

192nd Fighter Wing

VANGUARD

December 2005



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Commander's Call



ABOUT the VANGUARD

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Vanguard@varich.ang.af.mil.

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Check out the electronic Vanguard on the base Intranet.

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Next UTA:

December 3-4

Cover:

Outstanding Airmen of the Year with
Command Sergeant of the National Guard
Richard Smith: (left to right): TSgt Troy
Mills; MSgt Patricia Lapolt; SrA Jonathan
Schmidt

This Commander's Call will be my last, and so I feel it is appropriate to give you a few final thoughts on the Wing and where we are going. I won't indulge myself in reminiscing over the accomplishments we have achieved these last two years because I think it is important to look ahead and not dwell on the past.

While I greatly appreciate everyone's efforts, we must maintain our forward focus. The reason is simple—the enemies of our country lie in front of us. We must anticipate their actions and prepare diligently to defeat them.

Fighter Wings exist for one primary purpose: to provide air power to the Combatant Commanders. Toward that goal our Wing has successfully achieved a high level of combat skill and readiness in the F-16. But our future is not in the F-16. Consequently our unit must look forward not only to anticipate the changing nature of our enemies but also to re-shape ourselves in anticipation of changes in technology. We must become a part of the future of air power or we will simply become a thing of the past.

Our move to Langley will facilitate those changes. It will provide our unit with one of the

most powerful weapon systems ever fielded by this country. Virginia's Citizen Soldiers will be, in fact already are, an integral part of an elite team. We will continue to ensure Air Dominance over our homeland and battlefields around the world. When this move is complete we will write a new chapter in the truly unique and

spectacular history of our unit, spanning from P-51s fighting for air supremacy over Europe to F/A-22s patrolling the skies of the 21st Century. Throughout the history of the 192nd Fighter Wing, the men and women that came before you have set high standards, helping us to become the outstanding unit we are today. Still, I will repeat what I wrote in my first

Commander's Call: the best days of this Wing are in front of us.

Now, for the last time as Wing Commander, I want to thank you all for your service and support. I am honored to have had this opportunity to serve with you, and my sadness at leaving is tempered only by the respect I feel towards our incoming Wing Commander, Col Jay Pearsall. You are in good hands. Finally, from my family to yours I wish you a safe and happy Holiday Season.

Sincerely,

Colonel Pete Bonanni

Wing Commander



And The Winners Are...



TSgt Troy Mills

Munitions Ops NCOIC

“an exceptional NCO; an integral part of the F-22 fact finding initiative at Nellis AFB; helped establish the F-22 training program for the next generation Aim – 9 sidewinder missile.”



SrA Jonathan Schmidt

Command Post Controller

“an individual of the highest caliber and standard to measure other airmen against. His natural leadership abilities, go get ‘em’ attitude, and desire to work as part of the team are of immeasurable value.”



MSgt Patricia Lapolt

Base Education Manager

“an inspirational role model to 192d Fighter Wing’s Community College of the Air Force program, resulting in a 16 percent increase in degrees awarded; Cited as Outstanding performer in last Wing ORI”.

Outstanding Airmen of the Year Nominees

SrA

Danielle Ardis

Guided Munitions Shop.

“Team leadership and initiative are her strongest attributes; consistently strives to help other shops as workload and mission dictate”



SrA

Kelly Foit

Aerospace Medical Service

“One of the first to be trained for computerized program to document physical exams; ensured accurate medical readiness stats for NGB.”

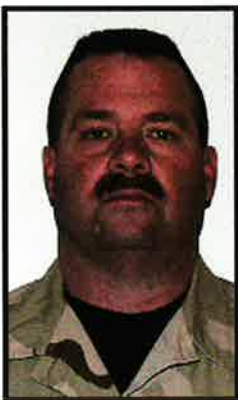


**MSgt
Coris**

Throckmorton

Deputy Fire Chief

“Readily accepts responsibility; excelled at running fire admin and coalition forces agencies during recent deployment in Iraq; maintained highest inservice rate in theater.”



**TSgt Amy
Kellerman**

Intelligence Analyst

“A motivated leader! Inspired unit members to work together in allocating additional duty programs with each responsible for critical intel program.”



**TSgt John
Milan**

Logistics Planner

“Went above and beyond duties during last ORI; contributed a superior web-based tracking sheet for status of all personnel and equipment being processed.”



2nd Annual **COMBAT** *Dining*



The
Our
He s
Brig
a trip
The

Layout designed by SrA Jason St. Peter



or Enlisted Council sponsored our Second Annual Combat Dining in as an event to be remembered.

nguished Guest Speaker for the event was Chief Richard Smith, ninth Command Chief of the Air National Guard.

e on the great accomplishments of the Air National Guard and the outstanding values of our guard family as a whole.

a Busby was in attendance as a distinguished guest. The subsequent discovery of his flight cap (an infraction of the Dinning In rules) cost him the grog bowl. His example of good-natured 'Grog camaraderie' came to be repeated by a myriad of other participants.

bat Dinning In will become an annual event in hopes of strengthening and augmenting unit cohesion and morale.



Blessings, holiday greetings from Germany

By LtCol Charles A. Smith Jr.

When this epistle hits the VanGuard I should be at Landstuhl Regional Medical Center, Germany.

Spending the holidays giving pastoral care to the wounded returning from Iraq and Afghanistan may not seem the most joyful.

During this particular season of decorating, giving and receiving gifts, baking cookies, lights and family gatherings, when we get so busy going and doing, perhaps it is a good thing to stop and reflect on what brings real joy this holiday season. Even in the midst of our business, God brings us the gift of peace.

Finding God in a hurried world is not a matter of plunging into frenzied ministry to others or even forcing

spiritual disciplines upon ourselves.

Rather, it means scaling down, simplifying our inner and outer worlds so that we can perceive the grace that permeates every moment. Only then can we hear God's voice; only then can we yield to God in trust and love.

Out of this slow, spiritual preparation, the simple acts of our daily lives become more God-like and we find real peace. "Peace I leave you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not let them be afraid (John 14:27)."

Isn't that what soldiers and airman engaged in conflict need to hear, "the peace of the Lord be with you always"?

Isn't God's peace what this season is really about and isn't that exactly

what we need in Sandston, Germany or Iraq. Hopefully that is what I will be doing today when you read this, bringing a word of peace to those who need it because it is what we all need. That is a joy.

I hope all of us have the "peace of God that surpasses all understanding" this holiday season. Let us pray for each other and the whole world that God's peace prevail. Let us remember the reason for the season and ask God to "turn our eyes away from worthless things; preserve our life according to your word of peace (Psalm 119:37)".

"God of the still small voice, even through the din of conflict let us find a quiet space to listen for your word of peace. Hear our concerns and guide us as we seek direction." Amen and Happy Holidays.

What is a Health Services Inspection?

By Maj George Gosting, MGA/SGA

The purpose of our upcoming August 2006 HSI is to evaluate the Wing's—not just a Medical Group's—healthcare capability. It is a process extending well beyond the walls of the medical unit. The primary focus during the HSI will be the wing's healthcare capability in supporting the generation and sustainment of combat operations.

A significant amount of time will be allocated to examining the Wing's efforts to protect its people in the workplace. By assessing the unit's occupational health and industrial hygiene programs, the team will be able to ensure that there is an appropriate focus on illness and injury prevention during daily mission performance. The team will also evaluate how well the wing prepares its war fighters for the combat or contingency environment. This part of the inspection includes immunizations, medical intelligence, DNA collection, self-aid and buddy care training, readiness

training for medical personnel and the pre/post deployment screening process. The purpose is to ensure the Wing is taking appropriate steps to medically prepare its warriors for the deployed environment and that everything possible is being done to protect its force from environmental factors like disease, disease vectors, non-potable water, and NBC (nuclear, biological and chemical) threats that may be encountered.

While it is true most of what will be inspected during the HSI is championed in one way or another by the Medical Group, a superior rating on an HSI can only be accomplished by a sustained Wing-wide effort. Here are the specific things we need your help in doing:

1.) If you have not yet accomplished your dental assessment, do so now.

2.) If you have not yet accomplished your annual health assessment update, do so now!

3.) If you lack specific immunization (shots), check your record and get them now!

The HSI evaluates our Wing's overall medical records in terms of thoroughness and completion. You can help the effort immeasurably by accomplishing the dental, health assessment, and 'shots'. Get all of these and the percentage readiness increases moving the Wing up in outstanding HSI scores.

While the medical unit commander serves as the Wing's eyes and ears to help oversee and guide this process, it takes support and follow-up from all Commanders, First Sergeants, Superintendents, Supervisors and individuals to help us do well on the HSI.

A big part of our HSI assessment will reflect how well our Wing team pulls together to help get medical records and readiness stats to reflect complete participation.

Family Readiness and Support

Seasons Greetings

Virginia Air National Guard Family Readiness News

Volume 5 issue 2

December 2005

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Take Note!

The State Family Youth Director, Kay Baber, is hosting a **Youth Leadership Focus Group** event for teens of Air National Guard Families on **December 3, 2005** from **0900 to 1500**. Cost is **\$5** per youth + spending money! **Please bring a new white Hanes T-Shirt for a craft creation.** Meet at the Family Readiness and Support Office, Ste 10 in Wing Headquarters. Please RSVP to 236-7036

Is It Time to Resurrect the Key Spouse Program?

"Are Family Support Groups Dead?" That's the title of an article in the December issue in "Military Spouse" magazine.

The article goes on to point out that due to the business of life and advancing methods of communications during deployment, that the support group is just not there anymore.

A recent example was cited about the efforts of leaders of a unit with about 400 members who prepared for a Family Support group meeting. They had lined up speakers and coordinated food dishes for the social, and only eight spouses showed up for the event.

What surprised me was that the reference was for an active duty base.

We have had similar briefing events here in the past for our spouses with similar results. But we are Guard families with a different support system in place for the most part.

Our recent deployments have been for shorter terms, not as many people, and few overseas. Thanks to Sept 11, 2001, families seem more seasoned. Those who need Family Support services generally know how to obtain them and do so with confidence.

But are family support groups dead? Well, before we have the funeral, let's re-group and consider another direction.

Once upon a time, there was a program called the Key Spouse Program. They still have it in the

active duty Air Force.

The Key Spouse was usually a Commander's spouse whose job, as a "volunteer", was to coordinate the spouses to support the individual squadron within the unit. This was an intimidating task not welcomed by all commanders' spouses.

I'd like to see the Key Spouse program resurrected at the 192d Fighter Wing, but not with an automatic appointment of a commander's spouse.

Our key spouse could be a "key volunteer", someone who is either a spouse, or sister, or mom or even a grandmother. The key volunteer can also be a Dad. Who ever it is, it should be someone who feels comfortable with (Continued on page 3)



Complimentary Copies of Military Spouse Magazine are now Available from the Family Readiness and Support Office

If you have not received your complimentary "Military Spouse Magazine," please contact our office to obtain a copy. Written from the perspective of military spouses, this issue is packed full of heartfelt articles about Family Matters, personal property and money, career an education, rest and relaxation, home sweet home and health and fitness.

Is your Christmas gift list complete? Get some great ideas from this issue to guide your decisions for your technology junkies!



Lewis And Clark Youth Rendezvous Essay Contest

National Guard youth have a rare opportunity to participate in a unique Joint Forces event with the North Dakota National Guard from **August 13–August 18, 2006.**

The Youth Rendezvous is an event for students who will be **high school juniors or seniors during the 2006–2007 school year.**

The Rendezvous is centered around the 200th anniversary of the Corps of Discovery and the exploration of the west. The Youth Rendezvous will take place August 13–18, 2006, along the Lewis and Clark Trail in North Dakota. It will educate students about the Lewis and Clark journey as a military expedition

by exploring the leadership and values of the military of the past and the military of today.

Ten students from each state and territory will be selected to participate in the Youth Rendezvous based upon a **Lewis and Clark essay competition.** The event, including transportation,



, meals and housing, will be free of charge and provided by the National Guard for those students with the winning essays and two chaperones from each state and territory.

The 2006 Lewis and Clark Youth Rendezvous will include one day, August 13, for student arrival in North Dakota. Three days of activities, August 14–16, will take place at several locations in western North Dakota. Groups will visit the sites on a round-robin basis. They will have an opportunity to learn about American Indian culture and

military heritage. August 17 will be devoted to the opening of the Lewis and Clark Signature event in New

Town, and finally students and their escorts will travel home on August 18.

To get all of the details and application, visit www.lcyouthrendezvous.com

AAFES Now has Online Outdoor Superstore

If you are the outdoors type, chances are you have visited the wonderful Pro Bass Shops! This store has to be the hunters', fishermen and campers' toy store! So, if this defines who you are, you will fully appreciate the new AAFES online Outdoor Superstore.



If you are in the market for a new dome tent and furniture to make your weekend stay at the river or in the mountains more comfortable, you can find it, see it in pictures and order

it from your PC!

Do you have an outdoorsman on your Christmas shopping list? Stocking stuffer ideas can be found on page 1.

All of your on-line purchases will be tax-free as one of your military benefits. You can send them directly to the person on your gift list if they reside in another state. If your order exceeds \$49.95, shipping and handling is free.



Visit AAFES.com
to take
advantage of your
Military
Shopping Benefit
for any
Christmas Purchase
on your list.

Shopping for Holiday Parties at www.commissaries.com



Who knew grocery shopping could be so easy!

With so much to do and so little

time, shopping for holiday parties or just for groceries can be quite stressful. The time required to think and be certain that you have everything you need sometimes doesn't come until you are in the store. But there is nothing worse than starting a recipe and having to pause in the middle of preparation to dash to the store to buy a forgotten ingredient needed to com-



plete your special dish.

Your DeCA Commissary has sought to make your job a little easier!

Along with quality foods, the DeCA Commissary now affords you the opportunity to create your shopping lists on-line!

Now, you can create your grocery list at your convenience, at any hour, based on products they have in the commissary and then shave time from your normal shopping trip because all of your

shopping decisions have been made.

From the front page of the DeCA website, www.commissaries.com, choose "create a shopping list." From there, choose your favorite facility.

The other drop-down tabs allows you to choose the department, which commodity and the product you want. Then check your quantity and preview your list. If you haven't forgotten anything, print your list and you are ready to go.

Take advantage of your DeCA benefits available to you only as a military family and save!

Is It Time to Resurrect the Key Spouse Program, *Continued from Page 1*

people, understands boundaries in contacting families during support needs, and someone who will proactively lead the charge to coordinate a sense of family within the squadron. And if they know how to bake cookies, that's good too!

What are the benefits of a "Key Volunteer"- led group?

For a new spouse or military related family member, the world of the Air

National Guard can be challenging to understand. A good support group which has occasional meetings can be the source for education on the Air National Guard Culture from learning about acronyms to learning about the chain of command to identifying resources for future needs.

And while planning and executing squadron social events serves the purpose of building relationships, the primary purpose of the "Key Volunteer"- led sup-

port group is to build healthy military families in support of military readiness.

Because of the future plans for the 192d Fighter Wing, supportive relationships within our squadrons and within our unit are essential.

Please keep an eye open for your opportunity to voice your opinion and your support for this resurrected effort.

- Angie Wade, WFPC

Free SAT/ACT Prep Programs Available to Military Families

Thanks to the Victory Sports Group, a group of football players representing both current and retired players in the from the NFL, NFL Europe, AFL, and CFL, the \$199.00 SAT/ACT Prep Program produced by eKnowledge, is being made available by request to all military families across the nation as a way to say thank you to the military for their personal sacrifices and those of their families.

Eligible families come from the full spectrum of military walks. Current active duty from every branch, Guardsmen and Reservists, and all retirees qualify for this gift. The only request from the producers of the SAT/ACT programs is that requestors pay for the shipping and handling after applying and supplying some basic information for verification.

The SAT/ACT Prep Test programs are two separate CD-Rom sets that include more than 10 hours of training video and 25-40 hours of student participation. The SAT Power Prep course is designed to cover and track every testable point.

The videos are divided into 120 multimedia mini-lessons. The student can study at their own pace and choose which topics on which to concentrate at any time. There are practice tests and quizzes that reinforce what has been taught, allowing the student to learn the information before moving on with the next concept.



These programs can act as stand alones or can be used in conjunction with any other SAT/ACT study program. eKnowledge will also provide live phone customer support weekdays between the hours of 8 a.m. and 5p.m.

This sponsorship by Victory Sports Group is only for the 2005-2006 school year. The ability to renew the license for this program is possible at the end of this offer to deter resell of the product.

To look into this further and obtain a copy for your family, go online to www.militaryhomefront.dod.mil for all of the details and access to the forms to order a copy for your family.



Air Force One Source Will Make Turbo Tax Available to Service Members this Tax Filing Season

Tax Filing Services will be available to service members for the upcoming tax season! Air Force One Source will continue to provide access to this service at **no cost** to the military member.

Intuit, the provider of **Turbo Tax**, is currently working on their tax filing system with all of the new rules and regulations for the next tax filing season. The new version will be available in late December or early January on the Air Force One Source website.

Be sure to visit www.militaryonesource.com to check on the availability of Turbo Tax.



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FAMILY READINESS AND SUPPORT

"Families Also Serve"

Contact us at
804-236-7036

The Family Readiness and Support Program of the Virginia Air National Guard has an ongoing commitment to enhance quality of life issues for its members, their families, and the communities in which they live.

Our mission is to establish and facilitate ongoing commander involvement and recognition between National Guard Families and the National Guard in a partnership that is supportive of both.

Our objectives are:

- To provide substantial support to our members, their families and to their employers.
- To keep our families informed through events, programs, the newsletter, emails and through personal and phone contact.
- To provide an opportunity for involvement at each level through supporting active and appropriate volunteer opportunities individually and as a support group.
- To coordinate community support for the benefit of our National Guard Families.



Attention High School Juniors: US Air Force Academy Accepting Applications For One Week Summer Sessions

Most Juniors in High School are thinking about the next big decisions in their lives, "Which college should I attend?" If The Air Force Academy has ever been considered, an excellent opportunity exists to try it for a one week summer session to see if the Air Force Academy may be the right move toward higher academic goals!

Since 1954, the United States Air Force Academy, located in the foothills of the Colorado Rockies, has produced officers who have the knowledge, character and motivation essential to leadership within the four year program. The two one-week summer sessions allows the attendees to experience the academic environment, physical requirements, team building and leadership skills necessary to be an Air Force Academy Cadet.

To apply, students must have the following:

- 3.0 GPA or higher
- ACT scores of English/24, Math/25, Reading/24, Science Reasoning/25 OR

--PSAT Verbal 58 and Math 56 --PLAN

24 Composite --SAT Verbal 580/Math 560

- Demonstrate achievement in athletics, extracurricular and leadership activities.

The dates next year are:

- 11-16 Jun 2006, Session "A"
- 18-23 Jun 2006, Session "B"

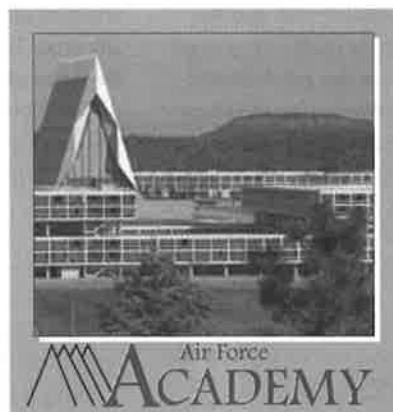
The registration fee is \$350 and pays for all meals, room, as well as workshop supplies, t-shirts, sweat-shirt, sweatpants, cap, water bottle, duffle bag and more (financial assistance available). Individuals have to provide their own transportation to and from the Academy.

There are 760 slots available and they normally have about 2,000 applicants.

Around eighty percent of the attendees are offered appointments the following year.

This is an opportunity for those serious

about attending the Academy.



Outstanding students (GPA of 3.85 or above with high college board test scores) might be offered an early selection for the program. Otherwise, notification will be

made the end of March. Applications acceptance starts on January 1 and will continue through 15 March 2006.

Applications are processed online at www.academyadmissions.com. For the quick search, enter keywords "summer sessions" to go straight to the information page.

CCAF April and October graduates

By AIC Meaghan E. McNeil

On November 06, 2005, 7 guardsmen attended a ceremony where upon they received an associate's degree from the Community College of the Air Force.

Awarding members in the guard for the educational achievements occurs twice per year, usually in April and October.

LtCol Lawrence J. Cerritelli, wing executive officer, best emphasized the significance of education when he said that every opportunity of education you act on contributes significantly to your career.

The Community College of the Air Force provides a great opportunity to earn an associate's degree with combined college and technical Air Force training.

Get in touch with your Base

Degree Requirements - 64.00

Physical Education - 4.00

Technical Education - 24.00

Technical Core - 12.00-14.00

Technical Elective 0-12.00

Management (LMMS) - 6.00

General Education - 15.00

Oral Communication - 3.00

Written Communication - 3.00

Mathematics - 3.00

Social Science - 3.00

Humanities - 3.00

Training and trained service members will use web applications to determine your up-to-date Air Force training and how it and other college credits, may translate into a degree from the Community College of the Air Force.

The guard encourages education and every individual should take advantage of these great opportunities facilitated by your Base Training Office.

2005 Graduates

SMSgt	Allen, Christopher
SSgt	Carter, Edric A.
TSgt	Davis, Andre S.
SSgt	Hartwell, James J.
TSgt	Houghtalen, Elaine J.
SSgt	Lawrence, Regina B.
SSgt	Lee, Lawrence S.
SSgt	Mackey, Kristin L.
SSgt	Quinn, Alisha D.
SrA	Valenzuela, Yessika V.
SMSgt	Allen, Christopher
MSgt	Canezjenkins, Roberta
MSgt	Golden, Gerald L.
2LT	Griffin, John W.
SMSgt	McGhee, Robert S.
SSgt	Mogren, Khristopher M.
TSgt	Salitore, Peter E.
TSgt	Smith, Danielle X.
MSgt	Stimpson, Cheryl L.
MSgt	Throckmorton, Coris D.
TSgt	Vittone, Jeffrey A.

Command Chief's Corner: Reaching Out

By CMSgt Susanne Dates

On Sunday afternoon, while I was waiting in line at the dining facility, I observed an airman sitting alone. This airman was obviously a member of the Student Flight because he wasn't in uniform. Initially, I thought he was alone and possibly waiting for his friends to get through the serving line and join him. I glanced over occasionally and noticed the tables around him filling up with unit members chatting, but nobody seemed to notice this new airman. I approached him and introduced myself. I'm always interested in meeting new people and finding out where they are from and what inspired them to join the Virginia Air Guard. I had a very nice conversation with him. He was extremely polite and had

nothing but good things to say about his squadron, the people and overall the 192FW. I asked him where the other members of his squadron were today and his reply alluded to the fact that everyone was "busy." Although we have a Student Flight Operation Instruction that specifically addresses a Sponsorship Program and was quoted to be "outstanding" by the ACC IG Team, I don't believe it takes an OI to address the need for unit members to feel welcome. As you look around the unit and notice someone in civilian clothes carrying an in-processing checklist, or if you see an airman sitting alone in the dining facility, consider introducing yourself. Our basic NCO responsibilities include mentoring airman to become future leaders in today's Air Force. As we transition to Langley AFB and embrace



our Virginia Air Guard heritage along the way, taking a moment to ensure new unit members are welcomed as part of the Virginia Air Guard family is paramount to overall morale. Recognizing our own airman should never be limited to an Operation Instruction or a formal recognition program. Introduce yourself; meet someone new, you'll be glad you did!

What's for lunch?

Saturday:

Spaghetti w/ Meat Sauce
Sausage w/Peppers/ Onions
Oven Brown Potatoes
Succotash
Vegetable Soup
Marble Cake w/ icing
Salad Bar W/ Dressings
Asst. Beverages
Asst. Breads

Short Order:

Tacos
Refried Beans

Sunday:

Roast Beef Round
Cornish Hens
Bread Dressing
Mashed Potatoes
Green Beans
Glazed Carrots
Chicken Gravy
Au Jus
Assorted Fruit
Dinner Rolls
Pumpkin Pie
Salad Bar W/ Dressings
Asst. Beverages

Junior Enlisted Council

The JEC is sponsoring the construction of a ramp for a cystic fibrosis patient to better access his home.

The plans are being drawn up for the ramp and will be underway the second weekend in December.

Change of Command:

We will be having a change-of-command on January 7 in the hanger. Col Bonanni will be handing over command of the Wing to Col Pearsall. This is an historical moment for the unit. Dress is duty uniform.

Military Tax Info Site:

As we approach the end of the year, it is never too early (or too late) to plan for your 2005 Tax Returns. The following link: <http://www.irs.gov/newsroom/article/0,,id=97273,00.html> has specific information for members of the Armed Forces.

MPF December UTA Holiday Hours:

Sat: 08:30-1700
Sun: 07:30-1200

News you can use



On November 11th Governor Mark Warner presented the Governor's National Service Medal to 40 representative members of the Virginia National Guard (both Army & Air). All other eligible Guard members should receive this award during December UTA.

PRE-SORT STANDARD
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