

# YANGUARD

## VIRGINIA AIR NATIONAL GUARD

**VOLUME XXIV NO 8**
**Byrd IAP, Sandston, Virginia 23150**
**AUGUST 1980**

### *Veteran Meteorologist Leaving Unit*

LTC Raymond J. Stralka, Commander of the Air Guard's 200th Weather Squadron based at Langley AFB, is retiring after 30 years of military service. Most of his career has been spent with weather units, including 19 years with the 104th Weather Flight, Maryland Air National Guard.

The native Pennsylvanian has Bachelors of Science degrees, both



in forestry and meteorology, and received a Masters degree from Auburn University in 1971.

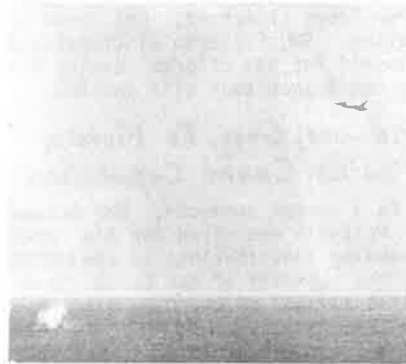
LTC Stralka's civilian occupation is that of Weather Service Evaluation Officer for the States of Virginia, Maryland, Delaware, and District of Columbia, National Weather Service, Washington, D.C.

A successor has yet to be announced.

### **Vietnam Dead Honored**

Twenty nine Hawaii Army National Guard and Reserve members who died while serving in Vietnam were honored in a recent memorial service in Honolulu. The 29 were among the 3,000 members of the Guard's 29th Brigade and the Reserve's 100th Battalion, 442d Infantry who were called to duty during the conflict. Further, they were among the more than 1,000 of these individuals who were reassigned, primarily to the Republic of Vietnam.

### *"A Day At Dare County"*



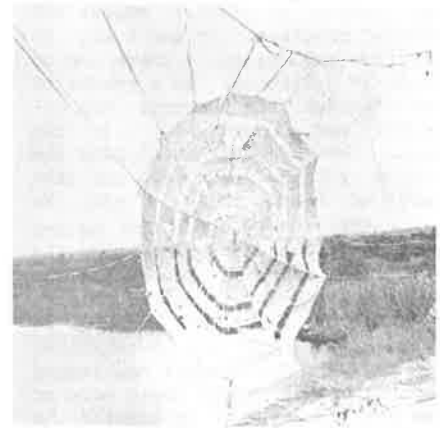
An F-105 "Thunderchief" pulls up after dropping a practice bomb at the Dare County Range. The white puff of smoke is used by the bomb scoring team located in two of the 50 foot towers to determine how close the pilot was to the target. Results are given to the pilots on completion of the bombing runs.

Manteo, North Carolina is a four hour drive from Richmond. One hour from Manteo, fifty miles due west is the Dare County Range, a strafing and bombing range used by the Navy, Air Force, and Air National Guard pilots to maintain their bombing and strafing proficiency.

For the pilots of the 192d Tactical Fighter Group, the range is a twenty minute flight from Byrd Field. That sure beats five hours in a car, particularly when the summer weather can get in the high nineties.

The Dare Range is operated on weekends by Harry Mann, a jack-of-all-trades, who operates the Navy side of the range full time during the week and who works the Air Force side, used by the D.C., New Jersey, Maryland, and Virginia Air Guard, on weekends.

One "too early" Saturday morning in June, I met Lieutenant Colonel "Tee" Coke at the Manteo Motel for the hour drive to the range. Colonel Coke would serve as the range officer for the day. His job would be to handle radio contact between the pilots that would be using the range and the scoring tower. On the



The strafe target at the Dare County Range looks like an old parachute that has been shot up. The electronic scoring device uses sound to measure the number hits through the target.

average a flight of F-105s will be on the range for approximately twenty-five minutes. The range officer clears them onto the range, advises them of local weather and winds, and gives them their scores, as he receives them from the plotting team.

After surveying the area, I followed Harry Mann up the steps to the top of the fifty foot scoring tower that serves as both observation deck, scoring tower, and range officer's headquarters.

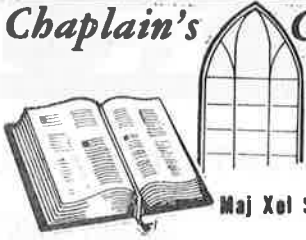
Two scorers sit in the center tower while another scorer uses one of the two other towers to assist in plotting. Strafing on the range is measured electronically by a special scoring device that measures the number of supersonic projectiles that pass by it.

Shortly after getting settled in the tower, we heard the radio crackle and the flight leader announced he was passing over the Alligator River, just west of the range. Colonel Coke gave the flight winds and weather information and asked them to let him know when they had the range in sight.

"Roger lead, you're cleared in hot, were Colonel Coke's words as he answered the leaders call that the flight had the field in sight.

*(Cont'd on page 3)*

Chaplain's Corner



Maj Xol Sant'Anna

Priorities

The little booklet of Haggai contains a simple but important message to all of us. He addressed the nation of Israel amidst all kind of problems. It was a time of distress and misery. There was no food or clothing. As a result of bad weather the harvest was extremely bad. Survival was the word. The prophet criticized the people because they did not take care of first things first. He sees the misery of the nation resulting from their neglect of the temple and worship. The temple was in ruins, and in a survival oriented society there was no time to rebuild the temple and re-establish regular worship. Haggai challenged the nation to first take care of its spiritual need: to rebuild the temple and to worship God. Then God would bless the people and end their years of misery and frustration.

Haggai's message is clear and well applicable today. The failure to recognize our spiritual need will result in frustration and misery. But a secondary application can be made. Our misery, in most cases, is the result of our neglect. We spend so much time in things that are not important and then the important things will never get done. Or we get too lazy to work hard and meet the challenges we face in our everyday activity. As Haggai said, if we are willing to go up the hills, to cut timber and build, that is, if we are wise enough to establish our priorities and work, life will be much easier, achievements more meaningful, and our environment much better. And as we attempt to establish our own priorities it will be well for us to hear Haggai's priority and its confirmation by Jesus when he taught us to seek first the Kingdom of God and its justice.

CHAPEL ACTIVITIES  
UTA SUNDAY

Sunday 0815 - General Protestant  
1300 - Mormon  
1400 - Catholic Mass



Air Force SMS Gerald D. Pellerin, 192d Comm Flt Technical Advisor is shown receiving the Virginia National Guard Commendation Medal from Group Commander, Col Alvah S. Mattox. SMS Pellerin distinguished himself for his efforts during his recent 4 year tour with the ANG.

Advisor Goes To Florida,  
Praises Guard Capabilities

In a recent ceremony, SMS Gerald D. Pellerin was cited for his outstanding contributions to the 192TFG in the capacity of Air Force Technical Advisor to the Comm Flt. For the last 4 years SMS Pellerin has been instrumental in improving the Communications Squadron to the point that they received a very high rating during its most recent ORI.

SMS Pellerin said he, like others on active duty, felt that the Air National Guard and its personnel were not able to adequately perform their mission, but 4 years of service with the 192d has changed that feeling. "I feel very strongly about the total force concept now. There is just not enough awareness on the active duty side that the Guard can do the job."

The Connecticut native is now enroute to his new assignment as instructor at the Tactical Air Command NCO Academy, Tyndall AFB, FL. He will be replaced in September by TSG Herman Jackson, who is being reassigned from Offutt AFB, NE.

LUNCH

9 AUGUST 1980

FRANKFURTERS WITH CHILI SAUCE  
SAURKRAUT BAKED BEANS  
\*\*\*\*SALAD BAR\*\*\*\*  
ASSORTED DRESSINGS  
BROWNIES POTATO CHIPS  
ICED TEA COFFEE MILK  
\*\*\*\*\*

LUNCH

10 AUGUST 1980

FRIED CHECKEN  
CORN BUTTERED POTATO  
ON COB BROCCOLI SALAD  
\*\*\*\*SALAD BAR\*\*\*\*  
ASSORTED DRESSINGS  
BREAD BUTTER  
APPLE BROWN BETTY  
ICED TEA COFFEE MILK

Safety

A Lethal Mix  
Drugs & Driving

Most of us are aware that drinking and driving don't make good mixers. But, many people don't realize that medications, too, can interfere with safe driving.

Antihistamines taken to relieve cold symptoms, for example, can make you too sleepy to drive. On the prescription side, tranquilizers and some painkillers can cause dizziness, drowsiness, visual disturbances, tremors, and uncoordinated muscle movements.

Mixing such medications with alcohol can make them more dangerous. If the medicine makes you sleepy, washing the pill down with a cocktail will make you sleepier. In fact, some combinations can be lethal.

When your physician gives you a prescription or when you buy over-the-counter medicines, pay careful attention to all instructions.

For more information about how drugs can affect your driving ability, write for a free pamphlet, *Drugs and Driving*, from the Consumer Information Center, Dept. 652G, Pueblo, Colo. 81009.

**ENERGY.**  
We can't  
afford to  
waste it.

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

The opinions expressed herein do not necessarily represent those of the Adjutant General of Virginia or the Virginia Air National Guard.

COMMANDER:

Col Alvah S. Mattox, Jr.

MANAGING EDITOR:

Maj Basil H. Evans, Jr.

ASSISTANT MANAGING EDITOR:

Cpt Lawrence M. Fuccella

INFORMATION OFFICER:

Maj Francis J. McNally

PHOTOGRAPHER:

MSG Robert A. Flournoy

# 'Efficient' Driving Can Hold Down Fuel Cost

Knowing how to drive for maximum fuel efficiency makes it possible for the average driver to reduce fuel use by as much as 20 percent.

A good general rule of thumb is that smooth and steady is the way to drive for maximum fuel efficiency.

### Behind The Wheel

Examples of helpful behind-the-wheel gas conservation prepared by experts at the Department of Energy are—

- Only 30 seconds of idling time after starting is needed for warmup. More warmup time wastes gas. Moving parts only begin warming up after the vehicle is underway.

- Accelerating from a stop either too gently or too hard wastes gas. The most fuel-efficient way to accelerate is briskly and steadily.

- Proper use of the vehicle's momentum—particularly in city traffic—saves gas.

- Every vehicle has a speed range in which it can achieve maximum fuel economy. For most vehicles this is between 35 and 45 miles per hour.

### Care & Maintenance

There are certain maintenance and car care procedures that will optimize the fuel efficiency of a vehicle.

- Most are no-cost or low-cost and simple to perform.

Some points to be aware of are—

- Tire pressure should be checked regularly.—underinflated tires reduce gas mileage by as much as five percent.

- Radial tires give three to five percent improvement in gas mileage.

- The oil and oil filter



should be checked and changed at recommended intervals.

- A good quality SE multi-grade oil should be used—some of the newer high MPG oils can improve mileage by as much as four to six percent.

- Check and clean the air filter frequently, especially in dusty areas.

### A Program Of Saving

If you are interested in saving gas—and who isn't at today's prices—read over the accompanying chart.

## A Plan For Saving Fuel

If you take the steps in this column...	... it's the same as saving about this much on each gallon of gas.*	Percent of
<b>Purchase Decision</b> Buy a vehicle that gets 10 -mpg more than the one you have now	\$0.24	18%
<b>Driving Techniques</b> Warmup for 30 seconds, brisk acceleration, flow smoothly with traffic	\$0.7	5%
<b>Planning On Saving</b> Ridesharing	\$0.12	8.8%
Combining trips	\$0.7	5%
<b>Care &amp; Maintenance</b> Use radial tires	\$0.03	2.4%
Inflate tires to highest safe recommended pressure	\$0.04	2.6%
<b>Use high mileage oil</b>	\$0.03	2.1%
<b>Regular tuneups/adjustments</b>	\$0.05	4.2%

**THE BOTTOM LINE** \$0.65 48.1%

\*The savings are based on a gasoline price of \$1.30 and assume that all of these items are accomplished together.

(Cont'd from page 1)

On a normal range mission a flight of four F-105 Thunderchiefs will make six passes on the range. Each pilot will drop two high level and two low level practice bombs, and make two passes at the strafing target.

## F-105 Aircraft Phased Out

GEORGE AFB, Calif (AFNS) -- The last F-105 aircraft have been phased out of the active Air Force inventory here and transferred to the Air National Guard's 116th Tactical Fighter Wing, Dobbins AFB, Ga.

Thud Sawadee, "Thud" a nickname of the F-105 and "Sawadee" a Thai word for farewell, was the name of the weekend ceremonies held here honoring F-105 aircraft.



TSG Glen Baker, Jr., receives congratulations from MSG Walter Davis on having a winning ticket for the Go-Kart Race, benefiting the Crippled Children Hospital.

A big thank you goes to the 192d for their contributions.

## OPSEC Update

OPSEC tests were given to all units of the 192TFG during the July UTA. A total of 749 personnel were tested with 713 receiving a satisfactory score of 80 or above. There are 277 personnel who still need to be tested. These individuals should be scheduled to take the test NLT 10 Aug 80. Both the OPSEC Representatives/POC and unit personnel did an outstanding job in making this effort a success. Everyone is to be highly commended for their participation.

Although a high number of people receiving a satisfactory score of 80 or above is noteworthy, the main objective of both the OPSEC program and the testing is to keep all unit personnel aware of the proper OPSEC procedures in the performance of their duties. It appears that we are heading in that direction.

In the near future, the OPSEC Monitor is planning on developing an OPSEC booklet covering most of the key aspects of the OPSEC program including over 100 questions, some of which may be used during future exercises and inspections. Your OPSEC Representative/POC will distribute these booklets when they become available. Be sure that you keep these booklets for study and reference. By doing this, it is hoped that all unit personnel will become highly proficient in current OPSEC procedures.

There have been numerous questions concerning EEFI's, hopefully, some

of the following quotes from a local newspaper may help you pick out some classic EEFI's (\*).

\* "More than half of the 65 F-15s at Langley Air Force Base are not flying because of maintenance problems, a spokeswoman for the 1st Tactical Fighter Wing confirmed yesterday."

\* "Only 46 percent of the aircraft are fully mission-capable, the remaining 54 percent are on the ground for scheduled maintenance or lack of spare parts or a combination of the two."

\* "The maintenance people just couldn't keep up with our flying demands."

\* "A Tactical Air Command headquarters spokesman said that it has approximately 200 F-15s assigned to three operational wings and that only 59 percent of the planes are mission-capable."

\* "The fleet has been only partially on mission-ready status for the last several months because of lack of spare parts for repairs as well as modification made on the wings after gas vapor was discovered."

"This information is not for public release and is protected material under Air Force regulations."

"However, the men who fly the planes and those who work on them are not that closemouthed."

Next month's **OPSEC UPDATE** will cover the current list of Essential Elements of Friendly Information (EEFI) as they pertain to the mission of the 192TFG.

## ENLISTMENTS



The following personnel were enlisted into the Virginia Air National Guard during the month of July. Those identified with (1) are prior service and those with (2) are non-prior service.

192D TACTICAL FIGHTER GROUP  
SGT LUKAS, GEOFFERY G. (1)

192D CAMRON  
SSG KEYES, ROBERT W. C. (1)  
SSG NELSON, KENNETH J. (1)  
SSG STEWART, JOSEPH M. (1)  
SGT HARPER, CHARLES E. (1)  
AMN DAVIS, TOD C. (1)

192D RESOURCES MANAGEMENT SQUADRON  
SRA CLIFFORD, KAREN G. (1)

192D TACTICAL CLINIC  
AIC BLAKE, HOWARD C. (1)

192D COMMUNICATIONS FLIGHT  
SSG LEDFORD, EDWIN C. (1)

## PROMOTIONS

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

HEADQUARTERS, VaANG  
MAJ SAWYER, WILBERT L. JR

149TH TACTICAL FIGHTER SQUADRON  
AIC SHEFFIELD, DWIGHT E.  
AIC WRIGHT, DEBROAH D.

192D CAMRON  
SRA FRANKLIN, ANTHONY M.  
AIC CHARITY, DEANNA L.

192D COMBAT SUPPORT SQUADRON  
SSG SCLATER, RODNEY C.  
AIC BROWN, KAREN A.

192D RESOURCES MANAGEMENT SQUADRON  
TSG GARDNER, MARION E. JR

## TAC Message

The following is a reprint of a message forwarded to the 192TFG from the Commander of Tactical Air Command, Langley AFB, VA.

\*\*\*\*\*

SUBJECT: Military Appearance

1. The military appearance has been observed to be a deficient area in several TAC units during Management Effectiveness Inspections (MEIS) conducted during Jan-Jun 80.
2. Infractions of personal grooming and uniform standards project an unfavorable unit image and indicate a lack of discipline, professionalism, and command/supervisory involvement. An Air Force member who has the pride to look and act sharp likely will be sharp and produce quality work. Conversely, an individual who does not measure up to appearance standards nearly always fails to measure up in job performance as well.
3. Accordingly, military appearance is, and will continue to be, a command interest item. Commanders and supervisors must enforce Air Force standards of dress and appearance IAW AFR 35-10 and take immediate action to correct individuals not meeting these standards. I ask each of you to give this critical area your immediate -- and continuing -- attention.

## Rookie Of The Year

"Rookie of the Year" SSG James W. Stanley, Security Police Training NCO, was selected as Rookie of The Year for the Chesterfield County Police Department. According to the Chesterfield News Journal, Stanley has been assigned to the patrol division for the past year, working a beat in the northeastern part of Chesterfield County. Due to his high level of interest in



his job, and dedication to pursuing lead after lead in the investigation of criminal activity, he has been responsible for a great number of arrests for serious crime against property and person. "Stanley consistently performs in a manner which brings credit upon the Chesterfield County Police Department", said a fellow officer during the recent awards presentation.

The selections for the 1980 Outstanding Young Men of America Awards have been decided and the Board of Advisors has chosen lead recruiter MSG Charlie W. Udriet among those exceptional young men. The award is presented to those individuals in recognition of outstanding personal and professional achievements. MSG Udriet received an official award certificate for his accomplishments, and his biographical sketch and record of these accomplishments will be included in the 1980 edition of Outstanding Young Men of America.

In addition, MSG Udriet distinguished himself recently by graduating in the top 10% of his class at the I.C. Brown Professional Military Education Center, NCO Academy.



Introduce  
your  
friends  
into the  
Air Guard.

UTA  
9 AUG 10

You really belong in the Air Guard.



## Social Actions..... Coming Into Its Own

"Equal opportunity is important for the successful completion of the mission", is the way Human Relations Officer, Cpt Andrew Willis, describes the necessity of his job and the program he heads.

Entering The Air National Guard with the 174TFG in Syracuse, NY, as a drug and alcohol abuse technician, Cpt Willis is now in charge of the three member team which oversees the social actions program here at Byrd Field.

"Social Actions is really a generic term which covers three areas...orientation, substance abuse, and human relations education", said Cpt Willis. During orientation, each new member of the Virginia National Guard is briefed on the Unit mission, including the equal opportunity program.

Substance abuse training periodi-



**CPT Andrew Willis**

cally advises the member of the Commander's policy on drugs and alcohol and emphasizes the individual's role in preventing its abuse. Cpt Willis indicated that although no serious problems exist within the 192d, the social actions office stands ready to offer its assistance.

Human relations education not only includes an overview of the Commander's policy, but also discusses the demographic mix of the unit, human and intergroup relations and a discussion of regulations and policies on human relations and equal opportunity--from local regulations to executive orders signed by the Commander in Chief.

Cpt Willis admits that the social actions office is not yet functioning at 100 percent capacity, but constantly improving. "Social Actions is the Commander's program."



**American  
Red Cross**

# Nuclear Attack



This general guidance is designed primarily for public and private officials, managers, and supervisors. It applies as responsibility and situation dictate. Personal preparedness information is given in DCPA handbook H-14. "In Time of Emergency", available from your local civil preparedness agency.

### NATURE OF THE THREAT

If the United States were to be attacked with nuclear weapons, much of the country could be covered by lethal radioactive fallout. People could protect themselves against fallout by taking refuge in private or public fallout shelters. A nationwide system of public fallout shelters is in being in existing buildings, mines, caves, and tunnels. Although new shelter space is continually added, shortages exist in rural and suburban areas.

### PLANNING FOR ACTION

All industrial and commercial facilities, large and small, should make sure they will have the necessary means for protection against a nuclear attack. Many emergency facilities and systems can be used also for protection against peacetime disasters. The following are basic preparedness actions:

1. In coordination with your local civil preparedness agency, develop plans for emergency action, including mutual-assistance agreements with nearby facilities and local emergency service organizations; identify fallout shelter within facility and nearby.
2. Assign emergency duties and establish a facility emergency control center.
3. Develop facility emergency communications system.
4. Establish emergency shutdown and evacuation procedures.
5. Develop plans for continuity of management, and for protection of vital records.
6. Initiate employee training and education program.

Your Chaplain is always as near as your telephone. Chaplain Sant'Anna is available 24 hours a day, everyday. His telephone numbers are:

Base - "A" 389 - "C" 66  
Home - 737-0635  
Church Office - 737-1527

Do not hesitate to give him a call if you think that he may be able to help you.

7. Periodically test all preparedness plans and facilities.

### WHAT TO DO

--UPON RECEIPT OF ATTACK WARNING OR NOTICE OF NUCLEAR DETONATION:

1. Sound warning. Take protective action!
2. Activate facility control center; establish communications with local government Emergency Operating Center (EOC); check all communications systems; monitor radio and TV for emergency information. Provide information and instructions to personnel and others, as feasible.
3. Activate shelter management staffs; check food, water, fuel, and other supplies; direct employees to shelter, if necessary.
4. Activate radiological monitoring stations; direct radiological monitors to check equipment.
5. Continuously assess situation, particularly for radioactive fallout and fire hazards, and keep employees advised.
6. Keep record of radiation exposure of emergency-service personnel who may be called upon to perform emergency missions outside shelter.
7. If critical problems cannot be met with facility resources, request help from local EOC.

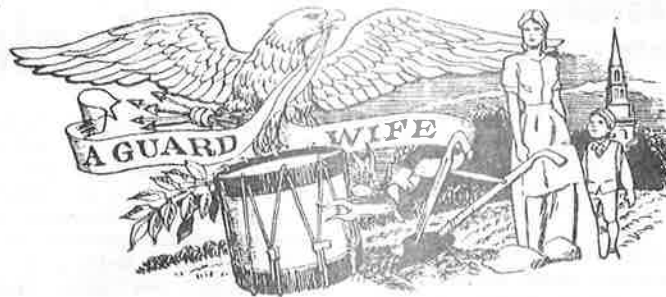
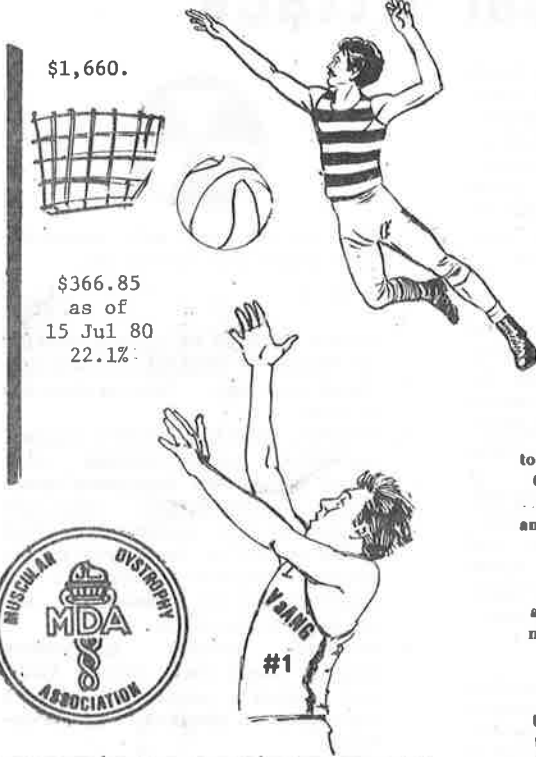
### POST ATTACK, OR AFTER LEAVING SHELTER

1. Assess situation.
2. Follow official instructions. Local, State, and federal emergency agencies will provide assistance as quickly as possible, and will advise on how to obtain additional help needed.



**Woman's  
Equality  
Day  
Aug 26**

# Let's Shoot For The Muscular Dystrophy Goal



## I am a Guard wife, and I am proud

◆ It was my hand that caught up the plow my husband let fall when he answered the call at Lexington and Concord. Through the dark years of our country's birth I fought too . . . working the land . . . rearing the children . . . nursing the sick and wounded. Conservator of the life for which he fought . . . For I am a Guard Wife, and I am proud. For two hundred years in every armed conflict, I have said good-bye with aching heart and smiling face when my husband went to war. I knew the perilous days of 1812 and suffered the searing agony of the Civil War. Through the holocaust of two World Wars I waited . . . lonely and fearful. Yet I never despaired for I knew the stubborn will of the Guardsman. I know the shining courage which makes him so valiant a soldier . . . and I have matched it with my woman's courage that deals with living . . . not dying . . . shouldering added responsibilities . . . holding the family together . . . bolstering morale. Preserver of the American ideal in a world at war.

I am a Guard Wife, and I am proud.

◆ In peace, I work beside my civilian soldier to build a better world. I put aside the annoyances of drill week-ends and camp periods . . . for I know that these make him the bone and sinew of our country's defenses. I know he is learning the skills and discipline that make him ready in emergencies. When he protects others from danger . . . preserves the peace . . . or gives comfort and aid in disaster . . . I understand and give him my support. For that has always been my job . . . nurturer, comforter and healer.

I am a Guard Wife, and I am proud.

◆ When I hear fearful talk of abuse of power growing into dictatorship or read stories of military take-overs . . . I am not afraid for my country. For I know the Guard . . . trained, skilled, and strong . . . each man matured and strengthened in the home I have built . . . to be tough . . . independent thinking and self-reliant. Civilian builder . . . Soldier protector . . . Custodian of Democracy. And by his side I stand, . . . Wife of Heroes . . . Mother of Generations . . . Keeper of Ideals . . . Custodian of the Future. I do not fear for America . . . For I am a Guard Wife, and I am proud.

Harriet A. Daffron, Wife, Iowa ARNG



## CLUB 149 News

The Club 149 dues have been prorated for the remainder of the year. Club cards will be checked each and every day from now on.

The Club is taking on a new face, and in a few months, you will be surprised at what happens. If anyone has any suggestions or recommendations, don't hesitate to contact one of your Club Council members. They are:

- |             |               |
|-------------|---------------|
| COL Mattox  | CMS Glenn     |
| LTC Fleming | SMS Maxwell   |
| MAJ Monahan | MSG Davenport |
| CPT Cole    | MSG Murphy    |
| CPT Donner  | TSG Hightower |

The Club is open every day from 1530 hours and every UTA on Saturday and Sunday.

A reminder, a 149 Club card is valid at any military installation the world over, so cash in on a really good thing and at the same time support YOUR Club.

There will be a general membership meeting at the Club, Saturday 9 Aug at 1715 hours.

**SWIM IN SAFE WATER**