



192D TACTICAL FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD



27th Year, No. 3

Byrd IAP, Sandston, Virginia

March 1983

Color Guard Unit, Rifle Team Squad mirror Guard image

By MSG CHARLIE UDRIET

The Virginia Air National Guard over the years has had a number of Color Guard Units. Undoubtedly, many of you have served or had the opportunity to serve with one of these units. Over the past few years, the Color Guard has taken a more active and positive role for the Air Guard. Its members have made it known that the Color Guard is more readily available to become involved in community functions, military ceremonies and special programs. The current members of the Color Guard are all volunteers and come under the direction of the Commander, who is kept informed of all Color Guard Unit activities through the Color Guard Coordinator. By volunteering their services, they agree to participate on their own time without any guarantee of compensation for that time. The members of the Color Guard Unit volunteer their services not for personal recognition, but out of loyal devotion to the Unit, with the hope of improving its image to the public by representing the Air Guard in the most professional military manner possible.

There are no set mandatory requirements for being a member of the Unit Color Guard, but certain prerequisites are desirable in order to be accepted. First, you must be willing to volunteer and by doing so, agree to participate in all called practices and all scheduled events or functions. Personal appearance must be outstanding, projecting a favorable image of the USAF and Air National Guard. It is desirable that individuals be knowledgeable of close order drill, military formations and military ceremonies.

Also the 192d TFG has, at the present time, a Rifle Team that serves whenever possible at all events the Color Guard is called to perform in. The same desirable traits are sought for any Rifle Team



Governor Robb receives history book from BG Heath and Col Coke
Presentation was made recently at the state capitol

State commander in chief looks at Air Guard's 35 years

The Virginia Air National Guard's 35th anniversary commemorative history book can now be found in the highest halls of state government.

Representatives of the Richmond-based Air Guard, accompanied by Maj. Gen. John G. Castles, Virginia's adjutant general, recently presented a copy of the 215-page book to Gov. Charles S. Robb.

During a brief presentation ceremony at the state Capitol, Col. Hartwell F. Coke IV, commander of the 192d Tactical Fighter Group, invited the governor to take a ride in one of the Air Guard's A-7D Corsair II jet fighters.

"It's about a one and a half

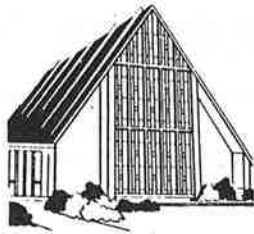
hour ride," Colonel Coke told Governor Robb of his pilots' bombing practice missions over North Carolina ranges, "but when you get back, you'll think it was 4. It's pretty action-filled."

Governor Robb said he looks forward to accepting the offer, but said he will probably have to put off the ride until summer because of the demands of the Virginia General Assembly, which is currently in session.

Colonel Coke and Brig. Gen. Claude F. Heath, assistant adjutant general for air, also presented copies of the volume to General Castles and Dr. Andrew Fogarty, Virginia's secretary of transportation.

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"-387, "C"-66, or 737-0635 (Home) and 737-1527 (Church).

Menus

LUNCH
 5 MARCH 1983

MEAT LOAF WITH BROWN ONION GRAVY
 WHIPPED POTATOES BUTTERED CORN
 SALAD BAR
 ASSORTED DRESSINGS

BREAD BUTTER
 CHILLED FRUIT
 COLD DRINK COFFEE MILK

LUNCH
 6 MARCH 1983

BAKED HAM WITH RAISIN SAUCE
 CANDIED SWEET POTATOES
 BUTTERED GREEN PEAS
 SALAD BAR
 ASSORTED DRESSINGS
 CHILLED FRUIT

HOT ROLLS BUTTER
 COLD DRINK COFFEE MILK

Bonus AFSCs

The following reenlistment AFSCs have been designated as bonus eligible for the 2nd half of FY 83:

23152	55235
29150	571X0
42355	63150
462X0B	64550
462X0	70250B
54231	73234

Non-Prior Service Enlistment Bonus eligible AFSCs:

462X0
 553X0
 622X0

Sexual Harassment: Is it my business?

By CPT ANDREW WILLIS

Policies and statements about sexual harassment are sometimes thought about as another opportunity where someone is "trying to tell us how to act".

Most of the time hard feelings are evident when that view is taken on anything...more so, when the topic of sexual matters is discussed. When the "Trying to tell us what to do attitude appears, little attention is given to the negative impact that sexual harassment can have on all of us. If one thinks about the problems that can come from sexual harassment, it is not too difficult to see that sexual harassment has impact on all responsible for maintaining high standards of honesty, integrity, impartiality and conduct. High standards in these areas assure proper performance of business transactions and the maintenance of objectivity in supervisory duties.

In an Air Force context, sexual harassment may be defined as: (1) influencing, offering to influence or threatening the career, pay, or job of another person in exchange for

sexual favors; or (2) making deliberate or repeated offensive comments, gestures, or physical contact of sexual nature in a work or work-related environment.

Military personnel who engage in sexual harassment while conducting unit business with others are violating standards of conduct and will be subject, as appropriate, to disciplinary action.

The Social Actions office has responsibility to help determine facts about allegations of sexual harassment, according to ANGR 30-2. Individuals who believe they are being sexually harassed by supervisors, co-workers or peers should make it clear that such behavior is offensive and should report the harassment to the appropriate office.

To help in clarifying some things about sexual harassment, the Social Actions office will introduce a new course during annual training in Savannah. The course taught by Cpt Andrew Willis, will be voluntary. The Social Actions office phone number is Ext 389.

Color Guard, Rifle Team

Continued from First Page

member as stated for the Color Guard.

If there is anyone who has a desire to become a possible member of the 192d Color Guard or Rifle Team he or she should make their thoughts known to either the unit Commander, Colonel Coke or the Color Guard Coordinator, MSG Herbert Childress. Anyone who believes they have something to contribute is more than welcome to apply for a position on either unit.

SOME FACTS ON A COLOR GUARD

A Color Guard consists, in most cases, of two NCO's, who are Flag bearers, and two experienced Airmen, who are Guards. The carrying of the American Flag and State or Air Force Flag, is an honor bestowed upon responsible NCO's only. The flag bearers are unarmed, but the Guards are armed with either rifles or pistols (except females). The Senior NCO carries the American Flag and Commands the Color Guard. He or she gives the necessary commands for the movements and for rendering the honors. The Junior NCO carries the State or Air Force Flag.

Volunteer



American Red Cross

Together, we can change things.

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 Hartwell F. Coke, IV

EDITOR:
 Cpt Lawrence M. Fuccella

ADVISOR:
 Maj Basil H. Evans, Jr.

CHIEF OF PUBLIC AFFAIRS:
 Maj Francis J. McNally

PHOTOGRAPHER:
 MSG Robert A. Flournoy

Softball team schedules fund raiser

Mark April 1st on your calendar - and treat yourself to a fun night on the town--the very popular "After Five" band will be playing at Holiday Inn-Airport and all indications point to a super-packed evening.....

Make your night out in April count double--come out, relax and have a good time, as well as supporting the base team. Tickets are \$20 per couple (set-ups provided) and are available from team members or contact Buddy Evans, Ext 368; Ed Smith, Ext 345; or Donald Duke, Ext 349.



Members are requested to provide a current mailing address to the payroll office and should be aware of the necessity of providing the address promptly.

The base is looking for interested volunteers to become Cardiopulmonary Resuscitation (CPR) Instructors. A class will be scheduled for the month of June. Anyone interested please contact SSG Folks in Base Training, Ext 434, or TSG Gay in Q.C., Ext 336, NLT 5 March.

Unit pistol team runner up

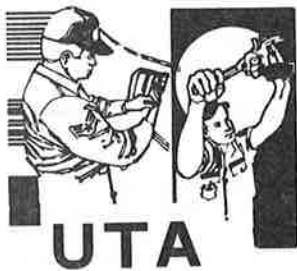
VA PISTOL LEAGUE STANDING FOR 1982

1st	RICHMOND POLICE #1	12144
2nd	VA AIR NATIONAL GUARD	12137
3rd	CAVALIER RIFLE AND PISTOL CLUB #1	12022
4th	HANOVER RIFLE & PISTOL CLUB	11584
5th	CHESTERFLD SMALL ARMS	11011
6th	CHESTERFIELD FIRE DEPT	10587
7th	CAVALIER RIFLE AND PISTOL CLUB #2	10532
8th	PHILLIP MORRIS INC	10322
9th	RICHMOND POLICE #2	10288

The Air Guard team lost first place by only seven points. The team competes one night a month for 12 months at the Richmond Police Training Academy against teams for all around the local area. Special congratulations go to TSG R.K. Cash, TSG Earl Bergener, TSG A.B. Easter and SSG Ray Houseknecht from 192d CAMRON for competing in every match last year, and to TSG A.B. Easter again for the most total team points fired, 3348.

A number of officer wives met at the Club 149 on February 22nd to discuss plans for the hospital-ity suite and ladies activities at the State National Guard Conference to be held at the Hyatt House-Richmond, 29-30 April 1983. The Air Guard is the host unit this year and we're looking forward to a large turn-out of Air Guard members and wives.

The next officers' wives coffee, which will be to finalize convention plans, is scheduled for Tuesday, 12 April, 10:00 a.m., Club 149---all officer wives are invited and encouraged to attend--- Please come if you can.....



5 & 6 March

AFT
12 - 26 March 1983

Coronet Cove
12 - 27 March 1983
26 March - 10 April 1983

9 & 10 April 1983

14 & 15 May 1983

11 & 12 June 1983

9 & 10 July 1983

Ask the Base Career Advisor

By MSG GARY BROOKS

Q. I am on full time active duty with the Virginia Air National Guard. Must I always go to an active duty base, such as Fort Lee, for my medical needs?

A. As a general rule, the answer is yes. There is an exception though. If you have a medical/dental emergency, and military medical care is not immediately available, you can go to the nearest civilian hospital for treatment. The itemized statement of charges for your emergency medical/dental care, with a copy of your orders, should be mailed to the Business Office, Langley AFB Hospital, Hampton, Va. 23665, Autovon 432-7088. If you have to pay for emergency care out

of your own pocket, get a receipt and you'll get your money back. The 192d TAC Clinic should be notified in order that your medical records may be updated.

What is emergency care? "Immediate medical or dental care required to save the life, limb, sight or to prevent undue suffering or loss of body tissue" is a good working definition, i.e., cutting an artery, broken leg, heart attack, 3rd degree burns, etc. This emergency care is for you only and is not CHAMPUS. CHAMPUS is only for family members and retirees and is another matter all together.

If you have a military career question that needs answering, send it to the Base Career Advisor/CBPO, Ext 381.

New looks noted in uniform dress

By CMS JACK MAYNARD
Senior Enlisted Advisor

Two major changes to Air Force Regulation 35-10, Dress and Personal Appearance of Air Force Personnel, are longer pants for both men and women and tuck-in blouses.

Several changes were outlined in a recent message sent to major commands and bases. They are:

****Lengthening trousers and pants for men and women.** The bottom of the trousers may rest on the front of the shoe with a slight break in the crease and the back of the trousers should be approximately seven-eighths of an inch longer than the front. All trousers and pants should be this length by 1 Aug 85.

****Women can opt to tuck in the light blue longer length overblouse when wearing any of the service uniforms.**

****Women's long sleeve, light blue tuck-in blouse may have sleeves altered if they are too long.** When shortened they should match the current overblouse sleeve length and design. The tuck-in shirts will not be worn with the semi-box style jacket or the skirt without a waistband.

****The blue cardigan sweater for men and women, which is authorized for wear in the work area only, will not be worn after 1 Jul 84.** It is being replaced by a new, dark blue pullover sweater, which unlike the cardigan, may be worn outdoors as well as inside. It must be worn with a tie.

****Also phased out were the men's and women's black mess dress sleeveless cape, effective 1 Aug of this year.**

****Officers and senior noncommissioned officers may now wear shoulder mark insignia on the men's combination 3 dark blue shirt.** Epaulet stitching may be removed to permit wearing of the shoulder mark insignia. Neither

collar grade insignia nor shoulder mark insignia should be worn if the shirt is worn with the pull-over sweater.

****The men's long-sleeve light blue shirt without epaulets was phased out 1 July, and can no longer be worn.**

****Women wearing subdued utility uniforms should wear their belt with the tip facing the wearer's right.**

****Only authorized cloth or silk-screened emblems in Table 7-3 or AFR 900-3 may be worn on the organizational baseball cap with the utility uniform when authorized by the installation commander.** Officers are not required to wear their grade insignia on these caps if other grade insignia is visible. When worn on the cap, regular size metal grade insignia should be centered one-half inch above the visor.

****Women may opt to wear four or six ribbons per row if they wear the miniature ribbons.** Rows must be equal. The top row is centered if there are not enough ribbons to complete the number needed for the row.

****Medical personnel can mix the regular size medical insignia with miniature badges or other specialty insignia.** If more than one badge or specialty insignia is worn, they must be either metal or embroidered, but not mixed.

****The women's blue utility slacks and wrap around skirt were phased out 1 Oct 82.**

****The Air Force has temporarily authorized wear of the semi-formal**

uniform for new officers, officer trainees and those without mess dress uniforms while shortages of the service's new blue mess dress uniform continue. An official phase out date has not been established for the current mess dress uniform.



REVISED WEIGHT STANDARD CHART

Height Inches	Maximum Weight	
	Men	Women
60	153	130
61	155	132
62	158	134
63	160	136
64	164	139
65	169	144
66	174	148
67	179	152
68	184	156
69	189	161
70	194	165
71	199	169
72	205	174
73	211	179
74	218	185
75	224	190
76	230	196
77	236	201
78	242	206
79	248	211
80	254	216

Effective 1 JAN 83



10. Can you change the filters in the M-17 protective mask?

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ANSWERS TO DISASTER PREPAREDNESS QUIZ

1. When exposed to direct attack with chemical agents.
2. All attacks are considered to include chemical agents.
3. Green.
4. Decontamination of nerve and blister agents.
5. Yes, atropine and combo pen injections.
6. Six to eight hours.
7. Yellow don protective equipment except mask. Red don mask and take cover. Black don mask and go to shelter.
8. Cpt Ray A. Turner.
9. If unknown, ask your squadron disaster preparedness representative or call the disaster preparedness office, Ext 386/01.
10. If yes, be prepared to demonstrate.

Disaster Preparedness questions & answers

Here is a quiz to test your knowledge of disaster preparedness. To be fully prepared, you should be able to answer each question from memory. Remember, these answers may save your life.

1. In wartime, how often are the filters in the M-17 protective mask changed?
2. What is true in all attacks?
3. The ring filter connectors that provide protection against all known chemical agents are what color?

4. What are the M-13 and M-258 kits used for?
5. Is there an antidote for nerve agents?
6. How many hours will the chemical protective ground crew ensemble afford you protection in a chemical environment?
7. Do you know what actions to take under the three color-coded phases of an attack?
8. Who is your unit disaster preparedness officer?
9. Where is your protective shelter?

Panama, Savannah highlight field training

By MAJ FRANK McNALLY

The deployment to Howard AFB in the Republic of Panama is a sign that transition to the A-7D is complete, Colonel Hartwell F. Coke, Commander of the 192d TFG recently told a group of senior staff officers. It's also a sign that the Air Guard is an important and integral part of this country's total force and capable of handling the important missions the Air Guard has been assigned, he said. Colonel Hartwell F. Coke will lead the fighter aircraft portion of the deployment.

The 192d TFG, as part of Coronet Cove, will deploy four A-7D "Corsair II" aircraft and fifty people to the Republic of Panama on Saturday, March 12. Two weeks later, on Saturday March 26th, fifty additional personnel will deploy to replace the initial contingent. The mid-deployment rotation enables the 192d to double up on its mission essential training and to get more unit members involved in the deployment.

While in Panama the 192d TFG will provide for the air defense of the Panama Canal and also support any training exercises conducted by the United States Southern Command.

Six A-7D "Corsair II's" will take off from Byrd IAP on Saturday. Two of the aircraft will serve as airborne spares and go only to the first refueling point. They will then return to Byrd IAP. Maintenance and support personnel will be transported to Howard AFB by C-130 Hercules aircraft from the Air National Guard. The C-130 is scheduled to take off between 7 and 8 a.m. on Saturday and should arrive at Howard AFB around 1600 hours. The second contingent will deploy to Howard on Saturday, March 26 replacing the first contingent which is scheduled to redeploy to Byrd IAP on Sunday, March 27th.

"In addition to completing our mission assigned responsibilities, unit members will have an opportunity to experience a different culture," Colonel Coke said. "It is important that everyone who participates in this deployment show respect and understanding for the home life and culture of the Panamanians. While many may speak some English, Spanish is the predominant language so it might be advisable to learn a few key phrases. This is an important opportunity for our unit and I know I will be able to count on

everyone to serve as a credit to our unit, our state, and the country.

Four hundred members of the 192d Tactical Fighter Group and twelve aircraft will deploy to Savannah for annual field training on Saturday, March 12, 1983. Airlift for maintenance and support personnel will be provided by C-130 aircraft from the Air National Guard. In addition to the routine ground training the unit accomplishes each year at AFT, this year the operations staff has scheduled a heavy flying schedule for Monday, Tuesday and Wednesday of the first week. Training during these days will consist of combat turns, weapons loading, gunnery range training and bombing range training.

According to LTC Autry Noblitt, 192d Combat Support Squadron Commander, "the Social Actions Office and Substance Abuse staff will be working hard to complete training all the unit members who have not met either of these requirements. In addition mobility position personnel will participate in the annual requalification on the firing range. Other training will consist of administrative courses in files management and supply custodial duties. Both areas are important as the unit prepares for its MEI set sometime this fall.

MAJ Don Everett, Chief of Safety for the 192d TFG has urged members of the unit to be safety conscious during the two week deployment to Savannah. According to Everett, the drive to Savannah is a long one and members should try to get a buddy to drive with them if they plan to make the trip in their private vehicle.

SAVANNAH ADDRESS FOR PERSONAL MAIL

(RANK) (NAME)
192 TFG, VaANG
(SECTION)
P.O. BOX 7299
Garden City, GA 31408

COMMISSARY PRIVILEGES: For those who submitted requests as directed, orders will designate commissary agents. Only the agent's name appearing on the orders will be admitted to the commissary and base exchange. A copy of the order and proper identification should afford commissary privileges to those designated at any military commissary.

COMMISSARY HOURS

	BELLWOOD	FORT LEE	LANGLEY-AFB	FT EUSTIS
Monday	CLOSED	CLOSED	CLOSED	CLOSED
Tuesday	1000-1800	0900-1800	0900-1800	0930-1830
Wednesday	1000-1800	0900-1800	0900-1900	0930-1700
Thursday	1000-1800	0900-1800	0900-1900	1100-2000
Friday	1000-1800	0900-1800	0900-1900	0930-1700
Saturday	0830-1530	0900-1600	0900-1700	0830-1530
Sunday	CLOSED	CLOSED	CLOSED	CLOSED

BASE EXCHANGE HOURS

Monday	CLOSED	1100-1900	1000-1800	1000-1800
Tuesday	1000-1700	1000-1800	1000-1900	1000-1800
Wednesday	1000-1700	1000-1800	1000-1800	1000-1800
Thursday	1000-1700	1000-1800	1000-1800	1100-2000
Friday	1000-1730	1000-1800	1000-1800	1000-1800
Saturday	0830-1530	1000-1630	1000-1630	1000-1600
Sunday	CLOSED	1100-1600	1100-1600	CLOSED



OPSEC Update

By LTC GEORGE DAVIS

This month, all OPSEC Representatives/POCs, will be requested to review and update their Essential Elements of Friendly Information (EEFI). Since OPSEC is everyone's responsibility, this month's OPSEC Update will explain what EEFIs are, and also list this unit's current EEFIs. If you have any suggestions or recommendations, with regards to the unit's EEFIs, contact your OPSEC Representative/POC.

First, what are EEFIs?

**Essentially, EEFIs are bits of information about one's own military forces. These bits of information require protection. If made available to an enemy, EEFIs could endanger the security of our unit and the operations in which they are involved; an enemy commander bases many decisions on information regarding our forces and equipment. EEFIs cover a broad spectrum of military information, ranging from unclassified to TOP SECRET and from general to specific.

Secondly, why do we need EEFIs?

**We need EEFIs because our unsecured (not encrypted) communications are vulnerable and because we can ill afford to provide hostile nations with a running commentary on our military intentions and capabilities. We often fail to realize that an adversary does not have to place a physical tap on a telephone wire to hear what we say. Virtually all interbase or long distance telephone conversations are transmitted by radio and can be intercepted by radio receivers.

Finally, How can EEFIs be used most effectively? EEFI lists are most effective when tailored for use by individual duty sections - since duty sections generate the greatest source of intelligence losses.

192TFG ESSENTIAL ELEMENTS OF FRIENDLY INFORMATION (EEFI)

**Group mission.

**Status of Tactical Training, Combat Readiness, or Combat Efficiency of the Group.

**Changes in command relationships and information relating to Group organization.

**Changes in equipment that would alter the Group operating capabilities.

**General or specific equipment and/or personnel shortages that impair the operating efficiency of the combat readiness of the unit.

**Introduction of new equipment.

**Command and control procedures
**Exercise scenarios.

**Exercise development - schedule and dates.

**Exercise objectives.

**Association of call signs with unit designators and/or aircraft types.

**The association of nicknames with any classified operation, activity, or project.

**Information on the itineraries of VIP's and the purpose of their visit.

**The security classification of a classified program or project.

**Establishment/beddown of units/equipment.

**Tactical maneuvers, deployments, actions and objectives.

**Communications support which is unique to an operation.

**Map or mapping requirements or actions that indicate possible operational intent.

**Results of IG evaluations, inspections, staff assistance visits, etc.

**Mishap/accident information of a privileged nature.

**War readiness material/war consumable distribution objectives.

**Progress reporting on OPlans.

**Specific OPlans being monitored.

**Special weapon equipage or specific capabilities.

**Medical immunization requirements or actions that indicate possible operational intent or activity.

**Locations, techniques, capabilities and limitations and effectiveness of all supporting SIGINT and ELINT programs.

**Effects of enemy military activities and operations on U.S. command and control system and logistics.

**Capability of Group augmentation forces to support sustained combat operations.

**Deployment/redeployment of Group forces within theater.

**Tactical maneuvers, deployments, actions and objectives.

**United States Order of Battle information in the combat areas.

**Status of unit conversion.

**Changes to manpower source list (MSL) which reflect reorganization or changes in unit equipment (UE).

**Attack/strike/air superiority tactics.

**Status of programmed maintenance schedule and its impact on unit's capability for day-to-day operation to contingency tasking.

**All classified information.



Contracting tips

"LOCAL PURCHASE" - What does this phrase really mean? The term local purchase is a very misinterpreted phrase. A great number of people when they hear the term local purchase applied to their purchase request, think that it means the required supplies or equipment will be procured in the local trade area (Metropolitan Richmond) - it does not mean this at all.

If an item is coded local purchase it means that the required item will be procured by the local base contracting activity, but the contractor could be located anywhere in the U.S.

When a requiring activity submits a purchase request for supplies or equipment to base supply the item is researched to see where the commodity will be acquired. After research, base supply will send a purchase request to a DSA agency, AFLC, AF depot, GSA, or if the item is coded LP, supply will send a purchase request to the base contracting office. The base contracting office is just another source of supply for base supply, just as one of the other sources aforementioned. A requiring activity does not call the depot, GSA, etc. to find out when their requirement will be shipped, but must contact base supply. The same holds true when an item is being procured by the base contracting office. The requester should not go direct to base contracting, but should go to base supply for status on their requirement. This may seem strange as small as this base is, but on an active Air Force installation the requester probably would not know where the contracting office is, much less anyone working in it. The only time you followup directly to base contracting on this base is for status on contract maintenance transactions.

But again, as small and closely knit as we are, the contracting office personnel will always try to help you in anyway we can.

background notes

Panama



United States Department of State
Bureau of Public Affairs

February 1982



Official Name:
Republic of Panama

PROFILE

People

Nationality: *Noun and Adjective*—Panamanian(s) (Span. *Panameño(a)s*). **Population** (1980): 1,830,000. **Annual growth rate** (1980): 2.4%. **Ethnic groups:** Mestizo 70%, West Indian 14%, white 10%, Indian 6%. **Religions:** Roman Catholic 93%, Protestant 6%. **Languages:** Spanish (official); 14% speak English as their native tongue. **Education:** *Years compulsory*—6. *Attendance*—93.3% of primary school-age children. *Literacy*—85%. **Health:** *Infant mortality rate*—27.8/1,000 (1979). *Life expectancy*—70 yrs. (1980). **Work force** (1979): 527,000. **Agriculture**—29.5%. **Industry and commerce**—29.4% (of which: canal area 3.3%, mining 0.1%, manufacturing

10.1%, utilities 1.2%, construction 5.8%, commerce 13.4%, transport 5.4%, finance 3.7%). **Services**—27.5%. **Government and other**—13.6%.

Geography

Area: 75,650 sq. km. (29,208 sq. mi.); about the size of S. Carolina. **Cities:** *Capital*—Panama City (pop. 655,000, 1980). *Other cities:* Colon (117,000, 1980), David (80,000, 1980). **Terrain:** Mountainous. **Climate:** Tropical.

Government

Type: Centralized republic. **Independence:** November 3, 1903. **Constitution:** October 11, 1972.

Branches: *Executive*—president (chief of state), vice president. *Legislative*—National Legislative Council, National Assembly of Community Representatives. *Judicial*—Supreme Court.

Subdivisions: Nine provinces and one territory.

Political parties: The Democratic Revolutionary Party (PRD—the progovernment party), the unregistered Panameñista Party, the Liberal Party, the Christian Democratic Party, the Popular Action Party, and the People's Party (Communist). **Suffrage:** Universal over 18.

Central government budget (1982): \$2.857 billion.

Defense (1981): 1.4% of GNP.

Flag: Four rectangles—lower left, blue; upper right, red; upper left, white with blue star in center; lower right, white with red star in center.

Economy

GDP (1980 current prices): \$3.2 billion. **Annual growth rate** (1980): 4.9%. **Per capita GDP:** \$1,847. **Per capita real growth rate** (1979–80): 2.4%. **Inflation rate** 1981: 5.6%.

Natural resources: Geographic location, copper ore, timber.

Agriculture (13.7% of GNP): *Products*—bananas, other fruit, corn, sugar, rice, coffee, shrimp, vegetables, cattle. *Land*—24% agricultural, 20% exploitable forest, 56% other.

Industry (13.7% of GNP): Food processing, construction materials, metal working, petroleum products, refined sugar, clothing, furniture.

Trade (1980): *Exports*—\$410 million: bananas 15%, shrimp 10.6%, sugar 13.7%, petroleum products 19.9%. *Major markets*—US, Europe. *Imports*—\$1.28 billion: manufactured goods, machinery and transport equipment, petroleum, food. *Major suppliers*—US, Japan, Europe, Mexico; Venezuela and Saudi Arabia for petroleum.

Official exchange rate: 1 balboa = US\$1. The US\$ is the official currency and is labeled the "balboa" in international transactions. Coins representing fractions of the balboa circulate along with US coins, but no paper money is denominated in balboas.

Fiscal year: Calendar year.

Membership in international organizations: UN and most of its specialized affiliates, such as the International Monetary Fund, World Bank, and Intergovernmental Maritime Consultative Organization (IMCO); Inter-American Defense Board; Inter-American Development Bank (IDB); Union of Banana-Exporting Nations; Inter-American Tropical Tuna Commission; INTELSAT; Nutrition Institute for Central America and Panama (INCAP); Non-Aligned Movement.

While in Panama....what to see and do

By SSG JOE BUCKER

Welcome to Howard AFB near Panama City, Panama! From an earlier briefing presented by Major Basil Evans, Major Harold Yearly, and TSG Charles Zaorski, you should know what is available on base in Panama, so I'll offer some suggestions on what is available for tourists within or close to Panama City.

It's supposed to be virtually impossible to buy a decent map of the city, as most city streets are known by two or three different names. For example, Via Espana (their main street) is known as Avenida Central and also as Avenida 7a, depending on which section of the street you are talking about.

In Panama City, the costs of a bus ride is about 20¢ and the buses are painted in a psychedelic leopard skin pattern. They also play Panamanian music on each bus, so a bus ride is worth a try.

Another quite cheap form of transportation is to travel in small groups and take a taxi. You might be better off with a taxi as most drivers speak English and can serve as a guide. So, ride a bus for the fun of it, but take a taxi if you want to arrive on time at someplace in particular.

- TOURISTS ATTRACTIONS -

**The National Museum; displays Incan and Spanish treasures and is open Tuesday-Saturday, 9:30-6, and Sunday, 2-7. Cost is only 25¢ and it is located on Avenida Cuba.

**The Institute of Panamanian Art; features the works of Central American artists and is open Monday-Friday, 9-12 and 3-7, and on Saturday from 9-12. Admission is free, and it is located at Avenida 1 Sur (also known as Avenida Peru 77)

**The Science Museum (Museo de Ciencia); has an extensive exhibit on paleontology (study of fossils and ancient life forms) and Panamanian and foreign fauna (animals of all kinds). Open Tuesday-Saturday, 9-12 and 2-5, and on Sunday, 2-6. Admission is free and it is located on Avenida Cuba between Calles 29 and 30.

**The Museum of Colonial Religious Art; a restored chapel-annex of the former Monastery of Santo Domingo (1678) and exhibits painting, woodcarvings, and silver and bronze articles dating back to the 16th century. Open Tuesday-Saturday, 9:30-5, and on Sunday, 3-7. A small admission fee is charged and it is located at Avenida A and Calle 3.

--Other local items of interest are the San Jose Church (has a magnificent altar made of gold); The Museum of Panamanian Man (exhibits artifacts and handicrafts of earlier settlements); The Plaza Catedral (a Romanesque cathedral that contains Murillo's painting, "Virgin of The Rosary" (1670); The Church of San Francisco; The National Theatre; and, the Presidential Palace. Also, there is the University of Panama which is in nearby El Cangrejo.

--About 4 miles from Panama City is the original Panama City of Panama Viejo where you can wonder among the ruins of the old fortifications, jail, cathedral, and plaza. Founded in 1519 by the Spanish, it was destroyed in 1671 by the infamous pirate Henry Morgan in his hunger for Spanish gold and other treasures. The city is presently being restored as a tourists attraction and dancers in Panamanian costume perform here each Saturday at 10 a.m. If going by bus, use bus ruta (Route ?) #1 from Avenida Central or bus ruta #2 from Avenida Balboa.

--The Miraflores Locks on the Panama Canal is only a fifteen minutes ride from Panama City and is open to the public daily from 9-5. You can call ahead to find out when a ship is due if you want to see the Canal working. You can also watch a film about the Canal and its history, and there is an English speaking guide to answer any questions you may have. Catch a bus at Plaza 5 de Mayo for 20¢ and get off at the Miraflores Locks entrance, from where you'll have to take a 15 minutes walk to the actual lock.

--Only a 10 minutes ride from Panama City is Balboa, where you can take a ferry from Pier #18 to Taboga Island, about 15 miles offshore. Cost is about \$4 round trip, but it offers an island with a deserted beach (during the week), clear water, no bugs, no waves, and lots of shells. If you want waves splashing against cliffs, lots of coral, seabirds and foliage (but no beach) just take a short walk to the other side of the island. You can also charter a deep sea fishing boat for half day cruises that fish around Taboga Island.

--Some 50 miles west of the Canal on the Pacific Ocean there are a number of beautiful resort beaches, such as Rio Mar, Neuvo Gorgona, Coronado, San Carlos, Punta Chame, and Santa Clara.

These beaches form an unbroken stretch of white sand for about 16 miles! They can be reached by bus from the terminal near the Hotel Internacional (International) in Panama City, and costs only \$1.50.

--For local flavor, visit and shop in one of the two outdoor markets in Panama City. The smaller is called Mercadito Caledonia, and is located on Avenida Central a few blocks from Plaza Cinco de Mayo. The larger market is the Mercado Publico Grande and can be found at Avenida Central and Calle 9. Or you could walk through an enormous supermarket called El Rey, located at Via Espana and Calle Gerardo Ortega.

Before planning a visit to any of these attractions, it is best to call ahead to see if the above-listed days, times and prices are still current.

To keep up with local events, you could buy a copy of their English-language newspaper called The Star Herald. And for souvenirs, most tourists bring back coins and at least one Mola. They come in all sizes and are a colorful reverse stitch applique embroidery which are handmade by local Cuna Indians. It is suggested that you buy them on base or at the Gran Morrison's Department Store in Panama City as the local tourist shops are quite overpriced.

After your arrival in Panama, additional information on what to see and do can be obtained from the Instituto Panameno de Turismo, located at Via Espana 124, Aportado 4421. Also, you can use your Coronet Cove handbook which was given to you at our earlier briefing. It tells you where to rent fishing and golf equipment on base, as well as where to call for theater, club, and information on other activities.

A final note - during their rainy season, May through November, tropical downpours occur for 2 or 3 hours several times daily! And, in the summer, Panama City is hot and sticky, almost to the point of being unbearable! Aren't you glad you're going during March and April... their dry, breezy season!