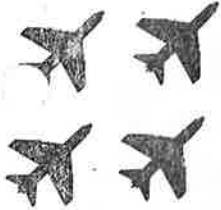


192D TACTICAL FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD



30th Year, No. 1

Byrd IAP, Sandston, Virginia

January 1986



Russell A. Rourke

Secretary of the Air Force

Russell A. Rourke is the new Secretary of the Air Force. He replaced Verne Orr who retired 30 November 1985. Mr. Rourke was previously the Assistant Secretary of Defense for Legislative Affairs.



New recruiter

The Virginia Air National Guard would like to welcome SSG Mary D. Whitaker to our recruiting staff. She is a recent graduate of the Air National Guard Recruiting School at Lackland AFB, Texas. She joined the Virginia Air National Guard in 1982 after serving in the USAF with the 20th ADC. Please contact her on Ext. 361 or 222-4910, Monday thru Friday for assistance.

Enlisted Advisor's Report

By CMS Dave Lutz

Senior Enlisted Advisor

WHAT GOOD IS BLOOD DONOR

1. ANG Regulation 39-46, dated 15 August 1985, has finally been received. This is the regulation that covers enlistment and reenlistment bonuses and student loans and will give those concerned the answers to the questions that have surfaced since these programs were introduced.

2. A recent distribution by the AFSA lists all of the state and federal congressman nationwide and the government committees of which they are members. This publication also details how to write to these people (titles, addresses, etc.). If any of you would like copies of this information, call me (Ext. 510).

3. All of you aircraft and Air Force history buffs should be aware of the AFA "Gathering of Eagles" to be presented in Las Vegas from 27 April to 1 May 1986. To quote the AFA brochure, "this presentation will be comprised of aerospace company exhibits, symposia, receptions, reunions, Thunderbirds, Confederate Air Force displays, fly-bys, tactical exercises, and Honors Banquet, and will be attended by USAF Aces, Medal of Honor recipients, Doolittle Raiders, as well as Generals Gabriel, Yeager, Doolittle, Goldwater, and Jimmy Stewart. Special airline and hotel rates make this conference look particularly good. Now is the time to register. If you need information on this conference, call me or any unit AFA member. I would like to hear from anyone who plans to attend in the hope of attending as a group.

4. As I continue to seek ways to improve unit participation in the blood donor program, I ran across a newspaper article recently that really covers the reasons to give anytime the bloodmobile is on base:

A blood donor is good for people who go through windshields and red lights... For somebody with leukemia... For people being operated on... For barefoot kids who aren't careful... For victims of violence... For hemophiliacs so they can live as normally as possible... For daredevils... For someone undergoing dialysis while waiting for a kidney transplant... For people who fool around with guns... For little kids who manage to uncup a bottle of something poisonous... For people who are badly burned... For new mothers needing transfusions... For a new baby who needs complete change of blood supply... For someone having open heart surgery... For cancer patients... For someone with a severe case of hepatitis... For kids who fall out of trees or anywhere else... For anybody any age with bleeding ulcers... For people in the wrong place at the wrong time... For the very tired with severe anemia... For people who run into things... For all the people who are in a lot worse shape than most people you know.

A blood donor is good for life.

5. The personnel who took part in the Norway deployment brought back a lot of adventure tales, "war stories, etc, and from almost all I talked to, an admiration for the Food Service people who, though understaffed, worked extra long hours to provide exceptional meals throughout the deployment. Such widespread notice of superior performance should not go unrecognized, so it was my pleasure on 8 December to present each of these (13) personnel with Senior Enlisted Advisor Award Certificates. This is the first time I have made use of this new award and one which I will continue to use as you dictate. These certificates were designed to be

continued on page 2

Cold may be fatal

By MSG 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 of injuries include frostnip, frostbite, and trenchfoot. Frostnip and frostbite can occur in 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 at 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 that affected part. The ice crystals in the skin can act like bits of broken glass and can damage the skin more than by 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 type affects the whole body. The medical term is called "hypothermia" (below normal temperature) and an

older, better known name is "exposure." This condition can occur at temperatures well above freezing.

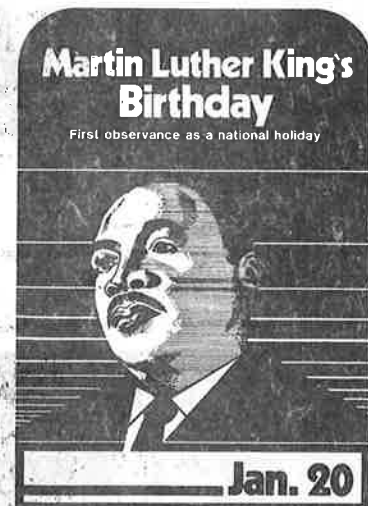
The survival range of temperature in the human body ranges from 75°F to 112°F (normal body temperature is 98.6°F). As the body temperature decreases, so does the body's ability to function. When the body temperature falls below 91°F, the body cannot replace the heat that it has lost by itself, muscle 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 can result.

The victim should receive the following care:

- *Remove any wet clothing and replace with dry clothing if possible (wet clothing loses heat about 250 times faster than dry clothing). 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:

- *Recognizing the problem before it becomes critical.
- *Avoid fatigue or exhaustion.
- *Avoid sweating, use layers of clothing. Remove unneeded layers when working and replace when done.
- *Prevent excessive heat and energy loss with the insulation of dry clothes and windproofing.
- *Rewarming to normal those who are shivering before further activity.



continued from page 1

Enlisted Advisor's

awarded by enlisted personnel to enlisted personnel. I know you will join me in congratulating these people for a job well done.

- MSG Louie Pearman
- TSG Goldie Bailey
- TSG Charles Leavelle
- TSG Edwin Shaw
- TSG Larry Woodson
- SSG James Chilton
- SSG Lewis Lautenslager
- SSG Willard Stoots
- SGT Alden Bertrand
- SGT Teresa Cicardi
- SGT Michael Lawson
- A1C Richard Osborne
- AMN Debra Chambliss

WIND CHILL CHART

ESTIMATED WIND SPEED (MPH)	ACTUAL THERMOMETER READING (F)										
	50	40	30	20	10	0	-10	-20	-30	-40	-50
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 ADD. EFFECT	LITTLE DANGER FOR PROPERLY CLOTHED PERSON			INCREASING DANGER				GREAT DANGER FROM FREEZING OF EXPOSED FLESH			

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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Update of ANG Drug Testing Program

By 2LT Robert Wrona

Last month we discussed the new Air National Guard Drug Testing Program that is slated to begin after the first of the year. Since the appearance of that article, a number of questions have surfaced which we will now address.

Will any groups on the base be singled-out for testing, or will any group be exempt from testing?

The program, as understood thus far, allows for no exceptions to testing. The Social Actions Office will monitor the process to ensure its fair and equitable application.

How long does the human body retain traces of drug usage?

Studies conducted by military labs have indicated that the length of time of retention in the system depends upon a variety of factors including frequency of usage, physical make-up, age, and gender.

Can the test results be altered by taking aspirins, drinking vinegar, etc?

From studying the Army's testing procedures, we've discovered that the test is so well refined that the introduction of other drugs and substances into the body will not effect the testing process in any way.

Once we actually receive the testing procedures and have an opportunity to thoroughly study them we will better be able to answer any further questions that may arise.

Self aid and buddy care, taking shape

By SSG Denise Jones

Medical treatment during wartime has changed in the last few years. Historically, the Air Force operated from safe rearward locations, resulting in relatively few casualties. Findings of new threat assessments of a modern war show that air bases will be first target.

Medical care facilities will operate in the safe rearward location, making medical care to casualties unavailable; therefore, it has become necessary to initiate the concept of immediate primary care through Self Aid and Buddy Care (SABC). SABC training is now a requirement of all base personnel assigned to mobility positions and those identified for overseas deployment.

In accordance with Air Force Regulation 50-20 and Air National Guard Regulation 50-012, the Virginia Air National Guard will initiate the SABC program immediately.

With this in mind, there will be a meeting for all selected individuals becoming SABC instructors. The meeting will be held in the Club 149, February UTA, Saturday at 0900.

Discussion will consist of program design, implementation, instructing and monitoring procedures, equipment availability, scheduling, expectations, etc.

Following the meeting there will be orientation for selected instructors. The orientation will be conducted by Base Medical Services Personnel.

Selective service

All male Virginia Air National Guard members between the age of 18-26 are reminded they must be registered with the Selective Service. Most members, may have been automatically registered with the Selective Service upon enlistment with the Air National Guard. These Guardsmen should have received a letter from the Selective Service within 2-3 months advising them of their registration.

If a member has not received a letter of notification, they may check with Selective Service at a Toll Free Number 1-800-621-5388 to verify status. The preferred action is to stop by a U.S. Post Office and fill out a Selective Service Registration card. Some penalties may be assessed to members who have not registered.



NEW CHAPLAIN

A warm welcome is extended to Chaplain Charles Smith as he comes to us for his first UTA with the Virginia Air National Guard. Chaplain Smith serves as Chaplain to the VA Hospital in Richmond, and he fills the second position in our Chapel Team. On Sunday, 8 December, Chaplain Smith was commissioned First Lieutenant and appointed to serve our unit with Chaplain Sant'Anna.

Chaplain Smith is an ordained Lutheran minister. We welcome him to the Virginia Air National Guard family.

NEW LOCATION

The Office of Chaplain is now located in the new Civil Engineering Building, where Chaplain Sant'Anna, Chaplain Smith and TSG Tarabay are waiting for your visit. Chapel services will be held in the training room of the Civil Engineering Building. We are looking forward to welcoming you to our services in our new location.

CHANGE OF TIMES

For the January UTA only, chapel will be held as follows:

Catholic Mass
Saturday, 1400 hours

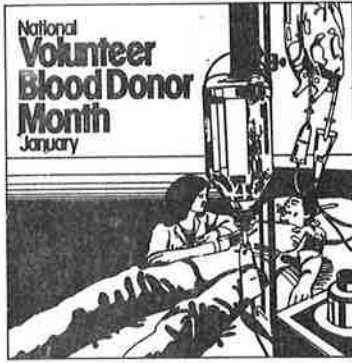
Protestant Service
Sunday, 0800 hours

HAPPY 1986

The chapel team wishes to all members of the 192d TFG and their loved ones a year full of blessings, peace and prosperity.



WASTEBUSTERS



BULLETIN BOARD

VaANG RETIREE'S ASSOCIATION

There will be a meeting of the Virginia Air National Guard Retiree's Association on Wednesday, 15 January 1986, 1930 in the Club 149.

SERVICEMAN'S GROUP LIFE INSURANCE

On 3 December 1985, President Reagan signed P.L. 99-166, The Veterans Health Care Act, which includes an amendment to increase SGLI and VGLI coverage to \$50,000 effective January 1986. The cost remains \$.08 per \$1,000, for a premium of \$4.00 per month. The increase in coverage and subsequent monthly cost is automatic unless a servicemember selects, in writing, less than the full amount. If a servicemember has previously declined or selected a smaller amount, he or she must again, in writing, decline or select a smaller amount, otherwise they will be automatically covered on 1 January 1986. Lesser amounts may be selected in increments of \$10,000.

INAUGURAL PARADE SLATED 11 JANUARY 1986

Members of the Virginia Air National Guard scheduled to participate in the Governor's Inaugural Parade are reminded to have the appropriate uniform: wheel hat, all weather coat and black gloves. A uniform check and short practice session will take place during the Saturday morning UTA. Times will be announced in the daily bulletin.

CCAF ANNOUNCES DEADLINE FOR GUARD

Enlisted Air Guardsmen who wish to graduate from the Community College of the Air Force in the April 1986 Class must have all graduation requirements completed and have all supporting documentation arrive at the CCAF Administrative Center by 14 February 1986.

The February cutoff will allow time to process paperwork and issue diplomas. Documentation must be forwarded to CCAF through each unit's CCAF representative. Failure to meet the deadline will delay graduation until October 1986 or later.

TUITION ASSISTANCE

Applications for State Tuition Assistance for the Spring Quarter must be submitted no later than February UTA. This is for courses beginning 15 February and beyond. Applications can be obtained from MSG John Rollings, Base Career Advisor, O&T Bldg, Room 24.

PROMOTIONS

Promotion recommendations must be forwarded to arrive in CBPO not later than Sunday's UTA one (1) month prior to the UTA of consideration. All requests received in this office after the deadline, as outlined in 192 TFGR 39-29, para 4b, will be held until the following month. Officer promotion requests are to be processed within the same deadline. It is necessary that these requirements be strictly adhered to, to insure proper processing of requests is accomplished. If you have any questions concerning promotions, please contact MSG Brown in CBPO, Ext. 381/310.

LOOKING FOR A JOB?

Looking for a job? Military Vacancy Announcements are posted on the bulletin board outside of the dining hall entrance in the O&T Building. If you need further assistance after reviewing these announcements, contact CPT Barker, Chief of CBPO, on Ext. 318.

INTERALLIED CONFEDERATION OF RESERVE OFFICERS MILITARY COMPETITION

All Air National Guard members are eligible to compete in the Interallied Confederation of Reserve Officers Military Competition which will be conducted in Athens, Greece, 4-10 August 1986.

This competition is composed of swimming, shooting, obstacle course, military orienteering and military skills events. A team consists of three people and each person competes in all the events. Individual scores are sacrificed for a team score. If interested, contact MAJ Willis in the Base Training Office for more information.

HOLID-AID

The first Richmond area HOLID-AID Program was a huge success. This year, the Virginia Air National Guard joined forces with EZ-104 radio station and Safeway Stores, Inc. to collect and distribute food to 500 needy families in the Richmond and surrounding areas. Members of the unit used their own vehicles and time to collect food from 29 area Safeway Stores, package, and distribute it to eight municipalities. The food was extremely well received. One recipient wrote a thank you note which summed the program's success quite well.

"I just wish to express my sincerest thanks for the food I received at Thanksgiving. Saying thank you does not seem enough. I am truly grateful. I do work, but with the children, ends never seem to mee, so the food was a sight of relief for me!"

We anticipate next year's program will be even larger and more successful. With more advanced planning, we would like to involve more unit members in this worthwhile project.

Dining Hall Menu

SATURDAY

Salad Bar
Meat Loaf Covered with Tomato Sauce
Baked Macaroni & Cheese
Buttered Country Green Beans
Sliced Peaches
Assorted Beverages

SUNDAY

Salad Bar
Roast Pork with Brown Gravy
Mashed Potatoes
Buttered Broccoli
Brownies with Chocolate Icing
Assorted Beverages

Infantry marathon

Army and Air National Guard long distance runners, again, have been invited to participate in the Third Annual Infantry Marathon and Half-Marathon, Saturday, 25 January 1986, at Fort Benning, Georgia.

Entry is open to civilian and military personnel running as individuals and/or as members of a team of five. The course is certified and sanctioned by the athletic congress and is an official qualifier for the next Boston Marathon. Last year, more than 1,000 entered. The winning individual marathon time was 2:30:27, the team, 2:34:08. The winning individual half-marathon time was 1:09:11; the team 1:20:17.

Selective members of the National Guard's Official Marathon Team will enter the race under National Guard sponsorship. All other interested Guard runners are encouraged to participate at personal expense. Race officials have made arrangements for low cost housing near Fort Benning. Organizers urge participants to arrive as early as 23 January, to complete registration, tour the race course and prepare for the competition.

Registration is 10 in advance or 15 for late entrants. For information call CPT Robert Jones, Project Officer, at Fort Benning, Autovon 784-4226 or, Commercial (404) 544-4226.

Integrity alert

- TELEPHONE USAGE -

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. Teleconference, 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)

Last Words:



From the clinic

When you come to the Clinic for a physical, please remember to do the following:

PATIENT INSTRUCTIONS FOR BLOOD CHEMISTRY AND "OTHER TESTS." The chemistry tests that have been ordered by the Air Force require special preparation by you as well as the laboratory. These chemistry tests will be done Saturday and Sunday, between the hours of 0700 and 1100 hours only. The nature of these tests require that the specimen be obtained not later than 1100 hours each morning.

DIET INSTRUCTIONS

1. If you have routine chemistry tests, you are to have no food or fluids (other than water in moderate amounts) after midnight before coming to the laboratory for your tests.
2. If you have "other tests," then come to the laboratory for scheduling and special diet instructions.
3. If you have cholesterol and tryglyceride tests, you are to have nothing to eat or drink (other than water in moderate amounts) for 14 hours before testing. This is necessary to assure accurate test results.
4. Any questions should be addressed to the medical clinic at 804/222-8884, EXT. 307.

DIRECT DEPOSIT

YOUR CHECK

Thanks

By SSG VALERIA MARTIN

TOYS FOR TOTS

Thanks to everyone who participated in the Salvation Army's Toys for Tots. The Air National Guard has alot of thoughtful and dedicated people and by helping with this needy cause, it shows.

NEEDY FAMILY FOR CHRISTMAS

Thanks to everyone who supported this years needy families. This year the Virginia Air National Guard collected enough money to support three (3) needy elderly people.

The first was an older man, Mr. Wyatt Franklin, who rooms with another family. The second was a very elderly woman, Mrs. Mary Smith, who is very sick and very needy. The third, an elderly man, Mr. George Parnell, who lives in a bus in a Junk Yard. All three people were grateful for our generous contributions.

Being able to help someone at this time of year makes everything you do worthwhile. We can't help everyone in the world, but with the dedicated and warmhearted people we have in our unit, we were able to help at least three of the thousands in our area.

Again, thanks to everyone, and hopefully everyone had as nice a Christmas as Wyatt, Mary and George did.

ROPA promotions

Listed below is the current promotion board schedule.

3-7 March 1986

Major Selection Board

PSD: 30 Sep 80; TYSD: 30 Sep 73

9-13 June 1986

Lieutenant Colonel Board

PSD: 30 Sep 80; TYSD: 30 Sep 66

11-15 Aug 1986

Captain Selection Board

PSD: 30 Sep 83; TYSD: 30 Sep 80

Individuals who are eligible to meet the ROPA Board will be notified by the CBPO.

Please contact MSG Brown or CPT Barker of the CBPO if you have any questions concerning either ROPA or Unit Vacancy Promotions, Ext. 381/-318.



Want to translate your Air Force training into college credit? Ask your education center and register with COMMUNITY COLLEGE OF THE AIR FORCE.

Contact your CBPO room24 or call ext. 436