

# 192D TACTICAL FIGHTER GROUP

# VANGUARD

## VIRGINIA AIR NATIONAL GUARD

VOLUME XXV NO 10

BYRD IAP, SANDSTON, VIRGINIA 23150

OCTOBER 1981

### Parade And Retirement Ceremony To Honor BG Haymes

A unit parade, retirement ceremony and reception will take place during the Saturday P.M. UTA in honor of BG William E. Haymes. Ceremonies will begin at 1330 hours on the main aircraft ramp.

BG Haymes enlisted in Co. F, 116th Infantry, Virginia National Guard in August 1938. Inducted into federal service in February 1941, he served in the enlisted ranks until entering the Air Corps in April 1942 as an Aviation Cadet. Graduating from Luke Field, Arizona in January 1943, he went overseas in February 1943 and served with the 7th, 13th and 5th Air Forces as element and flight leader. He was credited with one air-to-air victory while a member of the 13th Air Force.

In April 1944 he returned to the United States and was assigned to the 3rd Air Force as an instructor in fighter operational training units (P-40, P-51). He transferred in December 1945 to the 4th Ferry Group, ATC, and was released from active duty in November 1946 with the rank of captain.

BG Haymes participated in the Air Reserve Program prior to changing to the Air National Guard in October 1948. During this period he served as element and flight leader and air installations officer. He became squadron operations officer in December 1950 and was employed as an air technician in that capacity.

*Cont'd on Page 6*



Members of the 192TFG, (r to l) SSG Charles Evans, SRA Dean Lewis, and SRA Bernard Howie, accompanied by versions of the early militiamen, typify the modern day Minutemen during the recent air show at Patrick Henry Airport.



### Likely Suspects

SMS George Mallory, with rifle, challenges three flight line intruders as SMS Carper Hutchison looks

on. The scenario was all part of the unit's Base Defense Team training at Camp Pendleton.

## Base Defense Team Trains To Protect Unit's Resources

By TSG GARLAND L. FRYE

The 192d Tactical Fighter Group's 35 member Base Defense Team spent the weekend of 29-30 August 1981 training at the State Military Reservation located at Virginia Beach. Members of the Team received support from Supply, Security and Food Service Units during the two day training period.

### Training Extensive

The Base Defense Team is comprised of volunteer officers and enlisted members from throughout the 192TFG's technician force, and primarily exists to protect base resources in the event of civil disturbances or other emergency situations that pose a threat to base security. Team members receive and must complete prescribed training which includes base security and resource protection; legal responsibilities and consideration; first aid; apprehension and detention; search of subjects; challenging procedures; use of force/weapons safety; and policies governing the release of information to the press and the public. Other areas of training include reporting procedures regarding espionage, subversion and terrorism. Training in the areas listed constitutes an annual

requirement for the base defense team. In the event of a threat, members would be called and would essentially be utilized as a two-man armed force or a four-man fire team, being placed at all gates, posts and along the perimeters of the base. Their authority would enable them to apprehend and detain unauthorized or threatening personnel until proper assistance arrived on the scene.

### Ideal Conditions

Balmy skies and pleasant weather prevailed during the period, which not only proved conducive to relaxation and entertainment for all the members, but also provided an ideal situation for training. Members actively took part in exercises, which was provided by experts in their field. With the exception of receiving gunnery training at Langley AFB, all training was received at Camp Pendleton, being provided by 192TFG members, coupled with a briefing from an OSI representative.

**UTA**  
**10 OCT 11**

**UTA SUNDAY  
CHAPEL ACTIVITIES**

Sunday 0830 - General Protestant  
1300 - Mormon  
1400 - Catholic Mass

**CHAPEL  
NEWS**



"The fear of God is the essence of wisdom."

The book of Proverbs is a commendation of wisdom. The book praises wisdom, tells of its blessings and all the benefits that come from the diligent pursuit and apprehension of wisdom.

In its very first chapter the book of Proverbs defines the fear of God as the best part of wisdom or as its essence.

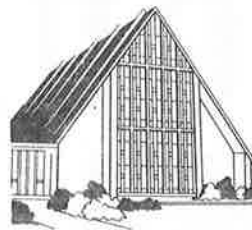
Our question then is what is meant here by "fear of God"?

To fear God is to be reverent toward God. It is that feeling of awe that we have because we are in the presence of something much bigger than we are. We come before God with familiarity and boldness because He is our Father and we are His children. We affirm that God is Father. But we must also affirm that our Father is God and approach Him with reverence. Reverence is the raw material of religion. The way to approach God is on our knees.

To fear God is to obey Him. Our major problem is that we do not take His commandments and demands seriously enough. We know what the demands are but we choose to ignore and/or disobey. Obedience is the mark of our sonship. It also translates fear into action.

Finally, to fear God is to be courageous. A person will become a coward when one fears too many things. With God we "fear no evil". When we fear God we'll never fear anything else.

The fear of God is the foundation of reverence, the foundation of obedience and the mainspring of courage. It is the best part and the essence of wisdom.



Your Chaplain is available to you and your family 24 hours a day. Do not hesitate to call him if you think he can help or assist you in any way. His telephone numbers are: "A"-389, "C"-66, or 737-0635 (Home) and 737-1527 (Church).

**Calling All Catholics**

On 11 October 1981, the Catholic Community of the Virginia Air National Guard will celebrate Catholic Mass at 1400 hours in the Chapel--located in the upper level of the hangar (Bldg 3649). Following Mass, we will have a discussion of where we are as a Catholic Community now and where we want to go in the future. We need each and every Catholic on base present so that we can share ideas to build a dynamic Catholic Faith Community here at the VaANG. It is our hope that you will be with us because we want everyone's unique contribution. If you have any questions or want to give your input and cannot make the meeting, please call Maj Frank McNally at ext 388 or SSG Harlow at ext 389.



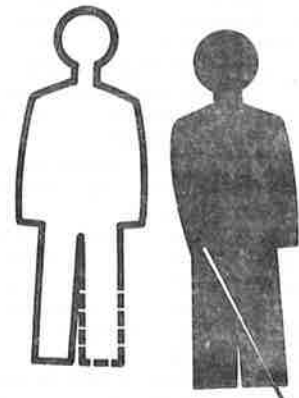
Kimberly Hill, daughter of Carolyn A. Hill of Powhatan, receives an eye examination from Maj Elton Brown, 192d Clinic Optometrist, during the unit's first Health Fair. Over 100 visitors participated in what is to become an annual community service project.

**Menus**

- LUNCH**  
10 OCTOBER 1981  
BREADED VEAL CUTLET  
SPAGHETTI BUTTERED  
W/MEAT SAUCE GREEN BEANS  
\*\*\*\*SALAD BAR\*\*\*\*  
ASSORTED DRESSINGS  
FRENCH BREAD BUTTER  
CHILLED FRUIT  
COLD DRINK MILK COFFEE  
\*\*\*\*\*
- LUNCH**  
11 OCTOBER 1981  
FRIED FISH (FLOUNDER)  
TARTAR SAUCE  
MACARONI & COLE BUTTERED  
CHEESE SLAW GREEN PEAS  
\*\*\*\*SALAD BAR\*\*\*\*  
ASSORTED DRESSINGS  
CORN BREAD BUTTER  
YELLOW CAKE W/ICING  
COLD DRINK COFFEE

**Handicapped  
Awareness Week**

Oct. 11-17



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.

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# ..Editorial.....



## Reader Wants Voice

Dear VANGUARD

We have a suggestion. Why not have a column in the VANGUARD that members can send in 'questions and suggestions'—sometimes one prefers to remain anonymous—all questions and suggestions should be limited to the unit and the Air National Guard. Questions and suggestions should be sent direct to some member of the VANGUARD staff. Talk it over, we out here would love to see such a column in your paper.

Thanks,  
Member at Byrd

\*\*\*\*\*

### Editors Note-

We have talked it over...keep those cards and letters coming...it is our policy that you, the reader use this paper as a vehicle to express your views and comments. Not only does this generate readership, but often will spawn an innovative idea that someone has been reluctant to express. And, yes, you may remain anonymous.

## Assistance Deadline Nears

All requests for tuition assistance for the winter quarter at two year schools and spring semester at four year schools must be submitted to the Adjutant General's office, Attn: VAPA-AO, not later than 1 Dec 81.

Questions regarding this matter may be directed to Mrs. Marita Bailey, telephone (804) 786-1380.

## VIRGINIA

- \*GOVERNOR
- \*LT. GOVERNOR
- \*ATTORNEY GENERAL
- \*HOUSE OF DELEGATES

# N O V. V. 3 81

## VOTE!



## Mess Hall Privileges

Q. Could we authorize local people to eat in the dining hall Saturday A.M., and pay \$1.00 to \$1.25 for breakfast. From my conversation with people there are many who would.

A. As a general rule the answer to this question is no. The regulation prescribing the procedures for management of subsistence items on inactive duty training periods authorizes the preparation of only one meal during UTA's of 8 hours or more conducted during 1 calendar day, with two exceptions.

1. Personnel remaining overnight at the training site are authorized two meals per day when participating in UTA's totaling 8 or more hours per day during each of 2 consecutive days.
2. Personnel are authorized a maximum of two meals per day while participating in UTA's of 8 or more hours per day when they are required to remain on duty with their unit during two normal meal periods.

Normal meal periods are 6 A.M., 12 noon, and 6 P.M.

Unit personnel who reside outside the established commuting distance and who remain overnight are currently offered the two additional meals. Dinner on Saturday night and breakfast on Sunday morning.

Collecting for meals served would not directly offset the cost of the meal at unit level. Funds collected are reimbursed to a general fund and are not used by the 192TFG for procurement of subsistence items.

At the present time there is no authority to provide meals other than those we currently serve.

SURE PAY IS THE WAY! IT GUARANTEES YOUR PAYCHECK GETTING INTO THE BANK- AND THERE'S NO WAITING IN LINES, AND...



IS SHE PUTTING ME ON?

## ID Checks Protect Entitlements

DALLAS (AFNS)—An important process takes place each time someone in the exchange asks, "May I see your identification, please?" This identification check is to protect military members exchange privileges.

The reason for ID checks is simple: Regulations require the Army and Air Force Exchange Service to provide merchandise and service to authorized patrons only. The regulations say installation commanders should make sure no sales are made to people without the correct identification. The procedures at each installation are at the direction of the local commander. That explains why procedures differ at various installations.

Usually, customers in complete regulation uniform do not require further identification to use an exchange. However, at installations where large numbers of Reserve and National Guard personnel train, individuals in the complete uniform may be required to show identification as evidence of their entitlement to make purchases.

Individuals not in uniform are always required to identify themselves, either at the entry door or at the cash register when a purchase is made.

Salesclerks and cash-register operators are instructed to serve only authorized customers. This may mean asking for an ID a second time to determine if there is a privilege limitation. For example, an authorized customer who has a limited-privilege ID card may not purchase cigarettes.

ID checks may be inconvenient at times, but they help exchanges perform two important parts of their mission—to sell only to eligible shoppers and to protect members' exchange privileges, say AAFES officials.

\*\*\*\*\*

(National Guard members may be required to show their latest leave and earnings statement and ID card before gaining entry to a base exchange.)

## PROMOTIONS



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

### HEADQUARTERS, VaANG

SRA WOODWARD, DARLENE J.

### 149TH TACTICAL FIGHTER SQUADRON

SRA CAMPBELL, PATRICIA M.

### 192D CAMRON

TSG FORE, JOHN H. JR  
SSG BRAZELLE, STUART A.  
SSG MICKA, DAVID J.  
AIC DYER, DAVID J.

### 192D COMBAT SUPPORT SQUADRON

CPT TURNER, RAY A. JR  
MSG WOODY, MICHAEL R.  
TSG LAMB, ROBERT N. JR  
TSG PATTERSON, HERBERT D.  
SSG MOSSON, JOHN L.  
SRA WALKER, GARLAND J.

### 192D RESOURCES MANAGEMENT SQUADRON

TSG GREENHILL, JOHNNIE E.  
TSG WILLIAMS, RALPH  
SSG CARRINGTON, LUCILLE L.  
SSG PATTERSON, REGINALD E.  
SRA JACKSON, TENNYSON H.  
SRA TAYLOR, ADRIAN N.

## ENLISTMENTS

The following personnel were enlisted into the Virginia Air National Guard during the month of September.

### 149th TACTICAL FIGHTER SQUADRON

SRA BARNES, MARION T.

### 192D CAMRON

SSG COLEMAN, MICHAEL E.

### 192D COMBAT SUPPORT SQUADRON

SGT DOUCET, THEODORE F.

### 192D WEAPONS SYSTEM SECURITY FLIGHT

TSG STONE, LESLIE E. JR  
SSG LANDRUM, GERALD A.  
SGT DESPER, WARREN T.

### 192D CIVIL ENGINEERING FLIGHT

AIC GARRISON, SANDRA K.

### 192D COMMUNICATIONS FLIGHT

SSG WHITSELL, GINNY J.

### 192D RESOURCES MANAGEMENT SQUADRON

AIC WHITMAN, ROBERT L.

## OPSEC Update

A recent security incident has brought home the importance for commanders, supervisors, and security managers to have effective office security practices. It reinforces the need for written policies and procedures for handling and storing classified information to be adhered to so personnel do not inadvertently or purposely remove the material from their offices.

The incident involved a secretary who had constructed an unmarked format working folder for herself - using copies of correspondence as it was produced. Several documents put in this unmarked folder were classified and the folder was kept in the office safe. This folder, however, went along with the secretary for two organization changes. It was packed in an insecure box for 5 days previous to the employee reporting to her latest job, and the security incident was discovered when she attempted to store the folder in a safe at her new office.

Obviously, several deficiencies contributed to this particular incident. For example:

\*\*The folder was not marked as containing classified material.

\*\*Supervisory personnel and document originators were unaware of

these convenience classified copies, and there was no way to determine who might have had access to the folder at various offices where the secretary was employed.

\*\*The secretary was unaware of her own responsibility to safeguard classified material properly. (What happened to security education training?)

\*\*Although not required by directive, the employee was debriefed at each office she departed; however, no one ever asked her if she had possession of classified material. In these cases, debriefers were "square-filling" local requirements instead of performing good security debriefings. (AF Form 2587, "Security Termination Statement", contains the statement: "I do not have in my possession or control any documents or material of a classified nature.")

Regardless of investigation findings, this security incident could have been compounded had the secretary not continued her work with the Government. After all, the personal effects box could have ended up in the trash or worse. Think about it! Get involved, and learn from this important lesson. (TIG Brief)

## COMBINATION 1

WITH SERVICE CAP (WHEEL CAP)



10 October UTA

SATURDAY

October UTA

**Safety**



**Make It Click**

By CPT DON EVERETT

Every nine minutes, one person is killed in a motor vehicle crash.

Every hour, six people are killed in a motor vehicle crash.

Every week, 1000 people are killed in motor vehicle crashes and 38,500 are injured.

Motor vehicle crashes are the #1 killer of children. Each year, more than 8,500 children less than five years of age die from injuries received in crashes.

More than 1,000,000 passengers are injured every year in motor vehicle crashes and more than 35,000 are killed.

Safety belts and child safety seats are proven effective in reducing such injuries and preventing deaths.

**COMMON QUESTIONS AND ANSWERS**

Q. Are safety belts effective?

A. Approximately 12,000 lives could be saved annually if all passenger car occupants used safety belts at all times. Safety belts reduce the chance of serious or fatal injury by about 60%.

Q. I don't wear my safety belt all the time, just on long trips and on expressways; isn't that enough?

A. No, most crashes (over 80%) occur at speeds under 40 mph. Fatalities involving non-belted occupants have been recorded at as low as 12 mph. 75% of all

accidents occur within 25 miles of home, because within this radius is where we do most of our driving.

Q. Who should wear safety belts?

A. Everyone. Children under four years of age and weighing less than 40 pounds should ride in an approved child safety seat. Never allow passengers to hold

an infant unprotected in their arms. An unrestrained infant will be thrown out of an adult's arms; the adult, in being forced forward, can then crush the infant. For additional protection, small children in child safety seats and older children who can use standard safety belts should ride in the rear seat of the car.

Q. Isn't it safer to be thrown clear in an accident?

A. If thrown from a vehicle, your chances of being killed are 25 times greater. The force of a collision can fling you as much as 150 feet. "Thrown clear" is a misnomer; leaving the vehicle involve plummeting through the windshield or being thrown out of a door. Once outside, additional dangers include being scraped along the ground, being crushed by your own vehicle or being thrown into a road side object. The safest place in the event of a crash is inside the vehicle, protected by a fastened safety belt.



**Shave Or Choke**

Men with beards or wrinkled faces should not count on the effectiveness of protective masks. According to a Swedish study, even an eight-hour beard growth results in a poor fit with some masks.

In tests of the elderly, wrinkles had a similar adverse influence on mask fit. Elderly women had more of a problem than men of the same age.

The study concluded that because it is not practical to manufacture a single standard mask to suit all facial conditions, men who choose to grow beards should avoid tasks which require the use of protective masks. There was no suggestion on how to avoid the wrinkle problem.



Lt Raymond Fleischer signs the commissioning oath after being sworn in by Col Alvah S. Mattox. The former 192TFG crew chief will oversee the entire field maintenance complex.

**Awards**

*Air Guardsman Of The Quarter*



**TSG Russell L. Thompson**  
Civil Engineering

*NCO Of The Quarter*



**MSG Robert L. Wels**  
Command Post

*Maintenance Man Of The Quarter*



**MSG Daniel M. Hoskins**  
Weapons Control

## Stop Talking about Dieting and Start Pounds Dropping Today

Did you look in the mirror this morning and wish those extra 30 pounds you have to lose for weight control would just melt off? Or have you been wondering why you aren't losing those extra few pounds when you are cutting down?

You even switched to dietetic chocolates? "I'm exercising," you say. Or, "all that work makes me hungry and I eat twice as much as I used to."

Now is the time to put all those excuses behind you and **START YOUR DIET TODAY!**

First, think about your personal habits. Exactly what are you eating! Remember, just 3500 calories in excess of body needs will result in one pound of body fat.

Do you have too many high-calorie low-nutrient type foods stored in your home or apartment? Do you associate eating or excessive drinking with hospitality?

Maybe you aren't getting enough exercise or are eating more than bodily needs because you are tense, frustrated, or anxious. Whatever the cause, there is a cure.

The first and most important idea for weight loss is to remember that caloric intake must be less than energy output. So, cut down your portion size of food or just avoid unnecessary high-calorie foods. Another idea that has been shown to be helpful in weight loss is to distribute the daily number of calories, which would usually be eaten in three meals, into more fre-

quent feedings (five or six). Instead of three meals a day, nibble on approximately the same number of calories over the period of your day.

Increase your activity. Walk up stairs rather than ride the elevator; park further from your office or job site so that you can walk the extra distance, or see if you remember how to swim the front crawl.

Establish a realistic goal. Don't try to look the same as you did when you were fourteen.

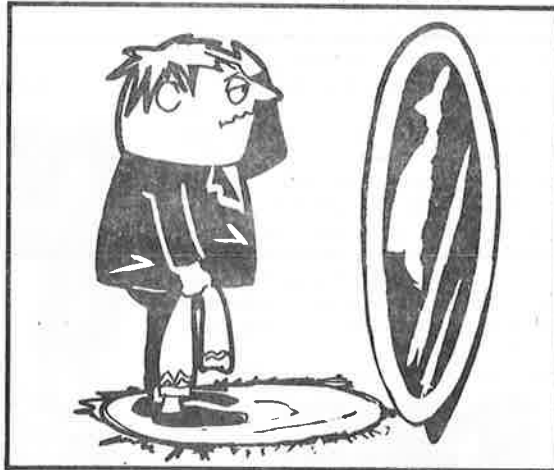
Practice some behavior modification. If you always eat when you watch TV at night, try to confine your meal eating to the table. This way you won't associate Johnny Carson with pretzels and beer.

Eat slowly. Taste your food and include such carbohydrates as potatoes, bread and whole-grain or enriched cereals. These foods are especially good at satisfying the appetite and also have nutrient value. Fruits and vegetables are also excellent food selections since most are low in calories.

Remember—you didn't become overweight overnight, and you won't lose extra pounds instantly either. Give yourself a chance. Support others who may also be trying to improve themselves.

If you would like more information on diet and weight control, consult an installation physician or hospital dietitian.

—Written by 2d Lt. Jean Harnisch for "Hospital Headlines," Fort Meade, Md.



## Retirement

*Cont'd from First Page*

On 1 March 1951 BG Haymes was called to extended active duty and served as squadron operations officer until April 1952. He served in Korea with the 6146th Air Advisory Group, ROKAF, and he flew nine combat missions. He was commander of the advisory detachment at K-4 from September 1952 until May 1953, and was promoted to major in June 1952.

Upon returning to the United States in November 1953 he was released from active duty to reorganize the Virginia Air National Guard and served as commander until 15 January 1961. During this period the organization underwent several successful reorganizations and changes of mission.

On 16 January 1961 the State Headquarters, Virginia Air National Guard, was organized and BG Haymes was assigned as Chief of Staff. He is currently serving as Assistant Adjutant General for Air, and in 1979 received the first General Officer promotion in the Virginia Air National Guard.

## Contracting Office Determines Purchase

The Base Contracting Office is aware that salesmen are coming onto the base, displaying their products and giving sales talks to the various shop personnel. Later, the vendor will come to the contracting office and want to know when we are going to buy the product that was displayed. Just because shop personnel like a particular product that they have seen doesn't mean that we can buy that specific product.

Several things enter into the purchase of the commodities bought by the base contracting office. The product must be on the Qualified Products List (QPL), which is a listing of commercial products that meet the various government specifications. Another very important consideration is whether or not the item or commodity is available on a GSA Contract Federal Supply Schedule.

Custodians, shop chiefs and supervisors should read and become familiar with 192TFGR 70-3, "Base Procurement of Supplies and Services", with particular emphasis on paragraphs 3b and 4. Don't commit yourself to a purchase that we cannot legally make.



## VaANG Serves Proudly

Members of the 192TFG assisted in the recently held National Veteran's Wheelchair games at McGuire's Hospital by providing a color guard and flag bearers for the opening ceremony. The guardsmen also help-

ed with team officiating, erecting several tents and marking the field. Officials at the hospital were highly complimentary over the unit's participation.