



192D TACTICAL FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD



29th Year, No. 1

Byrd IAP, Sandston, Virginia

January 1985

Safety is key to accomplishment

The Safety Program of this organization affects the efficiency, effectiveness, and morale of every individual concerned in the accomplishment of our assigned mission. When accident rates go up, efficiency and morale of personnel drop.

With current budgetary and personnel limitations, a comprehensive Safety Program becomes increasingly important. Its absence leads to a loss, not only to funds allocated for Air Force operations, but also to a considerable portion of military and civilian manpower.

Planning accident prevention in every project we undertake is mandatory if we are to optimize efficiency. Monetary and manhour losses due to accidents or unsafe practices cannot be justified under the guise of expediency or mission accomplishment. Safety awareness, enthusiastically and intelligently practiced, will eliminate a high percentage of loss caused by avoidable accidents. If we think safety, we will act safely.

Supervisors are the key men in our Safety Program, but we cannot achieve maximum efficiency until each officer, airman, and civilian is aware of the contributing factors which lead to loss of manpower and destruction of property and equipment. Prevention of accidents is one of the most important tools for accomplishing our mission.

ANG to implement physical fitness program

Effective 1 April 1985, the Air National Guard will be required to implement a Physical Fitness Evaluation Program applicable to all personnel. The program will consist of two methods for evaluation. Individuals will have a choice of one of the methods. The methods are as follows:

	WALK/RUN 1.5 MILE		WALK ONLY 3 MILES	
	MALE	FEMALE	MALE	FEMALE
17-29	14:30	15:36	40:54	43:52
30-39	15:00	16:30	42:04	45:10
40-49	16:00	17:30	44:25	47:44
50+	17:00	18:15	48:29	52:02

The 1.5 mile walk/run can be a run, jog or a walk or combination thereof. The 3-mile walk is limited to walking only. Running or jogging during the 3-mile evaluation will result in disqualification. These evaluations will be done annually. Individuals who fail to meet the qualifying times for their age brackets will be entered into an appropriate Fitness Improvement Program and retested in 90 days from date of initial evaluation. Individuals who refuse to participate or who are unable to meet performance standards within reasonable time will be subject to adverse administrative actions.

Physical fitness is an individual responsibility. Each member is encouraged to develop some form of training program to fit their needs and participate in it as deemed necessary.

Available to all members is a well planned and laid out 1 1/2 mile fitness trail on base. You are encouraged to use the facility to get in shape, during lunch time or after hours. Future plans for the trail include an entrance way, mile markers, and various exercise stations scientifically laid out for overall good fitness. The unique

thing about the course is regardless of where you start, if you finish up at the same spot, you will run 1 1/2 miles. A map of the base with an outline of the course is attached for your use.

Details as to how the evaluation and when the evaluation will be accomplished will be furnished each member through the appointed Unit Fitness Monitor as well as future VANGUARD articles.

Each individual is cautioned to request a medical evaluation if they feel it is necessary. If you are not used to this type of program, by all means talk with the Medical Staff first.

Additional information on the program will be forthcoming in additional articles.

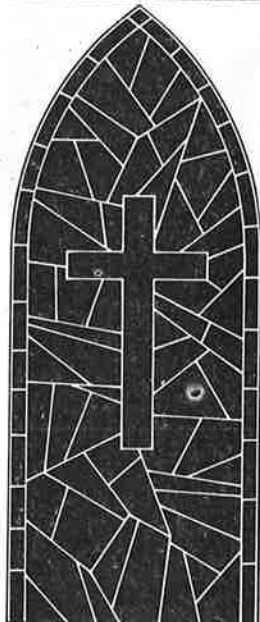
Remember, now is the time to begin getting into shape. Don't wait! All evaluations must be completed with the results forwarded to the CBPO NLT 15 July 1985.

RESOLUTIONS

Now here's a great New Year's resolution for you. Re-enlist in the Air Guard—for all the great things we can give you, year after year.

AIR NATIONAL GUARD **KEEP GUARDING AMERICA'S SKIES.**





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).

Fraud, Waste and Abuse - integrity alert

Unofficial Telephone Calls

*Telephones are to be used only for official business except in cases of emergency.

Long Distance Telephone Calls

*Calls will be kept at the minimum, consistent with efficient operations. Teleconferences, TWX, and postal facilities will be used to the maximum extent as substitutes for long distance telephone calls.

Telephone Credit Cards

*Telephone credit cards are to be used in conjunction with official business only and then only when the authorized credit card holder is away from his/her permanent duty station and has a requirement to place an official call to other than his permanent duty station. Credit cards will not be used to make calls from the permanent duty station.

(Reference: DOD Directive 5335.1)

Dutton receives national medical service award



TSG Levin P. Dutton, a medical services technician with the 192nd TAC Clinic, Virginia Air National Guard, Byrd Field has been named the Air National Guard's Outstanding Medical Service Airman of the Year. The national award was presented to TSG Dutton during ceremonies conducted earlier this year in San Diego at the annual meeting of the Association of Military Surgeons of the United States.

Sergeant Dutton is responsible for developing and implementing an updated emergency medical technician program and for reorganization and rewriting the unit's disaster casualty control plan. According to Major David L. Hudson, Commander of the 192nd TAC Clinic, "This is not Sergeant Dutton's first military award. His military record is impeccable. He has been recognized on several previous occasions for his contributions to the unit and his outstanding job performance. In 1982, he was honored as the Virginia Air Guardsman of the Year. He is an outstanding medical technician and deserves this honor."

1929-1968



Dr. Martin Luther King Jr.

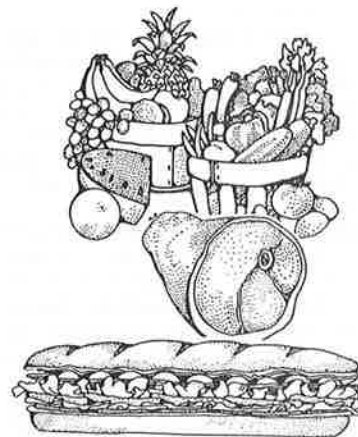
SATURDAY LUNCH

Salad Bar
Braised Beef Tips
Steamed Rice
Buttered Carrots
Bread and Butter
Pears in Sugar Syrup
Milk, Fruit Drink, Coffee

SUNDAY LUNCH

Salad Bar
Roast Beef with Brown Gravy
Mashed Potatoes Mixed Vegetables
Bread and Butter
Milk, Coffee, Fruit Drink
Cake

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



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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A-7 pilots help train forward air controllers

Fifty one members of the 192nd Tactical Fighter Group returned December 8th from Patrick AFB, Florida where they provided training to the United States Air Force Forward Air Controller School located there.

The pilots from the 149th Tactical Fighter Squadron flew eighty missions with student forward air controllers at the school.

According to LTC Terry Maynard, the deployment commander, "We accomplished some excellent training during our two weeks at the school. We only had six aircraft there and eleven pilots, some of whom rotated in for just one week and yet we managed to fly eighty missions. The support group is to be commended for their work. This deployment was just another example of how total force concept works. The Air Guard and the active forces working together as a team to accomplish an important training mission."

As an added bonus during the two week deployment six members of the

support group were lucky enough to receive rides in the OV-10 Bronco's used by the 549th Tactical Air Training Squadron, the unit that runs the forward air controller training school. Student pilots also fly the O-2 aircraft.

During the training period, Virginia Air Guard A-7's would fly missions in the morning and afternoon. For each mission the A-7 would be equipped with 12 BDU 33's. The A-7 pilots would first work one Forward Air Controller on the range and then move to another range and pick up another OV-10 or O-2 for a second range mission.

Pilots from the 149th TFS were also able to visit some of the ranges the unit will be using during the upcoming ORI. According to LTC Maynard, "There were two days when the FAC's didn't fly, and we scheduled a couple of missions at Pinecastle and Rodman ranges, two of the ranges we will be using during the ORI this spring."

NEWS BRIEFS

The monthly meeting of the Virginia Air National Guard Retiree's Association will be held 16 January 1985 at 1930 hours in the Club 149.

All members are urged to attend this very important meeting, since we will be voting on the adoption of the completed constitution.

The following is a reprint of a recent message received from the Air Force Accounting and Finance Center (AFAFC) in Denver, Colorado.

"AFAFC is still experiencing hardware problems with the check printing operation and some checks were again mailed with incomplete addresses. These checks will be forwarded to the members as soon as they are returned to AFAFC.

The current printers are very close to being non-reparable due to their age. Replacement printers have been ordered but will not be in place before the summer of 1985. In the interim, the problems could occur again. Please alert your members of this possibility."

On Friday and Saturday nights, 1 out of every 10 cars coming toward you has a drunk driver behind the wheel. On other nights of the week, 1 out of every 50 drivers is drunk.

Medical Services

It is the policy of the Air National Guard Medical Service to provide Medical Services under the following circumstances:

- a. Physicals
- b. First Aid; civilian and military
- c. Emergencies

All other medical conditions, chronic or subacute, cannot be treated by our Clinic staff. Civilian practitioners should be contacted for this medical care.

Prescriptions from outside physicians cannot be refilled or re-written by our staff.

Examples: RX for birth control pills
Chronic pain medication

The above guidance has been directed in the past by various Federal Laws which set limitations on the medical care we may provide.

It's time to make your move

By CMS Dave Lutz

Senior Enlisted Advisor

When you are accepted as a member of the Guard, it means that you have recognized abilities and potential which are needed. Once you are positioned within the organization, you are expected to develop these assets using the tools which the Guard provides (schools, OJT, CDC's, etc.).

Like a horse being led to water, you must want to drink! To many times an investigation of a complaint about being passed over for promotion reveals that the individual involved has never completed a CDC Course that is a prerequisite. In some cases, the individual denied knowing that the CDC is required. Don't wait for others to come to you. Its your career, monitor it! Make your move!

You have OJT instructors, First Sergeants, and a Base Career Advisor to help. How long has it been since you did a thorough review of your career? What are your long range

goals? Are you frozen in the your present position? Can you cross-train to another position? Check out your options. Make your move.

Have you attended an NCO academy? What career-building courses are available that you have not taken? Each of these items add weight to your competitive position when promotion time arrives.

If addition to the development of mind and skill, a "well-rounded career" requires that some of your talents and time be directed to other than self. Are you an active member of EANGUS, AFA, or AFSA? If you don't know what these initials stand for, make your first move and find out! Do you take part in Group or Squadron supported activities? Are you a member of the Club 149? Do you give blood when the blood-mobile is on base? I could go on and on, but by now you should have the picture.

Make your move! If I can help, call Ext. 510.

192d TAC Clinic honored at national meeting

Two members of the 192nd TAC Clinic received recognition at the annual meeting of the Association of Military Surgeons of the United States held recently in San Diego. In addition, the 192nd TAC Clinic was cited for the units successful performance in early 1984 during a Health Service Maintenance Inspection held at Byrd Field.

The 192nd TAC Clinic was one of the units that received an overall rating of excellence from the Directorate of Medical Inspection, Headquarters, Air Force Inspection and Safety Center. In addition, a certificate of recognition for the unit's performance was issued by the Air Force Surgeon General.

In the inspector's final report, three members of the unit were individually cited for the exceptional performance: TSG L.P. Dutton, Aero-medical Services Technician; Major Jim Rubis, Dental Office; and Major Elton Brown, Optometry Officer.

Major Brown was elected to the Executive Council of the Air National Guard Optometric Society, and TSG Dutton was named Outstanding Air National Guard Medical Airman of the Year during the meeting.

THANKS to the Virginia Air Guard

By SSG VALERIA MARTIN

Nancy Deppe would like to thank the entire Air National Guard for the outstanding support she and her 5 children received for Christmas.

Nancy was very surprised Christmas Eve, when she received enough money to buy toys, clothes, food, and even new coats for her children. You know it's very hard to have a nice Christmas when you have five children and no work. But thanks to the Virginia Air National Guard the Deppe's managed to have the best Christmas ever. They received everything they wanted.

By the effort everyone put out for this family, everyone still knows the real meaning of Christmas and there might even be such a thing as a real Santa Claus.

Again, Nancy as well as myself THANK YOU, this Christmas will be one we both will never forget.



During the December UTA, unit members tried out new 18 position base firing range.

Know notes

M258A1 PERSONAL DECONTAMINATION KIT

PURPOSE: Removes and decontaminates liquid nerve and blister agents from exposed skin. Contains 6 foil wrapped packets, 3 marked #1 and 3 marked #2.

DIRECTIONS: Remove packet #1 fold in half along solid line, tear packet open at notch. Remove packet #2. Crush ampuls inside packet, tear packet open, let screen fall away. Blot same areas covered by packet #1.

M8 CHEMICAL AGENT DETECTION PAPER

PURPOSE: Detects presence of two types of liquid nerve agent and one type of liquid blister. Issued in small booklets consisting of 25 detachable sheets and a color comparison chart, printed on inside front cover of booklet. Yellow or green color change confirms presence of liquid nerve agent, red color change confirms presence of liquid blister agent. Other, or no color changes should not be interpreted to mean an absence of chemical agents. Paper detects only certain types of liquid nerve and blister agents.

M9 CHEMICAL AGENT DETECTION TAPE

PURPOSE: Detects the presence of liquid nerve and blister agents. It is adhesive on one side which allows the user to place the detector tape on a variety of different surfaces.

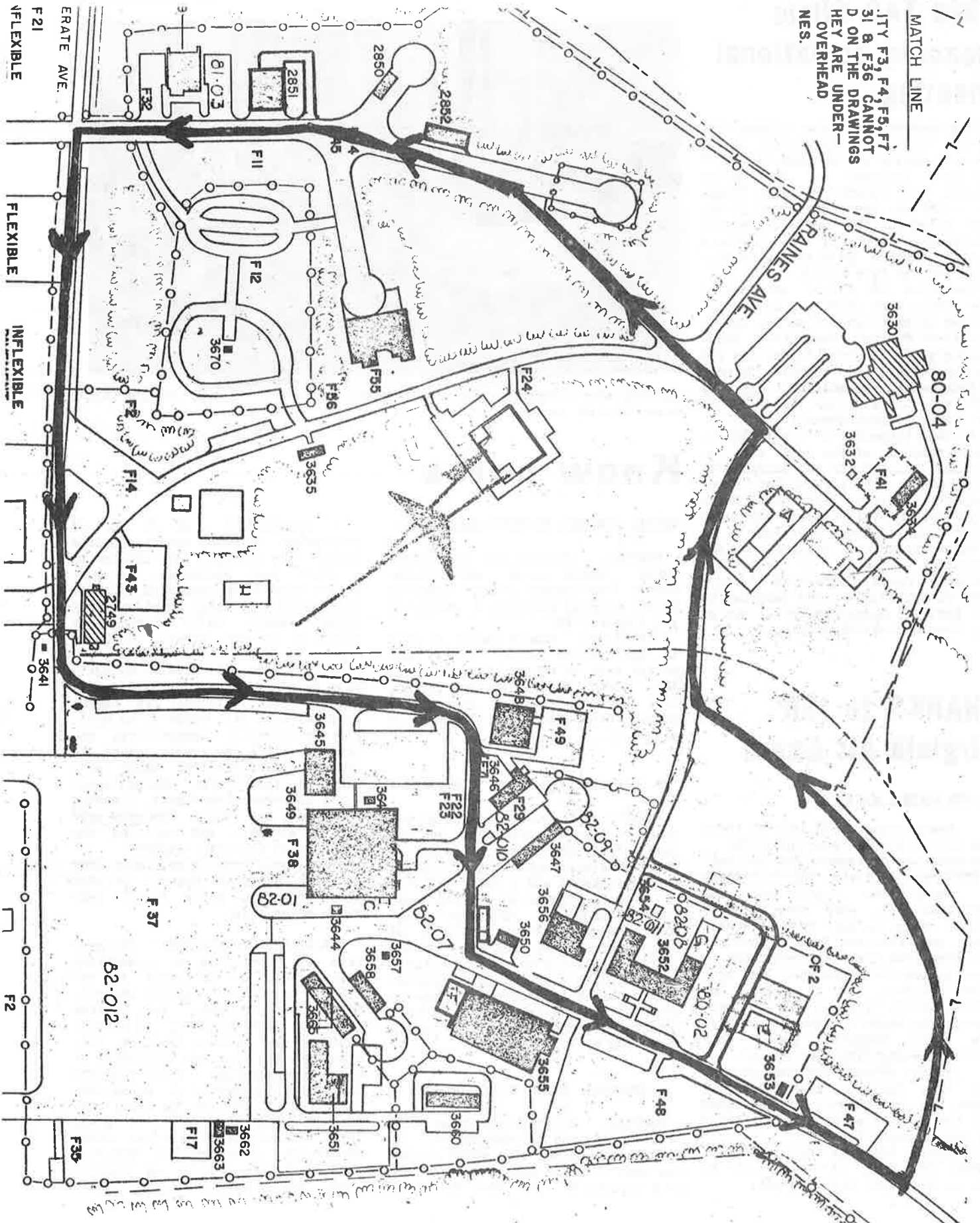
It consists of a 30 ft roll of grey-green colored adhesive backed tape. The detector tape changes to a pink, red, red-brown, or red-purple color when contacted by a liquid nerve or blister agent will not detect vapors, color changes may appear as streaks, smears, or blotches.

The M-9 tape will give false positive responses under certain conditions. The following are common examples that will cause false positive responses: temperatures exceeding 125°F may cause paper to change color; scuffing paper will cause a light color change where scuff occurred; lubricants, cleaning compounds, and fuels commonly used around aircraft and vehicles may cause false positive response.

Always wear protective gloves when touching detector paper. Do not place detector paper in or near mouth or on skin.

CONTAMINATION AVOIDANCE: The process of minimizing or preventing contamination of personnel and resources in a toxic chemical environment. Examples are: seek shelter if caught outside during an attack, avoid actions such as kneeling, sitting walking in areas suspected of being contaminated. Avoid handling of objects suspected of being contaminated if mission permits, protect critical resources in areas such as hangars, sheds or other structures, cover critical resources with materials, such as plastic sheets and/or tarps.

MATCH LINE
CITY F3, F4, F5, F7
31 & F36 CANNOT
BE DRAWN ON THE DRAWINGS
BECAUSE THEY ARE UNDER
OVERHEAD
LINES.



ERATE AVE.
F21
INFLEXIBLE

FLEXIBLE

INFLEXIBLE

F22

F2

F35

82-012

F37

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