

# VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

May 2005



Photo by SrA Tabitha Lundeen

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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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We can be reached at **(804) 236-6388**.

Check out the electronic Vanguard on the base Intranet.

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Next UTA:  
**May 21-22 2005**

Cover:

Staff Sergeant White of the 192nd Fighter Wing Civil Engineering Squadron embraces his daughter after his return from Operation Enduring Freedom on April 23, 2005.

The pictures in the hallway outside my office tell several stories, some that I have discussed before. One that I want to focus on in this article concerns awards and

decorations. Our Chief Master Sergeants, First Sergeants and commanders all have medals displayed in these pictures that, like the rest of the men and women of the 192 FW, are a partial reflection of their own individual accomplishments. Certainly those achievements have been crucial to the success of our unit

over the years. I am proud to see that the people who have risen to the top of our organization have been recognized and rewarded for their contributions to our organization's success. I am just as proud of the group of dedicated individuals who took the time and effort to write and submit these awards.

The pictures on the wall also tell of a few shortcomings in our system. Look close and you will see several very senior people who do not have some basic awards that they no doubt earned. The reason was a simple lack of effort on the part of their supervisors and commanders. We have just completed our ORI. Was it an unprecedented success? No, it was

the same outstanding success that this Wing has achieved time and time again, over the last decade. What I want to be unprecedented is the post ORI effort that adequately rewards the

people who make our continuing success possible. I don't want to come back here in 10 years and see the new generation of leaders lacking the most basic awards. Now, don't misunderstand me. I think we have done an adequate job in the past. What I would like to see now, however, is a more pervasive and sustained effort across the Wing to reward our people for

a job well done.

My last subject concerns sharp, whirling blades. Summer is here and most of us will be around engines that are turning metal blades. These blades will cut our grass, push our boats through the water and do all the other things that spinning metal blades do. I caution all of you that this is the most dangerous time of year for accidents for you and your family. Please take care and think about safety on the road, on the water and around the home. Last year we did very well during the 101 critical days of summer. Let's do it again this year. Take care and let's have a safe summer.

Sincerely,  
**Colonel Pete Bonanni**  
Wing Commander

*"What I want to be unprecedented is the post ORI effort that adequately rewards the people who make our continuing success possible."*



## Why We Focus on the Family by Ch(Maj) Ed Moran

In our focus on accomplishing the mission, it's easy to forget the critical contexts in which the mission gets done. Chief among these is the family. Behavioral scientists can tell a lot about us by looking at our family of origin. We become something of the parents from whom we come. Furthermore, if we disrupt the family, it's only a short matter of time until the service member and the mission are disrupted. The context of family is that critical. It's a fiction to think that we can live in a self-contained 'compartment' doing our work unaffected if our family is suffering. This is why while on deployment, commanders and senior NCO's are particularly attentive to what's happening back home for their team members. If we deal with the disruption at the family level, the service member's focus normally stays intact.

May is the month we focus on the family and the role it plays in the Air Guard. Whether we are single or have children arranged like so many 'stepping stones', family is important! The quality of family life effects directly the quality of accomplishing the Air force mission. This is one critical reason why the Air Force invests so extensively in Family Support Programs and trains chaplains to deal with a myriad of family issues ranging from domestic violence and communication to deployment separation and teen adjustment.

A critical element often left out of considering the life of the family is the role of faith and prayer. This is because we live in a secular environment where such elements are more often than not left out. The result is that we grow up without considering the role a spiritual

reference makes in our personal and family development. On a practical level, it is so very true that a family that prays together, stays together. Why? I think it's because that with prayer, there is a reference to Someone greater than the self. Too often we dismiss our actions as they relate only to ourselves. A mark of development occurs when we start thinking of them as they relate to another. Better yet, is when we think of them as they relate to God. This is the basis not only of a sound moral ethic but also

the basis for true personal development. Strong marriages based on true consideration and sacrifice for another make for strong families. Prayer to address the personal needs and weaknesses, the strength to forgive as we are forgiven, the celebration of gifts and joys received and shared all lead to the kind of cohesiveness in a family that can embrace and overcome its shares of sorrows and trials. The military life of the family today has many more sorrows and trials than civilian life because of the presence of deployment and the difficult tempo of operations.

Take a moment this month to consider and give thanks for our family. It has made us the people we are. If you have children, your example is making them who they will be. Ask yourself if you are equipped spiritually to deal with the dysfunctions of the past and the trials of the present? If not, come in and speak to one of the chaplains. We are here to serve and to be a spiritual resource for you and your family. Yes, the quality of our family life will determine whether we accomplish the mission or not. That's why it's good to use this month of May to think about the quality of our family life and what we can do by way of prayer and counsel to improve it.



## It's ChalleNGe prom time again; your help needed to make event a success

The June 2005 ChalleNGe Prom has been set for 7 p.m., Saturday, June 18 at Hurt Hall (State Military Reservation in Virginia Beach). Headquarters staff is looking forward to seeing everyone who has helped with past parties, and lots of new faces to come out and help make this a party the cadets will long remember. Volunteers are needed in the morning and the evening of June 18 to help with a variety of party activities including decorating, hall set up, food preparation and service, cadet photos, and clean up.

Sign up to help at one time or the other, or both times if you wish. Air Guard members, spouses and children over age 13 may help with the event. The first planning meeting is set for Sunday, May 22 at 3 p.m. in the JFHQ-VA Training Room (building 3630, room 6).

If you can't attend the meeting, but want to help with the prom, please contact MSgt. Beth Simmons, ext. 6014. Sergeant Simmons may be able to assist volunteers in making SMR military room reservations for those planning to stay overnight (Friday or Saturday) while helping with the party.

## Members Return From Southwest Asia



**Welcome  
Home!**





# FAMILY READINESS NEWS

Volume 4 Issue 5

May 2005

Families Also Serve!

## FAMILY READINESS AND SUPPORT

### Welcome to Family Day 2005- "Hawaiian Deployment!"



Aloha to the families of the 192d FW!

The much anticipated **Family day 2005, Saturday, May 21**, is set to be one of the biggest yet, with the theme "**Hawaiian Deployment!**"

Before you ask, no one is actually going to Hawaii, not without me, that is!

But what's a party without a theme, and a fun one at that!

So, in the spirit of the theme, raid your closets and find your gaudiest Hawaiian-inspired clothing,

your sunglasses, and your flip-flops or tennis shoes.

The Family Day 2005 schedule and events will be found throughout this issue. We are also highlighting some exciting attractions. Everyone every where is doing their part to make you feel at home.

There are many people to thank for their creative ideas and decisions. But I want to send out a giant Aloha to Major David Biggs who has created a wonderful map of the activities for you to enjoy around the base. Without his effort, we'd all be just lost, to say the least!

And I also want to thank Sandra Helmick, FRG Volunteer, all of the committee members, all of the many Air National Guard full timer volunteers, and the traditional Guardsmen who have kept in touch with more ideas and resources to help our families have one of its most memorable days.

We look forward to seeing you here! And remember the word for the day, to everyone you meet is....

*Alo-HA!*

*Angie Wade,*



### And Family Day At Night...A Salsa Dance !

Changing Islands and culture, the Medical Squadron is sponsoring a Salsa Dance at the All Ranks Club for singles and members sans children.

The music begins at **6:00 pm** and will play **until 9:00 pm**.

Salsa Dancing is a vibrant style of dance and the

music has its roots in the Cuban, African and Spanish European cultures. The name of the dance came from the description of the hot and spicy food with which it is associated.



Now, it is not expected that many who will be attending the dance will know how to Salsa! So, dance

teachers will be on hand for demonstrations and to help assist the brave, the agile and all those young at heart.

Refreshments will be served, keeping in line with the theme of the evening. And plan to dress for an evening of fun!

A great big thanks goes to **TSgt Cynthia Pacheco** for her coordination of this event!

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#### Volunteers needed!

**Please contact the Family Readiness and Support Office**

**to help with Family Day**

**Contact Angie Wade, 236-7036 or email,**

**Angeli.wade@varich.ang.af.mil**

## DeCA Commissary / AAFES Sale at Family Day

**Family Day**  
**Saturday,**  
**May 21**  
**Sidewalk**  
**Sale Hours**  
**10:00 - 16:00**



DeCA and the Ft. Lee Commissary has partnered with us on our

Family Day this year to bring their famous caseload sale to our doors!

The **Annual Commissary Sidewalk Sale** will be open to our families and guests with military ID's at our Vehicle Maintenance Squad-

ron, also known as part of Stop 1- "The Big Island of Hawaii" for Family Day.

Shoppers will be able to purchase soft drinks, water, condiment items, paper products and snack items.

All items will be available in bulk and in great individual quantity purchases.

AAFES will also be bringing out some of their popular items for your consideration. Their focus will be on small electronic gadgets.

Assistance will be provided to help you load your purchases in your vehicle.

Just remember, you'll have all day to enjoy shopping and fun!

## Special Vendors visiting our Families

Military resources and opportunities are a primary reason families commit to work together and to make sacrifices while part of the Virginia Air National Guard.

Therefore, we are bringing a few of them together in one place for you to visit their representatives and to ask questions and collect information.

The following displays will be available to you in the **Main Hangar at Stop 1, "The Big Island of Hawaii."** *(These are subject to change by the time this goes to print.)*



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TABLE 10	Counter Drug Task force
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TABLE 15	Recruiting



## Special Events Around the Base

### The Dunking Booth

The Chief's Council will be sponsoring

Look Out, Chief!



a dunking booth for the Family Day Activities.

Volunteer Chiefs will be taking turns sitting in the booth.

Military members will pay \$1.00 for 4 Balls to dunk their favorite Chief. Family members get to throw the balls at no charge. All proceeds will go to support the family day activities.

The booth will be located in the grassy area between the fire-house and the main hangar, at **Stop 1, "The Big Island Of Hawaii."**

### VR-ROOMMM!



Yes, that's the sound of some of the biggest, baddest motorcycles

around!

Thanks to Lt Col Gary Denson, Family Day will host a fantastic array of personal motorcycles on display in front of the Supply building within **Stop 1**. Plan to chat with some of the owners about their prized "Hogs"!

### Get Your Dog Tags Here!

Calling All Kids! Wouldn't you like to have your very own dog tags just like your military parent?



Military Personnel Flight will be creating dog tags for all kids and youth who stop by the **MPF Office at Stop 2, "Maui"**.

In order to obtain your dog tag, fill out an application there with

the information you want on the dog tag and leave it with the desk personnel. Come back in an hour and the dog tag will be ready for pick up!

### "Copland" At Stop 7

Any good deployment exercise will require an activity which represents a war-time scenario. With that thought in mind, Security Forces will be setting up **"Copland"** in **Stop 7, "Kauai"**.



First, visitors will stop and get their faces painted in camouflage before entering the mobility tent. Guests will be able to check out the latest equipment and take in some target practice before departing.

### It's Time for MWR

Another key feature of any deployment is Morale, Welfare and Relaxation, better known as MWR.

MWR is any activity that breaks the routine of long hard work days and weeks.

For your relaxation pleasure, **Weapons Load, Stop 6, "Molokai"**, will be sponsoring a Basketball Shoot Out and Horseshoe Throw. Just step right up, take on a competitor and win a prize!



For those who just want to sit in the shade of gazebo, there will be some coloring craft activities.

### Fire Department on Display

The Fire Department always has great demonstrations! It's hard to beat the big trucks, the water display and their great giveaways!



Stop by their station before leaving the **"Big Island"** or on your way back! If you haven't tried on one of those fire suits, you haven't lived!

### Take in Lunch and a Show

And before you start your day of fun, families will be able to enjoy a "fabulous" lunch served at **Stop 1, "the Big Island, Hawaii"**

Our version of the Hawaiian Luau, will be a tasty Pork Bar-B-Q sandwich, coleslaw, baked beans, and yummy refreshments! (Okay, this meal might look a little Southern, but did you really want to see a giant pig laying on a table with an apple in it's mouth?)



There will be hotdogs available for the little ones!

But don't miss the **Noon Time show** on the stage inside the Main Hangar featuring the **Family Day Band!**



Brave members of the 192d FW will be singing their own special version of many popular and "well-known" songs such as **"Under the Radar"**, and **"Don't Worry, We're Happy"**, and **"Day-Oh!"**

You may be able to hum a few bars and tap your feet, but whatever you do, join in and enjoy **thirty minutes** of pure fun!

*Alo-HA!*

## How to have Fun On Family Day 2005

### Stop 1: Hawaii, "The Big Island"

Main Hangar: Family Support Vendor tables; Lunch and Show: the Chief's Council Dunking Booth; Fire Department display; Flight Line; Supply- Motorcycle show; Vehicle Maintenance- DeCA Commissary Sidewalk Sale

### Stop 2: "Maui":

Military Personnel Flight-; Medical squadron; Rock Climbing Wall

### Stop 3: "Lanai"

CE Big Equipment display; 20Ft Parachute Drop at State Headquarters; k-9 Demonstration

### Stop 4: "Diamond Head"

USA Rocket Moonwalk ( for the littlest visitors)

### Stop 5: "Oahu"

Chaos Obstacle Course; 36 ft Space Shuttle Rocket Slide

### Stop 6: "Molokai"


Weapons Load; Basket Ball shoot-out; Horse Shoes; Craft Table

### Stop 7- "Kauai"

(Behind Weather Flight) Copland! Mobilization Tent; M-16 Rifle Target Practice



## Family Day 2005 Schedule & Activities

10:00 to 1600	The DeCA Commissary Sidewalk Sale	Stop 1- "The Big Island"- Hawaii
11:00 to 11:30	Opening Ceremonies <i>Featuring</i> The Old Dominion Brass Quintet	Stop 1- "The Big Island"- Hawaii
11:30 to 13:00	Lunch Menu Bar-B-Que, Hot Dogs, Coleslaw, Baked Beans, Water, Tea, and Sodas	Stop 1- "The Big Island"- Hawaii
12:00 to 12:30	Showtime in Hawaii! <i>Featuring</i> The Family Day Band	Stop 1- "The Big Island"- Hawaii
13:00 to 1630 Transportation will be provided by the A.G.E. Shop and will be available all day to help you around the "Island"  (Thanks Guys!)	Island Hopping! 	Stop 1- "The Big Island"- Hawaii Stop 2- "Maui" Stop 3- "Lanai" Stop 4- "Diamond Head" Stop 5- "Oahu" Stop 6- " Molokai" Stop 7- "Kauai"



## News You Can Use

**AF 1206 Writing Workshop** - MSgt Ashley Mitias from NGB will be conducting an AF 1206 Writing Workshop on Friday, 20 May/1400 - 1500 in the CES Classroom and Saturday, 21 May/0900 - 1000 in the MSF Training Room. Don't miss out on this great opportunity to learn to write an award winning AF 1206 (Recommendation for Award). POC is CMSgt Dates, ext. 6498.

### Junior Enlisted Council

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)  
SrA Margaret Koerner  
(margaret.koerner@varich.ang.af.mil)

### **ID CARDS SCHEDULE FOR MAY UTA:**

Because of the Family Day festivities Dependent ID/CAC-cards will be issued the following times on Saturday May 21, 2005:

8:30am – 10:30am Military CAC cards  
Noon – 3:00pm Dependents Only cards  
There will also be ID Tags (Dog Tags) for dependents from Noon till 3:00pm  
Sunday UTA will be normal scheduled hours.

### **Unit Training Manager position available in the 192nd Medical Group.**

Requirements:

1. Minimum General Score of 59. A prior qualification in ANY AFSC of 5-skill level or higher.
2. Tech School is MANDATORY. It lasts 36 days and is located at Keesler AFB
3. Ability to speak distinctly.
4. Ability to communicate and work effectively both up and down the chain of command.
5. This is a TSgt position.

Submit Cover Letter and Resume to:

CMSgt Kim Evans  
192nd Medical Group  
5621 Corsair Drive  
Sandston, Virginia 23150

Applications are due by 1500 hours 22 May 2005. Board will convene during the June UTA.

### **Don't Forget Commissary & Exchange Sale on Family Day!**

## **Loose Lips (MEO Corner) - by Capt Andrea Stewart**

Talking with family, friends and co-workers is something we do on a daily basis. As we converse, we speak on topics like politics, religion and our employment. Sensitive discussions about the work place, in the work place, can sometimes have adverse consequences. These discussions can lead to gossip, which is the "habitual revelation of personal facts," these facts may be true or may be a rumor, which is "talk that is widely spread with no discernible source."

Consequences in the work place can be lack of trust, anger, hurt, and resentment. Whether it's between supervisor and subordinate, subordinate and subordinate, a section and subordinate, emotions such as the ones listed above will not be conducive to a positive working environment.

Another consequence that may occur is the lost of confidentiality. Private information should remain just that,

private. When negative and private information about your employment is shared, it creates an environment that can be destructive. Sometimes, a person may share only part of the story. Those who receive or overhear the part may fabricate its contents. Others may begin to speculate on them. Of course, everyone has the right to speak freely about their own affairs, but it is now being asked that you begin to use discretion. By doing so, you will help decrease the amount of gossip and rumors that float around the base.

We know sharing will continue. We just hope that this article encourages you to keep matters that are private, private. Offices on this base that must maintain confidentiality will continue to do so. It is now your duty to help maintain privacy when you are discussing sensitive issues pertaining to work.

## The Future Arrives: The Merging of 'Cultures'

By Ch, Maj Edward Moran and AIC Meaghan McNeil  
Unit Public Affairs Representatives

While many think of Total Force when it comes only to deployments and joint exercises, something much closer to home is taking place. A precedent-setting integration between the 192d Fighter Wing, Sandston and the 1st Fighter Wing, Langley Air Force Base has been set into motion by the recently signed Concept of Operation (CONOPS) that takes the latest tactical fighter in the Air Force's inventory the F/A-22 Raptor and teams it up with Active Duty and Air Guard service members. Lt. Col Barker, who is the 192d's liaison at Langley in charge of the new stand-up unit Det 3, spoke of the humble origins of this revolutionary move from two concurrent needs. "On one side is the diminishing numbers of Active Duty specialties in a demanding OPS tempo that are truly needed to keep the force strong and able to meet the new challenges of force projection to engage global terrorism. On the Guard side is a profile of an exceptional unit of cohesive and seasoned professionals dealing with an aging fleet of F-16s that needs to take advantage of the technological advances to stay in the fight. Operationally integrating both units to take advantage of the best in technology and personnel is the goal of this forward-thinking merger." He noted that the work being done at present is the drafting of documents that outline the manpower needs. "What these documents mean for the 192d's transition to Langley," Barker said, "would be more of a 'reshuffle' not a 'reduction' as we identify what the Active Duty and Air Guard will supply in the merger to achieve 'Zero Losses'."

When queried about the challenges such a move will entail, Barker was quite specific. He noted that both sides will have to learn more about the ways each does business: Each side has very well defined 'cultures' that guide operations; when mobilized, the Guard works from Title 10. Under normal day-to-day operations, Title 32 laws prevail; there is a mix of full-time and traditional service members interacting with Active Duty personnel; maintaining unit cohesiveness in the midst of integrated work schedules; Security clearance updates for working around the latest technology. These are just a few of the challenges we will have to work out, Barker noted. Right now, he said, we are in the midst of preparing an Environmental Assessment that will lead to the funding for the initial arrival of the Air Guard personnel.

Lt. Col Philip Guy, the first Air Guard pilot from the 192d chosen to go to Tyndall Air Force Base for training in the Raptor had more insights on the upcoming Integration. "The Virginia Air Guard has always been able to meet the challenge of taking the fight to America's enemies," he noted. "What integration does is

to beef up the maintenance and operation components to increase combat capability to help reduce some of the

OPS tempo that's straining the lives of Air Force service members." As a 2700 hour veteran of the F-16, he said that the F/A-22 was a huge step up in systems and performance. "Think of computers back in 1986, then think of computers today and you will get a sense of what the F/A-22 brings to the fight". The three month training at Tyndall will cover systems, emergency procedures and tactics specific to the Raptor's capabilities and comes after Guy spent 25 hours in the newest of the Air Force's flight simulators at Langley doing ten flights. "It's always been his dream of flying the F/A-22", Denise Guy told us in a phone interview. "We are an 18-year Air Force family proud of what we contribute to the nation. While it's hard with him being gone, it's worth it for the training he's getting and way it will allow the Air Guard to step up and meet the latest Air Force mission."

192d Fighter Wing F-16C Crew Chief TSgt Dewayne "Scott" Browning prepares to marshal his aircraft off the ramp.



Photo by MSgt Carlos Claudio



TSgt David Dehart, a corrosion control craftsman with the 192d Fighter Wing, crimps an aluminum sheet to exact tolerance.

A crucial part of the Integration is the role Air Guard maintenance personnel will play in learning the Raptor's systems and working alongside their Active Duty counterpart. TSgt Scott Browning and TSgt David Dehart were chosen to begin training on the new systems. Browning spoke of his initial impressions of work at Langley as warm and friendly. "There's a lot of curiosity on both sides as to how the interface will go," he noted. "Keeping an open mind and remembering that we are here for the same mission will help as we work with the differences between Active Duty and Air Guard." Dehart noted that the Air Guard "brings a great foundation to the new challenges. We in the Air Guard have a great tradition of excellence and something from which to build." Browning spelled out succinctly the benefits of merger between to the Air Guard from the Integration: "We'll be ready, reliable and relevant to the Air Force's mission."



Photo by TSgt Reginald Woodruff

## Command Chief Corner – CMSgt Dates

Summer is right around the corner and perhaps the last thing on the minds of most is our Outstanding Airman of the Year (OAY) Program. Yet, with just three drills before packages are due to begin the review and board process at both the local and state level, the time for action begins now!

Our Wing Senior NCOs, NCOs, Airmen and First Sergeants by their own merit have earned this recognition through steadfast dedication to duty and tireless support of the 192 FW mission. Recognition does not just stop in our Wing, it continues at the state and National Guard Bureau levels and we should strive for no less of a goal.

This year we are fortunate to receive assistance from MSgt Ashley Mitias from NGB Awards and Decorations, to develop and submit award winning packages. MSgt Mitias will be conducting a Writing Workshop on Friday, 20 May at 1400 in the CES Classroom and again on Saturday, 21 May at 0900 in the MSF Training Room. She is an outstanding facilitator! Having attended the one-hour workshop in the past, I can assure you, it's time well spent.

This year, the Wing level winners received a personally engraved, F16 etched acrylic trophy and year long recognition as their picture proudly displayed in the Fighter Wing. With local sponsors supporting the OAY Program, next year's Wing recognition will be even greater. State level winners receive the Virginia Commendation Medal, a savings bond, medallion from USAA, a gift from the Enlisted Association (EANGUS) and the privilege of being honored at the annual EANGUS banquet.

Again, don't let the approaching summer distract from the noble accomplishments of our outstanding airmen. Time spent now will pay dividends later when our squadron first sergeants review the packages at the conclusion of the September drill. Recognition of our finest airman is up to us, ensuring this program is viewed with the importance intended. The unsurpassed professionalism and drive of our unit members deserve state and NGB recognition as well. Aside from the tangible gifts, the pride of being recognized as one of the Outstanding Airman of the Year is immeasurable, just ask any former recipient of this prestigious award.

### MOVING IN, MOVING UP, MOVING ON

<u>Gains</u>	<u>To</u>	<u>Promotions</u>	<u>To</u>
TSgt Charles Radloff	203rd Personnel	Maj Thomas E. Koertge	LtCol
TSgt Garth Niddle	Det 2 Intel	1Lt Daniel W. Gibbons	Capt
SSgt Gustavo Betacourt	CF	1Lt Charles E. Thompson	Capt
SSgt Eric Hill	CES	1Lt Mark W. Widener	Capt
SSgt Christopher Menard	MXS	SMSgt Stephen Brushwood	CMSgt
SSgt Vincent Murphy	203rd Air Trans	SMSgt Kathryn A. Massie	CMSgt
SSgt John Shively	MXS	MSgt Gerald L. Golden	SMSgt
SrA Carla Franklin	MXS	TSgt Robert T. Gentry Jr.	MSgt
SrA Jonathan Griggs	MXS	TSgt Angela D. Hill	MSgt
SrA Christopher Henrie	CF	SSgt Harold R. Childs	TSgt
SrA Jannika Lee	SVS	SSgt Amy C. Brown	TSgt
SrA Jason Tawzer	MXS	SSgt David A. Burley	TSgt
A1C Peter Bonanni	FS Student Flight	SSgt Harold R. Childs	TSgt
A1C Brandon Cook	MXS	SSgt Martha Coblebeach	TSgt
A1C Xavier Detagle	MXS Student Flight	SSgt Cynthia A. Meekins	TSgt
A1C Brooke Williams	MXS Student Flight	SSgt Jennifer L. Meurer	TSgt
		SSgt Daniel L. Miller	TSgt
		SrA Phillip M. Bishof	SSgt
		SrA David D. Davidson	SSgt
		SrA Jamie A. Jackson	SSgt
		SrA Erik S. Johnson	SSgt
		A1C Joshua P. Astor	SrA
		A1C Bruce N. Morris Jr.	SrA
<u>Retired</u>	<u>From</u>		
MSgt Sherry Hankins	192 MXS		
MSgt Doug Richardson	192 CES		
SSgt Carter Bryant	200 WF		



SSgt West and SrA Bennett of the 192d Security Forces read their compasses enroute to their first checkpoint during the Land Navigation Course at Camp A P Hill April 23, 2005  
Caption and Photo by SrA Tabitha Lundeen

By Capt Keith Murphy, 192 SFS/CC

During the April UTA, the members of 192 Security Forces Squadron deployed to Ft. A.P. Hill to qualify on the land-navigation course. This training is an annual requirement for all SF members and as the pictures can attest, the course is grueling. Members start from a predetermined point in teams of 2-3 people and must find 2 additional points using only their compass, map, and their knowledge of how to correlate both to their surrounding environment. The course points vary for each team, but the average course length is roughly 2.5km.

Once the members completed the course during the daylight hours, they waited until early evening, dawned their night-vision goggles and re-accomplished the course. You may remember the weather changed drastically last drill weekend, and whether it was sunny, overcast, or during a torrential downpour, the members performed flawlessly. You can be proud of the members in your Security Forces Squadron in their ability to provide outstanding air base defense.

## What's for Lunch?

### SATURDAY UTA

Barbecue on a bun  
Hot Dog on a bun  
Baked Beans  
Cole Slaw  
Chips  
Assorted Cookies

*Please remember Saturday's Lunch will be served in the main Hangar in conjunction with Family Day!*

### SUNDAY UTA

Pork Chops  
Meatloaf  
Scallop Potatoes  
Jefferson Noodles  
Peas and Carrots  
Apple Cobbler

### SHORT ORDER:

Pizza Sunday:  
Cheese  
Pepperoni  
Combo  
Fried "Taters"

### BOTH DAYS:

Asst Beverages, Salad  
Bar W/ Dressings  
Asstd Breads

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

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





### Junior Enlisted Advisory Council

On 22 May 2005, an interest meeting was held to discuss the possibility of creating a Junior Enlisted Advisory Council for the Virginia Air National Guard. The turnout was great and the base was well represented with 24 airmen(E-1 through E-6)in attendance. They voiced their concerns on many issues to include: maintaining the Virginia Air Guard culture during the upcoming Langley move, creating a welcoming environment for new junior enlisted personnel, getting junior enlisted personnel more actively involved at their base, and improving retention through all of these.

The following were represented at the meeting by at least one airmen, some with many more:

192d Medical Squadron	192d Operations Support Flight	192d Maintenance Squadron
192d Aircraft Maintenance Squadron	192d Mission Support Group	192d Security Forces Squadron
192d Mission Support Flight	192d Civil Engineering Squadron	192d Student Flight
200th Weather Flight		

A big thank you goes out to those who were in attendance. The group hopes to gain at least one primary and one alternate representative from each squadron that contains Junior Enlisted Personnel.

If this council sounds like something you are interested in or if your squadron was not represented at our initial meeting, please join us next time: ***The next lunch meeting will be held at 1100 on Sunday, 5 June at the All Ranks Club.***

### 203rd Red Horse 20th Anniversary/Family Day Celebration

Join us in honoring the proud 20 year history of the 203rd RED HORSE Squadron. ***The event will be held on Saturday, June 11, 2005.*** Cost: \$3.00 Please contact MSgt Jodi Warren-Michal at 757-631-0527 for more info.

### Change of Command

The OPS Group had an Assumption of Command Ceremony on May 20th in the main Hangar. Vice Wing Commander, Col Greg Pietrocola, handed over control of the OPS Group to Lt Col Mark McCauley. Immediately following that ceremony there was a Change of Command for the 149th FS. Lt Col Craig Campbell relinquished command to the new incoming commander, Lt Col Keith Wark.

### Tyndall AFB TDY

12 pilots and 60 Maint/Trans personnel will report to Tyndall AFB, Florida for 11 days of TDY providing F-16 support for the F-22 tactical training in early June. Results forthcoming in our next issue.

### Family Readiness and Support June Update

Kings Dominion Tickets will be available for sale in the Family Readiness and Support Office in Suite 6 of the Wing Headquarters all day on Saturday, June 4, 2005. Tickets are \$24 each and can be used for any business day throughout the season.

TRICARE Reserve Select Now Available. TRICARE Reserve Select (TRS) is a premium-based TRICARE health plan offered to certain members of the National Guard and Reserve (Reserve Components) who have been activated in support of a contingency operation since September 11, 2001. Contingency operations include Operations Enduring Freedom, Nobel Eagle and Iraqi Freedom. For all of the details, check out [www.hnfs.net](http://www.hnfs.net).



**It's ChalleNGe prom time again; your help needed to make event a success**

The June 2005 ChalleNGe Prom has been set for 7 p.m., Saturday, June 18 at Hurt Hall (State Military Reservation in Virginia Beach). Headquarters staff is looking forward to seeing everyone who has helped with past parties, and lots of new faces to come out and help make this a party the cadets will long remember! Volunteers are needed in the morning and the evening of June 18 to help with a variety of party activities including decorating, hall set up, food preparation and service, cadet photos, and clean up.

Sign up to help at one time or the other, or both times if you wish. Air Guard members, spouses and children over age 13 may help with the event. The next planning meeting is set for Sunday, June 5 at 3 p.m. in the JFHQ-VA Training Room (building 3630, room 6).

Come out and help give these youth a pat on the back for turning their lives around, says Col. Johnny Haikey, JFHQVA chief executive officer.

If you can't attend the meeting, but want to help with the prom, contact MSgt. Beth Simmons, ext. 6014. Sergeant Simmons may be able to assist volunteers in making SMR military room reservations for those planning to stay overnight (Friday or Saturday) while helping with the party.

**What's  
for  
Lunch?**

**SATURDAY UTA**

VEAL STEAK  
STEAK STIR FRY  
RICE  
NOODLES  
GREEN BEANS  
BROWNIES

**SUNDAY UTA**

BAKED CHICKEN  
BBQ RIBS  
FRENCH FRIES  
BAKED MACARONI  
SUCCATASH  
ASST PUDDING  
CHOCOLATE CHIP  
COOKIES

**SHORT ORDER:**

SUB SANDWICHES

**BOTH DAYS:**

Asst Beverages,  
Salad Bar W/ Dressings  
Asstd Breads

PRE-SORT STANDARD  
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