

VANGUARD

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

Virginia Air National Guard

192d Fighter Wing

September 2005

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Photos by MSgt Carlos Claudio



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

*The Vanguard is printed monthly. Deadline for submissions is **close of business on Saturday** of the drill weekend. Please submit material to: **Vanguard@varich.ang.af.mil**.*

The publication is edited & prepared by the 192nd FW Public Affairs Office. Our address is: 192nd FW PA, Virginia Air National Guard, 50 Falcon Road, Suite 6, Sandston, VA 23150-2524.

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

Check out the electronic Vanguard on the base Intranet.

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Multimedia Support Center

.....
Next UTA:
September 17-18

Cover:

At August UTA, members of the Medical Squadron test their Triage and SABC skills during an Attack Readiness Exercise (ARE).

This Commander's Call will continue our discussion of Wing challenges by addressing the Langley Integration. At the core of this challenge is change. Change is not easy and most of us try to avoid it if possible. In the case of our Integration effort, however, we actually accepted change when it was offered and that is definitely a road less traveled. In fact as BRAC

approached most units employed what I call the "ostrich defense" — and many paid a high price. I will admit this strategy did delay change for some units but the F-16 force will shrink again drastically in the next 5-7 years and the follow-on F-35 fighter is still at least 12 years away.

We have obviously chosen a different path. This path has its own risks but future obsolescence is not one of them. Our future is limited only by our ability to innovate and adapt to our new situation. There is great opportunity for future growth but it will require continued teamwork and dedication along with a good measure of patience. Our active duty partners are hard working and dedicated professionals but they lack experience dealing with the Air Guard in the dynamic situation that we both face. The same of course is true of us. We are all in

uncharted waters but united in the goal of maximizing the nation's investment in the F/A-22. Good will and empathy will go a long way in smoothing out the path ahead.

A report from the field so far has been very positive as the small group in the vanguard of this effort will attest. The demand for more of our people is growing rapidly and barriers

are coming down. People have asked me how we will measure success in this effort. The answer is simple. Success will be measured in increased combat capability of the Integrated Wing. This will be measured in the Wing's ability to fly more hours at a higher mission capable rate and with a greater surge capability. This is how we will ultimately be

judged and for this reason I am very confident in our success. Nobody flies and fixes jets better than we do and no unit in the Combat Air Force provides better mission support.

I thank you all for your enthusiasm and professionalism during this historic time. Your efforts will ensure the longevity and success of the 192nd Fighter Wing.

Sincerely,
Colonel Pete Bonanni
Wing Commander



Photo by SSgt Eric T. Sheler

News You Can Use

ATTENTION: State Tuition Assistance Applicants

SPRING SEMESTER 2006

Virginia NG State Tuition Assistance Grant applications for the Spring Semester 2006 are needed back into the Retention Office within the MPF NLT COB 31 OCTOBER 2005. Applications are available within the Retention Office or on the MPF WEB page under Retention. The program is OPEN TO ENLISTED AND OFFICERS. It applies to BACHELORS, UNDERGRADUATE WORK, GRADUATE WORK, AND POST GRAD WORK. Yearly maximum tuition is \$6,000.00 (paid \$3,000.00 per semester) based on highest State supported school. Work must be performed at a Virginia academic institution. If there are questions, please call ext. 6710. We are now paying books and fees!

Late Applications will not be accepted. We cannot accept faxed copies as per our regulation VaANG 213-1, pg 7.

Reminder for All Personnel

You should review your Emergency Data (vRED) for accuracy. This form is no longer required to be kept in your personnel folder in the MPF. The only copies will be kept in your Personnel Readiness Folders and at HQ AFPC. The information on the vRED will be used in case in emergency to contact next of kin. If the information is not accurate, a lot of time could be wasted trying to track down family members. When changing your address in virtual MPF, please remember to change your Emergency Data (vRED) information. Need help? POC is SMSgt Jeanne Beurs, ext 6309 or TSgt Tonya Ross ext 6310

Celebration of Hispanic Heritage Month

September 15, 2005 at Ft. Pickett
Blackstone, Virginia Officers Club
Program starts at 1100 hours
All are invited

MXS PT Assessment

When: September & October Drills; Sat. & Sun. 0800

Where: Saturday (Base Gym) Sunday (Club)

Notes: Runners on Saturday and Stair Steppers on Sunday.

Return your questionnaires ASAP.

GET IN SHAPE NOW!!

REMEMBER YOUR PT GEAR!!!!!!

203RHS FIRST SERGEANT VACANCY

PROJECTED ASSIGNMENT DATE: 1 Oct 05

GRADE REQUIREMENTS: Master Sergeant or promoteable Technical Sergeants with the ability to serve at least three years after graduating from the First Sergeant Academy.

MINIMUM QUALIFICATIONS: We are looking for a highly motivated and organized individual who will be responsible for keeping the commander informed of morale and discipline issues that impact the enlisted force. You must be able to pass the Air Force Physical Fitness Test which includes 1.5 mile run, push-ups, and sit-ups. Minimum tour length is 3 years. Applicants must have minimum ASVAB scores of 62 – General or 41 Admin to qualify for selection and award of the 8F000 Special Duty Identifier.

Reference AFI 36-2113 Chapters 1, 2, 10, 12, 13, and 14 for additional information.

APPLICATION PROCEDURE: Applicants for this position must submit a First Sergeant Vacancy Application (see attachment) accompanied by a cover letter describing your specific interest or qualifications for the job of First Sergeant; also include a resume which addresses both military and civilian work experience and a RIP.

Forward completed applications to the 192d MSF, 50 FALCON ROAD, SUITE 37, SANDSTON, VA 23150-2526, to arrive NLT close of business **9 Sep 05**. Eligible candidates will be notified as to when they will meet a review panel during the Sep UTA.

POCs: Direct qualification related questions to CMSgt Michael Merry, DSN 864-6319 or email michael.merry@varich.ang.af.mil. Duties specific questions should be directed to Maj Peter Garner, DSN 864-6126 or email peter.garner@varich.ang.af.mil.

A Tour de Force: Air Guard Participates in RAGBRAI

By Maj Edward Moran, Maj Theodore Wilson, CMSgt Susanne Dates

Move over Lance Armstrong! The USAF Cycling Team has shown its Total Force to Iowa and the Virginia Air Guard was there! Last July, ten cyclists from the Langley Cycling Club with the help of a support driver joined 120 other USAF bicyclists from around the world to participate in the longest running cross state ride in the country, the Register's Annual Greater Bicycle Ride Across Iowa (RAGBRAI). Since 1994, the USAF Recruiting Service has designated RAGBRAI, an Air Force special recruiting activity under the 'We are All Recruiters Program (WEAR)'.

Our unit's own Command Chief Susanne Dates began training for the event nearly a year ago. With the training help of Maj Theodore "Turtle" Wilson, head of the Langley Club known now as the RAPTORS, CMSgt Dates represented the Air Guard for seven days as part of the Total Force Air Force Team across Iowa together with thousands of other cyclists. Averaging approximately 70 miles a day, the Air Force cyclists did more than just cover distance. Each day, they would stock up on fluids, energy bars and recruiting material and then do the route. The communities they passed through would present opportunities to hand out the recruiting materials and talk to local citizens about the mission, role and opportunities in today's Total Force Air Force. Citizens both young and old responded by seeking out the riders in their distinctive USAF cycling outfits for any thing Air Force related or just

to talk about a family member who served. Command Chief Dates noted the positive response from local Iowans to the Air Force presence as overwhelming. It was her first time visiting Iowa where she found people to be truly sincere and extremely hospitable. Her meal one evening early in the ride in the home of an elderly couple, complete with freshly picked corn from their farm, was a great

introduction to Iowa. Later in the week, after sharing the Air Force experience with a woman who had lost her brother, a C-130 pilot in Vietnam, Command Chief dates presented her with a team coin as a tribute to her brother's example of that full measure of devotion service members can be called on to give to preserve and protect our country's freedoms. The room filled with emotion as the woman recalled her story of watching her brother leave for Vietnam never to return, accepted the team coin and thanked the Air Force Team for being in Iowa. "This is why we wear our uniforms",

remarked Command Chief Dates after experiencing the emotionally moving evening.

On the last day of cycling, the entire formation of 120 USAF cyclists formed up for a 2 x 2 procession into town. Crowds lined the streets cheering and clapping as the formation rolled to complete their arduous journey. "Go Air Force" was shouted on both sides of the street as children eagerly awaited the distribution of USAF memorabilia. Tired legs and backs were forgotten in the overwhelming feelings of patriotism that mixed with the sense of accomplishment of a ride well done.



Command Chief Susanne Dates with Maj Theodore Wilson stop to hydrate with new friends who have caught the Air Force spirit.

Meet and Greet: Community Partners (Volunteers Needed!)

Come and join us at our first "Meet and Greet. The Virginia Air National Guard with our Community Partners (Special Olympics, Madeline House, Department of Juvenile Services and the Virginia Holocaust Museum)

Date: 21 September 2005

Time: 1300 Hrs (1:00 p.m.)

Location: Base Club, Sandston, Va.

POC: TSgt Ann Bey DSN: 438-6156/ 434-298-6156

Change - by Ch(Lt Col) Charles Smith

"Change is inevitable!" It also can be quite painful. When I joined the Virginia Air National Guard in 1985, it was a homecoming for me. Finally, I was living where I wanted to live and doing what I wanted to do. A year later the "Veterans Administration" decided to transfer me to (of all places) Dublin, Georgia. Leaving my family in Richmond one rainy afternoon for Georgia the emotion hit me somewhere south of Emporia. I pulled over on I-95 and cried for an hour. I was going to a place I really didn't want to go, my wife was leaving the best job she ever had at the Defense Depot and my son, who would have graduated the next year from Bird High School, was very angry with his father. As it turned out all of us were right, Dublin was horrible and the whole family hated the place. However, time and wisdom has taught me a lesson. My wife is now an aerobics instructor at the YMCA and loves every minute of it. The son who did not want to leave dear old Bird is now married and a full time technician at an Air Force Reserve unit in South Carolina. My other son, who is mentally retarded, is in a group home in Ohio and would have never had the opportunities he has if we had not "changed" in 1985. As for the chaplain crying on the side

of the road, "change" produced a Wing Chaplain in the Virginia Air National Guard and the Chief of Chaplain Service at the VA Medical Center in Hampton, VA.



The 192d is moving to Langley, I retire in one year and will not see the change. Some may find the move painful and yet there are many things in this life that are. The thing I want to convey from someone who has been there and experienced more pain than I care to mention is this: Yes, change is inevitable but God is constant. He is the same yesterday, today and tomorrow. Yes, change can be painful but his "mercy is new in us every morning". I would suggest reading the 46th Psalm for hope when

facing change and pain. The Psalmist writes *"God is our refuge and strength, and ever present help in trouble. Therefore we will not fear, though the earth gives way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging."* In other words, our hope is in the Lord no matter where we are or what we do. Our hope is in God Almighty, maker of heaven and earth and his promise to always be with us and never let us fall. In change and pain place your hope for the future in the hands of God.



MSgt Scott Ward is the proud recipient of a \$500 service award check from the Mechanicsville VFW. Scott received this in recognition of his many overseas deployments and planned to spend it on his family's vacation to Williamsburg.



The Virginia Air National Guard Chief's Council traveled to the 203rd RHS during the August UTA to hold their August Council meeting onsite. The Chiefs took time to tour the new training facility being built, and to listen to opinions that 203rd members had about the potential impact of the Langley integration. To cap off the visit the Chiefs served a hardy lunch to members of the Red Horse Squadron.

203d RED HORSE Squadron Celebrates 20 Years

by Maj Debbie Magaldi

On June 11, 2005, the 203d RED HORSE Squadron of the Virginia Air National Guard gathered to celebrate a major milestone - the unit's 20th anniversary. The event was marked by a ceremony in the unit's headquarters building and followed by a Family Day on the beach at the State Military Reservation (SMR), where the unit is based, in Virginia Beach. It was attended by current and retired unit members, many of their families and a number of distinguished visitors.

In honor of the historical significance of the day, unit members enjoyed a short slide show highlighting many of the unit's unique military deployments, and emergency response and humanitarian assistance missions from over the years.

Afterward, the 203d's MSgt. Darryl Riddle, MC for the event, called the unit to attention to begin the ceremony with the entrance of the Official Party, followed by the Posting of the Colors and the Invocation.

Special guests and distinguished visitors for the event included Maj.Gen. Claude A. Williams, Adjutant General of Virginia; Brig.Gen. William S. Busby, Joint Forces Headquarters Virginia Air Component Commander; retired Brig.Gen. Tom Meredith - The Father of RED HORSE and his wife, Patricia.

Then Sergeant Riddle shared the unit's history with the audience: Twenty years ago the 203d RED HORSE (then) Flight was established at the SMR, while its sister unit, the 202d RED HORSE Squadron was sited at Camp Blanding, Florida. On a cold January day back in 1985, the flight held its first unit training assembly with 50 members present. For the unit's first seven years it occupied World War II buildings - until this beautiful building we now call headquarters was completed in 1992. The remaining buildings came on line between 1995 and 1997 and the last building, the unit's Troop Training Quarters is set for completion late this fall.

Over the past 20 years, the 203d has deployed for construction, humanitarian, and disaster relief projects to locations throughout the United States and around the world. Destinations in Honduras, Panama, Haiti, Dominican Republic, Israel, Italy, Azores, Spain, Germany, England, Kuwait, Oman, Qatar, Iraq, United Arab Emirates and Korea are just some of the locations the unit has deployed

On March 3, 2001, the unit suffered a tragic loss when a plane crash claimed 18 lives of 203d unit members and the flight crew of three from the Florida Army National Guard. The men were returning home from a two-week

training mission in Florida when the aircraft crashed in Unadilla, Georgia. One year later on March 3, 2002, the unit proudly dedicated the memorial built in front of the 203d Headquarters building - a memorial that forever stands in honor of those that paid the ultimate sacrifice.

In 2003, the 203d RED HORSE Flight was activated for the first time and deployed to Southwest Asia for six months in support of Operations IRAQI FREEDOM and ENDURING FREEDOM.

During 2004 the 203d RED HORSE Flight was redesignated the 203d RED HORSE Squadron. The unit has accomplished much over the past 20 years and has built an outstanding reputation in the community, the Commonwealth of Virginia and the United States Air Force.

After the brief history, the Adjutant General spoke. On behalf of the Governor of Virginia, Mark Warner, and Secretary of Public Safety John Marshall, he congratulated the 203d on achieving its 20th anniversary. He commended the unit's long list of deployments and outstanding record of mission accomplishment. He complemented the unit's level of expertise how it is called upon to support both combat operations and emergency and humanitarian support operations and he applauded the unit's Emergency Management Assistance deployment to Florida in 2004 to assist with hurricane response work. He recalled the unit's losses in the March 3, 2001, aircraft mishap and marveled at the unit's strength and resolve in dealing with the tragic event. General Williams commended the unit's hard work to achieve a personnel strength level of 90 percent (that has now edged above 91%), and thanked the unit for paving work it has done at Ft. Pickett.



MG Williams presents the Air Force Outstanding Unit Award to the 203rd RHS. Lt. Col. Paul Julian receives the award on behalf of the unit.

FAMILY READINESS NEWS



Volume 4 Issue 7

September 2005

192D FW FAMILY READINESS AND SUPPORT

Remembering the 4th Anniversary of 9/11



Do you know where you were and what you were doing at the exact moment of the first report of the first airplane crashing into the first tower of the World Trade Center? Most of us have that very second burned into our souls.

It was a Tuesday morning at 08:45.

Suddenly, the early fall day that had been serene in its beauty, became surreal after the report of the second plane going into the second tower of the World Trade Center at 09:03, and then the report of yet a third plane slamming into the Pentagon, just up the road in Washington DC at 09:45.

It was obvious to anyone at that point, that we were under attack by a strange enemy, who used our own commercial airplanes filled with civilians to carry out their plan.

That day, the "Minute Men" of the National Guard literally jumped into action as they left their civilian posts to take up their military posts. Employers experienced their proudest moment of employing a weekend warrior.

One of our own was pulled over by a state trooper as he rushed back to the Virginia

Air National Guard from South Carolina. After he explained who he was, he was wished "God Speed" and his way was protected for him as he continued

speeding up I-95.

Some arrived to wait for instructions as to when to take up their arms to defend our Nation's soil and our most valuable commodities—our families and our freedom.

Families waited for words of

encouragement from their military loved ones, since most of them, with a strong sense of commitment, probably hurried home, picked up their uniforms and dashed to their units.

No one knew what would happen next. But our communities waited. They united with one heart, one mind, and one voice. They promised to protect each other, to support each other, to serve each other, and to make whatever sacrifices were necessary for each other and our country.

One way to commemorate that day is to participate in a Freedom Walk. There will be one this year in Washington DC followed by an outdoor concert. The first 1000 people will receive a T-shirt and an "America Supports You" pin. Plan to go and take a neighbor or take a friend.

What ever you do, don't forget. In honor of all of our sacrifices...**Remember!**

—Angie Wade, WFPC



Image taken from
www.september11news.com

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Special points of interest:



To register, visit www.asyfreedomwalk.com

SGLI Increases for Military Members



SGLI, Serviceman's Group Life Insurance, is the insurance provider for the military member. It is designed to provide a death benefit to service members' families in the event of need.

As of September 1, 2005, this life insurance benefit will automatically increase to **\$400,000** from \$250,000. The cost for this full benefit is \$26.

Changes to the life insurance benefit increased due

to Section 1012 of the Emergency Supplemental Appropriations Act for Defense, the Global War on Terror, and Tsunami Relief, 2005 (Public Law 109-13, May 11, 2005). The goal is to protect the most important asset the military member has—his or her family.

The service member has the right to decline some or all of this coverage in increments of \$50,000. To do so, Form SGLV

8286 needs to be completed within the Personnel Office. Until the form is completed, the full coverage is charged.

Before a reduction is considered, families should do a financial needs analysis to determine appropriate coverage to meet expenses and responsibilities in the event of an untimely death. As a rule of thumb, 8 to 10 times your salary should be sufficient.



To sign up for
**TRICARE RESERVE
SELECT,**
Visit
[www.tricare.osd.mil/
reserve/reserveselect/](http://www.tricare.osd.mil/reserve/reserveselect/)

TRICARE Reserve Select - Another Health Care Option

With Guard and Reserve forces being used in a variety of operations around the globe and making long-term personal and professional sacrifices beyond expectations, Congress overwhelmingly enacted a health care program to improve the health care options for the returning citizen service members. It's named **TRICARE Reserve Select (TRS)**.

TRS provides certain

Reserve and Guard members called to active duty **after the September 11th** assaults on the United States with one year of cost-effective TRICARE benefits for every 90 days of active duty service.

TRS coverage must be purchased. TRS members pay a monthly premium for health care coverage (for self-only or for self and family). Adjusted effective Jan 1st each

year, the premiums for calendar year 2005 are:

\$75.00 for TRS member-only coverage
\$233.00 for TRS member and family coverage.

For Reserve Component members who are eligible and have already left active duty, they have until **October 28, 2005**, to complete their service agreement.



With Red Cross chapters located around the world, they hope you will get to know them before you need them.

1-877-272-7337

Using the American Red Cross When You Need Them

During times of mobilization and deployment, the American Red Cross Emergency Service is there for the Guard family just as it is for the active duty service.

Emergency messaging service is available to your family 365 days a year, 24 hours every day.

The Red Cross works with military aid societies in providing financial assistance when an urgent per-

sonal or financial crisis arises such as emergency travel, urgent health and welfare needs or the burial of a loved one.

Red Cross workers also provide confidential counseling and information and referrals for health and military support services to which military members and their families are entitled.

When communicating

with the Red Cross, there is some basic information family members need to have at hand if the service member is overseas and there is an emergency:

- ✓ The Social Security number of the Active Duty Member
- ✓ The Military Address where they are Deployed
- ✓ The Home Base Unit

MILITARY SPOUSE JOBSEARCH

www.militaryspousejobsearch

A new website resource for spouses of military members is available which is dedicated to supporting them in meeting their employment needs.

Military Spouse Job Search is designed to enhance the employment opportunities for spouses of US Military members with employers committed to hiring military spouses and to connect employers with a talented, global, diverse workforce.

"Job Seekers" help spouses look for that dream job by providing avenues which asks questions that identify abilities and interests and potential job matches.

This website has a "Personal Career Center" in which you can maintain records of your searches, post a resume, create a cover letter, and manage your account once you have become a registered user.

"Find it by topic" is a great resource for finding specific information related to your job search. This information is located in the "Employment Center," the "Testing and Career Center," the "Financial Aid Center," the "Skills Center" and the "Business Center."

Employers can also register to take advantage of this valuable resource. They can look for you as you are looking for them.



Plug in to www.guardfamily.org

Being a Guard Family has unique concerns. There are many resources available for the military family member to assist with preparing for deployments. Guardfamily.org is a site that is geared toward *Guard family* mission readiness.

Guardfamily.org is created by the National Guard Bureau Family Program office as a convenient

resource for families who may live in remote areas, where easy access to a Family Readiness and Support office or a Family Assistance Center is not possible.

Even the family that can drop by a base or armory conveniently will appreciate the ability to get the latest and hottest news affecting the Guard family, link to Military One-

source, take a finance course on-line and get information on deployment and mobilization preparation from the comfort of their PCs.

The youngest members of the family can also plug into the Guard Youth Website, created by fellow youth from across the country and all of its territories. This site is informative and designed to build relationships.



I.C.E.—In Case of Emergency Cell Phone Numbers

The worst case scenario is this:

You have been involved in an accident while driving home from work. The scene is a mess. The contents of your car are strewn everywhere. You are going to be fine, but at the moment of impact, you are unconscious due to an injury.

When the emergency crew arrives, they notice your cell phone lying in

the road beside you. The EMT wants to notify your family of the accident and at what hospital to find you. But they can't determine which number to call. There is no "In Case Of Emergency" number.

Because of an incident just like this (and worse) that occurred in London, England, there is a push to ask cell phone users to list I.C.E. (*In Case of Emergency*) numbers in their phone directories.

The I.C.E. numbers are those individuals you want contacted in the event that you are not able to contact them yourself.

If you have more than one emergency contact, they can be listed as ICE1, ICE2 and ICE3.

We hope it never happens, but accidents do occur. By using ICE, we can assist those who are helping us.



192D FW FAMILY READINESS AND SUPPORT

In Case of Need Numbers for the 192d FW/ VaANG

Base Operator	804-236-6000
Family Readiness and Support	804-236-7036
Chaplain	804-236-6387
JAG Office	804-236-6163
Civil Engineering	804-236-6443
Military/Dependent ID Cards	804-236-6310
Security Police	804-236-6360



It's the End; It's the Beginning



It's the end.....of summer! Where did time go? Hopefully, your families enjoyed some lazy days, beating the heat, taking in one of the nearby amusement parks or just traveling around the country to see Grandma!

It's the beginning...of a new school year! Unbelievable! By the time many of you read this, some of you will have wiped away tears at having sent your 5 year old to Kindergarten, your new 6th grader to middle school, and you brand new 9th grader to High school! These are milestones that define family. So are you up to the challenges that lie ahead?

Well, I'm one of those folks who love reference material that teaches me about things that I don't understand.

So if you are like me and can use a little help, you might want to keep a

list of these references handy and use them through this school year!

familyeducation.com: family internet education resources; includes parenting tips, check-lists and surveys, resources, all categorized by age groups.

Familyfun.com: From Family Fun Magazine; provides fun ideas for smooth back-to-school transitions and lots of after-school activities.

Kidshealth.org: Practical tips for parents for preparing for the first day of school; homework help, dealing with bullies, middle school issues.

Kidsource.com: Back to school survival guide for parents, estab-

lishing rituals, how to get your kid adjusted to new school routines.

NEA.org: Helps parents learn how to get involved, how to support school success

PBS.org/parents: A great resource that you can use all year for help with homework

More resources like these can be found at www.nmfa.com, a great resource itself for military families.

And a great resource for all Virginia parents is the Virginia Department of Education link just for Parents. Homeschool parents can find information on approved curriculums. All Parents can get definitive guidance from *No Child Left Behind* to graduation requirements.

Angie Wade, WFPC

203d RED HORSE Squadron Celebrates 20 Years

Afterward he called 203d RHS Commander Lt.Col. Paul Julian to the stage and announced that he had a special presentation to make to the unit - an Air Force Outstanding Unit Award recognizing the 203d for its exceptionally meritorious service from Jan. 2002 through Dec. 15, 2003. This is the unit's second AFOUA. The award citation read in part: During this period, the 203d RHS performed assigned duties with outstanding military professionalism ...while deployed to southwest Asia in support of Operations IRAQI FREEDOM and ENDURING FREEDOM. ...[unit] personnel supported America's Global War on Terrorism by building taxiways, roadways, and constructing new facilities. The award also recognized the 203d's longtime support of the Commonwealth Challenge program, a residential, basic training program designed to help troubled teenagers, and its emergency response and recovery work in the community after Hurricane Isabel ravaged Virginia in the fall of 2003.



Commanders both past and present meet to celebrate the 203 RHS 20th Anniversary.

After General Williams spoke each of the 203d's former commanders addressed the group. The first commander of the 203d, from 1985-1997, Retired Colonel Bill Prosis recalled the early years of the unit, growing and the challenges of building the facilities needed to support a modern RED HORSE unit. He encouraged the young troops to talk with the retired members visiting for the day. "Each person brings a unique talent to the unit. Talk with those who came before you; they have a lot to share. History is an incredible teacher."

203d family members enjoy a day at the beach with the Red Horse.

Next came former 203d RHS commander Colonel Tom Turlip, 1997-2004. Having been one of the few original members of the unit, he recalled many of the deployments and projects the unit participated in over the years, the challenges of building the current facilities, validating the unit's training and capabilities, and going through that first round of major inspections. As commander during the March 3, 2001, aircraft mishap, he spoke of the tremendous loss to the families, the unit, and the larger community. We are one family and by coming together we have been able to deal with this loss and grow, he acknowledged. "Many of the active duty people who provided assistance in the aftermath of the crash were surprised at how well and how hard we worked to take care of the families." He also addressed the unit's activation and deployment to southwest Asia in 2003. "The level of patriotism I saw during our mobilization was phenomenal. The construction work we accomplished was tremendous, and in difficult circumstances," he added. And he thanked Charlie's Club, the unit's family support group for its work after the aircraft mishap and for the group's support during the unit's federal activation.

The final speaker was current Commander of the 203rd RED HORSE Squadron, Lt.Col. Paul Julian. He reminded the group that it is people that make the unit and people working together that make the unit successful. He praised them for answering the call to serve their country and commonwealth and thanked them and their families for their service and sacrifice. He urged the unit to continue its growth spurt and encouraged the older or more trained members to share their wealth of experience with the young force moving up behind them. Lt. Col Julian ended on a proud note that "The unit has met and overcome many challenges in its first 20 years; I know RED HORSE will do great things in its next 20 years."



During our September UTA we are bringing in outside help to augment our dental staff and will be conducting exams for as many people as we can. If you are due a dental exam and have not seen your private dentist, be prepared to be put on the exam schedule for this upcoming UTA. If you wish to get your private dentist to do your exam, please use the form on page 9 and follow the instructions below:

The DD Form 2813 should be completed by your civilian dentist annually (not required if seen by military dentist). The **DATE OF EXAMINATION** in item 11, should be within 6 months of when you turn it in. This date will become your **anniversary date**. You will be required to accomplish a dental exam annually by the end of the month identified in your **anniversary date**. ***If you do not complete this by COB September Drill, a mandatory appointment will be made for you!***

SGLI Benefit Update

Effective 1 Sep the SGLI will increase to \$400,000. This is provided by Public Law 109-13. The law automatically increases SGLI to the maximum coverage effective Sep 1, 2005 and allows for reduced elections in increments of \$50,000. The cost for the maximum coverage will be \$26.00 per month. DOD has not yet distributed guidance explaining procedures for declination or reduction of the maximum coverage.

According to OSGLI the new SGLV 8286 (SGLI Election Form) will not be available on the OSGLI website until Aug 31, 2005. The law does not allow for an election to be made prior to 1 Sep 05. Any election made before 1 Sep will become invalid when automatic coverage goes into effect on 1 Sep 05 (except for beneficiary designation). **All indication at this time is the new form will need to be used to elect reduced coverage or to decline coverage.**

Personnel who complete the new SGLI form prior to 1 Oct will not incur a debt for their SGLI. If the form is not

completed until after 30 September a debt will be incurred for Sept and the month the form is completed. Example: If a form is completed 20 September declining coverage or requesting reduced coverage there will be no extra debt. If the form is completed 1 Oct there declining coverage there will be a debt for Sept and Oct. This is because the change is effective the 1st of the month after the form is completed. September is the grace period for changes under the new SGLI amount.

The VA website has Questions and Answers available at <http://www.insurance.va.gov/sgliSite/legislation/400Kincrease.htm>

I have attached a fact sheet that may help in understanding the changes that are being made.

Members can go to the CSS to complete the new SGLI form when it is available 31 Aug 05. If you have any questions or concerns please contact SMSgt Jeanne Beurs at X6309 or TSgt Tonya Ross at X6310.

Dental Form for DSG's & Technician's

DD FORM 2813, MAR 2003

PREVIOUS EDITION MAY BE USED.

SSgt Chappell's Iraqi Rescue by MSgt Peter Martens



A view of the partially destroyed power generator bunker where the accident occurred. Rescue crews can be seen at the top in the superstructure.

When SSgt Richard Chappell volunteered for deployment to Iraq, he knew that for him, it would most likely be the experience of a lifetime. What he didn't know was that for someone else his trip abroad would also become a lifesaving experience.

Richard Chappell has been an active firefighter in civilian work and is a member of the fire team at Station #5 in Henrico County, west of Richmond VA. He has also been a member of the ANG 192d FW since 1992.

Richard began his career with volunteer work in Hanover County six months after completing High School. It was during that time that he looked into pursuing a career with the active duty Air Force. After speaking with his recruiter about available job options, he decided to also visit the Air Guard base near him in Sandston, VA to find out what might be available there. After meeting with the base recruiter SSgt. Duke, he enlisted and was later assigned to the Weapons Shop to support the then newly received F-16 fighter aircraft.

After serving for ten years, Richard was activated for duty after the events of September 11th, 2001. When his obligations for Homeland defense had ended, he was able to request a transfer to CE and secure a position within the firefighting section on base.

Richard had been working in the section three years when he heard about the upcoming AEF. He volunteered for the tour, deployed December 19th, and arrived at his assigned base five days before Christmas.

SSgt Chappell was assigned to one of three fire stations and came to work closely with other active duty and guard members who assigned there with him.

"There were so many different types of calls at that base, involving situations you just aren't exposed to here in the States. People came into the medical facility with a wide variety of injuries. I gained valuable experience helping them."

Training and teamwork helped sharpen their skills to deal with the unusual. The situation which occurred next would put all that experience and teamwork to the test.

Two Airmen, who were surveying a partially destroyed power generation bunker, were inspecting the upper structure in the early hours of the day. The large building has two sloped sides capped off by what appeared to be a raised underpass. As the Senior Airman walked underneath the top section however, he did not realize that the top of the building opened up into an airshaft and fell forward 35 feet into the darkness below. Immediately the other Airman put out a call for help.

A civilian response team arrived on the scene, but after a brief assessment of the situation, placed a call to two of the three fire/rescue units on base.

SSgt Chappell was just finishing his shift and at the computer in the dayroom when the call came in. He and 7 others headed out to meet with 4 firefighters from Station #2 at the incident site. The fire/rescue teams had just used this particular building two weeks earlier for 'confined space rescue' training. That training



Rescue crews in position lowering MSgt Paul and SSgt Chappell into the airshaft.

event would prove to be quite beneficial in every aspect of the Airman's rescue.

SSgt Chappell's Iraqi Rescue (cont.)



MSgt. Dave Paul(L) with SSgt Chappell (in the harness & silver overalls) after the rescue.

As the Air Force team on site, they met with the civilian contract fire team at ground level, and checked to see if an option existed for an extraction through the building. All the openings into the interior proved to be too small, so SSgt Chappell and a fire/rescue member from the NY Air Guard, MSgt David Paul, headed up the roof and looked into the opening with their flashlights.

"What we saw was the Airman, who was conscious and trying to speak, sitting upright in the center at the bottom of the shaft."

Broken rebar was jutting out on either side of each wall, and a long narrow beam crossed over the center section near the bottom. The Airman was fortunate to have missed each item as he fell, however the hard concrete had taken its toll as he was bleeding from his mouth, and from other injuries. The two men called to him to let him know that he would soon be rescued, as they set up a ladder and rigging to allow them to repel down into the shaft. While other men from each team began to bring up more equipment, MSgt Paul and SSgt Chappell went into the opening and reached the hurt Airman. He had multiple fractures to the face, lost many teeth, broken his arm, and showed an open fracture to

the left femur. They requested a neck brace and a Stokes basket, and placed the Airman securely inside so that he could get him to out as quickly as possible. It still took a long five minutes to bring him to the top. SSgt Chappell was the last man out of the air shaft, and the Airman was lowered successfully down the sloped side of the building. An Army Humvee had reached the scene, and SSgt Chappell, MSgt Paul rode in with the Airman as he was brought to the ER on base.

While off duty later that morning, Richard stopped by the OR to see the man he and MSgt Paul had rescued. He learned that the Airman had additional injuries which included multiple fractures to the pelvis and a lacerated spleen. Before the Airman was flown to Germany and then back to the U.S., SSgt Chappell and MSgt Paul got to see him once more in the ICU. "He was unconscious both times due to the nature of his injuries," said Chappell, "I would like to hear from him to find out how he is doing today."

SSgt Chappell returned from his tour in April. Of the many things he did while overseas this one rescue was most memorable. In May he met with MSgt Paul in Washington DC to try and visit with the Airman at Walter Reed Hospital, only to find that the Airman had been transferred home to San Antonio.

Now back with his unit in Virginia, SSgt Chappell looks forward to one day hearing from the Airman when he recovers. He also stated that he would volunteer for another AEF assignment and return to Iraq if it would allow him to work with the same group of people. Given a chance for the experience of a lifetime, that's exactly what he'd do!

MOVING IN, MOVING UP, MOVING ON

GAINS

Daniel Holmes Jr	CES
Allen Gordan	MXS
Marcel French	SFS
Tracy Maxwell	200 WF
John Wimer	MXS
Russell Hurt	CES
Micheal Theodorou	MXS
Stacie Corgnell	SVF
Marcus Mercus	LRS
Donald Davis	SFS
Megan Grimes	MAINT
Jessica Green	OG
James Holzer	200 WF
Jesse Brown	CE
Lelia Green	SVS
Jared Spencer	Supply
Mark Kramer	203rd

UNIT

RETIREMENTS

TSgt Patrick Downey
MSgt Anthony Penna
TSgt Michaelle Lindsay
CMSgt Stuart Wemyss

UNIT

FW
AMXS
MSF
HQ

PROMOTIONS

Lt Col Rick Turner
TSgt Mary Weaver
SSgt Angelique Dickerson
SrA John Cole

TO

Col
MSgt
TSgt
SSgt



CMSgt
Susanne Dates
(fifth from right)
with the
Langley Air
Force Base
Cycling Club
next to their new
namesake: the
F-22 RAPTOR
See story about
her Iowa ride
on page 4

What's for Lunch?

SATURDAY UTA

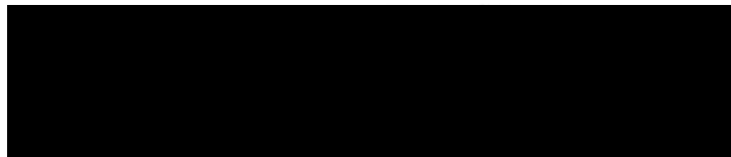
Baked Spaghetti
Veal
Boiled Potatoes
Mushroom Gravy
Corn on the cob
Collard Greens
Brownies

SUNDAY UTA

Salisbury Steak
Ham and Noodle
Casserole
Mash Potatoes
Gravy
Green Beans
Peach crisp

SHORT ORDER: Wraps

BOTH DAYS:
Salad bar
Assorted drinks
Assorted breads



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