

192D TACTICAL FIGHTER GROUP

VANGUARD

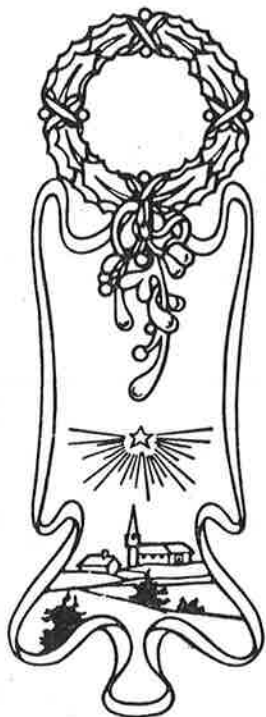
VIRGINIA AIR NATIONAL GUARD



28th Year, No. 12

Byrd IAP, Sandston, Virginia

December 1984



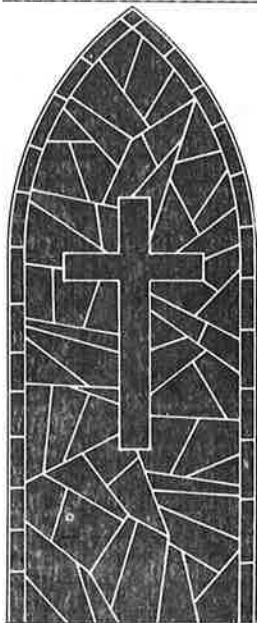
FROM THE COMMANDER

As the holiday season approaches, we pause for a moment of reflection. Throughout the year, when faced with occasional adversity or personal rewards, the unit continually strives to display a "can do" attitude. A camaraderie and dedication to duty that epitomizes the Virginia Air National Guard.

I would like to take this opportunity to say that I am extremely proud of this unit, and thank each of you for a job well done. I wish you and your families a safe and happy holiday season.


HARTWELL F. COKE, IV, Colonel, VaANG
Commander





SUNDAY

General Protestant

0730

Mormon

0915

Catholic Mass

1300

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).

TELL SOMEONE YOU LIKE ABOUT THE AIR GUARD.

Carbon monoxide can be a cold weather killer

Burning gas, oil, wood and coal keeps us warm in the winter. Unfortunately, these fuels also produce carbon monoxide (CO)--an odorless, colorless gas.

CO is a special hazard because human hemoglobin, the protein that carries oxygen from the lungs to body tissues, combines with CO much more readily than with oxygen. So it takes only a small amount of CO in the air to threaten your safety.

Ways you can avoid the possibility of CO poisoning are:

Making sure that heaters and furnaces are properly adjusted.

Preventing combustion gases from entering your home.

Providing good ventilation.

Common causes of CO poisoning are malfunctioning furnace vents or chimneys, which can become clogged. They should be checked periodically, particularly at summer's end, when animals and birds may have used them to construct nests.

Although CO is odorless, there are some symptoms to tip you off to its presence. If everyone in the family has a headache and is nauseated, suspect CO and get into the open air.



****SATURDAY LUNCH****

Salad Bar
Spaghetti with Meat Sauce
Green Beans
Bread and Butter
Chilled Pineapple Chunks
Milk, Fruit Drink, Coffee

****SUNDAY LUNCH****

Salad Bar
Roast Turkey with Bread Dressing
Mashed Potatoes Buttered Peas
Cranberry Sauce
Bread and Butter
Milk, Coffee, Fruit Drink

*For all of our Weight Watchers we will have a Chef Salad available both days.

Fraud, Waste and Abuse - integrity alert

MOTOR POOL VEHICLE ABUSE

Improper use or the appearance of improper use of motor pool vehicles can be embarrassing and undermine public confidence in the DoD. Remember, it is your responsibility to ensure that these vehicles are used only for the purposes intended. To ensure prudent use, ask yourself the following questions about your vehicle use:

WILL I BE USING THIS FOR OFFICIAL BUSINESS?

--DoD motor vehicles are to be used for conducting official Government business. Use for other purposes is strictly forbidden.

IS THE TRIP WITHIN APPROVED LIMITATION?

--Be aware of limitations on trips to selected destinations. For example, with certain exceptions, trips to personal residences, and airport terminals that are serviced with available public transportation are not sanctioned. Be sure that your

destination does not fall into the prohibited categories.

CAN I USE OTHER MORE ECONOMICAL MODES OF TRANSPORTATION?

--Motor pool vehicles should not be used when more economical and expedient means of transportation are readily available such as DoD bus service, public transportation, or specially scheduled van service. Rank, personal convenience, and protocol alone do not justify the use of motor pool vehicles.

IS MOTOR POOL TRANSPORTATION APPROPRIATE?

--Trips to hotels, clubs, and restaurants are not appropriate unless those trips can be unquestionably justified. Even then, it is desirable from a public confidence viewpoint to avoid the appearance of misuse. Discretion should be used when scheduling motor pool vehicles for such trips.

(Ref: DoD Directive 4500.36)

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:

MSG Michael R. Woody

ADVISOR:

MAJ Lawrence M. Fuccella

CHIEF OF PUBLIC AFFAIRS:

MAJ Francis J. McNally

PHOTOGRAPHER:

SSG Dean A. Covey

STAFF:

TSG Robert N. Lamb, Jr.

SSG Carol Crane

Know your Senior Enlisted Advisor

By CMS Dave Lutz

Senior Enlisted Advisor

The knowledge that the senior enlisted advisor exists to help you does little good unless you have an understanding of the ways in which that help can be generated. The initial part of this understanding is best obtained from the senior enlisted advisor position duties outlined in the ANG Regulation 39-20:

- *Maintains liaison between the adjutant general, the state headquarters senior ANG officer, and the enlisted personnel force by.

- Frequently communicating, formally and informally, with staff members and enlisted personnel.

- Insuring Air Force and ANG policies are known and understood by the enlisted force and assessing the degree of understanding of these policies.

- Establishing and maintaining a close rapport with commanders and groups of enlisted personnel such as, first sergeants, recruiters, retention NCO's, additional duty senior enlisted advisors and first line supervisors.

- *Assesses factors impacting on morale and well-being of the enlisted force; advises the adjutant general, the state headquarters senior ANG officer and the commanders of these assessment, and makes appropriate recommendations. Among the factors assessed are: use of enlisted personnel, adequacy of training, working conditions, adequacy of service provided, employer support, Air Force and ANG policies and programs, and availability and effectiveness of benefits and entitlements.

- *Evaluates the quality of NCO leadership, management and supervisory training by stressing the importance of enlisted professional military education and reviewing the curriculums and effectiveness of in-residence and correspondence course as they relate to and benefit ANG enlisted members. *Monitors the quality and effectiveness of USAF and ANG programs that enhance the morale and well-being of enlisted personnel by encouraging participation and monitoring quality of ANG outstanding airman program within the state.

- *Serves as an advisor to enlisted councils, assists in the resolutions of problems, and maintains liaison with associations representing enlisted personnel.

- *Maintains liaison with the ANG senior enlisted advisor on the need for personnel policy changes, effectiveness of Air Force and ANG programs, problems encountered on active Air Force installations, quality of training and PME programs and other items as required.

Once you have read the above outline of duties, you realize that the major part of my job is effecting good two-way communications. I will keep you advised of new or changed policies and programs and you keep me informed as to how such policies can be improved, the need for other programs, adverse effects of existing policies, and any ideas you might have that would be of benefit to the guard in general. My office in state headquarters is always open. Feel free to stop me at any time and voice your opinion or suggestion.

News Briefs

192 TFG CONTRIBUTES 113%

The Combined Federal Campaign was completed on 31 Oct 84. Full-time employees of the VaANG contributed \$7985 to the campaign. This represents 113% of the dollar goal assigned to the Air National Guard by National Guard H.Q. The unit participation rate was 82%. The 192 TFG campaign coordinator, Capt Maxfield wishes to thank each member for the generous contributions and extend a special thanks to the workers in each section who solicited and collected those contributions. Campaign funds will be distributed to charitable and welfare agencies, and service organizations as designated by the contributor.

In accordance with AFR 35-10, Dress and Personal Appearance of Air Force Personnel and the 192d TFG Supplement, the unit may have its own personalized baseball cap. Effective 1 January 1985, the black and gold VaANG cap will be obsolete. The blue and white cap will be the only one authorized for wear after 1 Jan 85. The caps can be purchased at Job Control in the hangar for \$6.00.

The Virginia Air National Guard Retirees Association meeting scheduled for 19 December 1984 has been cancelled. The next meeting is scheduled for 16 January 1985 in the Club 149 at 1930 hours.

Giving, the real meaning of Christmas

VIRGINIA AIR NATIONAL GUARD CHRISTMAS PROJECT

Let's all help by giving to a needy family this Christmas. All donations accepted. Tables will be set up in the dining hall and Club 149 during the December UTA, or you can contact SSG Valeria Martin, Ext. 435. The name of a needy family in the Richmond area has been obtained from a local agency and all money received will go toward food, clothing, and other gifts and necessities for making this a truly merry Christmas for them. Give from your heart, and you will know the real meaning of Christmas.

Don't know what to get that special someone for Christmas? How about a Virginia Air National History Book? For only \$25.00 plus tax you can give a piece of unit history. Contact LTC Evans, X357.



Winter wonderland exposure may prove fatal

By TSG L.P. Dutton

Cool weather is once more upon us and once more we must be alert for signs of cold weather-type injuries. Most cold weather injuries are not immediately noticed by the victim until after it has occurred. There are two types of cold injuries, local and generalized, and both are caused by the body's inability to replace the heat that has been lost.

The local type injuries include frostnip, frostbite; and trenchfoot. Frostnip and frostbite can occur involving the hands, arms, feet, legs, nose, and ears mostly. Trenchfoot is often called immersion foot. This is a problem where the feet and lower legs remain in water that is or near freezing temperatures. This affects the circulation and can damage the skin, muscles, and nerves in the feet.

These local type injuries can be treated by the removal of any wet clothing, gently rewarming the affected parts, and seeking medical attention, especially for frostbite and trenchfoot. DO NOT open any blisters that form and DO NOT rub or massage the affected part. The ice crystals in the skin acts like broken glass and can damage the skin more than letting it rewarm slowly.

The generalized cold injury differs from the localized type in that the localized affects the surface of the body and the generalized affects the whole body. The medical term is "hypothermia" (below normal temperature) and an older, better known term is "exposure". This condition can occur at temperatures well above freezing.

The survival range of temperature in the human body ranges from 75°F to 112°F (normal body temperature is 98.6°F). As the body temperature decreases, so does the body's ability to function. When the body temperature falls below 91°F, the body cannot replace the heat it has lost by itself, muscle movement becomes jerky, and the person cannot think clearly. Below 85°F, the heartbeat and breathing slows and the person loses consciousness. When the body temperature falls below 75°F, the heart and breathing centers in the brain fail and death results.

-The victims should receive the following care:

**Remove any wet clothing and replace with dry clothing if possible (wet clothing loses heat about 240 times faster than dry cloth-

ing). Prevent further loss of body heat.

**Seek medical attention.

-The best treatment of cold weather injuries is prevention. To help to prevent cold weather injuries:

**Avoid fatigue or exhaustion. Avoid sweating.

**Prevent excessive heat and energy loss with the insulation of dry clothes and windproofing.

**Rewarming to normal those who are shivering before further activity.

Keep fire in its place

There's nothing like a fireplace to bring a note of coziness into a room on a chilly day. Yet each year fireplaces are involved in more than 30,000 unwanted fires.

Here are some suggestions that will keep the fire in its proper place.

Don't burn trash in your fireplace. Paper can produce flying embers that can settle on your roof.

Never burn home-rolled newspaper logs soaked in flammable liquids.

Keep rugs, pillows, newspapers and other flammable materials away from the fireplace area, out of range of sparks. Use a spark screen.

Make sure that the fire is completely out before going to bed or leaving the house.



WIND CHILL CHART

ESTIMATED WIND SPEED MPH	ACTUAL THERMOMETER READING °F										
	50	40	30	20	10	0	-10	-20	-30	-40	-50
	EQUIVALENT TEMPERATURE °F										
CALM	50	40	30	20	10	0	-10	-20	-30	-40	-50
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57
10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83
15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110
25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125
35	27	11	-4	-20	-35	-49	-67	-83	-98	-113	-129
40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132

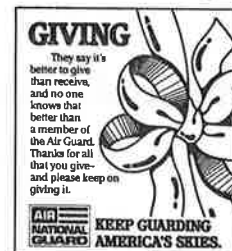
WINDS OVER 40 MPH HAVE LITTLE ADDITIONAL EFFECT

LITTLE DANGER FOR PROPERLY CLOTHED PERSON

INCREASING DANGER

GREAT DANGER

DANGER FROM FREEZING OF EXPOSED FLESH



**MANDATORY
UNIFORM FOR
DECEMBER
IS FATIGUES**