

## 192D TACTICAL FIGHTER GROUP

# VANGUARD

## VIRGINIA AIR NATIONAL GUARD



26th Year, No. 8

Byrd IAP, Sandston, Virginia

August 1982



### *Change at the top*

Brigadier General John G. "Jack" Castles (left) has been appointed by Governor Charles S. Robb as adjutant general of Virginia, the highest military post in the Virginia National Guard. Castles, 57, is a cattle farmer in Caroline County and a member of the Caroline County Board of Supervisors. He succeeds Major General William J. McCaddin (right), 54, who has served as adjutant general for more than 11 years.

\* \* \*

## Overages

### Commander encourages retraining

By LTC DELBERT HALL

Strength within the Air National Guard is controlled by the Congress based upon budgetary constraints. To remain within the imposed limit, no ANG unit can currently exceed its authorized strength by more than 5%. Pending their giving increased authorizations to support 24 A-7 aircraft, the NGB allowed Virginia to exceed 5% overages. NGB could manage this within overall ANG strength. Since ANG strength is nearing 100%, nationwide, NGB flexibility is diminishing. Now that NGB has announced Virginia's specific increases for the 24 aircraft configuration, NGB expects Virginia to manage its overages within congressional constraints.

In view of the present overage

situation, the 192d Tactical Fighter Group Commander, Col Hartwell F. Coke, is strongly encouraging A L L unit members who may be overages in their current AFSCs to seriously consider retraining into critical AFSCs that are undermanned, and for which they may be eligible to retrain. Recruiting VaANG members for critical vacancies, rather than nonmembers, will enable the commander to keep overages within the 5% limit.

VaANG members who are overages in their AFSCs and are interested in retraining should contact their unit career advisers or the Base Career Adviser, MSG Gary S. Brooks, room 4, O&T bldg, Class A ext 318 or Class C ext 83.

## Staff discusses local issues during one day conference

By 1LT SALLY MORGER

In keeping with President Ronald Reagan's administrative philosophy, state and local Air Guard commanders across the country will be assuming more responsibility from the federal level, according to Maj Gen John B. Conaway, Director Air National Guard, National Guard Bureau.

This was the theme of a one-day conference at Byrd Field attended by the 192TFG's commanders and key personnel on 28 Jun 82. The conference was organized by the AG's office and based on a compilation of information gained at a number of national conferences attended by 192d and State Headquarters personnel.

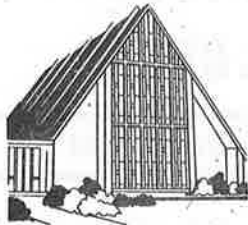
The conference was kicked off by State Adjutant General, Maj Gen William J. McCaddin, followed by remarks from Brig Gen Claude F. Heath, Assistant AG for Air. With the theme of the conference in mind, Heath said one of the unit's biggest problems is, ironically, its high strength level, now over 100%, a situation that is not smiled on by the Guard Bureau because critical AFSC's are still vacant. It also creates promotion problems.

As a short-term solution, Heath said emphasis must switch to selective retention (i.e., keep the best people) and surgical recruiting (i.e., get those with critical AFSC's). Long-term solutions include State Headquarters personnel who will explore avenues to increase manpower allotments for the VaANG. In gaining such allotments, Heath said the visibility of the 192TFG is extremely important.

Following Heath's comments, personnel from 11 different sections briefed the commanders on the status of areas like NCO and officer promotions, awards, and legal activities.

## Sunday Services

Sunday 0830 - General Protestant  
 0915 - Mormon  
 1300 - Catholic Mass



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).

### Enlisted Advisory Council

If you have any questions, concerns, or problems contact your squadron representative.

Rank/Name	P/A	Sq	Ext
TSG Jean Friedman,	P	CSS	310
Chairperson			
SSG Pamela Dyer	A	CSS	306
MSG Connie Hughes	P	CAM	340
TSG Bruce Ledford	A	CAM	384
TSG Milton Hathaway	P	RMS	348
SSG Frances Brown	A	RMS	312
SSG Donald Folks	P	Comm	327
SSG Shelia Buckingham	A	Comm	327
SSG Reginald Patterson	P	CE	362
SSG Charles Washington	A	CE	362
MSG Harold Everett	P	Clin	307
TSG James Jackson	A	Clin	307
SSG Charles Phillips	P	WSSF	320
SSG Timothy Sturges	A	WSSF	320
MSG Robert Weis	P	TFS	410
SSG Janet Darter	A	TFS	425
SRA Darlene Woodward,	P	Hq	322
Recorder			
MSG Raymond McGhee	A	Hq	322
SSG Larry Harris	P	TFG	422
SSG Sheryl Davis	A	TFG	416
MSG Edward Southard, Jr.,			336
Manager			
CMS Herbert Buttner,			322
Senior Enlisted Advisor			
P/A - Primary/Alternate			

## 354th TFW has best flight safety record

WASHINGTON (AFNS) — The 354th Tactical Fighter Wing, Myrtle Beach AFB, S.C., won the 1981 Colombian Trophy for excellence in military aviation safety. The annual award is presented to the wing-level, tactical organization with the best flight-safety record.

The wing flew more than 18,000

## Drugs and alcohol...killing you softly

By SGT DENISE DELEO

The majority of the American public uses alcohol and other mood altering drugs with little or no knowledge of their physical and psychological effects. Some tend to pass judgment on the drugs themselves. This is where substance abuse classes can be useful. You will be able to obtain information that will enable you to look at your own drug and alcohol usage and judge for yourself if you need to change. Or there may be someone close to you using drugs or has an alcohol problem and you would like to help, but you don't know how? Increase your knowledge of alcohol consumption and the different affects it can have, also learn how substance abuse gets started and continues. You will see how most people get physically and psychologically addicted to these drugs quite by accident.

The Air National Guard also acknowledges responsibility for preventing drug and alcohol abuse among its members and one way is through education.

The Air National Guard Policy, ANGR 30-2 Drug Policy: It is the ANG policy to prevent drug abuse and to identify drug abusers. The illegal or improper use of drugs by ANG members can seriously damage physical and mental health, may jeopardize their safety and the safety of others and can lead to criminal prosecution and discharge other than honorable conditions. It is altogether incompatible with ANG standards. The ANG acknowledges responsibility for preventing drug abuse among its members by education and counseling, for controlling duty assignments and for disciplining those who use or promote the illegal or improper use of drugs.

Alcohol Policy: The ANG recognizes that alcoholism is preventable and treatable. It is ANG policy to prevent alcohol abuse and alcoholism among people to whom it

is responsible; to attempt to restore to effective functioning persons with problems attributable to the abuse of alcohol; to ensure humane management and disposition of those who do not remain restored. ANG policies on standards of behavior, performance, and discipline are affirmed and will be firmly maintained. These standards apply, however, to each person's demonstrated conduct rather than his or her use of alcohol.

The ANGR 30-2 explains the rules that apply to drug and alcohol use and abuse. Substance abuse classes will be held on Saturday of UTA weekends.



### LUNCH

14 AUGUST 1982

ROAST PORK LOIN

APPLE SAUCE BROWN GRAVY  
 WHIPPED MIXED  
 POTATOES VEGETABLES

\*\*\*\*SALAD BAR\*\*\*\*

ASSORTED DRESSINGS

BREAD BUTTER  
 ICED TEA MILK COFFEE

COLD DRINK

\*\*\*\*\*

### LUNCH

15 AUGUST 1982

SPAGHETTI W/MEATBALLS

MEAT SAUCE BUTTERED BROCCOLI

\*\*\*\*SALAD BAR\*\*\*\*

ASSORTED DRESSINGS

GARLIC

FRENCH BREAD

ICED TEA MILK COFFEE

COLD DRINK

CHOCOLATE CAKE W/ICING

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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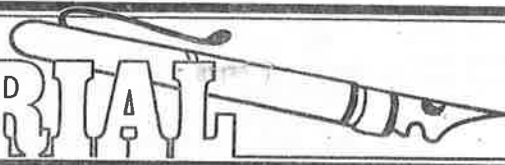
#### CHIEF OF PUBLIC AFFAIRS:

Maj Francis J. McNally

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MSG Robert A. Flournoy

# EDITORIAL



## Design improves safety rate

The Air Force's newer aircraft and equipment are made more reliable than the older models -- not because they are newer but because the Air Force is learning to design systems that are more dependable and easier and cheaper to maintain. In the past the Air Force made up for design deficiencies by relying heavily on maintenance, manpower, support equipment and spares. The emphasis today is to reduce maintenance and spares support during the operational phase by improving the initial design of the system.

The F-15 has the lowest accident rate of any U.S. fighter in history; nearly one-twentieth that of the 1940s P-51 and nearly one-fifth of the 1950s vintage F-86.

Avionics is the aviation marriage of electronics with design. It adds to the magic of flying and helps reduce costs. For example, by changing computer software instead of changing aircraft hardware, the Air Force was able to modify the F-111 fleet in 15 months to deliver a new weapon at a cost of

\$20,000. If the hardware had been modified it would have cost \$8 million and taken 78 months.

Improvements on two F-111D avionics systems reduced logistics support costs for those two systems from \$5 million to \$200,000 annually.

The F-4, the Air Force's mainline fighter aircraft from the 1960s, requires nearly twice the number of corrective maintenance actions per flying hour as today's F-16 and F-15.

## Note of thanks

SSG Sandra E. Archer, 192d Comm Flt, and her husband and family want to thank all members of the Virginia Air National Guard for their kindness and expressions of sympathy following the recent loss of their son, Franklyn Y. Archer, Jr.

\* \* \* \* \*

## Heat exhaustion vs the mission

By TSG GEORGE HILL

192d TAC Clinic

Heat exhaustion, a hidden enemy to those exposed to extreme heat and direct sunlight, is a real threat to the unit's mission.

The following are symptoms that one should be well aware of at times of exposure:

- \*\*Pale and clammy skin.
- \*\*Profuse perspiration.
- \*\*Tiredness and weakness.
- \*\*Headaches and possible cramps.
- \*\*Nausea, dizziness and possible vomiting.
- \*\*Possible fainting.

Any or all of these symptoms might be present. The longer one waits to take action the greater the severity of the condition.

The best treatment for heat exhaustion is PREVENTION. In order to prevent heat exhaustion symptoms one must replace the body fluids and electrolytes. These can be replaced by Gatorade or a similar product. Water and/or salt tablets will not do an adequate job. In

fact, excessive drinking of water will tend to cause a greater loss of salts and electrolytes.

And, drinking ice water can cause cramping.

If any or all symptoms of heat exhaustion appear, you should not be exposed to the sun or elements of heat for two to three days.

If there are any questions in regard to the conditions, please direct them to any member of the 192d TAC Clinic medical staff.

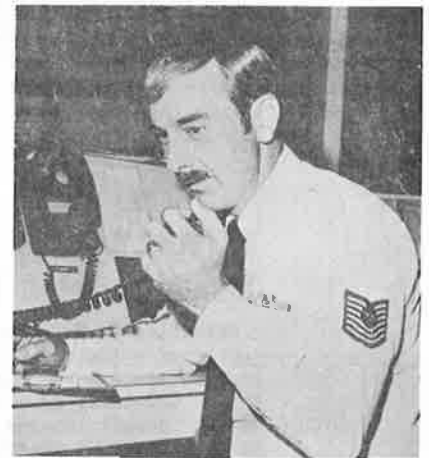
### Answers to OPSEC Questions,

Aug 82

- |       |       |
|-------|-------|
| 1. c  | 11. d |
| 2. b  | 12. d |
| 3. d  | 13. d |
| 4. c  | 14. d |
| 5. a  | 15. d |
| 6. c  | 16. a |
| 7. c  | 17. a |
| 8. b  | 18. b |
| 9. d  | 19. d |
| 10. b | 20. d |

## Blood drive this UTA

The Richmond Metropolitan Blood Service will be at the Club 149 prop room, 0830-1500, 15 August 1982, Sunday UTA. Donors will be contacted on Saturday for scheduling by members of the Drive committee. Many potential donors think that blood is only needed in the area for emergency transfusions. Emergencies are only a part of total lifesaving requirements. Many area residents require weekly blood transfusions just to survive. If you would like to donate, contact SMS Melvin Sirles, Ext 350; MSG Wayne Sylvia, Ext 344; or TSG Jim Hogue, Ext 349.



## Weis named

MSG Robert L. Weis, first sergeant of the 149th Tactical Fighter Squadron, has been appointed to a Virginia General Assembly panel on National Guard recruitment and retention incentives.

The Joint Subcommittee Studying Recruitment and Retention Incentives for the Virginia National Guard held its organizational meeting Jul 12. It was legislated by House Joint Resolution 35 passed earlier this year.

Weis and Chief Sergeant Major James R. Flannery, the top enlisted man in the state National Guard, represent the Virginia National Guard Enlisted Association on the subcommittee. The panel also includes Major General William J. McCaddin, commandant of the National Guard; two officers in the Guard; two state senators and three members of the House of Delegates.

Weis, 31, has been a member of the 192d Tactical Fighter Group since March 1969. He and his wife, Beverly, and their two children live in Quinton, New Kent County.

## Promotions

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

HEADQUARTERS, VaANG  
BG HEATH, CLAUDE F.

192D CAMRON  
SSG RAMBEAUT, ROBERT S.  
SRA FORSYTHE, DAVID M.  
SRA MAYBUSH, RONALD E.

192D CIVIL ENGINEERING FLIGHT  
TSG BURTON, DENNIS E.

192D COMMUNICATIONS FLIGHT  
SRA BRANDON, JUDITH E.

192D RESOURCES MANAGEMENT SQUADRON  
CPT PHILLIPS, DAVID G. JR

The following individual was enlisted into the Virginia Air National Guard during the month of July.

192D CAMRON  
SGT STANLEY, DAVID W.

## VACANCY Senior Enlisted Advisor

Effective 1 November 1982. Two year tour - limited to 2 years for technicians - any interested SMS or CMS. Governing directive AFR/ANGR 39-20. Submit resumes to Colonel Mattox, Chief of Staff, by 12 September.

## UTA

14 - 15 AUG 82  
11 - 12 SEP 82  
2 - 3 OCT 82  
13 - 14 NOV 82  
4 - 5 DEC 82  
8 - 9 JAN 83  
12 - 13 FEB 83  
5 - 6 MAR 83  
9 - 10 APR 83  
14 - 15 MAY 83  
11 - 12 JUN 83

## State award winners announced

The Air National Guard awards board met recently to determine the recipients of the National Guard Association of the United States and Air Force Association awards for 1982. These awards will be presented during the upcoming National Guard Association conference in San Juan, Puerto Rico, 20-23 September 1982 and the Air Force Association convention in Washington, 12-15 September 1982. Major General John B. Conaway, Director Air National Guard, said the nominations received and their overall quality was especially pleasing. He announced the winners in the following categories:

National Guard Association of the United States (NGAUS):  
-Spatz Trophy:  
123TRW, Louisville, Ky  
-Winston P. Wilson Trophy:  
116TFW, Dobbins AFB, Ga  
-ANG Distinguished Flying Unit Plaques:  
104TFG, Westfield, Mass  
119FIG, Fargo, ND  
109TAG, Schenectady, NY

162TFG, Tucson, Ariz  
180TFG, Toledo, Oh  
-William W. Spruance Safety Award:  
116TFW, Dobbins AFB, Ga  
-Major Gen John J. Pesch Award:  
137TAW, Oklahoma City, Ok  
-Communication-Electronics Trophy:  
251CCG, Springfield, Oh  
-ANG Distinguished Comm-Electronics Meteorology Unit Plaques:  
-Outstanding Weather Unit:  
146th We Flt, Pittsburgh, Penn  
-Outstanding Comm Unit (Spt):  
130th Comm Flt, Charleston, WVa  
-Comm-Electronics Unit Runner-Up:  
202nd Electronics Installation Squadron, Robbins AFB, Ga  
-Outstanding Tactical Control Unit:  
107th Tactical Control Sq, Phoenix, Ariz  
-Outstanding C.E. Award:  
136th C.E. Flt, Dallas, Tx  
Air Force Association (AFA):  
-AFA Outstanding Flying Unit:  
134th Air Refueling Group, Knoxville, Tenn  
-Earl T. Ricks Memorial Trophy:  
124TRG, Boise, Idaho



### Varmette selected

Congratulations are extended to SSG Leonard J. Varmette, Jr., for being selected as the Outstanding Virginia Enlisted Guardsperson for 1981. The accolades Sgt Varmette has earned as a result of this high honor include a \$100.00 U.S. Savings Bond, a personalized "Minuteman" trophy and the Virginia National Guard Bronze Star Medal with Citation.

Major General McCaddin personally presented the trophy, Bronze Star Medal and U.S. Savings Bond to Sgt Varmette at the State Military Reservation, Virginia Beach, VA on 17 July 1982. Sgt Varmette is assigned to the gun services section of the munitions services branch (CAMRON).

## School quotas

This unit has received quotas for NCO Academy and Leadership School for FY83. The following quotas are available:

NCO ACADEMY			
Long Course	7Mar-14Apr83	1	quota
	12Sep-20Oct83	1	quota
Phase I	9Jan-21Jan83	1	quota
Phase II	30Jan-12Feb83	2	quotas
	7Aug-20Aug83	1	quota

LEADERSHIP SCHOOL			
Phase I	10Jul-22Jul83	1	quota
Phase II	20Feb- 4Mar83	1	quota
	19Jun- 1Jul83	1	quota

All interested applicants should contact MSgt Gates, CBPO, Ext. 310, to be confirmed for a specific quota. If there is more than one applicant for a quota, a selected committee will meet during the September UTA to select the most qualified individual. When all allocated quotas are filled, additional quotas can be requested by the CBPO and individuals should be aware that they would be on a standby basis and be willing to attend on a short notice.

Again, all interested applicants should come to the CBPO during the August UTA as the deadline will be the September UTA.

# DROWNINGS CAN BE AVOIDED

During the past 2 years, the Air Force lost 51 people to the third leading cause of accidental deaths in the United States - DROWNINGS. These deaths occur throughout the year but the months of May-September usually account for 70 percent of the Air Force drownings.

According to the National Safety Council:

**\*\*More than 60 percent of drowning victims are under 25 years of age.**

**\*\*Nearly one-third are teenagers, 15 to 19.**

**\*\*July is a peak month, accounting for 20 percent of all drownings, 50 percent occur during June through August.**

**\*\*Weekends account for 40 percent of drownings.**

**\*\*About two-thirds of drowning victims did not know how to swim.**

**\*\*Nearly half the victims are**

alone at the time of drowning.

**\*\*Three-fourths of boating drownings result from capsizing or falling overboard. Factors in boating accidents include overloading, improper loading, and ignoring bad weather warnings.**

The Air Force drowning statistics differ in two ways from the national statistics. First, Air Force drowning victims are usually known victims. Second, the victims usually do not drown while alone but are part of a group of other people.

One of the early season dangers involves personnel exposure to cold water temperatures which results in the loss of body heat - a condition known as hypothermia. Prolonged exposure to cold water can lead to fatigue and a loss of muscle control which severely restricts swimming abilities.

Another danger involves the use of alcohol. In cold water, alcohol accelerates the loss of body heat and increases the danger of drownings or death from cold water exposure. The use of alcohol also has a tendency to make people more careless in or around water. It makes some people reckless, more apt to take a foolish dare, and more apt to overestimate their swimming abilities. Swimmers need to swim with their heads as well as arms and legs. Unfortunately, when people drink the mind is one of the first things to be affected and their judgment is impaired. Everyone is aware of the warning that drinking and driving don't mix. They should be aware that drinking and swimming can be equally insoluble.

As the summer swimming and boating season is ready to begin, commanders and supervisors should begin mishap prevention actions designed to prevent drownings. These actions should be tailored to local area recreational activities and should concentrate on the use of the buddy system, use of flotation devices, knowledge of swimming/boating/rafting areas, and the dangers of alcohol.



Members of the VaANG softball team are diligently making preparations for the 17th annual ANG softball tournament. The tournament will be held in Jacksonville, FL, 27-28 August. The team, which is made up of both guardsmen and technicians, has performed exceptional in its first year of competition. To the players, this tournament is looked upon as another mission in which the VaANG has the opportunity to "outshine" the opponent as is the tradition of the 192d.

The team could not have culminated had it not been for the supportive attitude of the members of the 192d. We thank you, and ask for your continued support for the upcoming "mission".



Rebel Road Runners



Members of the Rebel Road Runners Team will stage a 2-mile fun run-walk, Saturday, 14 Aug 82, at 1720 hours. The entire course will be confined to the Virginia Air National Guard Base and everyone, male and female, is invited to participate. This is not a race but an excellent opportunity for anyone to start a physical activities program, especially those who are having trouble maintaining their weight. If you are a beginner, don't worry. Team members will help and advise you so you can get off to the right start. Bring a towel, gym shorts, and comfortable shoes. Meet in front of the O & T Building and join in the fun. Water and showers available.

## How to wolf-proof your home

One of the best ways to keep the wolf away from your door is to save with United States Savings Bonds.

The wolf-proofing you build with Bonds is safe, steady and sturdy.

The longer you hold your Bonds, the more they're worth. Then—if emergencies arise—you've got protection. Your Bonds convert easily to cash when you need it.

Even if you don't expect the wolf to visit your door, there's a lot to be said for building a solid financial future for your family.





# OLD FASHIONED FAMILY FUN!

To help celebrate the 35th year of the Virginia Air National Guard we will have a family visitation day and picnic on October 2, 1982.

Shop tours, displays, movies, band concert, picnic, games and prizes will provide an exciting and entertaining afternoon for you and your family...

Plan now to have your family join us in these activities...

A form will be provided to you during the August 14th UTA to indicate your plans. Please complete this form and return to your orderly room Saturday morning so the committee can complete arrangements!

