

VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

March 2005



ORE



ORI



Photos by TSgt Dave Buttner & MSgt Carlos Claudio



Commander's Call



ABOUT the VANGUARD

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Check out the electronic Vanguard on the base Intranet.

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Next UTA:
March 5-6
& 18-20

Cover:
Pictures depict various aspects of our past ORE's.

The practice is over and with it comes a collective sigh of relief from all of us; it is now time for the big game. Our unit has a long history of doing well when it counts. Unfortunately, just like in the stock market, past performance is no guarantee of future returns. Said another way, we can not rest on our laurels and past achievements; our performance during the week of the ORI is all that matters at this point. We must put all of our training into action and execute well in every phase of the game. And, this is a one game season so we have to get it right the first time.

Before I go any further I would like to add a few observations from my past experiences. First, ORIs burn a brand on both individuals and organizations. This mark lasts a very long time and can be either positive or negative depending on performance. Next, there has never been, to my knowledge, a perfect ORI. Mistakes will always occur amid the cacophony and confusion of the exercise. And, while our training and preparation will help us minimize those mistakes, we can not eliminate them. What we can control is how we react to our mistakes and make corrections. In fact, our ability to recognize, adapt and overcome them will play a large and very important role in

the overall outcome. Last, a good attitude is a lubricant that can reduce a lot of ORI friction both within the unit and with the evaluation team.

There is nothing new in any of these observations but, as you can tell from the focus of most of my last articles, their importance is not diminished with familiarity. Still, I will leave you with one last universal ORI truth. While the men and women of the ORI team strive to evaluate our

unit by very quantifiable, measurable criteria they will nonetheless be influenced, and to a similar extent so will our final grade, by their collective impression of

our unit. This impression will be shaped by numerous individual encounters and, since they are

only on base for a short time, we must take every opportunity to make a positive impression. This inspection is about details so we all must display our best military bearing and professionalism throughout the exercise.

I am very proud of the Wing's effort in preparing for this inspection. I am also very confident in the outcome and certain that the memories of this ORI will be a highlight of our careers.

Sincerely,
Colonel Pete Bonanni
Wing Commander



Photo by MSgt Carlos Claudio
An F-16C end of runway (EOR) maintenance crew performs vital visual checks before plane taxis to takeoff position during the January ORE.

Airmen Motivated for Fitness Testing

By A1C Meaghan McNeil

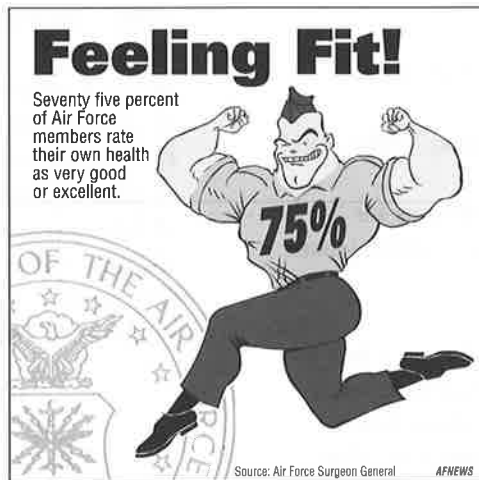
The new fitness standards of the Air Force have become a hot topic, not to mention controversial. Many have questioned the new requirements, curious about the body composition standards, the decrease in time, and the adjustment for age in every category with the exception of body composition. Despite the many opinions, however, we are now held up to a higher standard. Lt Col Cynthia Hall took the initiative to inspire her troops to achieve the new standards by making a deal for the Maintenance Squadron: if Lt Col Hall's score could be beaten, she would buy lunch for those excellent fitness performers. On Saturday of February UTA, she took those who met her challenge to The Tobacco Company for a well deserved feast.

"I really believe in the fitness standards in my life and in the Guard. I personally went to every shop and proposed this challenge to the Airmen," said Lt Col Hall, "and I'm hoping there will be an even greater turnout next year, hopefully wing wide. For now, I have this squadron of individuals and I will provide a challenge and a source of motivation for them to succeed in the new fitness program."

Incentive and motivation drove seven Airmen to beat Lt Col Hall's score of 96. SrA Danielle Ardis scored a 97. A1C Leif Blixt, recently returning from basic training where he also performed well in fitness testing, scored a 97. TSgt James Carrington, as a full time guardsman, includes a work out during his lunch hour, achieving a score of 97. TSgt Jeffrey Hall makes the effort to work out three to five times a week, and his score of 99.5 shows his efforts. SrA Cory Legars, a police officer in his civilian job, maintains the fitness requirements of both jobs, scoring a 99. SrA John McKone, a rugby player at Old Dominion University, received a perfect score of 100. TSgt Preston Warren, a 10K runner in his spare time, achieved a fitness score of 97.5.



Lt Col Cindy Hall with the Seven Airmen who were able to meet her Fitness Challenge. All of these Airmen scored at least a 96 on their fitness test.



believes "It begins with yourself. You have to understand what these standards do for you, and then it will be clear why they are good for the entire organization." SMSgt Crystal Worley pointed out that "the key to passing is practice. And for those seriously considering formal schools or academies, you will be required to run." As a whole, these airmen agree that the new fitness standards are excellent and should be enforced. If these standards are practiced, it will become a part of your life inside and out of the guard. They recognize Lt Col Hall's commitment to the airmen and thank her personally for her motivation.

TSgt Warren believes other commanders should "set the bar within their sections" and provide incentive for motivation. SrA Cory Legars hopes to, "see this done every year, with more participation and perhaps even competition between sections throughout the base." It is expected, as A1C Blixt said, that we step up to the new challenges and succeed, "with each passing year more successful than the year before."

For more information regarding the fitness testing and the new standards, talk to your unit health monitor or visit http://www.af.mil/news/USAF_Fitness_Charts.pdf.

Component	Possible Points
Aerobic	50
Body Comp	30
Push-ups	10
Crunches	10

When asked in interviews, the overall opinion of these successful airmen is that if you want to achieve such a level of fitness, you must make exercise a part of your life-style. TSgt Hall

Fitness Level	Total Score
Excellent	≥ 90
Good	75 - 89.9
Marginal	70 - 74.9
Poor	<70

Wing Readiness Depends On You!

by Maj David Biggs

A Step-by-Step Guide to being ready to deploy during the exercise.

Step 1- Personally- Ensure your affairs are in order:

1. Personnel Readiness Folder will be inspected and updated within the last 6 months. Check for new guidance with your UDM.
2. Personal bags will be ready to process with you on day one of the exercise. See heading for items required in personal bag.
3. Know the time to report to your unit for processing.
4. Don't be late for anything.

Step 2- Unit Level- Report to your unit and be ready to process at any time. You will process at unit level with your Unit Deployment Manager. They will have you review the unit processing slides and cover certain key areas to include:

1. Baggage check of personal items.
2. Review of your PRF.
3. Baggage Tags completed and Next of Kin paperwork for loading aircraft.
4. Ensure you process with **Helmet, Web Gear, and Gas Mask.**
5. You will be given further instructions for processing through the Personnel Deployment Function (PDF).

Step 3- Mobility Bags- You will be loaded onto a bus at the unit and taken to the mobility bag building to retrieve Chemical Bags, if required. All bags would have been signed and built well in advance of your departure. Your next step is to be taken to the PDF for processing before loading the aircraft.

Step 4- Personnel Deployment Function- This is where you will drop your personal baggage and be weighed for aircraft load planning. You will then step into the PDF for an eligibility check and be processed through the line. Briefings from individual sections such as Chaplain, JAG, Family Readiness, Medical, etc. will follow. Personnel should have accomplished all deployment actions at unit level, but stations will be set up for any last minute action items.

Step 5- Loading the Aircraft- Once briefings and all required actions are complete you will be put on a bus to meet your aircraft. Your troop commander would have been appointed and put in charge of your group until you reach your final destination. Do not do anything until checking with your troop commander first.

And remember

- Be prepared for all possibilities.
- Take personal responsibility for being on time and aware of what is going on around you.

What you need to know for the Operational Readiness Inspection.

Your personal bag for the ORI **WILL** include:

Clothing

- BDU Shirts (4)
- BDU Trousers (4)
- Belt (1)
- BDU Cap (no baseball caps)(1)
- Field Jacket (liner as appropriate) (1) or GORTEX Jacket
- Combat Boots (1 pair)
- Undergarments (as needed)
- Socks (as needed)
- PT gear – 2 shorts / T-Shirts w/sleeves
- Casual Civilian attire (2 sets)

Personal Items Kit

- Non electric shaving device (as appropriate)
- Deodorant
- Toothbrush and toothpaste
- Soap
- Bath Towels
- Other personnel items as desired

Important terms to remember:

- Deployment Control Center (DCC)
- Personnel Deployment Function (PDF)
- Cargo Deployment Function (CDF)
- Installation Deployment Officer (IDO)

A Letter From The Front Line



by SMSgt Jeffrey Frazier

The photo above was taken in front of the U.S. Flag that has been painted on T-barriers at what serves as "Town Hall". Many of these concrete "T-Barriers" have been painted with Squadron and Company (Army) logos and are a reminder of the previous rotation of Air Force, Army, Marines, Navy and Allied Forces that have served before us. These barriers are wrapped all the way around a large tent that serves as a meeting place for briefings, promotions, the weekly "Right Start" briefing for new comers, wing gatherings, etc.

Working over here is interesting and challenging to say the least. We all must improvise, adapt and modify everything in an effort just to accomplish the mission. You can't just run out and buy something you need to repair, fix or construct. You must be inventive and adapt items that serve one purpose so that they may now serve another that they were not designed to do. This adaptation and modification has become such an occurrence that the 332nd Civil Engineer Squadron's motto has become "Task Force MacGyver" and it is yelled out at all gatherings when the Commander or First Sergeant yells CE.

There are eighteen of the 192nd guys over here and we frequently run into each other at the dining facilities or at meetings. The Fire department guys have had their hands full with multiple emergency calls and the base dump, which burns twenty-four hours a day and keeps them busy and on their toes. The rest of the engineer guys, e.g. Power Production, Electrical, Utilities, Equipment operators, Medical, Site Development and Structures are kept on the go. Everyone is on a twelve hour work day schedule and

just recently started getting one day off per week. Some of the shops even are required to man their shops on a twenty-four hour basis, thus creating a night shift.

The most recent project that nearly everyone had the opportunity to support was the planning and construction of a rudimentary temporary Air Field Tower. The existing tower is going to be remodeled over the next several months. It was a challenging project that required innovation, cooperation and a lot of "thinking outside the box" behavior. Ultimately, a workable, viable plan was created and carried out to fruition. The temporary tower is now complete and will be occupied in the very near future.

The daily temperature here ranges from the mid to high fifties during the day to the mid to high twenties at night. However, it is the rainy season here and the rain creates one big mud hole. The mud is like glue and sticks to everything and just keeps building up on your boots until you are walking on what feels like 3 inch platforms. This mud, of course, sticks to all of the vehicles and has created a challenging FOD problem on the flight line. But, everyone has taken it all in stride and we are getting the mission accomplished with positive attitudes and professional pride.

Yesterday evening we had a visit from U.S. Senator George Allen. He stopped by and had an impromptu "Town Hall" meeting for all of the Virginia guys deployed here at LSA Anaconda, Balad Air Base, Iraq. There were probably sixty to seventy guys present from both the Army and Air Force. Each of us had our picture taken with him and we even had a group photo taken with those who were able to slip away from their work centers (see below). Senator Allen briefed us on what Congress is doing to improve military benefits and thanked us for our sacrifices on behalf of the American people. It was a pleasant and inspirational visit.

We are approaching the mid-way point of our deployment and everyone has already begun to talk about our trip home. We are each proud to be doing our part in providing freedom and democracy to the Iraqi people, but we also look forward to the time when we can return home to be with our loved ones and enjoy the liberties and freedoms our great nation was founded upon and offers.



Unit Climate Assessment Results Are In!

During the months of July – November of 2004, 17 squadrons of the 192nd FW completed computer generated surveys. These surveys are one entity of the unit climate assessment program that is used as a tool to “assist commanders at all levels in assessing positive and negative factors of the human relations climate in their organizations.”

The 6 areas focused on were: 1) Job Environment 2) Motivation, Pride, Recognition 3) Peer Relationships 4) Unit Leadership 5) Perception of Freedom to Address Concerns and 6) Fair Treatment, Discrimination, Sexual Harassment. There were 3 ways to answer the questions of each area: Favorable, Neutral and Unfavorable. Below is a list of which questions received the highest percentage for favorable and the highest percentage for unfavorable.

There were 7 questions asked in the area of **Job Environment**. The question that received the highest percentage of **Favorable** was: **I like my job with 89%**. The question that received the highest percentage of **Unfavorable** was: **Overall, moral in the unit is high with 32%**.

There were 4 questions asked in the area of **Motivation, Pride, Recognition**. The question that received the highest percentage of **Favorable** was: **I am proud of my work area and what I do with 91%**. The question that received the highest percentage of **Unfavorable** was: **My chain of command awards and recognizes the most deserving members in my unit with 24%**.

There were 6 questions asked in the area of **Peer Relationships**. The question that received the highest percentage of **Favorable** was: **I feel comfortable socializing with coworkers with 92%**. The question

that received the highest percentage of **Unfavorable** was: **Coworkers do their fair share of the work with 14%**.

There were 10 questions asked in the area of **Unit Leadership**. The question that received the highest percentage of **Favorable** was: **The unit commander's/director's policy on sexual harassment is clear with 92%**. The question that received the highest percentage of **Unfavorable** was: **My supervisor provides useful and timely performance feedback with 15%**.

There were 2 questions asked in the area of **Perception of Freedom to Address Concerns**. The question that received the highest percentage of **Favorable** was: **I believe I can use my chain of command to address concerns about discrimination and/or sexual harassment without fear of reprisal or retaliation with 78%**. This question also received the highest percentage of **Unfavorable with 11%**.

There were 14 questions asked in the area of **Fair Treatment, Discrimination, Sexual Harassment**. The question that received the highest percentage of **Favorable** was: **Sexual Harassment does not occur in my work area with 89%**. The question that received the highest percentage of **Unfavorable** was: **People in my work area do not practice favoritism with 22%**.

A Wing Climate Assessment Committee has been created to review the areas of concern. Members are from the offices of: MEO, IG, Security Forces, Staff Judge Advocate, Military Personnel Flight, Chaplain, Services, Human Resources Advisor, Command Chief Master Sergeant, and other members deemed necessary. We would like to hear any suggestions you may have. Please feel free to e-mail MEO anytime at:

andrea.stewart@varich.ang.af.mil

Wing Command Chief Corner - CMSgt Susanne Dates

Recently, we have all diligently prepared for the upcoming ORI by reviewing our checklists and ensuring all training requirements are not only met, but exceeded. We have accomplished this by paying attention to and not overlooking what might be considered “minor details.”

The “minor details” to which I’m referring are proper military protocol and customs and courtesies. During the Dec UTA, Lt Col Phil Guy gave an outstanding briefing on ORI expectations and preparations to include using proper military protocol. He touched on protocol situations with which we are all familiar, but may need to be refined, especially in the upcoming months. Remember how easy it

was to maintain military customs and courtesies after graduating from Basic Military Training (BMT) or from a Professional Military Education course (PME), because they were second nature to us? BMT and PME are not where protocol and customs and courtesies stop, they are where they begin.

I encourage each of you to continue to be the military professionals you are and take a moment to go the extra mile to ensure your attitude, uniform and knowledge of customs and courtesies are as sharp as you are. It could be review of a minor detail that results in our unit receiving an overall rating of “outstanding” - a goal we can achieve.

FAMILY READINESS NEWS

Volume 4 Issue 3

March 2005

Families Also Serve!

FAMILY READINESS AND SUPPORT

Financial Literacy Classes are Scheduled

What is one of your greatest concerns as a National Guard family or single member? If you are like other service members and their families across America and its territories, your biggest concern is **money**. Why is that?

Depending on your personal background, your motivation for joining the Guard might be the educational benefits. If you have been in the Guard for a while, your concern might be your eventual retirement dollars. Fiscal decisions that are made along the way can make or break your future. Your decisions can

affect your advancement in your career; they determine how long you might choose to extend your service; your decisions determine the amount of support you might receive from your family, whether they be Mom and Dad, Spouse or even the kids.

While there is always the possibility of deployment, you need to have your financial house in order at all times.

Pulling from various resources, the Family Readiness and Support Office will be hosting some Lunch Bag Workshops in April on

financial literacy and your future. Please plan to join the small group work sessions.

Thursday April 7 **Growing Your Weekend Warrior Dollars**

11:30 to 12:30
Understanding
How to grow your dollars
over a 20 year career

Thursday April 14 **Establishing a Budget**

11:30 to 12:30
"You can't just keep it in
your head; It's got to go
on paper too!"

The classes will be held in Ste 6 of Wing Headquarters. Please call 236-7036 to sign up.

Family Day and the Annual Sidewalk Sale Coming Soon

Family Day has become a floating "holiday" for us at the 192d FW. It is a "holiday" because this is the day set aside to celebrate working hard, passing inspections, welcoming home the troops and saying thank you to the families for their sacrifices.



(It "floats" because the date changes depending on current op tempo!)

There will be lunch and special events all over the base with transportation provided to help you get around to enjoy it all. Grandparents to young kids will find something of interest. Members all over the base are looking forward to showing you a good time.

Please mark your calendars, (*albeit in pencil!*) Plan to join us on **Saturday, May 21, 2005** from 11:00 to 16:00. You won't

want to miss it!

April is "Sidewalk Sale Month".

Plan now to stock up on warehouse sale quantities of everyday items which will be held at the Vehicle Maintenance Squadron at the 192d FW from 10:00 to 13:00 on Saturday, April 23. Volunteers and buyers are needed!

Current Military IDs are required to enter the Base.

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Special points of interest:

Volunteers needed! Please contact the Family Readiness and Support Office to help with upcoming events!

- April: Commissary Sidewalk Sale
- May: Family Day/ Welcome Home Party

Contact Angie Wade, 236-7036 or email, Angeli.wade@varich.ang.af.mil

Planning to Move? RACC can Help



Stop by the Family Program Office to get information before you move.

You are a current member of the Virginia Air National Guard and find that you may be moving out of the local area soon.

Whether your new move is due to your civilian employment or military job, the **Relocation Assistance Coordinating Committee (RACC)** can help make your move a lot easier.

Spouse volunteer Stacey McCauley heads up the committee from a place of understanding due to her

husband's fulltime Military career before joining the Guard.

Information is available in the Family Program office for you once you know it is time to move. Forms can be filled out and given to Stacey who will help you connect with enthusiastic realtors who understand your needs here and at the other end.

Is your home ready for the market? What type of timetable are you working under? What is your home's

market value? Are you planning an Open House to attract more buyers?

Do you know anything about the city or town you are moving to and do you know anything about the spouse employment opportunities? Are schools and daycare important to you?

Working with RACC can give you peace of mind as you uproot and go on to your next life's adventure. Contact 236-7036 for more information.

Operations Security- Keep Your Guard UP!



Military Families Also Serve! What a true statement. Part of our service, however, is protecting our loved ones, whether they be family or friend. Protecting them includes the need to be careful about our conversations and discussions when in public environments.

One never knows who or where our enemies are. Casual conversations

about our service members deployments, their locations, their return and reunions dates and times all fall under the heading of "critical" information that we must handle carefully.

Adversaries can easily put together pieces of the puzzles they use to determine their next plan of actions. Watch your conversations on cordless or

cell phones or email traffic through popular email service providers.

Local and international terrorists are still wily enemies. And with all of the public information available about our military activities, the pieces of the puzzle that you or a family member can add can make or break their next effort. Be alert and keep your Guard up!

VWAP has Good Literature at Your Disposal

In support of the Victim Witness Assistance Program (VWAP), we have several current pamphlets available for you in the hallway outside of the legal office in Wing Headquarters with relevant information for victims of abuse:

1. ***An Informational Guide for Domestic Violence Victims in Virginia***
2. ***An Informational Guide for Sexual Assault Victims in Virginia***
3. ***Domestic Violence Protect Orders***

The pamphlets are a good starting point for anyone needing such assistance. Everyone needs to be aware of their rights and the procedures in place to protect them, whether the situation is personal or involves someone with whom you work. Abuse can't be overlooked.

Please stop by and pick up a pamphlet. And the Chaplain's office or Family Readiness and Support Office is always open if you need support or guidance.



TRICARE Beneficiaries have Access Standards

Deciding to use TRICARE when your service member has been mobilized for deployment is sometimes a tricky decision. Consideration is given to whether or not there is existing insurance that can be maintained affordably during the deployment. If it is not cost effective to keep employer provided health insurance or if none exists to start with, the type of care and priority of service will become an

important issue to the family.

TRICARE has nine new standards of appointment types and access to healthcare standards associated with each one. Understanding access to care is significant when evaluating health care situations that occur in military families.

The chart explains "the expectation level for appointments" when using a military treatment facility.

Appointment Type	Access Standard
PCM-Initial primary care	28 days
SPEC-Initial specialty care	28 days
ACUT-Acute	24 hours
ROUT-Routine Appointment	7 days
WELL-Wellness, health promotion	28 days
PROC-Procedure with designated duration	Provider designated duration
EST-established patient (established patient Follow-up)	Provider designated duration
TCON-Telephone consult	Provider designated duration
GRP-Group care	Provider designated duration

Scholarships for Military Children



What: The National Military Family Association (NMFA) Joanne Holbrook Patton Military Spouse Scholarship Program.

For Whom: Uniformed Services spouses (active, retired, reserve, guard or survivor) to obtain professional certification or to attend post secondary or graduate school for an academic year.

How much: \$1000

How to apply: Online at www.nmfa.org

Deadline: March 31, 2005

About NMFA

The National Military Family Association is the only national organization whose sole focus is the military family and whose goal is to influence the development and implementation of policies that will improve the lives of those family members. The Association's mission is to serve the families of the seven uniformed services through education, information and advocacy. For more than 35 years, its staff and volunteers, comprised mostly of military family members, have built a reputation for being the leading experts on military family issues.

ID Theft: Part 3—Filing a complaint with the FTC

In the scenario presented two months ago when we began this series, we asked you to imagine the unthinkable, that you were a victim of ID theft and had no money as a result.

You have taken all of the necessary first steps: (1) you have identified that you have been victimized; (2) you have reported the theft to your financial institutions; (3) you have obtained and completed an ID Theft Affidavit and

filed a police report.

Your next step is to file a report with the **Federal Trade Commission (FTC)**. What role does the FTC play in this process?

The FTC maintains a clearinghouse for complaints by victims of Identity Theft. While they do not resolve issues, the information you provide helps in the investigations that hopefully lead to legal action against the perpetrators.

For example, if your complaint is against an identifiable entity, the FTC enters information that you provide into *Consumer Sentinel*, a secure online database available to hundreds of civil and criminal law enforcement agencies around the world.

If you have been victimized and want to elevate your complaints, visit www.consumer.gov/idtheft/ for step by step guidelines in filing your complaints.

ID Theft

**"ID Theft:
What's it All
About?"**

Learn to minimize your risk to ID theft by obtaining this brochure online at www.consumer.gov/idtheft/

FAMILY READINESS AND SUPPORT

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**Families Also
Serve!**

New Midweek Class starting in June












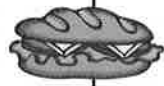







"Parents Who Care: A Step-by-Step Guide for Families with Teens"

All military parents of teens and pre-teens are encouraged to attend the "Parents Who Care Program", which helps parents discuss important issues, build stronger family bonds, and hopefully reduce many of the risks teenagers face today.

The small group classes will meet in the Wing Headquarters, Ste 6, Family Readiness and Support Office. The Facilitator will be Angie Wade, Wing Family Program Office Coordinator.

Look for sign up details, dates and times in the April Newsletter

Let's Celebrate something Special in...

		1 Peanut Butter Lover's Day 	2 Old Stuff Day 	3 National Anthem Day O' Say can you see... 	4	5 Multiple Personality Day
6 National Frozen Food Day	7 	8 	9 Panic Day	10 	11 Johnny Appleseed Day	12 
13 Jewel Day 	14 Potato Chip Day 	15 Buzzard's Day 	16 Do Everything Right Day	17 Submarine Sandwich Day 	18	19 Love Your Chicken and Turkey Day 
20 Proposal Day 	21 Smell Good Day 	22 Goof Off Day	23 Clean House Day	24 	25 Waffle Day	26 Spinach Festival Day
27 "Joe" Day	28 Something on a Stick day 	29 Sneaky Day 	30 "I am in Control" Day	31 Clams on the Half Shell day! 		

Force Protection Standardizes Response of Military Services

By Capt Keith Murphy
192 Security Forces Squadron

Force protection is a broad term that applies to all measures taken to secure and safeguard DOD assets. The Force Protection Condition (FPCON) system standardizes the military services' response to terrorist threats against U.S. personnel and facilities. There are five FPCON's:

FPCON NORMAL: This condition applies when a general global threat of possible terrorist activity exists and warrants a routine security posture.

FPCON ALPHA: This condition applies when there is an increased general threat of possible terrorist activity against personnel or facilities, the nature and extent of which are unpredictable, and circumstances do not justify full implementation of FPCON Bravo conditions. However, it may be necessary to implement certain measures from higher FPCON measures resulting from intelligence received or as a deterrent.

FPCON BRAVO: This condition applies when an increased or more predictable threat of terrorist activity exists.

FPCON CHARLIE: This condition applies when an incident occurs or intelligence is received indicating some

form of terrorist action or targeting against personnel or facilities is likely.

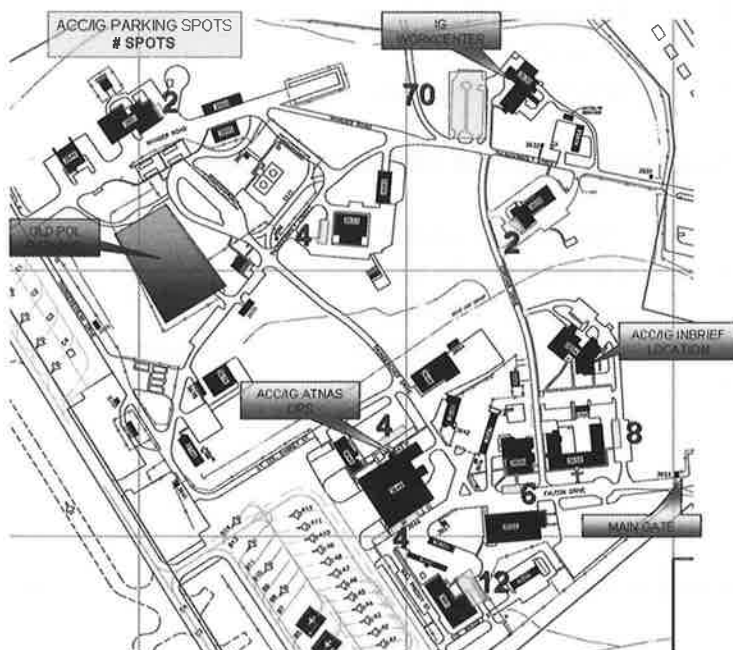
FPCON DELTA: This condition applies in the immediate area where a terrorist attack has occurred or when intelligence has been received that terrorist activity against a specific location or person is imminent.

Regardless of the posted FPCON, all personnel are reminded to remain vigilant and report all suspicious activities to Central Security Control at ext 6360, if actual emergency, dial 911. Each and every one of us should remember to be aware of your surroundings and report unusual circumstances to our supervisor or emergency personnel. And, each and every one of us should know our reporting procedures and emergency telephone numbers.

Always remember to use the **S.A.L.U.T.E.** format when relaying information. Salute stands for: **Size, Activity, Location, Uniform, Time, and Equipment.** By using this format you can rapidly up-channel information. Each time a different FPCON is implemented it will require all of us to change the way we do business, both here at home station and at our deployed location. These measures are not meant to be an inconvenience to you, the member, but to act as a deterrent to the terrorist. Security Forces rely upon all of you to follow the concept of "Every Airman is a Sensor." Continue to remain alert and vigilant.



News You Can Use/Announcements



Women's History Month

It's official. Women's History Month program will be re-scheduled for 30 March 2005, Wednesday @ 1030. Ft Pickett, Officers Club.

Are you an E1-E6?

Do you want to get involved? Do you want to make a difference in the unit?

If you are an E1-E6 and you would like to contribute to the unit as a Junior Enlisted Airman, come to an informational meeting Sunday, May 22 at 1000 in the Chapel. Take the initiative to help develop a Junior Enlisted Council, where Airmen can contribute constructively to the work force and environment around them. For more information please contact: DSN 864-6310, SrA Fallon McNeil (fallon.mcneil@varich.ang.af.mil) or SrA Margaret Koerner (margaret.koerner@varich.ang.af.mil)

Keys to a Successful...

by Col Gregory P. Pietrocola & Lt Col Phillip Guy

For the previous year, the 192d Fighter Wing has been preparing for its Phase 1 Operational Readiness Inspection. Whether you are ready or not, the Inspector General will arrive on March 17 to start the process of testing our ability to move our people, support equipment and F-16 fighter jets in an orderly and time limited (read stressful) manner. It is our time to demonstrate our competence and ability as we endeavor to achieve success as a mission ready, war fighting organization.

In my 23 years of military service, I can unequivocally state that I have never enjoyed preparing for an ORI. Every memory congers a mindful ache that brought to my attention shortfalls in my personal knowledge with regard to my Air Force job. In every instance, my knowledge deficit created a learning opportunity that fixed hard in my mind as important to the mission's success. Yes, the critical review of the evaluator did create a modest embarrassment while permitting me to learn. But, and more importantly, the true benefit was a more confident and capable war fighter who's efforts directly contributed to the overall unit's goal and achievement.

Although many of you have a military history with a similar past, keep in mind that out there and among us are many members that have never participated in an ORI. For those of you with experience, I ask that you assist our efforts at every opportunity. For those of you without, work hard to know your job and look for help from those who can help. I am confident that your preparedness and our leadership will achieve a resounding success. I look forward to congratulating your effort on March 23, 2005 at 0900.

Nodes of Knowledge:

ORI Schedule of Events

17 March – ACC/IG Team arrival – Time TBD
18 March – Day 1, Phase I ORI starts at 0600
19 March – Day 2, Phase I ORI starts at 0600
20 March – Day 3, Phase I ORI starts at 0600
21/ 22 March – Write/Sell/Edit for IG team
23 March – ACC/IG Out-brief at 0900 in the Dining Hall

Daily Work Day

- All members in place by 0545 (unless on shift schedule)
- ORI hours – 0600-1800 for base population
- Day 1 ORI hours for MX is 0600-2000
- **192FW members will not depart the base until released by the Battle Staff.**

192FW Scheduled Meetings

17 March – Time TBD – 192FW and ACC/IG In Brief in the Dining Hall
18 March – 0800 – Battle Staff Brief in the Ops Briefing Room
18 March – 0900 – Concept Brief in the Ops Briefing Room
18 March – 1700 – Battle Staff Brief in the Ops Briefing Room
19 March – 0800 – Battle Staff Brief in the Ops Briefing Room
19 March – 1400 – Operations Deployment Brief – Notional – In the Ops Briefing Room
19 March – 1530 – Operations Deployment Brief – Real – In the Ops Briefing Room
19 March – 1700 – Battle Staff Brief in the Ops Briefing Room
20 March – 0800 – Battle Staff Brief in the Ops Briefing Room
20 March – 1700 – Battle Staff Brief in the Ops Briefing Room
23 March – 0900 – ACC/IG Out-brief in the Dining Hall
* Attending 192FW personnel must be in seats NLT 15 minutes prior briefing times

Graded Areas for the Phase I ORI

- Command and Control
- Deployment Processing
- Employment Readiness
- Information Operations
- Force Protection
- Special Interest Items

Knowledge that each person should have

- Current BSD content
- Current FPCON and why
- Current INFOCON and why
- Wing OPSEC Manager – Lt Col Swetnam
- How to deal with Classified Message Incidents (CMI)
- How to deal with a computer Virus

...ORI

Parking Plan

The wing loses more than 50% of parking spots when FPCON B, C, or D is declared

Members should park in the Old POL area or at Fire Training Facility on D St/Beulah

Members should car pool as much as possible

Members should show early enough to secure a parking spot and arrive at duty by 0545

Buses will be available to drive you to your work area

Do NOT park within 25M of any building as roped off by SFS

Do NOT park in ACC/IG reserved spots

*Personnel will NOT leave the base during the hours of 0600-1800

COMM Notes

- Only Government issued cell phones will be allowed on base during the ORE/ORI
 - Leave personal cell phones in your vehicles
 - Exceptions require 192 FW/CC approval
- Know your CMI response procedures (see card by your computer)
- Know your Virus response procedures (see card by your computer)
- Report all computers assets that are deploying to SCX

Safety

- 192FW/CC directs wear of reflective belt wear 24 hours/day during ORE/ORI
- Hearing Protection as required
- Eye Protection as required
- Steel Toe Boots as required
- Work Gloves as required

OPSEC/COMSEC

- Be familiar with the critical information list (CIL) items for your area
- Do not talk around items on the phone or radio
- Practice sound "Phone up" procedures and answer all calls with "Un-secure line, name"
- Use a secure phone when required

Sexual Assault & Harassment

Sexual assault and sexual harassment are not the same, although they are related to each other.

- Sexual harassment is a form of gender discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. For more information on sexual harassment, see Army Regulation 600-20
- Sexual assault refers to offenses of a sexual nature committed without the lawful consent of the victim. Sexual assault includes rape, forcible sodomy, indecent assault, and carnal knowledge as defined by Articles 120, 125, and 134 of the Uniform Code of Military Justice (UCMJ).
- Sexual assault must involve physical contact. While sexual harassment can involve physical contact, it can also refer to verbal or other forms of gender discrimination of a sexual nature. Sexual assault is also a crime punishable by the UCMJ.

Types of Sexual Assault

Rape - Sexual intercourse by force and without consent

Forcible Sodomy - Oral or anal sex by force and without consent

Indecent Assault - Any non-consensual touching done with the intent to gratify lust or sexual desires

Carnal Knowledge - Sexual intercourse with a child under age 16.

Types of Sexual Harassment

Quid Pro Quo sexual harassment refers to conditions placed on a person's career or terms of employment in return for sexual favors. It involves threats of adverse actions if the victim does not submit or promises of favorable actions if the person does submit.

Hostile Environment sexual harassment occurs when a person is subjected to offensive, unwanted, and unsolicited comments and behavior of a sexual nature that interferes with that person's work performance or creates an intimidating, hostile or offensive working environment.

Neither sexual assault nor sexual harassment has a place in our Military!

Network Incidents and You - by 192d CF HelpDesk

Good computer security encompasses several different areas of responsibility and requires your awareness and interaction to maintain a secure environment. Two of the most common network incidents are viruses and classified message incidents (CMI). The detection and containment of these types of incidents will also be evaluated during our upcoming Operational Readiness Inspection (ORI). All personnel need to be familiar with these procedures.

Antivirus Procedures It is possible that your computer could be subject to a simulated virus attack during our ORI by the evaluation team. The exercise is meant to test your response to a real virus attack and to see if you have an alternate means of accomplishing your mission. Familiarize yourself with the virus procedures on the Network Incident Reporting Aid that should be located next to every computer. If your aid (red, yellow and green in color) is missing please see your Workgroup Manager (WM) for a replacement. Anytime a virus is detected, by a popup message or via an inspector input card, immediately disconnect your computer from the network by unplugging the network cable. It is possible, but highly unlikely that a real virus would infect your computer. Some signs of a virus infection are your computer is extremely slow to respond and/or files/programs that were working have



stopped working. Treat these types of indications described above as a possible virus. You should disconnect your computer network cable and then locate the Network Incident Reporting Aid and follow the virus section (green) for further directions. If you feel the virus is deleting data on your hard drive, then by all means, remove power from the computer. The information on the hard drive may still be recoverable by your WM or other qualified personnel.

Classified Message Incidents A classified message incident (CMI) is when a document containing classified information is present on an unclassified system. This happens most often when someone emails out a classified attachment or includes classified information in a regular email. The procedure is similar to a virus being detected. If you believe you are involved in a CMI you should immediately disconnect your computer from the network and follow the Network Incident Reporting Aid CMI section (red). When discussing the situation over an unsecure telephone do not refer to the message or its contents in any way. Secure and safeguard the possible classified computer until relieved by proper authority. The computer will need to be cleansed of the message. Do not save copies of the message or print it. Do not disregard the message because you may be the first to report it.

Back from deployment in time for the ORI - by Ch(Maj) Edward Moran

Qatar in January! Al Udeid under cool desert skies and rain! Tax-free salary and hazardous duty pay. The opportunity to be in the AOR during the historic occasion of democracy beginning in Iraq. All of these seemed great reasons for accepting a 30 day deployment overseas. However, as I later discovered, the reasons for going were not the reasons for staying. Upon arrival, I discovered the high level of leadership, the profound depths of commitment to the mission, the excellence of truly devoted service members to the mission. After a while, I was totally caught up in the mission and those who made it happen each day! The reasons for why we join the Guard are often different for why we stay. Pay, benefits and a chance for a good retirement package give way to the kinds of long-term relationships we build. We live in a Total Force world where standards are high and the kind of excellence people bring to the mission awesome. These lessons learned from deployment are useful in preparing for our upcoming ORI. It's important to remember that we each bring something

vital and unique to the jobs we do. Yet, we are members of the Air Force team wherein the whole is greater than the sum of its parts.

Perhaps it was the constrained space of living together that forced me to see that what each of us does individually always has effects on the other whether we wish to admit it or not. Three minute showers seem to be a restriction on individual habits of longer times under soothing waters until we remembered that our use directly effected the water supply for the next shower. The individual jobs we do in preparation for the ORI have a direct effect on the outcome of the exercise. Let's remember that we each have great gifts to give in service to God and country. Let's also remember that we are members of a team whose skills and abilities can get the job done in ways that go beyond individual efforts. In supporting one another, we improve the effort and contribute to the overall success. May God bless you in all you do and as members of the greatest team we are in the Air Force Air Guard!

Finance News - by MSgt Rodney Ruble

Are you able to access your MyPay account?

If you have forgotten your PIN or just need to get one, sign onto MyPay at <https://mypay.dfas.mil> to request one or stop by Finance. You can access the website from any computer. Your LES's and W-2's are available to be printed from MyPay. Soon, if not already, paper copies will be obsolete. If you don't have a PIN, you will not have access to your LES's or other important information.

Finance New Comers In-Processing Briefing

Normally, our briefing is conducted on Saturday at 1330. However, due to the March ORE/ORI, we will not be able to do them at this time. We will be conducting these briefings on a case by case basis as they are brought into our unit. If any of your members came to our unit prior to the March ORE/ORI and have not had their Finance Pay briefing, contact our office at x6313/6314 to schedule one. The Saturday briefing will resume with the April Drill.

Military and Travel Pay Documents During the March ORE/ORI

During the March ORE/ORI, AFT Rosters will NOT be used. ONE certified pay order must be submitted marked MILITARY PAY for pay and entitlements.

If you're due a travel reimbursement, a separate claim must be submitted in DUPLICATE marked TRAVEL PAY.

- No travel claim is authorized for Henrico residents.
- WILL COMMUTERS will complete the bottom portion on reverse of orders and submit 2 copies

marked TRAVEL PAY for one roundtrip mileage only.

- WILL NOT COMMUTERS will submit 2 copies of orders and 2 copies of travel voucher. Split Disbursement is MANDATORY and it's the member's responsibility to annotate the amount on the travel voucher to be sent to pay the card. Travel vouchers must be signed by the SUPERVISOR or APPROVING OFFICIAL.

DO NOT attach the travel claim to the certified military pay order. FAILURE TO OBTAIN SIGNATURES AND SUBMIT REQUIRED COPIES WILL RESULT IN NONPAYMENT.

Travel claims must be filed in duplicate with two copies of orders attached. Per Diem is \$43 daily for members who will not commute only; lodging will be paid by Services and will not be claimed on the travel voucher. No travel vouchers are needed for Non- Henrico members who will commute, just fill out the travel portion on the back of the orders.

Only members in a WILL NOT COMMUTE status will be authorized to use the Bank of America Government Travel Card.

Orderly Rooms will be the POC/ focal point for collecting all completed and certified Military Pay orders and Travel Claims and submitting them to Finance for payment.

Ensure your SSN is on all of your orders that are submitted for payment. It is best to highlight or circle your name as well when on orders with multiple people. Claims not having SSN's will result in nonpayment.

MOVING IN, MOVING UP, MOVING ON

PROMOTIONS

Maj Tom Kirles
MSgt Joel Steinberg
MSgt Christine Valdez
TSgt Leon Joyal Jr.
TSgt Candice Bruce
TSgt Joseph Carr
SSgt Charles Welsh
SSgt Tamara Hartless
SrA Tracy Christian
SrA William Johnson
SrA Nicholas Geraci
A1C Jamila Williams

TO

LtCol
SMSgt
SMSgt
MSgt
MSgt
MSgt
TSgt
TSgt
SSgt
SSgt
SSgt
SrA

Gains

TSgt Drew Carlton
A1C Jazztyne Johnson
SrA Shawn Jordan
SrA Fidel Nunez
SrA Jason Minnick
TSgt Stacie Kuhse
SrA Laci Patigayon
SSgt Michael Asbill

Retirements

SMS James Monroe
MSgt Robert Roza
MSgt Krag Stevens Cash
MSgt Lucy Washington
TSgt Timothy Graham
TSgt Harvey Campbell
TSgt Mario Delrosario

Gaining Unit

DET 2
LRS
AMXS
SFS
CES
MDS
FS
LRS

Unit
AMXS
OSF
MXS
HQ
MXS
CES
RHS



Photo by MSgt Carlos Claudio

Inside

Keys to a Successful

ORI: See story.... *Pages 8-9*

Letter From the Front

Line: See story... *Page 5*

Unit Climate

Assessment Results In:

See story... *Page 6*

Family Readiness

News: Get the latest news from Family Readiness. *Pull-Out*

Munitions specialists from the 192d Fighter Wing roll MK82 bombs down an outdoor assembly line during January's ORE.

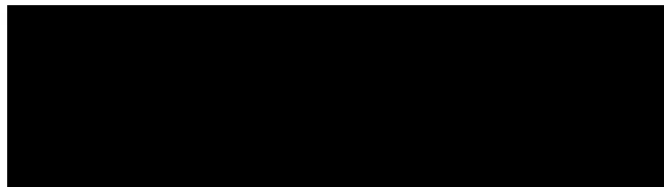
What's for Lunch?

Box Lunches

Available Fri/Sat/Sun Only / Hours of Distribution – 1100-1300

Distributed at MX Hangar Break Room (single point of entry then right)

*Do NOT enter the Restricted Area / Cost is \$3.30 (if in a status that requires payment)



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

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

