



192D TACTICAL FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD



28th Year, No. 8

Byrd IAP, Sandston, Virginia

August 1984

Assistance Fund tops goal

By MAJ BUD ORNDORFF, Project Officer

The 1984 Air Force Assistance Fund Drive is now over and total contributions have exceeded the goals set for the 192nd TFG of \$1,850.00 and 75% participation. (1984 goals reflected a desired 10% improvement in both dollars and participation over the 192nd's 1983 results.) This year, 654 of our generous Virginia Air Guard members, 76% of our group strength, put the campaign over the top donating \$2,179.24, a 36% improvement over 1983 and 18% over our 1984 goal in dollars. Our improvement in participation rate was 1% over our goal of 75% of our members making some contribution, fully 11% over 1983. Noteworthy are the 7 Squadrons who distinguished themselves by achieving a 100% contribution rate: Civil Engineering, Combat Support, Communications, Fighter Squadron, Security Police, TAC Clinic and State Headquarters.

Most of the credit for this success belongs to our AFAF Keyworkers and the Squadron Project Officers who did the actual solicitations. Featured in the June Vanguard article about the Drive were the names of each Squadron's Project Officer. These individuals did a fine job on the background tasks of selecting and training keyworkers; managing and administering the reconciliation of funds during the three months of this year's drive.

Featured below is a listing of each Squadron's AFAF Keyworkers, all of whom deserve special recognition and sincere thanks for the outstanding job they did in actually collecting contributions for this worthy cause, a very time consuming but rewarding activity.

State Headquarter
MSG William E. Mebane

192d Group
SRA Mary A. Pijanowski
A1C Carolyn Fleischer

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CPT Stephen R. Hicks by his A7D says the competition is fierce

Top Gun Staying on top is tough task

By SSG ED KELLEHER

CPT Stephen R. Hicks, mild-mannered fighter pilot, was in a groove.

"I was in a roll," he said.

For 12 months, from January to December 1983, Hicks was the best, "Top Gun", among the then 26 Virginia Air National Guard pilots who competed for the honor of best marksman using the A-7D Corsair II weapons system.

Now, more than seven months into 1984, "I'm right down at the bottom," Hicks said, half-jokingly. "I'm fighting for last place."

Such are the fortunes of peace for pilots in the Virginia Air Guard, who try to outgun their fellow pilots month after month, year after year, in bombing and strafing competition at designated gunnery ranges.

Hicks said it's hard to get at the top, but even harder to stay there.

"It's kind of a tribute to the fact that these guys are good," said

Hicks, a 34 year old sales engineer from Newport News who started flying fighter planes nine years ago.

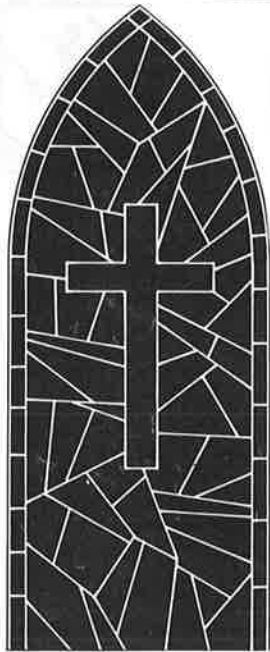
"I started out in the squadron (the 149th Tactical Fighter Squadron) several years ago, and I progressed slowly," he said. "Most of the time, I stayed right about in the middle (of the Top Gun rankings). Last year I finally made it to the top."

He compared his reign at Top Gun to the space flight of Gordon Cooper, one of the original seven astronauts featured in the movie, "The Right Stuff."

"For one day, for one moment, he flew farther, faster and higher than any man," Hicks said of Cooper.

"You have to give great credit to a (type of marks n like) Mark Hetterman, who has stayed up around Top Gun for the last five or six years. Old Hetterman has been flying farther, faster and higher for many moments," he said.

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SUNDAY

General
Protestant
0730

Mormon
0915

Catholic Mass
1300

Tinker thanks you

The 403rd Combat Logistics Support Squadron, Air Reserve Forces, Tinker AFB, Oklahoma has written a letter of appreciation to the 192nd TFG for the unit's support of the 403rd during two recent annual tours. The 403rd trained with the 192nd TFG at Byrd Field.

Major Tobie R. Titsworth, Commander of the 403rd CLSS wrote, "All of the reports I have received were rave reviews of the outstanding help that your unit was in all areas of concern in a deployment of this nature. In many cases this was the best experience some of our people have had in recent years.

In addition, the 403rd has presented the 192nd with a plaque which reads, "Many thanks for annual tour support." The 403rd also sent a check for \$107 to assist the remodeling project and as a contribution for new furniture.

Chow Call

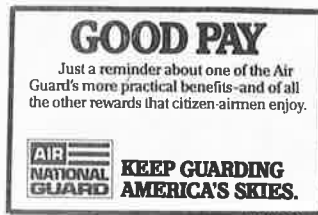
****SATURDAY LUNCH****

Salad Bar
Spaghetti and Meat Sauce
Green Beans
French Bread
Chef's Salad (as main course only)
Milk, Fruit Drink, Coffee
Fruit

****SUNDAY LUNCH****

Salad Bar
Grilled Steaks
Onions and Mushrooms
Baked Potato Green Beans
Milk, Coffee, Fruit Drink
Rolls and Butter
Strawberry Shortcake

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).



"I'm fighting for last place"

Continued from First Page

Hetterman has been Top Gun six times, 1975 through 1979 and again in 1981, all in the F-105D Thunderchief.

During his "moment," Hicks set the standard for Virginia Air Guard pilots. His combined score for three bombing events and one strafe event was 263.7, the highest combined score in the 11 year documented history of the competition.

After a year of consistently good scores, Hicks has fallen off this year. He wasn't surprised.

"There's an awful lot of luck involved," he said. "A guy I was golfing with said, 'You can't be lucky all year,' indicating that much skill had been involved. Oh, yes, you can!"

The luck he was talking about is the same type of luck that puts a golfer or baseball slugger in a groove. It involves an enhanced sense of timing, good concentration without over thinking.

That type of luck can desert you as quickly as it favors you.

"You're dealing in milliseconds," Hicks said. "You delay just a millisecond and your bomb can be way off at those speeds."

Another factor is consistency in avoiding the "gross error bomb," the one that falls so far off target that it kills your point score.

The leader in Top Gun competition for the first half of 1984 was COL Jerry Hallman, the Air Force Advisor to the 192nd TFG. Hallman, the first Air Advisor ever to top the rankings, has since been reassigned to the 9th Air Force Inspector General (IG) team at Shaw AFB, South Carolina.

Hicks knew it would be hard to retain the top spot this year. The 1982 Top Gun, MAJ Major Sheffield, finished far down the ladder in 1983.

"Every time you're down there, you're competing very hard," Hicks said. "These guys are very competitive, you know."

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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SRA Mary A. Pijanowski

Award winners announced

During the June 1984 UTA, the 192nd TFG Awards Board met to select winners for the first half (January to June 1984) awards categories. Eight members of the unit competed for these awards.

Selected for the **OUTSTANDING SENIOR NON-COMMISSIONED OFFICER** was **MSG William C. Edwards, Jr.** MSG Edwards is assigned to the 192d CSS as the NCOIC of Combat Arms Training and Maintenance Section. He has been employed for 3 years at Philip Morris as a Computer Technician in the Research and Development Section.



MSG Edwards is married and his son is a member of the Virginia Air National Guard working as a Weapons Mechanic. His hobbies include flying of which he has a commercial pilots license with an instrument and multi-engine rating.

TSG Brenda C. Belle was selected as the **OUTSTANDING NON-COMMISSIONED OFFICER**. Brenda is assigned to the 192d TAC Clinic as a Medical Service Technician. She is responsible for the Cardiology Evaluation Section of



the Clinic. Also, she has accepted additional duties performing pulmonary function tests and conducting the electrocardiology portion of the FAA flight physicals.

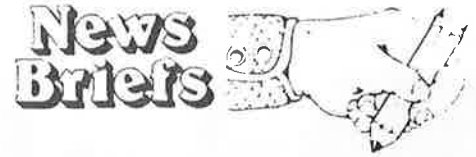
TSG Belle holds a diploma in practical nursing and is a licensed practical nurse employed full-time as a psychiatric nurse.

Selected for the **OUTSTANDING AIRMAN** was **SRA Wendy R. Gardner**. Airman Gardner is also assigned to the 192d TAC Clinic as a Medical Administrative Specialist. She is responsible for the maintenance and organization of approximately 1,100 medical records of ANG personnel assigned to the Virginia Air National Guard as well as new recruits.



SRA Gardner is married to TSG Ben Gardner, who has been a recruiter for 5 years. Wendy was employed in the TAC Clinic where she undertook the additional task of gaining computer skills with the Sperry Computer System. She is participating in the transfer and storage of physical examination data from conventional forms to computer. She now works as the switchboard operator for the unit.

IT'S YOUR RIGHT...
To join a political party.



This unit has received quotas for the NCO Academy and Leadership School for FY 85. The following classes are available:

NCO ACADEMY

Long Course	18 Mar 85 - 25 Apr 85
	29 Apr 85 - 6 Jun 85
	5 Aug 85 - 12 Sep 85
Phase I	2 Dec 84 - 14 Dec 84
	6 Jan 85 - 18 Jan 85

LEADERSHIP SCHOOL

Phase I	4 Oct 84 - 2 Nov 84
Phase II	4 Nov 84 - 16 Nov 84
Phase I	27 Jan 85 - 8 Feb 85

All interested applicants should contact MSG Gates, CBPO, Ext. 436. The above mentioned dates are allocated quotas and only interested applicants should apply. If you have expressed interest in the past concerning the NCO Academy and Leadership School, interested applicants are still requested to come by the CBPO to get their name on the list to attend.

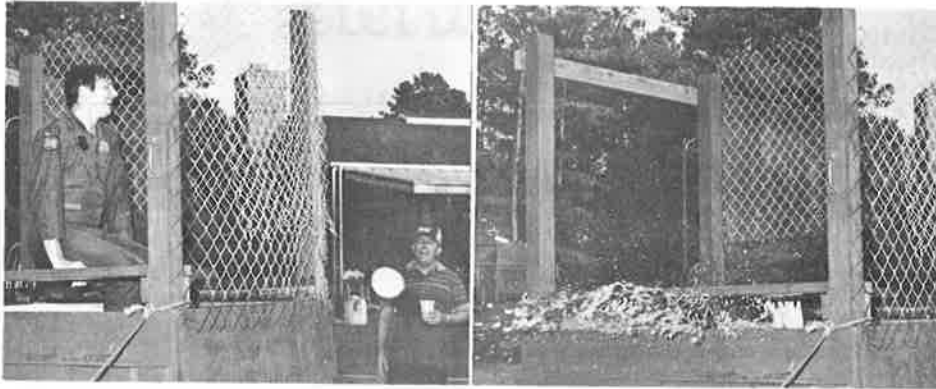
The deadline for submission of requested quotas is 1 Sep 84, so all interested applicants are requested to come by the CBPO during the August UTA.

There will be a group formation for award presentations on Sunday, 12 August at 0700. All members will be required to attend. Uniform of the day is permissible, but members receiving awards are asked to wear their blue uniforms without the jacket.

There will be a CPR instructor's course September 29 and 30. Applicants must be certified in CPR. The course will be 16 hours.

All persons interested, please contact Denise Jones at 786-1530 or David Gay at X337 before next UTA.

The mobility exercise originally scheduled for this month has been postponed until the September UTA. Members are reminded to bring a piece of luggage for mobility processing.



Water survival was never like this

MAJ Roger Legg found out who had the last laugh, as he awaits a dunk during the recent promotion party festivities.

Promotion bash a success

"I don't know much about it. I was in the water most of the time!" That was MSG Herbert Childress' response when he was asked to describe last month's promotion party. Childress spent most of his time on the dunking board, while unit members and guests attempted to hit a target with a baseball. A direct hit on the target would send the First Sergeant of the Combat Support Squadron sliding into a tub of water.

More than 60 officers and NCO's contributed a total of \$2800 to fund the event. More than 500 Guard members and guests who attended the party feasted on four roasted pigs, more than 170 pounds of spiced shrimp, pound after pound of beans, cole slaw, salad and an untold

amount of liquid refreshments.

COL Al Washington said the party, which was held at the conclusion of the Saturday UTA, was designed to recognize those who had been promoted since the last promotion party, which was held two years ago. Party organizers planned to provide enough food for more than 750 people, so there was enough food for everyone who attended.

Final accounting of funds has not yet been accomplished; however, COL Washington said there may be money left over. Current suggestions for possible disposition of the excess funds include donating it to outside charities and to the unit softball teams. Additional suggestions may be submitted to COL Washington at State Headquarters.

Dantes testing available to Guardsmen

DANTES is an acronym meaning Defense Activity for Non-Traditional Education Support. This program was established by the U.S. Congress in 1974 and its primary mission is for military members to gain college credit by passing written exams. These exams award undergraduate credits and are divided into two types of examination programs; those funded for which the examinee does not pay and those that are not federally funded for which the examinee does pay. There is no limit on the number of examinations that may be taken by personnel under this program. The following examinations are available through DANTES:

To enroll in the DANTES testing program all members will be required to present a current military I.D. card and a letter of eligibility from the CBPO. All members must be in good standing and have at least 2 years of retainability which will be included in the eligibility letter obtained from the CBPO. The eligibility letter from the CBPO would be in effect for the period of time required to complete all desired courses. DANTES testing can only be scheduled at an active duty base. Therefore, all interested personnel should contact the Personnel Office.

Seatbelts save two lives

A MAC individual was recently involved in a near-fatal 2 vehicle mishap while driving his Datsun 310. The following extract is from a message received from the individual pertaining to this serious mishap in which his life and the life of his fiancée were saved by the use of seatbelts.

I wouldn't start the car until she fastened the seatbelt. She complained again that seatbelts left dirt on her blouse. Again, I assured her that a little dirt was better than a lot of blood. She frowned, but complied. I've been down that road hundreds of times. I knew where the turns were, kept count on the pot holes, watched where pedestrians lurk and thought about the dozen or more accident sites I had seen. I passed a hairpin turn, bus stop area, that always makes me anxious about my driving record. I has just started to relax on a long straightaway when I saw a farm vehicle being passed by a motorcycle. Then, a blue, long bed 2 1/2 ton truck started to pass them both. I wasn't concerned until I saw how hard he cut back into his lane. He appeared to lose control. I started braking. He started fishtailing. I steered for the shoulder, turned my head away and gripped the wheel. I watched the terror in my fiancée's eyes. A blur of blue came at me from my peripheral vision. Impact! During an eternal moment of silence, I looked at my fiancée. Her belts held her, she hadn't moved. I looked at her windshield; it was intact. My worst fears were relieved. For my part, only the direct hit of the tail bed against my windshield affected me.

The entire left side of the vehicle was destroyed with a quarter of the roof torn off. It looked as if it had been struck by a big Sherman tank. Without seatbelts, my head would have met the windshield at about the same time the truck's tail bed shattered the glass. Yet this time flying glass only cost me six stitches. Everybody says I'm lucky. I took all the precautions I could. Still, an accident happened to me when I least expected and definitely where I least expected. Seatbelts saved two lives that are very near and dear to me. Please buckle up. There are people out there who love you. Let them love you longer. Make it click!

Unit testing 'weapon system' for Air Guard

By SSG ED KELLEHER

People who have a hard time remembering acronyms can forget the letters "API."

Lethal, or deadly, is a good description for the 30 millimeter API ammunition tested recently by the Virginia Air National Guard in a monthlong series of "lethality" weapons tests at Nellis AFB, Nevada.

API stands for "armor piercing incendiary." For Air Guard units using A-7D Corsair II fighter-bombers, it is the ammunition of the future.

"It's meant to penetrate (tank) armor and then blow up inside," said Major Roger Legg, commander's

representative during the test project.

The 30mm ammunition is much more powerful than the 20mm ammo currently used in the Virginia Air Guard's A-7's.

"The 30mm gun is designed to kill tanks," Legg said. "What we were actually doing was testing 'kill' parameters for a fast-moving aircraft like the A-7.

"You make a run that you would normally make in combat to see how lethal the firepower is."

The 192nd Tactical Fighter Group had two airplanes, two pilots, a maintenance officer and a four-man crew at Nellis in each of two consecutive two-week segments.

Legg and Major Mark Hettermann

flew the first segment, from June 14 to June 30. They were assisted by Major Harold Yeary, MSG George Hodges, Jr., TSG Sam Meador, TSG Ken Perry, and TSG Willie Wilcox.

In the second segment, from June 27 to July 13, Major Jeff Wilkins and Major Bill Martin piloted the aircraft. Supporting them were CPT Ray Fleischer, MSG Walter Davis, TSG Bob Wheeler, TSG Ray Bassetti and TSG Kenny Whitlock.

During the tests, Legg said, Major Martin "set a record by getting a 'K' (kill) on all five of the tanks he fired on that day.

The 30mm gun pod is being designed for use by A-7's only, Legg said, and is destined to become an "all-guard" weapons system.

Professional Military Education applications being accepted

PME is a vital ingredient in preparing an officer for today's increasingly demanding roles and responsibilities in the Air National Guard. If ANG officers wish to achieve their maximum potential, they must avail themselves of the opportunity to broaden their background and professional knowledge to meet the challenges of key command and staff assignments. Senior and Intermediate course applications suspense is 28 September 1984.

Start and ending months for the courses are as follows:

NATIONAL WAR COLLEGE
August 85 - May 86

INDUSTRIAL COLLEGE OF THE
ARMED FORCES
August 85 - May 86

AIR WAR COLLEGE
August 85 - May 86

ARMY WAR COLLEGE
August 85 - May 86

AIR COMMAND AND STAFF COLLEGE
August 85 - June 86

ARMED FORCES STAFF COLLEGE
August 85 - January 86
February 86 - June 86

Units should use AFR 53-8 dated 16 Dec 80, USAF Officer Professional Military Education System, as guidance for submitting applications. This regulation explains the PME

objectives and describes the basic elements of the system. Chapter 9 pertains specifically to the Air National Guard. The eligibility criteria is established in table 9-1.

The grade requirements listed in AFR 53-8 for Air Command and Staff College, and the Armed Forces Staff College reads Major and Major selectee. This should be changed to read Captains and Majors.

Personnel who have completed a correspondence course for the school which they are now applying are still eligible for in-residence attendance.

Special attention to the provisions of paragraph 9-3(c) which permits officers who are qualified to apply, even if they do not have the required security clearance, should be strictly adhered to. Nominees who will be attending Air War College must also have a Sensitive Compartmented Information (SCI) access certified. Those officers who do not have Special Background Investigations (SBI) or who have outdated ones, must initiate an SBI IAW AFR 205-32. Nominees require an SBI current within 5 years. Senior officers who apply for the Senior schools and have an outdated SBI should update it in order to save time. If selected for the Air War College, the SCI investigation requires 6-9 months to be completed. Clearances must be final before class entry.

Each state is asked to nominate at

least one highly qualified individual for the FY 85 PME program. Applications are considered separately for Senior and Intermediate Service Schools; however, unless a specific school is requested the applicant will be considered for all schools in the levels applied for. States are asked to prioritize their applications for the selection board.

Documents for the Senior and Intermediate schools should be forwarded to arrive NLT 28 September 1984 for a Selection Board that is scheduled to convene in early January 1985.

Documents to be forwarded must consist of the original copy only and the following documents: NGB Form 65; Commander's recommendation; Adjutant General's recommendation/indorsement; 2 full length military photographs (8x10, black and white, short sleeve blue shirt with epaulets, tie, no hat, 3/4 view); a complete copy of a current physical; one copy of the last 5 OER's; and an Officer Brief, AF Form 1715, signed by the individual.

Commanders should include in their nomination letter the future potential of the applicant and any other information about the individual which may not be available elsewhere in the nomination package; i.e., unit accomplishments, civic involvement, unit awards, civilian employer, etc. Items of this nature can be very important in the selection process.

Diet said to cause behavioral problems in students

By SSG MARY D. WHITAKER

Studies made in recent years have begun showing a direct correlation between school children's diet and their performance in school. Of all the problems in education, student discipline is considered by many to be number one. Number two is usually motivation. Both of these problems have a direct bearing upon scholastic achievement. For some students the cause of disruptive behavior is the food they are eating. If their diets were changed, their behavior and scholastic achievement should improve.

Problem Foods and Their Effects:

Some of the foods which can cause problems are: sugar, milk, eggs, corn, wheat, citrus products, beef, pork, caffeine and additives. Some of the symptoms of adverse reactions to these foods are: headaches, abdominal pains, runny nose, fatigue, bed wetting, aggressiveness, temper tantrums, depression and poor coordination.

The Reasons Behind Students' Poor Eating Habits:

It's of importance to note that typical school menus contribute to poor nutrition. There are several reasons that make it difficult for all school systems to do much about the foods they serve, and about the eating habits of students.

1. Food packing companies know that profits are greatest when nutritional values are least, so they don't want the students' eating habits to change.

2. The schools themselves profit.

3. Time can be saved with processed foods.

4. Some people don't realize that some people are sensitive to certain foods.

What needs to be done:

1. Nutrition education needs to be taught to students, teachers, administrators, and parents.

2. State legislature and state departments of education need to pass laws and adopt policies that will restrict the distribution of soft drinks and junk foods in schools.

3. Educators should change the available foods at school--more juices, whole grain products, raw fruits and vegetables.

Students as well as parents should be aware of how important foods are for both physical and mental health. It's the student's and parent's responsibilities to do something about changing the diet.

Goal exceeded

Continued from First Page

149th TFS

SSG Edward M. Kelleher

Combat Support Squadron

TSG Gary E. Smith
SSG Sandra Archer
SGT Maryruth Halapatz
AIC Susan Hawthorne

Resource Management Squadron

TSG Edward A. Harris
SSG Venessa D. Bradley
SSG Janet Guilmar
SSG Dorothy Tatem

Civil Engineering Flight

TSG Russell L. Thompson

Clinic

CPT Cynthia J. Brown
SSG James G. Watkins

Communications

TSG Paul E. Harris

WSSF

SSG Bobby Tyler
SRA Bernard Howie

DATA PROCESSING

SSG Clarence Baldwin

SOFTBALL



The base softball team is participating in the 19th Annual Air National Guard Softball Tournament, Houston, Texas, 10, 11, 12 August 1984.

GOOD LUCK, TEAM



take time to find out WHERE it is... HOW to use it



**DRILL CHECKS
FOR THIS MONTH
ARE DUE ON
24 AUGUST**