



192D TACTICAL FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD



30th Year, No. 11

Richmond IAP, Sandston, Virginia

November 1986

Military Family Week, Nov. 23-29



BLOOD DRIVE

The Richmond Metropolitan Blood Service will conduct a blood drive Sunday, 9 November 1986 from 0800-1230. It will be held at Building 3633 in the classroom.

Our July blood drive was very successful with 42 units donated, and out of those 42 were a total of 11 new donors. We are shooting for a total of 58 or more on this drive which would give us a total of 100 for 1986.

Your participation in the blood program is vital to assure the community of a safe and adequate blood supply. Thanks for being a part of this effort to provide our community with "the gift of life".

Contact SMSgt Bobby McCormick on extension 312 for an appointment. **IF NOTHING ELSE, DO IT FOR THE ONES YOU LOVE!**



Clinic gets new home

The 192d Tactical Fighter Group's newest pride and joy is the 192d Clinic, adjacent to the new dining hall. The clinic is 7,600 square feet, and features wall to wall carpeting, a waiting room, and an OB GYN examination room, all of which give it the look of a civilian medical facility. SMSgt Sager, Clinic Superintendent said, "The fact that the new clinic is carpeted and has a waiting room has a positive effect on the patients. I've seen them come in and smile because of the more pleasant surroundings, and as a result, they tend to be more relaxed".

Sager, who worked closely with the architects and builders during construction, is doubly pleased. First of all, the money for the project

was allocated before the budget-slicing Gramm-Rudman-Hollings bill took effect, so everything asked for was received. For example, an overhang was built to protect ambulance and patient in case of inclement weather. Secondly, the 192d Clinic is the only ANG clinic built and designed to feature a separate OB GYN examination room. In addition, a water purification system was added to clean the water used by the clinic and dining hall. As a result, the clinic is a showplace and is likely to be seen by many dignitaries.

Another plus for the clinic is the fact that there are four additional doctors. With the increase in staff and overall size of the clinic, Sager expects better patient flow and reduced waiting time.



O&T office relocations

Due to the renovation of the O&T Building, offices previously located in that building have been temporarily moved. The CBPO has relocated to the single and double-wide trailers located next to the Annex building by the flightline. All services provided in the past will continue to be furnished. Hours of operation, Monday through Friday, 45-1600 and UTA weekends.

CBPO - Single Trailer:

Capt Bar. [unclear], Chief CBPO X318
 Mrs. Brock, CBPO Admin X318
 SMSgt Brooks, PSM X318
 MSGt Rollings, BCA X318

CBPO - Double Trailer:

CMSgt Norman, NCOIC CBPO X309/381
 MSGt Gates, Base OJT X309/381
 MSGt Brown, Quality Force X309/381
 TSgt Marek, Pers Util X309/381
 SSGt Crane, Cust Svc X309/381
 SSGt Odom, Reenl/Enl/Dis X309/381

The location for CDC Test and AKT Testing may differ from month to month. The primary location for CDC Testing will be in the Security Police Training Room located in the Hangar. Any changes to the location will be announced.

The following offices are now located in Building 3630 (Club 149):
 Group Admin X301
 Base Admin X304/302
 Maj Cousins X368
 Readiness in Base Services X315
 CSS Orderly Room X303
 Accounting & Finance X312
 Military Pay X314
 Travel X497
 The Group Commander can be reached on Ext 300/301.

The Civilian Pay office is located in Building 3655 in the old Resource Management office. They currently do not have a telephone extension.

The PDO is located in Building 3647 (Motor Pool Tng Rm) and can be reached on Ext 365.

The Base Public Affairs office is located in Building 2749, the Annex Building.

Stress friend or foe

From the Social Actions Office

Lately we've seen and heard a great deal about stress with high pressure jobs or life threatening situations. Actually, stress is something all of us deal with daily, because it is all part of being a normal person. Simply put, stress is our way of reacting to some sort of change, and it can be either pleasant or unpleasant. Taking a ride on a thrilling amusement park ride, or participating in a fast-paced sporting event are examples in which we experience "pleasant stress". It is the other type of stress, the "unpleasant stress" that we must be concerned with to stay healthy. But even here we must be aware that certain situations can produce dangerous stress in one person while generating little, if any, in another. A quarterback on a professional football team is able to handle the tremendous pressure he is under because he has familiarized himself with the plays he will call, he knows that his teammates have practiced protecting him, and when he throws a pass, he is reasonably certain that his teammate will be there to catch it. If you or I were put into his situation we would probably be immobilized by the flood of stress presented from being in front of thousands of fans, unfamiliarity with the plays, and uncertainty that the monsters on the other team would get through to us.

So stress, then, is our reaction to changes in life, and it is a very personal thing.

Have you ever wanted to do something and couldn't because of outside circumstances? For example, the person who has wanted all week to play golf is greeted with sounds of thunder and pelting rain as he or she awakens early Saturday morning. Stress of an unpleasant nature is generated here because we are deprived of something we desire. People in prison, and handicapped people, experience the stress brought on by their lack of freedom to be like, or do, the things that the average person can. Stress is produced by disappointment and boredom, and if we are aware of this, we can help ourselves deal with it.

We should always try to have an alternate plan. "If it rains on Saturday I'll go to a movie instead of playing golf". This is something that can be done when making plans that are subject to outside influences, and can be tucked in the back of your mind to be called upon if needed.

The whole key is planning - always have an alternate plan to fall back on. If you do it a few times it will become automatic. Of course, we won't be able to preplan for all circumstances, but we can be prepared to deal with the majority of things that we see going wrong, and so help ourselves to keep away from that "unpleasant, unhealthy stress".

In other articles we will look at how stress affects our mental and physical health, and ways to stay happy and productive.



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192d Tactical Fighter Group
 Virginia Air National Guard

"Editorial Staff"

COMMANDER:

COL Hartwell F. Coke, IV

EDITOR:

2LT 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 Mary A. Franks

Advisor's Report

By CMS Dave Lutz
Senior Enlisted Advisor

All E-8s and E-9s please note that I have scheduled a meeting on Sunday, 9 Nov 86 at 1330 in the State Headquarters Conference Room. Please arrange your schedules to permit your attending.

The Guard Bureau has released the 1987 class schedule for the USAF Senior NCO Academy. Application must be received by the Academy at least 90 days prior to the class start dates which are:

- 7 Jan - 5 Mar 87
- 20 Mar - 14 May 87
- 28 May - 23 Jul 87
- 14 Aug - 8 Oct 87

Contact your CBPO for eligibility criteria and to make application.

Several of you have questioned how the Deserving Airman Promotion Board selected ten for promotion from the twenty-six recommended. I have sent a letter to all unit commanders to which is attached a copy of the evaluation form used by the board members in making their selection. My letter indicates how the form was used and notes several discrepancies encountered by this years' board. My letter and the example form are for the guidance of personnel preparing for subsequent boards. This was the first year a board was required for deserving airman promotions and, in my opinion, the procedures and evaluation form functioned well and fairly. Nothing new is perfect. If any of you have ideas for improvement, contact me so consideration can be given prior to next years' board.

There are quite a few of you who have not completed the survey form issued in the September VANGUARD. I have extended my deadline to the November UTA. The first sergeants have additional copies of the form. Each completion makes the survey data more valid. If you have not completed yours, please do so by this UTA.

I was at Camp Pendleton (SMR) for Civic Day of our Red Horse unit. The personnel there have done an unbelievable job in converting the old facilities to modern functionality. Stop by and take a look. I told you previously about the Red Horse Hotel and the beach area that are available for your use. Let me point out that neither is receiving any heavy traffic!!?



DRUG TESTING

As many of you know, the drug testing program for the VaANG began with the October UTA. The following briefly explains how the selection occurs and what is done with the samples.

Individuals selected for testing are done so on a random basis by a computer at State level. No selection will be done at the 192d. The list of names will be provided to Col Coke who passes a direct order to those selected in the form of a letter given to the squadron commanders early Saturday morning of each UTA. This letter is then given to the individual selected, and it instructs him or her to report to the 192d Clinic by 0800 Saturday for submission of a urine sample. More information about the drug testing will be provided while at the Clinic.

Each selected individual will be required to provide two small urine samples. Two observers will witness the individual as the same is provided. One sample will be sent to the Air Force Drug Testing Laboratory at Brooks AFB, Texas, and the other will be frozen and retained at the 192d Clinic. All procedures for the testing are carefully monitored and carried out according to a strict set of guidelines. The actual testing equipment is state-of-the-art and has built in quality control measures.

If a negative result comes from the lab at Brooks AFB all individual samples are destroyed. A positive test result will set in action a series of events starting with a review of the individual's medical records, and possibly ending with the individual's separation from the Air National Guard by a separation board. The Air National Guard has no drug rehabilitation program now, and no plans for one in the future.

For more information contact the Social Actions office at X389.

News Briefs

ZEBRA MEETING

There will be a meeting of all E-8s and E-9s on Sunday, 9 Nov 86 at 1330 in the State Headquarters Conference Room.

STATE TUITION ASSISTANCE

Applications for State Tuition Assistance for the Winter Quarter/Spring Semester must be submitted no later than November UTA. This is for courses beginning 15 December or beyond. Applications can be obtained from MSgt John Rollings, Base Career Advisor, O&T Building, Room 24. Red Horse personnel can obtain an application from MSgt Larry Harris, HQ Building.

ATTENTION AGR PERSONNEL

All AGR emergency room bills will be paid through Langley AFB with one copy of your orders and one copy of each emergency-related bill.

Send to:

USAF Hosp/SGM/Claims
Langley AFB, VA 23665

Any questions, call SMSgt Sager, X307.

VaANG RETIREE'S ASSOCIATION ** NEWS **

There will be a meeting of the Virginia Air National Guard Retiree's Association on Wednesday, 19 November 1986 at 1930 in the new Dining Hall facility.

ACCOUNTING & FINANCE HOURS

Sat: Closed 0845-1030 for in-house training.

Open 1030-1700 for customer support.

Sun: Open 0730-1600 for customer support.

UTA CHECKS WILL BE PAID ON 28 NOV 86.

FINANCE CORNER

The Basic Allowance for Quarters (BAQ) recertification program is being restructured by A&F. All eligible members for BAQ will be notified and instructed on how to complete the proper documents. If recertification is not accomplished as scheduled, the member will not be entitled to the BAQ allowance.

Members completing an active duty tour are reminded to submit AF Form 458, Statement of Tour of Duty, to A&F to get paid. Instructions for preparation are on the reverse side of the form. The person to whom the member reports for duty certifies attendance on the AF Form 458. Type or print name, grade, and title of the person certifying the tour in addition to signature.

Want to eliminate the possibility of your paycheck being returned as undeliverable, lost by the post office, stolen or destroyed? THINK SURE PAY. See your Military Pay office. It's easier than you think.



203rd receives civic leaders

A group of civic leaders toured the 203rd Civil Engineering Flight (Heavy Repair) in Virginia Beach during the October UTA. The group of civilians, employers, and senior enlisted advisors from Langley AFB listened to a briefing on the unit, toured the base facilities renovated by the 203rd, then visited the troops who were conducting their first overnight exercise in the field. Pictured here as they visit the Field Communications Center are: retired LtCol. C.R. Renfro, Commander of the JROTC program at Western Branch High School, Norfolk (left); Chief Jay Carey, Chief of Police, Newport News; and Mr. John Perry, Councilman, City of Virginia Beach. The 203rd is one of the 192d's two sister units in the Virginia Air Guard; the other is the 200th Weather Squadron at Langley AFB.

SMOKING.....



AGOS deployment

During the week 21-26 Sep 86 the 192d TFG deployed fifty personnel and seven A-7s to Eglin AFB, Florida in support of USAF Air to Ground Operations School (AGOS). The unit flew 42 scheduled sorties on the Eglin ranges in support of the AGOS mission.

AGOS is run by the Air Force to train ground Forward Air Controllers (FACs) to control fighters in a close air support environment. These FACs included officers and enlisted personnel from both the Air Force and the Army. The missions that the 192d flew were the culmination of their training.

Travel tips for holiday travelers

Making Reservations:

- * Most major airlines offer discounted rates for the "Early Bird." So plan well in advance.
- * Identify several days that could be considered as travel days. Some airlines have special rates that apply to nonpeak travel days of the week. If you can travel during a low peak period, you'll get a better fare.
- * If you are eligible for special rates (senior citizen, children's rate, etc.), make sure you mention it when making reservations.
- * Pre-reserve your seating during the initial reservation. This will ensure seating with your traveling companion and will expedite check-in.

Arrival and Check-In:

- * Arrive at least 35 minutes before flight time. Holidays are the busiest time for airports.
- * Anticipate heavy access road traffic.
- * When inclement weather exists, call in advance to ensure that all flights are on time. You will avoid the aggravation of arriving too soon, and waiting for a prolonged

period of time for your flight.

- * Verify both city and state destinations on your baggage claim check. It should be the same as your ticket.
 - * Make sure that your name is on the inside and the outside of all baggage. And, put a slip of paper inside your bag with your final destination listed.
 - * Check in at departure gates early. During the holiday season, there will be large crowds. Be prepared to board the plane when they call your row number.
- Questions?

- * Travel agents, reservationists, ticket agents and flight attendants are there to answer any questions you may have. So, when in doubt - ask.
- * Remember, a good attitude given, usually receives a pleasant exchange. Airline and airport personnel are human, and may not have all the answers. However, they are always willing to put forth a good effort.