



192D TACTICAL FIGHTER GROUP

# VANGUARD

VIRGINIA AIR NATIONAL GUARD



29th Year, No. 7

Byrd IAP, Sandston, Virginia

July 1985

## Unit continues to support Special Olympics



By TSG Charles Martin

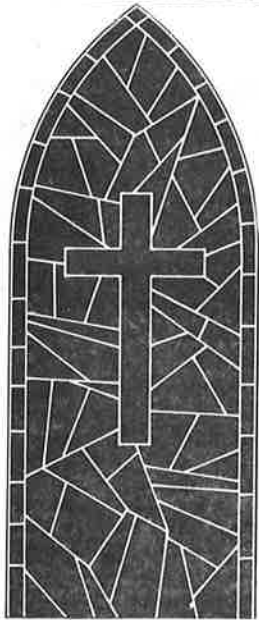
Over 1500 athletes and coaches from twenty-two regions of Virginia followed the VaANG Color Guard in a victory parade into Robins Center at the University of Richmond during opening ceremonies of the Virginia Special Olympics on Friday, June 7th. The enthusiasm generated by the athletes inside the Robins Center that night was definitely contagious as twenty-five members of the VaANG escorted participants in the evening's opening ceremonies.

The athletes, who had already won their events in local competitions, came to the University to compete against athletes from all over the state on Saturday. Assisting with the track events were twenty-five members of the VaANG. As each athlete prepared to participate in an event, a Guardsman escorted them to the starting point. An encouraging word and a hug were the order of the day, as these Special Olympians overcame tremendous odds to compete in these events.

These Special Olympians were not the only winners of the day; however one Guardsman was heard to remark that his own personal problems seemed insignificant next to the problems the participants had overcome to get to the games in Richmond. Continuing to perform to their full potential was the goal of each Special Olympian.

The State Special Olympics will again come to Richmond in 1986. We hope to have enough advance notice so that more members will be able to share in an experience that benefits so many.





SATURDAY

Catholic Mass

0930

SUNDAY

General Protestant

0730

Mormon

0915

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).

4:17 EDT, July 20, 1969...



Neil Armstrong puts first footprint on the moon

## Virginia Air Guard finishes second in regional

Playing under beautiful Vermont skies, the VaANG Softball Team took second place in the 7th Northeast Regional Air Guard tournament held in Burlington on 21-22 June. The Virginia team outscored their opponents 57-24, with the only losses given up to the tournament winners, the home standing Green Mountain Boys.

Bracket Games		VA	-	OPP
1. Pennsylvania	Won	23		3
2. New York (Suffolk Co)	Won	12		0
3. Vermont	Lost	2		3
4. Delaware	Won	10		9
5. Vermont	Won	7		5
6. Vermont	Lost	3		4

Led in hitting by Roy Phaup and George Holmes, both with .500, the Virginians posted 5 tournament home runs with Phaup hitting 3 over; Bryant Thorpe (.474) and Al Harrison contributed with each, putting one over the fence. The double play combination of Holmes at short stop, Gary Wood (.412) at second, with Bobby Weis (.450) holding down first, chalked up 4 for the tournament. One was especially impressive as it closed out the Delaware game in the bottom of the 7th, giving Virginia its first win over the always powerful Delaware Team.

Tiny Lund pitched a total of 39 innings, giving up only 4 walks, one of which was intentional, and one of the RBI leaders with 9, batting .438 for the weekend. Ed Smith and Dave Hampton shared the catching duties, with both providing timely hits when required as the extra hitter. Skipper Kirsh was one of the keys to outstanding outfield defense, while Chuck Sparks made several critical plays from the 3rd base position. Extra hitting and back-up infield provided by Fred Fontenot (.429) rounded out the highly competitive team from Virginia.

The team would like to express their thanks and appreciation to everyone who supported their efforts to raise funds for this tournament and looks forward to representing the Unit and State in the Nationals, scheduled for August in Cheyenne, WY.

## 7TH NORTHEAST REGIONAL SOFTBALL TOURNAMENT



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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# Enlisted Advisors Report

By CMS Dave Lutz\*

Senior Enlisted Advisor

As I have mentioned before, a lot of material crosses my desk each month from which I try to extract that information in which I feel you have the most interest. This month, however, an article appeared which in its entirety makes several points of which you should be aware, particularly in light of the recent spy arrests. This article was written by COL James Thomas of Keesler AFB and first appeared in the ATC News Service.

Nine years ago, LT. Viktor I. Balenko, flew a MIG-25 Foxbat across the Soviet border to Japan. He sought political asylum in America.

At that time, the Foxbat was the hottest plane in the Russian skies. Western intelligence analysis were eager to examine it and exploit what most thought to be somewhat esoteric and mystic Soviet technology.

They were disappointed.

The aircraft was built of steel, not titanium, welded and riveted by hand. A 3G turn would rip the wings off, LT Balenko verified. The engines were enormous, but primitive and gulped fuel at an incredible rate. The avionics equipment used vacuum tubes.

The aircraft was fast, but it lacked the technology of even our most primitive combat fighters.

Today, we read that the soviet KGB has published a "wish list" of technology the Intelligence Agency wants to steal from the United States. The items range from children's toys to our most sophisticated weapons delivery systems.

The Soviet Union has recently established important contacts with reputable firms in Switzerland, West Germany and the United Kingdom to purchase high technology through a third party.

They'll take it any way they can get it.

Look at Soviet military and civilian aircraft. Note the similarity to US aircraft. The swing-wing technology of the MIG 23 was introduced in the 1960's on our F-111. The AN-72 Coaler is a dead ringer for the Boeing YC-14 prototype. The 11-76 Candid bears a striking resemblance to our C-141 Starlifter.

The Russians don't currently have an aircraft which looks like our A-10 Thunderbolt II; however, Northrop's A-9 prototype which lost the flyoff to the A-10 reappeared as the SU-25 Frogfoot close air support

fighter. And most recently, the YAK-36 forger incorporates the technology of the 10-year old AV-8 Harrier. Why?

Why can't the Soviets develop high technology themselves? The riddle becomes even more puzzling considering the state-sponsored programs to educate their youth.

As far back as 1917, Lenin realized that the Soviet Union would have to become technologically superior to the West in order to achieve the Communist goal of world dominance. To achieve this superiority, the Soviet union embarked on a massive educational program to produce engineers.

Engineering and scientific students in Russia are well-rewarded for high achievement on natural science tests and are financed through college by the state.

And yet, these young men and women, despite all the benefits of a free, state-sponsored education, cannot keep pace with the creativity of their American counterparts. Those dour and serious students seen in communist propaganda seemingly can't neck it in head-to-head competition with what is portrayed as the fun-loving beer-drinking hell-raisers on American campuses.

The question "Why can't Johnny read?" Is more accurately, "Why can't Ivan think for himself?"

I believe the answer is simple and found right in the constitution of the United States, which provides for "life, liberty and the pursuit of happiness." High technology emerges from the well-spring of creativity that can only flourish in free minds living a free society.

Dictatorships cannot force a man to be creative. The American society which allows us to choose to become a Historian or a Computer Scientist, a Physical Education Major or an Electronics Engineer is fundamentally different from the Soviet Bureaucracy which forces its youth into occupations that best suit the state's interest.

Whereas the freedom to choose one's occupation is the framework for western creativity, the capitalist "profit motive," which the communists are so fond of defaming, is the engine, the moving force that turns creativity into creation.

I witness this everyday. When you're in the field of computers,

*Continued on Page 4*

## NEWS BRIEFS

\*\* CLUB NEWS \*\*

Saturday, August UTA, the club will sponsor a Crab Feast for all members and their guests. The price is \$5.00 per person.

The next meeting of the Virginia Air National Guard Retiree's Association will be Wednesday, 17 July, at 1930 in the Club 149.

This is a reminder that all Deserving Airmen Promotions requests to the grades of E-6/E-7 must be submitted to the CBPO NLT 1 August 1985. Any requests received after that date will not be accepted. Deserving Airmen Promotion requests to the grade of E-5 may be submitted monthly IAW ANGR 39-29. If you have any questions concerning promotions, please contact SMS Norman or TSG Brown, CBPO, Ext. 381/310.

CAMRON has projected a part-time Training Specialist (75132) position to be open. This position may be filled prior to 1 Oct 85. Anyone interested, contact MSG C.R. Lewis, III, X329.

Applications for State Tuition Assistance for the Fall Quarter or Semester must be submitted no later than July UTA. This is for courses beginning 15 August or beyond. Applications can be obtained from MSG John Rollings, Base Career Advisor, O&T Building, Room 24.

### Dining Hall Menu

\*\*SATURDAY LUNCH\*\*

Salad Bar  
Baked Ham with Raisin Sauce  
Sweet Potatoes      Buttered Peas  
Bread and Butter  
Fruit Cocktail  
Milk, Tea, Fruit Drink, Coffee

\*\*\*\*\*

\*\*SUNDAY LUNCH\*\*

Salad Bar  
Beef Tips Over Rice  
Succotash  
Bread and Butter  
Cake with Chocolate Icing  
Milk, Tea, Coffee, Fruit Drink

## Enlisted Advisors...

*continued from page 3*

you're in the big league of fast technological development. If you're not moving ahead, you're falling behind. Success means developing new technology and getting it in the market-place before your competition.

The capitalist ethic, which encourages individuals to pursue happiness by making more money, is opposite to that of the Soviet Union.

In the book "MIG Pilot," by John Barron, LT Balenko told of the repressive society he left. The stifling atmosphere serve bureaucracies well by suppressing individuality and assuring conformity merely for the sake of conformity and little else.

So I believe that the life, liberty and pursuit for happiness guaranteed by the Constitution have resulted in a thriving economy and a well-spring of technological growth that are the envy of our potential adversaries. As Thomas Paine once said, "Democracy is the last, best hope of mankind."



## Combat Support fitness testing

By 1LT Ed Rydalch

The 192d CSS will conduct physical fitness testing on 13 July 1985 at 0915 in front of the O&T Building for all members who have not yet tested. This test is mandatory unless you have a medical waiver. So far almost half of the squadron has taken the test with no failures. In fact, LTC Noblitt has set an example by completing the 1.5 mile run in a very respectable 13:32.

We suggest that you begin a program of regular walking or jogging now so you will have no problem passing the test. If its been a while since you've exercised, or if you have any questions about your health, you should get a medical clearance before embarking on any exercise program.

Physical fitness testing is now required by the Air National Guard. All members without medical problems must take this test annually.



## Passenger service update - bus travel

Greyhound Line, Inc., announced that it will continue the Greyhound Military Ameripass leave fare and package express programs. The military Ameripass leave fare allows active duty military, their dependents, retired personnel, and now, active duty foreign military trainees serving with the US Forces in CONUS to purchase the 15-day and 30-day tickets at half price. The ticket allows unlimited travel nationwide throughout the Greyhound System. The 15-day Ameripass is \$124 versus the regular \$249, the 30-day ticket is \$174 versus the regular \$349. Children ages 5-11 travel for \$62 or \$87 respectively and children under 5, until 28 June 85 only, ride free. Greyhound advised that increased seasonal travel and charter demands of Summer travel will restrict children under 5 riding free. After 28 June 85, Greyhound anticipates children under age five will be charged the rate charged for children in the 5-11 category. Additionally, this program is now extended to include active duty foreign military trainees and their dependents. To establish eligibility, foreign military trainees will be required to present the tan military ID card issued by the sponsoring military service at the time of Ameripass purchase.

The Greyhound system nationwide for \$10 maximum cost. Packages can be shipped by or to active duty military personnel. This program is in effect until 31 Dec 85.

**TELL SOMEONE YOU LIKE ABOUT THE AIR GUARD.**

## Looking for summer fun

## Kings Dominion

The Virginia National Guard is fortunate again this year to have King's Dominion sponsor a "Virginia National Guard Weekend" at their Amusement Park on 27 and 28 July 1985.

All National Guard personnel and employees of the Department of Military Affairs and their families are entitled to purchase tickets at the reduced rate of \$8.50 per person, a savings of \$6.00. No uniforms will be required and King's Dominion will again display a banner from the Eiffel Tower recognizing the Virginia National Guard. Everyone who attended last year enjoyed a great day and we look forward to a larger attendance this July.

Tickets can be purchased from MSG John Rollings, Base Career Advisor, in Room 24, O&T Building.



Water Country USA is offering special discount tickets to members of the Virginia Air National Guard and their families which can be used during the entire season. The regular one day admission price of \$9.95 has been reduced to \$7.75 per person. Tickets will bear no specified date for use so they can be used any day of the season.

Tickets can be purchased from TSG Paul Fedorsak in the Recruiting Office, or by mailing a check written to: VaANG Contingency Fund and mailed to TSG Paul Fedorsak, P.O. Box 297, Sandston, VA 23150-0297.

We welcome and appreciate the new support of Water Country to the members of the Air National Guard. So remember when they say your all wet, think of Water Country and get those discount tickets and make Water Country part of your summer activities.

## Reece, Howle, Kunze chosen outstanding members

During the June UTA, the 192d TFG Awards Board met to select the winners for the first half of 1985 (January to June).

Selected for the Outstanding Senior Non-Commissioned Officer was SMS Clyde M. Reece. SMS Reece is assigned to the 192d CEF as the Base Fire Chief. He is employed here as a full-time technician. His dedication and knowledge directly contributed to an "Outstanding" rating of the Fire Dept. by the Ninth Air Force IG. SMS Reece, also, contributed a significant amount of his time to make the 10K Race for Special Olympics a success for the unit. SMS Reece has two children and lives with his wife, Sara, in Ashland, VA.

SGT Arthur L. Howle was selected as the Outstanding NCO. SGT Howle is assigned to the Equipment Operator Section of the 192d CEF. He graduated from the University of Maryland and is employed as an engineer. SGT Howle has only been in the unit since July 1984 and has made a very good impression in that short time. Prior to joining the unit, he served with the US Coast Guard for four years. SGT Howle lives in Richmond with his wife, Patricia, and their three children.

The winner of Outstanding Airmen was A1C Frank U. Kunze. AMN Kunze is assigned as a Pavement Maintenance Specialist with the 192d CEF. He is employed with United Parcel Service. AMN Kunze was a foreign exchange student in high school. He lives in Colonial Heights with his wife, Sharon.

## POW/ MIA DAY

Don't Let Them Be Forgotten



## Changes put more weight on appearance

Some recent changes to Air Force Regulation 35-11 affect the weight management program. Appearance now plays a greater role. The revisions to Air Force Regulation 35-11 does not change maximum allowable weights, but they do give the commander more flexibility in administering the program. Commanders can lower maximum weight standards if people don't present a professional military appearance at their current weight. The revisions still allow commanders to adjust maximum weights for people who exceed the standards but look good in uniform.

In both cases a body fat measurement, a nomogram, will be used based on revised standards. Under previous limits, men were allowed 24 percent body fat and women were allowed 32 percent. The new limits are 20 percent body fat for men 29 and younger and 24 percent for men over 29. For women, the standard is 26 percent body fat for those 29 and under and 30 percent for those over 29.

People who are at or below desired levels will continue to be weighed annually, while those who exceed the desired level will be weighed semi-annually, in January and July. The amount of weight a person in the program must lose each month also has changed from 6 pounds every 60 days to 5 pounds per month for men and 3 pounds per month for women. People on the program will receive quarterly diet counseling and be required to participate in a minimum 90-day exercise program.

## Heat Index

You've heard the saying, "it's not the heat it's the humidity." The saying is only half true, it is the combination of heat and humidity that can not only be uncomfortable, but downright dangerous.

To measure the combination, the National Weather Service is using a "misery" index introduced last summer called the heat index. Known to meteorologists by its initials "HI," it is a measure of the effects high humidity and abnormally high temperatures have in reducing the body's ability to cool itself. For example, if the air temperature is 100 degrees Fahrenheit and the relative humidity is 50 percent, the effect on the human body is the same as if it were 120 degrees outside.

Sunstroke and heat exhaustion are likely. Even if you are young and healthy, a day with an HI of 120 is not a day to run a marathon. The danger is greater for babies, the elderly and those with heart conditions.

In most areas, the heat index will be used in forecasts when it is expected to exceed 105 degrees for two days or more.

Of course, high temperatures can be dangerous even without high humidity. "Clothes make a big difference," says Duane Cooley of the National Weather Service. "If you exercise in clothes that don't 'breathe,' you have problems even in 85 degree weather." Take a cue from experienced desert dwellers and wear a hat and loose light clothing when you must work in the sun.

In the 40-year period from 1936 through 1957, nearly 20,000 people died from heat exposure in the United States. The most recent severe heat wave in the summer of 1980 claimed 1,250 direct and an untold number of indirect casualties.

**FREEDOM**

*John Hancock*

That's what America—and the Air National Guard—is all about. We encourage you to re-enlist in the Guard for your country. And for yourself.

**KEEP GUARDING AMERICA'S SKIES.**



**FOR THEIR SAKE...**



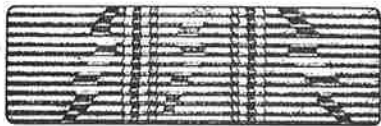
**BUCKLE UP**

## 192d captures 9th Air Force gunnery meet

The 9th Air Force A-7 gunnery meet was held at Jefferson proving ground on the 28th & 29th of June, with 7 of the 8 A-7 teams competing in the competition. The 192d TFG finished first by over 2100 points. Captain G.T. Alexander was the "Top Gun" for all events. The entire 45 man team will be going to Nellis AFB for "Gunsmoke 85" from October 6-19. Good Luck!

Richmond	22,238
Albuquerque	20,113
Rickenbacker	19,253
Toledo	17,570
Springfield	16,764
Pittsburgh	12,971
Selfridge	12,360
Puerto Rico	(Did not compete)

Individual Place	Points
G. T. Alexander	6342 Top Gun
William Jones	6220
Roger Legg	5076



**REMEMBER**

THE NEW "G.I. BILL" - EDUCATIONAL ASSISTANCE BECAME EFFECTIVE 1 JULY 1985. ARE YOU ELIGIBLE? YOUR BASE CAREER ADVISOR CAN TELL YOU.

CONTACT MSG ROLLINS EXT 426



**KEEP GUARDING AMERICA'S SKIES.**

## Ground safety

### Your child checklist

The checklist below contains information which can help you protect your children. Read it carefully and discuss it with your children until they understand.

\*All children should know their full name, address including the city and state, and phone number including the area code.

\*Make sure your child knows how to reach the operator and how to call long-distance.

\*Take photos of your children at least yearly, and keep a copy of their fingerprints and dental records.

\*Teach your children to never admit to anyone over the phone that they are home alone, and to call the police or a neighbor if someone tries to get into the house.

\*Be sure that your children's school or day care center will not release them to anyone but you or someone designated by you. Set up a code word with your children if you must send an unfamiliar adult to pick them up.

\*Teach your children what to do if they get separated from you. If you are shopping and become separated, your children should not look for you, but should go immediately to the nearest clerk and ask for assis-

tance. They should never go to the parking lot without you.

\*Children should know they have a right to say "NO." They do not have to obey strangers.

\*Teach your children that a stranger is someone you and they don't know. A "bad" stranger asks children to go with him, offers them candy or presents, or asks them to take his photograph.

\*If your children are followed by someone in a car or on foot, they should run to the nearest public place and yell "help!" Never run to a deserted place.

\*Your children should know that adults rarely ask children for directions, and it is best to ignore strangers who do. If a stranger calls them to a car, they should never go near it.

\*Teach your children to tell you about strangers they meet, or anyone who asks them to keep a "secret."

\*Tell your children that no one has the right to touch them or make them feel uncomfortable.

\*Never leave your children alone or in an unattended car.

\*Know your children's friends.

\*Listen when your children tell you they do not want to be with someone, there may be a reason.

## WASTEBUSTERS

If you're asked about a new program called "Wastebuster." It's a program that focuses on the reasons people dispose of useable equipment or supplies. It initiates policies or procedures to eliminate wasteful practices.

A study by Air Force experts showed that serviceable equipment is thrown away because of cumbersome turn-in procedures, impractical management of bench stock, the "use it or lose it" budget policies and materials being shipped in larger quantities than needed.

While the program is in its infancy, changes have already been made at almost all base supply and maintenance operations. Some bases have already reported significant savings.

For example, a vehicle destined for disposal was stopped and re-examined. The result: 26 serviceable parts, worth more than \$4,000, were removed and used to place 12 other vehicles in commission.



Remember family or friends with Special Occasion, Get Well or Memorial cards.

WERE FIGHTING FOR YOUR LIFE

American Heart Association