations, needs, solutions, out with the availability and expertise of the rest of Conversely, without the eye the rest of the Body in absolute confusion, frustration and fruitlessness. yourself." But if we are really honest, we DO need Competition can be a good thing in as much as it can progress and new achievements that are allowed to commits itself to work together in sync with itself...functioning best in harmony, unity and balance.



would prefer to be an eye rather than a foot or rather than the head. But each member of the if everyone was an *eye*, then the whole Team but not have the ability or resources to carry it the Team...head, hand, foot, ear, etc. would not have direction and would *malfunction* Society shouts "you do not need anyone but each other. We DO depend on each other. lead to new ideas, new awareness, new develop and blossom from a TEAM that

**It Takes ALL OF US !**

We must remember that in a race many run, but not all will win the prize. The important thing is... that we run...and we run together in the same direction. That's what TEAM is all about. That's what a Mission has to have for success to be possible. God in all His infinite wisdom has placed you in this Unit called 192<sup>nd</sup> Fighter Wing to be a part of a Team of professionals who can (and will) accomplish more together than as individuals. Become all you can become. Always count it a privilege and honor to use your training, gifts, talents, to the fullest extent of your capabilities that only you can contribute. I am very proud and profoundly thankful to be part of THIS TEAM. **It Takes ALL OF US !**

In a Biblical sense, you and I have gifts, talents and abilities that need to be utilized for the good of the entire Body of the Church (wherever we might be in this world). God in His wisdom chose to place you there for a specific reason...a unique purpose...to accomplish a task or part of a task that only you have the qualifications. I encourage you to be all you can be and do all you can do. Recognize the high honor of your calling as a servant of the Most High God. I am truly honored and deeply grateful to be part of this Chaplain Ministry Team and Virginia Air Guard Parish. **It Takes ALL OF US !**

Finally, someone has wisely said: "Pray as if everything depends on God; work as if everything depends on you." **It Takes ALL OF US !**

## Icebergs, Jets & Fast Cars - by Ch, Maj Edward Moran

A new recruit to the Guard put it this way: "working in the Guard is like looking out over an ocean filled with icebergs. While the part you see is really interesting, there's so much more beneath the surface".

This is especially true in the Air Guard because of our citizen-soldier status. While we meet to do the mission daily, monthly, or even on a deployment, so many of us have second lives and careers we never hear about or share with others. A good example of this can be found with SMSgt Rudy Mangrum who currently supervises the armament services. He came to the unit in January 1970 and over time, as he says, "came to work on every plane out by the entrance to the unit".

But off-duty, he and his brother Anthony were indulging in another mechanical passion, that of fast cars. "In 1975, my brother and I built a garage in my parents' backyard, then we built our own race car." It was the beginning of Tony's High Performance in Providence Forge, Va. By 1986, the part-time avocation had turned into a business involving repairs to all kinds of drag racing

cars. "Folks from all around and even down south into North Carolina found out about us and started bringing their cars to be repaired or modified," noted SMSgt Mangrum. "We still do repairs but only on drag racing cars with some engine and transmission work, custom headers, even crash repair."

SMSgt Mangrum and his brother hold multiple records in Speed and Match racing from the former days of drag and bracket racing where quarter mile stretches focused the power and skill of their automotive designs. "My brother Tony did the driving while I took over a lot of the business end of the venture," SMSgt Mangrum told us. Mangrum thinks that working in the Guard to make jet engines move planes faster across the sky has its civilian counterpart in drag racing machines that are honed to win on speed. The part you see here at the unit has so much more 'beneath the surface' in civilian life.

**If you know of a Guardsman who has an interesting outside hobby in addition to what he or she does at the unit, please send an email to:**  
***Vanguard@varich.ang.af.mil.***

## EO Is Called To War - by 1st Lt Emily Huffman

Our National Guard men and women have been called to war to fight for Liberty and Freedom. Our mission is clear. Liberate Iraqis from tyranny and let freedom ring democracy for all! Liberty and freedom are significant principles of Equal Opportunity. So let's call it like it is – we are fighting a war for basic Equal Opportunity principles.

When Equal Opportunity issues grow quiet, we move Equal Opportunity to the back seat with second class principles. Why? Too many of us believe we no longer need Equal Opportunity because "We Get It." If we get it, why then did we experience Tail Hook? A traditional activity passed down to aviators from earlier aviator generations. Do we get it yet? Aberdeen! Leaders involved in fraternization by taking sexual advantage of female trainees. Do we get it yet? Air Force Academy! Sexual harassment and assault passed on from one class to another as a right of passage. Do we get it yet? Abu Ghraib! And today, the sexual assault crimes in the war zone. So, I ask? Do we get it yet?

We cannot be lulled into thinking all is well just because reports show that sexual harassment complaints are down in our organization when sexual assault crimes are taking place by our military men against our military women. Someone is still not getting it.

Equal Opportunity ensures our men and women in uniform are paid, promoted, recruited, retained, assigned and educated equally throughout the organization. Under the Equal Opportunity umbrella, ESGR representatives ensures re-employed rights are honored by civilian employers; Family Support Center advocates work on family needs; NG lobbyist at the Capitol work for fair and equitable benefits.

Equal Opportunity is not a fixed principle that fits squarely into the protective categories box. It's time to give EO the respect it deserves as a combat multiplier. Equal Opportunity is what Equal Opportunity **does!**

## New Changes in SGLI Worth Reviewing

By Donna Miles

American Forces Press Service

WASHINGTON, May 18, 2005 - Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, December 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct results of injuries received during Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 - will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

While these expanded benefits will be provided retroactively, affected servicemembers won't be charged retroactive payments, he said. DoD will absorb that cost.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse's

approval to purchase less than the full amount of SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses, and this is designed to help them financially," Wurtz said.

While VA staff members consult with DoD to write regulations that will put the new SGLI benefits into effect, Wurtz said, "lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there's any lapse in coverage.

VA will continue to oversee and control the SGLI program.

Related Site:

Servicemembers' Group Life Insurance  
[<http://www.insurance.va.gov/sgliSite/SGLI/SGLI.htm>]

### FIRST SERGEANT VACANCY ANNOUNCEMENT

Applications for a first sergeant vacancy in the SFS are now being accepted by the MPF. Deadline for submission is COB 18 Sep 05. Application must include the following:

- Letter of intent addressed to Wing Command Chief/ CMSgt Dates
- Letter of recommendation by commander
- Current military resume

### Initial Eligibility Criteria

- ASVAB scores - 41 Admin or 62 General
- Eligible for promotion to MSgt IAW AFI 36-2113
- Minimum score of 75 on fitness test as well as pass a 192FW fitness pre-assessment fitness test which includes a timed 1 ½ mile run
- Must complete Senior NCO Academy within 3 years of date of assignment (in-residence or correspondence)

All eligible applicants should be prepared meet a formal recommendation board during the October UTA.

Detailed information on becoming a first sergeant can be found on the VA ANG shared drive, or by accessing:

<http://www.maxwell.af.mil/au/cpd/fsa/Academy.index.htm>



## Family Day 2005, "Hawaiian Deployment"



## The Only Big Change? - by MSgt Peter J. Martens, Unit Historian

A big change affecting our unit, its mission, and its very existence has been talked about, written about and well known for some time now. Many of you reading this may think you know exactly what I am referring to - but think again! Our unit's upcoming move may be on everyone's mind at this present time, but it is not the first time in our unit's history that such a major change has taken place. While there may be much put upon many of us in making this transition to Langley AFB, consider this . . .

In January of 1951, when our unit was little more than four years old, activation in response to the growing conflict on the Korean peninsula had splintered and dissolved the closely knit VANG. At first we transitioned to Turner AFB in Georgia, and then we were transferred to Godman AFB near Fort Knox, Kentucky. At the same time pilots from the 149th integrated with units overseas. Many guardsmen were tasked to perform in the same capacity as their active duty counterparts. When the unit's activation ended in December 1952, it no longer had a mission, planes, or equipment. Reorganization almost didn't happen. The Governor of Virginia at that time, Gov. William Battle, argued publicly that operating an Air Guard unit cost about 10 times more than a ground-based Army Guard unit. He hinted in no small way that the state of Virginia would not be a host to an air guard unit again.

Col. Ivor Massey, a native Richmonder who was responsible for bringing together people needed to organize the existence of the VANG in June 1947, would be instrumental in its reorganization in 1953. Col. Massey earned his wings during



World War I, had served in Europe, and pioneered air freight service at Byrd Field during the 1930's. It should be of interest to know that Massey was named commanding officer of Langley Field, now Langley AFB, just before the United States entered into World War II.

Massey called on an old friend, Virginia Sen. Harry F. Byrd Sr. and between them, they persuaded Gov. Battle to renew the Air National Guard Unit. The result was the formation of the 149th Bombardment Squadron (Light). We became a fighter squadron-turned bomber squadron. Because of new mission requirements, pilots and maintainers trained on Douglas B26 Invader bombers.

A few short years later our unit's transition into the jet age would bring about major changes in mission requirements and type of aircraft to be flown. In June of 1957, the unit was reorganized as the 149th Fighter Interceptor Sq. and slated to fly the F-86E Saber jet. Bureaucratic indecision led to a change only ten months later, and our unit's mission became one of tactical reconnaissance with the RB-57A to become our new plane. Our unit received only one. In less than nine weeks, as new orders restored the VANG to a fighter unit, we became the 149th Tactical Fighter Squadron (SD), and were given the F-84F Thunderstreak which would serve as our aircraft for the next thirteen years.

Now, once again change is upon us. Our F-16's have served us well, and we look to the future. With this move to Langley, we enter a new and exciting era. With new mission requirements and clear direction, this transition can become our best move yet!

### MOVING IN, MOVING UP, MOVING ON

#### PROMOTIONS

Capt Lonnie Davis Jr.	Maj
Capt Jeffrey L. Ryan	Maj
Capt David Schlagel	Maj
1st Lt Jason N. Morris	Capt
2nd Lt Gregory Chew	1st Lt
TSgt Bradley A. Ozmore	MSgt
SSgt Earl Dantzler	TSgt
SSgt Sonia L. Patterson	TSgt
SrA Anthony K. Dow	SSgt
SrA Daniel S. Tuck	SSgt
SrA Hollie W. Statzer	SSgt
A1C Abraham J. Anderson	SrA
A1C Brandon D. Cook	SrA
A1C Joseph R. Difede	SrA
A1C Bruce E. Harrison	SrA
A1C Timothy J. Corrigan	SrA
A1C Ambrose M. Kun Jr.	SrA

#### TO

#### Retirements

MSG Stephen Tuck	192d MXS
SMS James Taylor	192d FW
MSG Terri Dykhuis	149 FS

#### Unit

#### Gains

#### Gaining Unit

Capt Rochelle Brown	MDS
SSgt Matthew Faciane	SFS
SSgt Colin Kaufeld	SFS
SSgt Kristen Mackey	DET 2
SSgt John Carroll	AMXS
SrA Petri Colter	LRS
SrA Rick Damas	SFS
A1C Ronald Northcraft	SVS
A1C Jeffrey Bonnar	CES



Icebergs, Jets &  
Fast Cars...See  
story page 8.



## What's for Lunch?

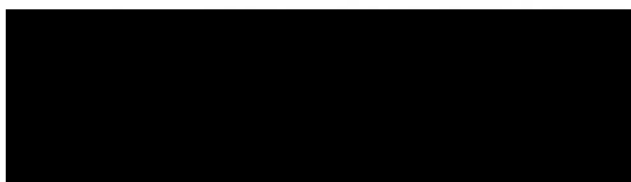
### SATURDAY UTA

BBQ Sandwich  
Hamburger/Cheeseburger  
French Fries  
Cole Slaw  
Baked Beans  
Corn on the Cob  
Marble Cake w/frosting

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

### SUNDAY UTA

Roast Beef  
Polish Sausage  
Sauerkraut  
Potatoes Au Gratin  
Steamed Pasta  
Green Peas  
Velvet Cake



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

