

192D TACTICAL FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD



29th Year, No. 9

Byrd IAP, Sandston, Virginia

September 1985

From The Commander

Many of us will fortunately be deploying to Norway. This will be an excellent opportunity to meet new friends and get to know some of the members of our NATO team better. However, all of us must remember that we are guests in a foreign country, and we should be sure to take the time to be extra courteous and respectful of the special traditions and culture of the Norwegian people. Let's be sure that this is a pleasant learning and training experience. Use common sense, good manners and listen to what our hosts have to say.

HARTWELL F. COKE, IV, Colonel, VaANG
Commander

Unit Prepares For Norway

By TSG Louis Paris

Members of the 192d Tactical Fighter Group made final preparations for their deployment to Norway during the August UTA. Operation "Coronet Panther" will take the unit to Evenes Flystasjon, a Norwegian air base located 200 miles north of the Arctic Circle.

The latest deployment is one more mission in what has been a busy year for the 192d TFG. In March, 200 members traveled to Savannah, Georgia, to take part in the 9th Air Force ORI. In July, much of the unit found itself in Panama to participate in our normal rotational duties there. In addition, there have been a number of smaller deployments during the course of the year.

Although a trip to Norway sounds like a romantic idea, this deployment will not seem like a visit to the "land of milk and honey." Those making the trip have been informed that facilities on the base will be adequate, but not necessarily plentiful. For example, all personnel will be housed in tents. There will be a small base exchange at the

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Bush Here Enroute To Political Rally



COL Coke welcomes Vice President George Bush to the Virginia Air National Guard. The Vice President arrived at the base while enroute to a political rally for gubernatorial candidate Wyatt Durrette.



Vice-President George Bush takes time from his busy schedule to shake hands and speak to members of the 192d TFG.

Chapel News

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).

SATURDAY
Catholic Service
0930

SUNDAY
General Protestant
0730

Look For More Troubles

Be thankful for the troubles of your job. They provide about half your income. Because if it were not for the things that go wrong, the difficult people you have to deal with, and the problems and unpleasantnesses of your working day, someone could be found to handle your job for half of what you are being paid.

It takes intelligence, resourcefulness, patience, tact and courage to meet the troubles of any job. And it may be the reason you aren't holding down an even bigger one.

If all of us would start to look for more troubles, and learn to handle them cheerfully and with good judgement, as opportunities rather than irritations, we would find ourselves getting ahead at a surprising rate. For it is a fact that there are plenty of big jobs waiting for men and women who aren't afraid of the troubles connected with them.

Norway

Continued from Page 1

site, but the variety and amount of items stocked will be limited. Six washers and dryers will be available for personal use.

The year 1986 promises to be almost as busy as 1985. There will be a deployment to Panama in January and annual field training is scheduled for March. Other deployments scheduled for next year include missions to George AFB, California and Eglin AFB, Florida.

Jokes May Lead To Arrest

The recent hijackings of several commercial airliners have prompted a renewed emphasis on airline security. In addition to increased surveillance of checked and carry on baggage, officials in the air transportation industry are also on the lookout for people who can be identified as potential hijackers.

Recently, a pair of soldiers were arrested at Charleston International Airport in South Carolina after they made "questionable comments" while going through the security checkpoint. The soldiers were turned over to Army officials for further action. This example is indicative of the ongoing cooperation between the airline companies and the military in security matters.

Air Force legal officials in Washington say people who make airport comments about hijacking or bombing an airplane, even if the comment is made in jest, are subject to court martial or prosecution in the federal court system. The laws regarding such comments were written specifically to put a stop to potentially provoking comments such as "you didn't find the bomb," or "I'm going to hijack the plane to Cuba."

Even comments that no one is expected to believe could result in a substantial fine, forfeiture of up to two-thirds pay per month for four months, and confinement for the same length of time for active duty personnel. Civilians may be fined up to \$1000 for making comments no one would reasonably believe, and up to \$10,000 if comments could be taken seriously.

If the threatening comment is made while the plane is in the air, then the potential punishment for both military personnel and civilians increases to a fine of up to \$100,000 and 20 years in prison.

Common sense should apply when boarding aircraft. Threatening remarks can, at the very most, lead to substantial fines and jail sentences. At the very least, the person making the remarks may be prevented from boarding the aircraft.



Unit To Support Blood Drive

By SMS Bobby McCormick

The Richmond Metropolitan Blood Service will conduct a blood drive at the Virginia Air National Guard Munitions Maintenance Bldg (3633) on 14 September 1985 from 0800 thru 1430 hours.

We have set a goal of 50+ units. Surely, we as a unit, can donate 100 units without any trouble. We ask your support and help to insure that a safe and adequate supply of blood is available. During May UTA 52 members donated.

During the past 6 months 2 members of my family used 14 units of blood. I know what it meant to my family to know that blood was available whenever it was needed. I ask your support and ask that you donate blood on 14 September 1985. It will take only a few minutes of your time, and you will feel good for having helped your fellow man.

Contact the personnel listed below to set up an appointment.

SMS Bobby McCormick (O&T)	X312
SSG Marvin Southhall (RMS)	X351
SSG Karen Mealy (CAMS)	X334
SRA Deborah Fletcher (CE)	X362

Club News

* THE CLUB 149 WILL BE CLOSED *
* AFTER 1830 ON FRIDAY, 4 OCT 1985 *
* FOR A PRIVATE FUNCTION. *
* *****

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

Two items that remain high on the conversational - topic list of most airman are "promotion" and "selective retention board" (SRB). For the first time, in July, I became aware of just how closely the two are connected and the degree of effect one has on another.

Many (perhaps most) of you are not aware that the SRB looks closely at the promotability of each individual being reviewed, the efforts made by each to strengthen their promotability (primarily PME), and the effect on the careers of others if that individual were promoted or selected out.

When I reviewed the activities of this year's SRB with BG Mattox, I found that his separate review had highlighted the same situation as mine. Even though BG Mattox has addressed this situation by letter to the squadron commanders, I feel I must make sure that each of you thoroughly understand what is bound to be (and rightfully so) a basis for much discussion for some time to come. The points I make here are directed primarily at NCO's but since all enlisted personnel are affected, all should be aware and concerned.

A review of the records of personnel holding E-7, E-8, and E-9 positions on the UMD immediately highlights the fact that several individuals have the time in grade (TIG) and time in service (TIS) for promotion but have not completed the PME that is mandatory to permit their promotion. In a couple of cases the individuals have almost ten years TIG and no PME. This record review will also note an ever-growing group of individuals who have all the requirements for promotion (including PME), but cannot be promoted because they are "overage" in their UMD slots.

I can think of no viable excuse for an individual reaching the TIG and TIS for promotion without any PME. If the only thing between an individual and promotion is PME, then that individual is, in most

cases, delaying the promotion of others below them on the UMD. Not only does this delay the progression of others on their career ladder, but can discourage some into giving up their military careers altogether.

All of you are aware that specific PME is required to progress, particularly in the NCO ranks. In addition, there is a long list of PME available that is not required but is "highly desirable" in building a "complete NCO." An NCO with no PME is an indication, in my opinion, of one or more of the following:

- a. Lazy - no desire to progress.
- b. Peaked Out - has no ability to progress further.
- c. Feel's safe and comfortable at present level and fears added responsibility.
- d. Has been lead to believe that no hope of promotion exists, so sees no need to do any preparation.

I am not saying that we promote all personnel as they become eligible or as they complete the required PME. Everyone realizes that there are other considerations involved. I am saying that we need a program to:

1. Isolate those individuals who are "homesteading" UMD positions (TIG/TIS with no PME).
2. Council them as to what they are doing to their unit, themselves, and the careers of others.
3. Direct them to initiate their PME or be moved into "overage" positions so that interested and qualified personnel can move up past them on the UMD.
4. Make the aware that remaining unpromotable in their present UMD position (without PME) or moving into an "overage" position will likely end their military careers when they are next reviewed by the Selective Retention Board.

Such a program would, I feel, help alleviate the existing E-6/E-7 bulge, increase our personnel retention, and considerably improve the unit as a whole.

NEWS BRIEFS

The next meeting of the Virginia Air National Guard Retiree's Association will be Wednesday, 18 September 1985, 1930 in the Club 149.

There will be a CPR Instructors Course September 28 & 29, 1985. The course is 16 hours duration. Interested members should contact SSG Denise Jones, Ext. 434, September UTA.

The October 1985 "Mock LES" will contain the usual comments: "This is a statement of what your monthly active duty pay would be if mobilized. Please review your records to insure all prepositioned items such as allotments, bank data, and address are current. Your local payroll office can assist you in making any needed changes. Keep this form for mobilization processing."

Submit your name, unit, and duty phone number to the Social Actions Office September UTA weekend if interested in the Drug and Alcohol NCO position. To qualify you must possess a five or seven level in your AFSC, hold the grade of SSG, and be able and willing to complete a CDC course and attend two 2-week schools in residence. Phone Ext. 389 for more information.

Order now for your Fall/Winter wardrobe. Distinctive styling in gray with navy blue VaANG embroidery. Must see to appreciate. Sample jacket may be seen in Maintenance Control, and ordered from either Andy Maxwell, Ext. 388, or Patti Stanley, Ext. 330.

'CHOW CALL'

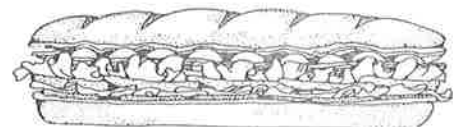
****SATURDAY****

Ham and Cheese
and
Roast Beef
Sandwiches

****SUNDAY****

Fried Chicken

EVERYONE IS AFRAID OF SOMETHING!



BCA's BEAT

MSG John Rollings
Base Career Advisor

What You Should Know About The Reserve Component Survivor Benefit Plan

Your RCSBP package will aid you in understanding the plan and making your final decision. It is important to recognize that under RCSBP, decisions are irrevocable. Consequently, your decision should be considered very carefully. The only time you can change your election is if you do not have a spouse or child at the time you are entitled to make an RCSBP election but later acquire a spouse or dependent child, or if you no longer have eligible dependents as a result of whatever.

After receiving your RCSBP package, take the time to read it over carefully. If there is anything you do not understand about the plan or any questions you may have, do not hesitate to come by the CBPO. Not making an option because you do not understand something is not worth the loss of benefits for your survivors.

Public Law 95-397, dated 30 September 1978, established a plan for Reserve Component personnel who have completed 20 years of satisfactory service for retirement and have received the notification of eligibility for retired pay at age 60 to provide an annuity for survivors in the event the member dies prior to reaching age 60.

At the same time you are notified of your eligibility for retired pay, you will receive the Reserve Component Survivor Benefit Plan package. At this time you have 90 days to elect or decline participation. You have three options available.

Option A - You decline to participate in the SBP at this time, but retain the option to receive another chance to participate during the processing for receipt of retired pay at age 60. If you die prior to reaching age 60, your survivors will not be entitled to receive any benefits from the Air Force. Loss of benefits not only includes the annuity provided by the RCSBP, but the medical and dental benefits available through the Uniformed Services Medical Facility and medical benefits of the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) as well. Your survivors would also be excluded from entitlement to the DD Form 1173, Uniformed Services Identification and Privilege Card, use of commissary, exchange facilities, legal, open mess membership, use of all base facilities and any other benefit which you would have accrued or may have accrued to your survivors had you made the RCSBP election when you were first eligible. Should you fail to return the election forms within 90 days from the date of receipt of the notification of eligibility letter, you will be considered to have deferred your election until age 60.

Option B - Allows you to elect coverage to provide an annuity beginning on your 60th birthday, should you die before attaining age 60, or on the day after your death, should you die after attaining age 60.

Option C - Allows you to elect coverage to provide an annuity beginning on the day after the date of your death, regardless of your age at the time of death.

I.G. Brown PME Needs Temporary Instructors

The Air National Guard has a continuing requirement for outstanding enlisted and officer personnel to serve on short tour of duty for approximately six to seven weeks at the Air National Guard Support Center, Det 10, I.G. Brown Professional Military Education Center, Knoxville, TN. Enlisted personnel positions will be with the NCO Academy and Leadership School, and officer positions with the Academy of Military Science. Requirements for each follow.

NCO Academy (NCOA) and NCO Leadership School (NCOLS).

*Must be a graduate of a resident NCOA or NCOLS.

*Any AFSC is acceptable; awarded at least 5 level.

*Desire experience in teaching/instructing.

*Must comply with AFR 35-10 and AFR 35-11.

Academy of Military Science (AMS).

*Desireables are second lieutenants through captains.

*Any AFSC is acceptable.

*Desire experience in teaching/instructing.

*Must comply with AFR 35-10 and AFR 35-11.

Duties include: Selectees will perform classroom instruction, evaluate student performance on briefings, drills, and assignments. Will play a role in all aspects of the educational program and support the instructor staff.

Applicant must submit:

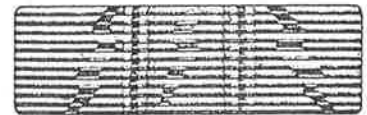
*Full length photo, in short/blouse.

*One copy of civilian/military experience resume.

Applications must be mailed to Det 10, ANGSC, PMEC/EDS, P.O. Box 9110, Alcoa, TN 37701-9110. Direct inquiries to (enlisted personnel) NCOA/LS Commandant, Autovon 588-8530 or (officers) AMS Commandant, Autovon 588-8514.



Whatever happened to 159? Well, its refurbished and renumbered and being displayed at Davis-Monthan AFB, Arizona. Rescued from the graveyard, the 192d's old F-105 is now one of several aircraft from the Vietnam conflict on show during Davis-Monthan AFB's POW/MIA Recognition Day ceremony.



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 EXT436



KEEP GUARDING AMERICA'S SKIES.

Ground Safety

Test Your Seat Belt Knowledge

By SSG Larry Harris
Safety NCO

1. If a shoulder belt fails to lock when pulled, it isn't working.

FALSE. Modern safety belts are designed to allow you freedom to reach, bend, or stretch, except in an emergency, such as a panic stop or crash. Then, the belt "locks up" automatically, holding the wearer firmly in place.

2. Lap and shoulder belts, when properly used, cut the chances of being killed or seriously injured in a crash by 50 percent.

TRUE. In fact, 50 percent is a conservative estimate. Many studies show the use of lap-shoulder belts to be 60 percent effective in saving lives and preventing serious injuries.

3. The longer the trip, the more likely it is that people will use safety belts.

TRUE. Many people who don't use their seat belts going to work or shopping will wear them on long trips. But 3 out of 4 car crashes actually happen within 25 miles of home!

4. Using safety belts is your best defense against drunk drivers on the road.

TRUE. 23,500 people were killed in 1983 in alcohol-related traffic crashes. Wearing a seat belt can protect you and your loved ones should you be hit by a drunk driver.

5. Campaigns to urge people to wear seat belts voluntarily are more effective than laws requiring belt use.

FALSE. Over the years, efforts to persuade motorists to voluntarily wear seat belts have not resulted in widespread belt use. The National Highway Traffic Safety Administration has said, "It appears highly unlikely that mass media campaigns can produce voluntary belt usage in excess of the 20 to 30 percent range." Belt use laws, on the other hand, typically result in a 70 to 95 percent usage rate.

6. In countries where seat belt use is mandatory, highway deaths have declined by about one-fourth.

TRUE. In 1984, U.S. Secretary of Transportation, Elizabeth Dole, said, "The case for safety belts is persuasive. In 29 foreign countries where seat belt use is mandatory, highway deaths have declined by an average of 25 percent.

7. By using a seat belt, a driver has better control of the vehicle, increasing chances of avoiding a collision.

TRUE. Drivers who use seat belts remain behind the steering wheel and are in position to control vehicle direction in emergencies. Best evidence is the experience of race car drivers who would not consider racing without buckling up.

8. Most people who don't use seat belts now, wouldn't use them if a belt law were passed.

FALSE. Safety experts estimate 70 to 80 percent of people who do not now buckle up are generally law abiding, and, for the most part, would use belts if the law required it.

9. People riding in front seats account for over 90 percent of the passenger car deaths that occur each year in motor vehicle accidents.

TRUE. Traffic Safety Now, Inc., which promotes increased seat belt use, says the figure is 92 percent.

10. Seat belt use laws in every state could save more than 8,000 lives a year.

TRUE. The Highway Users Federation estimates that if 80 percent of Americans regularly wore their belts in 1983, 8,100 lives would have been saved and 319,000 injuries would have been avoided.

11. If my car had air bags, I wouldn't need to wear a seat belt.

FALSE. Even in cars equipped with air bags, use of seat belts is needed to prevent ejection from the car, to keep you in position for the restraining function of the air bag, and to keep you from being thrown around the car's interior in side collisions or rollovers when the bag does not deploy.

12. A seat belt law would violate my personal freedom to choose between protecting myself or not.

FALSE. Freedom does not include the liberty to take unreasonable risks with one's own life or the lives of others on public roads and streets. It is in the public interest for states to regulate the safe use of motor vehicles through traffic laws, driver licensing, vehicle safety standards and seat belt use requirements.

PREVENT BROKEN HEARTS



USE YOUR SEAT BELT



Country music star, Barbara Mandrell urges Air Force members to "buckle up and live." Ms. Mandrell and her two children were involved in a near-fatal head-on collision with another car last fall. "Seat belts saved our lives," she says, "but the other driver wasn't wearing one and he didn't make it."

Future Guardsman Is A Hero

TSG Robert L. Strang of the 192d CAM Squadron has something to be proud of.

Recently, his 6-year-old son, Brian, proved to be a real hero to his 4 1/2-year-old friend, Jeremy.

Jeremy is the son of SSG Thornton W. Williams, also a member of the 192d CAM Squadron.

Both boys who are enrolled in "polliwog" swimming class for beginners, were lined up along the edge of the pool at the North Richmond YMCA waiting for the lesson to begin. Classes had started only four days before that, and neither boy had learned to swim yet.

Jeremy, who was wearing a flotation device, decided to take a dip. He jumped into the water and held onto the side of the pool. His hand slipped, however, and he drifted out of reach of the pool's rim.

Brian, who is "used to kind of looking after" Jeremy, saw his friend's face go under water.

Brian was at the pool's edge immediately, lay off his stomach and extended his hand to Jeremy. He pulled the younger boy to safety before any of the adults there knew what was happening.

Although Jeremy was not in any immediate danger, because several adults and instructors were in and around the pool at the time, it was amazing the way Brian instinctively reached out to help Jeremy.

Because of Brian's successful rescue the Richmond YMCA has applied for him to receive a national YMCA meritorious award.

(Condensed from the Richmond News-leader, Dora McAlpin.)

Help Your Heart

American Heart's Food Festival

During the week of September 8 through 14 the American Heart Association focuses attention on nutrition through an event called "American Heart's Food Festival." The Festival is designed to enhance people's awareness of the importance of a well balanced diet.

In the past 20 years many Americans have been making changes in their eating habits. According to the U.S. Department of Agriculture, consumption of fresh fruit is up 21.7 percent, and fresh vegetable consumption has increased 6.7 percent. Also, consumers are eating 44.4 percent more frozen fruits and fruit juices, and 35.1 percent more frozen vegetables. The overall consumption of vegetable fats is up 68.8 percent, and Americans have decreased the consumption of animal fat.

There is no doubt that there is a link between the foods we eat and our health.

Good sources of protein that are low in fat include poultry, lean meat, lowfat cheeses, and legumes. By making educated selections about the food they eat, people can achieve good nutrition that will enhance their health.

In addition to being affected by nutrition habits, the development and progression of coronary heart disease is influenced by heredity, environment and lifestyle. But it is clear that a diet rich in calories, saturated in fat, and cholesterol can contribute to hyperlipidemia (a high level of fats in the blood) and obesity. And diet is an aspect of life that people can usually control.

When the total amount of fat in a diet is decreased, a modest increase in carbohydrates is usually required. Good sources of carbohydrates are vegetables, fruits, cereals and whole grain breads. People have a tendency to think their consumption of protein should be increased on a weight reduction regimen. But the average person needs only about 15 percent of their caloric intake from protein sources.

Several other misconceptions about protein are also common. For example, adolescents do not require more protein than adults and people who exercise regularly do not need more protein than sedentary persons.



While there is a general trend toward improved eating habits, misconceptions about nutrition remain prominent in the minds of many Americans. One common misconception is that carbohydrates should be avoided if a person wishes to reduce his or her weight. The AHA's dietary guidelines recommend that only 30 percent of a person's total daily calories should come from fats - some typical sources of concentrated dietary fats are whole milk products, fatty meats and butter.

Drive Alert



Children from the School of the United States express their appreciation to COL Coke and members of the unit for supplying them with needed educational materials.