

VANGUARD

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VAANG HAS BLOODY JULY

July was a bloody month for the Virginia Air National Guard's 192d Tactical Fighter Group. The unit donated one hundred and fifty-five pints of blood to the Blood Bank at the Medical College of Virginia. It was a record month for the unit that has one of the most active blood donation programs in Virginia. During the July Unit Training

Assembly seventy-nine members of the unit answered calls for help from the MCV Blood Bank supplying the Bank with critically needed O positive blood.

On two days during the month the unit responded to help one of their own. Felix Hammill, son of Mrs. Delores Machalski, who needed type O positive blood. Thirty pints were donated during the two days.

SAFETY OFFICE

The 192d Safety Office is staffed by one technician and six military positions. Another eighteen individuals are designated additional duty Safety Officers/NCOs for each unit in the 192d TFG.

With such a large safety force, all areas are covered and there is no need for other individuals to be concerned about or get involved in the safety function, right?

Definitely not right! Any safety program requires the support of every person assigned - our goal is "100% safety participation". This doesn't mean the safety office expects to process 700 hazard reports, but if every individual is safety conscious and aware of potentially hazardous conditions, then the goal of 100% safety participation will have been achieved. A single unsafe act, whether injurious or not, constitutes something less than 100%.

Do you want to actively participate? Look for our exciting and informative discussion of the hazard reporting system in the next Vanguard.

IT PAYS TO STAY IN THE VAANG

Before you leave the Virginia Air National Guard, be sure to seek another part-time employer who can meet the following conditions:

*You should receive at least \$950 per year to start.

*You should be told months in advance the dates and time you will work for the part-time employer.

*You should work only one weekend per month and two weeks each summer, and he should buy all your meals during work periods.

*You should be paid at an average hourly rate of no less than \$3.94.

*You should receive regular promotions with pay raises for your length of employment.

*Your part-time job must not interfere with another full-time job or your civilian education.

*You should receive additional education at the expense of your part-time employer, that can aid you in civilian life.

*You should be given \$300 worth of clothing for wear during the period you work on your part-time job, and as it wears out, he should replace it at no cost to you.

*You should receive a retirement plan that will assure you a check each month after 20 years of part-time employment, at age 60.

Now, if your "would be" part-time employer cannot meet all of the above requirements--SEE YOUR PERSONNEL SECTION AND EXTEND YOUR ENLISTMENT!

CONSIDER THE MOTORCYCLE A CAR

WASHINGTON, D.C. (NAVNEWS)...Much has been written about rules of the road for motorcyclists. However, some automobile drivers do not seem to realize that two-wheeled vehicles are entitled to the same courtesy and privileges on thoroughfares as any other vehicle.

As a driver one may be startled at the sight of a motorcyclist approaching from the opposite direction for often it seems he is riding perilously close to the center line. He may well be, but this is still his side of the road and from the cyclist's point of view, this is an ideal place to ride since it affords the safest track giving him good visibility and more maneuvering room to avoid vehicles in his lane of traffic.

When motorcyclists use the "wheel track" near the shoulder of the road there is a tendency for drivers of four wheel cars to try to use the same traffic lane possibly crowding the cyclist off the road. Often the area between automobile wheel tracks is coated with a film of oil, which cyclists try to avoid due to the inherent danger.

When passing a motorcycle travelling in the same direction, make a complete lane change as for any four-wheeled vehicle. Avoid getting too close to the cycle since passing him by a matter of inches creates a dangerous buffeting effect on the cyclist.

Always be alert when passing another car for the possibility of a motorcycle which may be directly ahead of the car, and screened by the vehicle one is overtaking. A vehicle tailgating a cycle can put

the cyclist in a blindspot and obscure him from the passing auto until it is too late to avoid an accident. The driver of the first car should allow a reasonable distance between himself and the motorcycle. The passing car driver must allow a safe distance before cutting back into the driving lane.

The margin of safety for the cyclist is one car length per 10 miles per hour. At a speed of 40 miles this means he needs four car lengths for safe braking, but, contrary to common knowledge, modern cycles (except the very heavy ones and motor scooters) can be braked in a shorter distance than an automobile. When following a motorcycle, allow plenty of distance, even several car lengths more than one would for a four-wheeled vehicle. This will eliminate the danger of a rear end collision if the cyclist should have to brake suddenly.

Not only must one be alert for the cyclist ahead, but also for those behind. Before changing lanes check the rear view mirror constantly. With their narrow profile, two-wheeled vehicles are easily overlooked in the mirror's blind spot.



Virginia Air National Guard
Byrd International Airport

SECURITY POLICE COLUMN

1. SECURITY EDUCATION:

In today's environment, it's somewhat difficult at times to keep personnel motivated. They say, "Gone are the days when there was supposedly a Communist beside the wheel-well of each TAC aircraft". While we tend to agree with this comment, we contend that there is still a threat to our operational resources - not necessarily a Communist, but other personnel, whose warped minds or radical views make them intent on causing damage to our resources.

The following letter from Lt Gen Sweat, TAC/CV was recently dispatched to all TAC Wing Commanders. We believe it worthy of reiteration:

Security Education

All TAC Wings/CC

1. A recent incident at a TAC base points out the value of a good security education program. A sergeant who was on duty in the control tower saw a man, dressed in civilian clothes, who was near a tactical fighter aircraft. The sergeant and his co-worker quickly chose the correct course of action; they called the security police, who apprehended the man and learned that he was the subject of warrants which were issued in three states and had a questionable background. The significant point is that the man was prevented from doing any damage to the aircraft.

2. Prevention of hostile activities is the objective of the security education program. We must all work to sustain an environment on our flight lines which is unhealthy for those people who would reduce our combat capability. The key is training which encourages all our people to accept the responsibility to detect suspicious actions, alert whoever is nearby, call for assistance, and, if possible remove the suspect from the vicinity of our combat resources. I enjoin each of you to emphasize the security education program.

DALE S. SWEAT, Lt General, USAF/t/s/
Vice Commander

We have been emphasizing defensive actions for such a situation for the past few years. It's good to know that the sergeant was oriented to call the police and the incident was nipped before any damage was done.

Security Managers are encouraged to take this story and use it to the utmost in driving home the point that all is not a state of complacency on the flight line. Things still happen on the line! We must be ready to stop those things that are not in the best interest of national security.

(TACRP 205-1, June 74)

2. PERSONNEL SECURITY:

Numerous articles concerning the drug problem in the Air Force have appeared of late. Alcoholism, another disease which demands our attention should receive its share of emphasis. Needless to say, the alcoholic who has access to classified defense information, unescorted entry to restricted areas, or works in other sensitive positions should receive special attention on the problem of alcoholism, the following article from Tactical Communications Area, Security Observer, April 1974, is reprinted.

ALCOHOLISM WHOSE PROBLEM

Alcoholism is not limited to any group. The alcoholic may be a man or a woman, rich or poor, brilliant or stupid. More men than women are alcoholics, but women are catching up. Eighty-five percent of them are between the ages of 35 and 55 - the years when they should be at the peak of their earning power and when they are most likely to have heavy family responsibilities.

Why can 60 million people drink, some heavily, without losing their ability to stop, while five million others become serious problem drinkers? The answer to that is not known, but exhaustive research is being conducted all over the country in an attempt to determine the reason.

The cause of alcoholism includes a combination of emotional and physical factors. Most alcoholics first find their drinking a release from something that is bothering them---tiredness, shyness, anxiety, grief, or some other form of unhappiness. Finally over a period of years, they find themselves dependent upon alcohol, which then becomes the source of, not the solace for their problems. Since everyone who has problems and drinks does not become an alcoholic it is felt that there may be some imbalance of body chemistry that makes the difference. Perhaps, just as the diabetic is incapable of handling the sugar in his body, the alcoholic's body reacts abnormally to alcohol.

Unlike the diabetic, the alcoholic cannot take a "pill" or a "shot" to cure him; in fact, he cannot technically be cured. His condition can be "arrested". That is, an alcoholic is a person whose

system cannot tolerate alcohol and nothing has been found that will permit him to drink normally with his friends. He must free himself from his physical dependence on alcohol and learn to live without it. He will always be one drink away from active alcoholism. Thus, his condition can be "arrested" so long as he does not, even accidentally, taste alcohol.

The alcoholic is vulnerable to a host of physical and mental disorders. Many of his physical ills are the result of malnutrition rather than a directly damaging effect of the alcohol. Alcohol contains calories, supplying heat and energy to the body, but it contains no nutrients---vitamins, proteins or minerals. Because his body is receiving energy, the alcoholic has little desire for food and eats poorly. Thus, after a period of this routine, the alcoholic suffers from vitamin deficiencies, anemia and general poor health.

In addition, some alcoholics are disturbed by marked digestive upsets, develop a heat condition, and show signs of kidney trouble. Inadequate diet may cause nerve and mental disorders. Hardening of the liver is often a direct result of alcohol, although it has been found in moderate drinkers and total abstainers as well as heavy drinkers.

There is evidence that heavy drinking shortens life expectancy. There is, as yet, no evidence that alcohol has any effect on heredity. This matter is still being studied.

It was mentioned earlier that extensive research is being conducted to discover if there is any physical condition that might encourage alcoholism. If such is discovered, the possibility that this defect could be inherited would, of course, have to be evaluated.

Alcoholics frequently show personality changes, becoming irritable, over-emotional, even brutal, but rarely become insane. Some do develop mental illness, and others use alcohol because they suffer from some mental disturbance. In such cases, the mental illness must be treated as well as alcoholism.

Delirium tremens, when the victim sees non-existent objects and shakes uncontrollably, accounts for over one-third of alcoholic psychoses, and such sieges may last as long as a week.

A former Surgeon General of the United States Public Health Service has designated alcoholism "a disease so widespread in the population, so serious in its effect, and so costly in its treatment that the individual unaided cannot deal with it himself". He called it "our greatest unsolved public health problem". (TACRP 205-1, June 74)

PERSONNEL CHANGES

The following personnel were enlisted or appointed into the Virginia Air National Guard during the month of July. Those identified with (1) are prior service; those with (2) are palace chase; and those with (3) are non-prior service. WELCOME, Y'ALL! GLAD TO HAVE YOU.

192D TACTICAL FIGHTER GROUP

- CPT JONES, WILLIAM C. (1)
- SSG STOUGHTON, PETER L. (1)

149TH TACTICAL FIGHTER SQUADRON

- CPT MERCER, HAROLD G. (2)

192D CAMRON

- TSG BARBOUR, MALCOLM R. (1)
- SGT DALE, GEARLD (1)
- AMN JAWORSKI, DAVID W. (1)
- AB MAYNARD, JACK A. JR. (3)
- AB SCOTT, RICHARD V. III (3)

192D COMBAT SUPPORT SQUADRON

- SGT BARBOUR, THELMA W. (1)
- SGT COPELAND, DONALD E. (1)
- SGT WILLIAMS, RALPH (1)
- AB WILLIAMS, ELEANOR S. (3)

192D TAC CLINIC

- AIC HUNT, DANIEL B. (1)
- AB BEAVANS, NANCIE E. (3)
- AB STURGILL, TERESA L. (3)

192D CIVIL ENGINEERING FLIGHT

- AB TERRY, ALBERT L. (3)

The following transfers took place during the month of July. Unit from which transferred is shown opposite each name.

192D TACTICAL FIGHTER GROUP

- LTC TOMPKINS, STUART E. JR. 149TFS
- MAJ WASHINGTON, JOSEPH A. 149TFS
- CPT SHURLEY, JOHN R. III 149TFS
- SSG HEINEFIELD, RALPH P. 192CAM

192D MOBILITY SUPPORT FLIGHT

- SGT COFFMAN, JULIAN E. JR. 192CLN
- SGT ROYSTER, ROBERT T. 192CLN
- AIC COULTER, TIMOTHY C. 192CSS
- AIC HAILLEY, RANDALL K. 192CSS

192D COMBAT SUPPORT SQUADRON

- AIC WATERS, CLIFFORD W. 192MSF

192D TAC CLINIC

- SSG LEE, NUMA R. 192MSF

192D CIVIL ENGINEERING FLIGHT

- AIC ALOI, STEVEN M. 192MSF
- AIC EVANS, THOMAS K. 192CSS

192D WEAPONS SYSTEMS SECURITY FLT

- SSG MASON, ALBERT B. JR. 192CSS
- SSG ROSSER, ROLLIN V. 192CSS
- SGT BRANNAN, DAVID S. 192CSS

The following personnel were demoted to the grades indicated during the month of July.

192D CAMRON

- AB ELLINGTON, JAMES M.

192D COMBAT SUPPORT SQUADRON

- AB FLEMING, GEORGE L.
- AB HUDGINS, ERNEST S.
- AB LINDBLAD, JAMES W.
- AB SALMON, WILLIAM B.

192D TAC CLINIC

- AB WATKINS, DANNIE L.

The following personnel were discharged from the Virginia Air National Guard during the month of July.

192D TACTICAL FIGHTER GROUP

- SSG RIDDLE, DENNIS R. JR.

192D MOBILITY SUPPORT FLIGHT

- SSG THOMAS, GEORGE B.
- SGT INGE, ELDRIDGE W. JR.

192D CAMRON

- TSG LOVE, MARION C. JR.
- SSG HART, JESSE W. JR.
- SSG LEWIS, THOMAS R.
- SSG MARABLE, ROY K.
- SSG SHELTON, RICHARD J. JR.

- *SGT BRANN, ROBERT G.
- SGT OWENS, RICHARD D.
- SGT ROBBINS, HUBERT F. JR.
- SGT SHEPHERD, RONALD D.
- SGT SIMMONS, MICHAEL G.

- *AMN FAISON, THOMAS M.
- AB MARSH, GARY S.

192D COMBAT SUPPORT SQUADRON

- TSG HUBER, RONALD W.
- SSG COX, LEO M.
- SSG SALE, HORACE W.
- SSG STANLEY, STEPHEN B.
- SGT ADKINS, WILLIAM S.
- AIC RICHARDS, WALTER L. III
- AB HUDGINS, ERNEST S.

192D TAC CLINIC

- SGT WATKINS, DANNIE L.

192D CIVIL ENGINEERING FLIGHT

- SSG DUDLEY, JAMES W. JR.
- SSG TIMBERLAKE, GLENN E.

192D WEAPONS SYSTEMS SECURITY FLT

- SSG SCHOFF, DANIEL P.

*(Sgt Brann transferred to the Illinois ANG. Amn Faison transferred to the regular Air Force.)

Our congratulations go to the following personnel who were promoted to the grades indicated during the month of July.

192D TACTICAL FIGHTER GROUP

- AIC MONTGOMERY, THOMAS S.

192D CAMRON

- SMS DAVIS, BERNARD E.
- SSG BAILEY, HERBERT M.
- SSG BRYSON, ROBERT H. III
- SSG KING, DAVID B.
- SSG MARSTON, EDWARD V. III
- SSG PARRISH, JAMES D. JR.
- SSG RAGLAND, FRANKLIN T.
- SGT BLAKE, JAMES B.
- SGT CLOUGH, WILMER W.
- SGT WEATHERFORD, THOMAS M.

192D COMBAT SUPPORT SQUADRON

- SSG BROWN, STANLEY M.
- SGT BRAMMER, JAMES D.
- SGT LEFTWICH, DENNIS J.
- SGT JEWELL, RICHEY C.
- AIC CUBBAGE, MICHAEL L.

192D CIVIL ENGINEERING FLIGHT

- SSG HEIN, GREGG J.
- SGT WATKINS, MICHIEL I.

192D COMMUNICATIONS FLIGHT (SPT)

- MSG TIMBERLAKE, HERBERT L.

THE SUPPLY SIDE

- NAME TAGS -

All personnel whose last name begins with any letter from "A" thru "S" report to EMO this drill and pick up your name tags.

- CLOTHING -

All personnel that received a clothing card in the VanGuard mailing, report to EMO with your turn-ins this drill and pick up your respective clothing order. NOTE: If an asterisk appears on your card, then you MUST pick up your clothing this drill or it will be pulled from the shelf and used to fill other requests.

The VANGUARD is an official monthly newspaper published by and for the personnel of the 192d Tactical Fighter Group, Virginia Air National Guard, Byrd Field, Sandston, Virginia.

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FIRE SAFETY

Smoking is truly hazardous to your health, in more ways than one.

The majority of all fires in the Air Force today are caused by the careless handling of smoking materials. A carelessly discarded cigarette, a match still burning, or an ash tray innocently emptied into a waste container with other combustible materials, has caused more damaged property, more crippling, and injury, and even death, than lightning, explosives, arson, or any other means of fire.

Some of these violations are due to ignorance on the part of the violator. Unless many of us have seen a completely destroyed building, as a direct result of a cigarette, we would never believe that an inch or two of tobacco could cause such devastation.

But then there are those who, with disregard or contempt for fire regulations, would place themselves in a situation which could cause not only thousands of dollars in property loss, but could cost the lives of many people, lives which we could place no monetary value. If you did live through a fire, could you live with yourself knowing that you had caused it?

The Air Force Fire Protection Organization is doing all in its power to limit the damage of property, the injury and loss of life due to fires. But we need your help. Regulations have been posted, such as Base Regulation 92-1, where safe smoking practices are outlined. Butt cans and ash trays have been placed in the proper places - USE THEM. Periodic fire

inspections are made. These inspections are not made to harrass the men or to disrupt the work routine. They are trying to help you. But they also need your help. Follow these simple rules:

1. Read and follow posted Fire Regulations and signs;

2. Use ash trays and butt cans, and empty butt cans in the proper receptacles;

3. Know your Area Fire Marshal and report violations to him;

4. Use common sense, for smoking can really be hazardous to your health, in more ways than one.



GENERAL BROWN ASSUMES TOP MILITARY POST

General George S. Brown, Air Force Chief of Staff, will become Chairman of the Joint Chiefs of Staff, July 1, replacing Adm. Thomas H. Moorer, who is retiring. General Brown will become the first Air Force general to hold the nation's highest military position since Gen. Nathan F. Twining retired in 1960. General David C. Jones, Fourth Allied Tactical Air Force Commander and U. S. Air Forces in Europe Commander-in-Chief on July 1 will become the ninth Air Force Chief of Staff since the Air Force became a separate service in 1947.

SOFTBALL TRYOUT

Final softball tryout will be held at 1645 on 17 August 1974. Place: Just inside Confederate Ave. Gate.

BASE RIFLE AND PISTOL TEAM

Anyone interested in membership in a Base Rifle and Pistol Team should get written permission from their supervisors this drill. We must have his authorization to enable you to participate in officially sanctioned matches. Approved letter should be given to MSGts Sandford or VanOcker as soon as possible.



A Spad XIII similar to the one flown by Captain Eddie Rickenbacker during World War I is parked next to the Air Force's newest fighter, the F-15 Eagle.

WORDS OF WISDOM

"A person whose thinking lacks substance often laces it with profanity in an effort to give it muscle. In a word--he's intellectually bankrupt."

WOMEN MAY ENTER SERVICES AT 17

Women may enlist in the armed forces at age 17, with parental consent, the same age as men, as a result of a new law signed by President Nixon.

IF YOU DON'T LIKE THINKING ABOUT SAFETY, THINK WHERE YOU'D BE WITHOUT IT!