

VANGUARD

192D EARMARKED FOR F-16 FALCONS

*By Technical Sgt. Joe Cheatham
Public Affairs Technician*

Senator John Warner's recent announcement of the 192d's acquisition of the F-16 has moved the Virginia Air National Guard into an exciting period of transition. Not since 1981, when the unit's aging F-105s were replaced with the A-7D Corsair II, has this feeling of change permeated the base.

Maj. Steve Hicks, the unit's conversion project officer for operations, is noticeably enthusiastic. He should be. The F-16 Falcon is a high performance fighter-bomber. In addition, the 25 F-16Cs and the one F-16D that the 192d will receive are the most advanced of their type and will be equipped with a new, higher

Continued - see FALCONS p. 4



CONVERSION TIME LINE - Lt. Col. Bill Jones, 149th TFS Commander, center, Maj. Steve Hicks, conversion project officer for operations, right, and Maj. Bob Newman review key milestones of the 192d's conversion to F-16s. The unit is trying to arrange for an F-16 to be on base for the September UTA. Photo by Master Sgt. Robert A. Flourmoy

MSS '1ST SHIRT' POSITION

Interviews for First Sergeant for the Mission Support Squadron will be conducted on Saturday of the September UTA. Interested applicants must submit a letter of interest and a resume to Master Sgt. Herbert A. Patterson, First Sergeant, MSS Orderly Room (Ext. 592), on or before 9:00 a.m. on Sept. 15, 1990. The uniform for this interview will be the Class A dress uniform.

Interested applicants must be promotable to E-7 and be able to attend a 2-week First Sergeant's Academy. In addition to these requirements, applicants must complete Course 9.

BLACK HISTORY MONTH PROGRAM PLANNING

By Maj. Andrew Willis

The Virginia Air National Guard has implemented its Ethnic Heritage Program for the past two years. The Ethnic Heritage emphasis has been to show the involvement of different groups in the success and continuation of the Virginia Air National Guard. During this period, all members of the Air Guard have helped us plan the direction taken. The Air Guard has many ethnic groups; an Ethnic Heritage Fair in the near future will pull together all groups during one UTA for a big family gathering.

The February 1991 UTA Ethnic Heritage Program will include a Saturday night program at a local hotel and a Sunday morning program on base. These programs will be directed to the traditional Black History Month activities.

An open meeting for all members of Air Guard (HQ, 192d, 203d CEF, and 200th WF) to discuss program plans will be held during the UTA on Sept. 15 in the CE Conference Room at 4:00 p.m. Everyone's help is needed. Contact Major Andrew Willis, Ext. 511, to have questions answered or to volunteer to help put the program together.

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COMMANDER'S CALL

Col. Bill Rose
Commander, 192d TFG

Secretary of Defense Dick Cheney indicated recently that force structure cuts in the Air Force means basically cuts in tactical fighter wings. He also described personnel cuts of about 21 percent or 260,000 people for the Guard and Reserve.



With Senator John Warner's announcement of the 192d's upcoming transition to the F-16, we find ourselves in a position where, while many other units are anticipating decreases in equipment and personnel, we are moving to a modern tactical fighter with possible increases in both areas. Although our new aircraft will require re-training, personnel changes should be minimal, and much of the trauma that accompanied our transition from the F-105 to the A-7 will be avoided.

We have been given an opportunity to train, grow, and improve our capabilities. With a positive attitude and a continued commitment to excellence, we can look forward to a smooth transition.

FRIENDS, FAMILY PAY TRIBUTE TO MSGT. JOHN 'POP' LEWIS

On Saturday, July 7, 1990 another Guardsman was laid to rest. A near capacity crowd filled the sanctuary of the Cedar Street Memorial Baptist Church in Richmond, to say farewell to one of the Air Guard's finest airmen, Master Sgt. John H. Lewis.

Master Sgt. Lewis became the first black member of the Virginia Air National Guard on February 6, 1965.

"Pop," as he was affectionately called, was assigned to the 192d TAC Clinic, where he served with distinction for more than 16 years. His attention to detail, coupled with his vast emergency room experience set him apart in the medical career field.

John Hope Franklin once said, "Those men who seem to stand tall, do so on the backs of others who have gone before them." Today, many who knew and loved "Pop" stand just a little taller because of him.

Master Sgt. Gerald L. Golden composed a poem in memory of Master Sgt. John H. Lewis, which was inscribed on a plaque presented to the family. The poem and Mrs. Lewis' thank you letter appear in the box below.

From the family of Master Sgt John Lewis:

Dear Friends:

Words cannot express our feelings toward all the very kind acts of sympathy and love shown during the passing of my husband, our father and grandfather.

We were overwhelmed with the presentation of the framed flag and certificate--they will forever be a part of our family. The plaque with the beautiful poem is a very special remembrance--simply because of what you all meant to him at the Air National Guard. The words will never be forgotten.

The generous donation sent on behalf of you all has been forwarded to the building fund of the church which meant a lot to him also. May the love, support, and concern we share live forever in each of us. Good friends are truly a gift from God. Keep in touch!

Love, Mrs. Rosalee Lewis & family

OUR "POP"

Happy go lucky, with a heart
 Made of gold,
 These are just a few words
 That we feel should be told.

As part of the military
 He joined the Air Guard,
 At that time for a black man,
 This was very hard.

Pop worked in the clinic
 For many a year,
 That was truly our pleasure
 Because he treated all
 Of us so dear.

Always pleasant and hardworking,
 I am truly glad to say,
 He touched all of our lives
 In a very special way.



A perfect role model,
 I will say it Loud,
 Shed not a tear family,
 He's with the Lord, be proud!

A FEW GOOD WORDS

Chaplain, Capt. Charles E. Woods

Have you ever experienced one of those days when everything seems to go wrong? I'm sure you know the kind of day I'm referring to. It's the one that starts with a bad alarm clock, or a new box of cereal but an empty milk carton. Whatever starts it off, sometimes those days seem to progress from one bad thing to another, like falling dominoes.

Evidently, days like that have been with mankind for a long time. In the book of Psalms, King David writes, "...Be merciful to me, O Lord, for I am in distress...my strength fails because of my troubles, and my bones grow weak," (Psalm 31:9 & 10). King David must have understood all too well what it is like to be consumed with problems, yet somehow he was able to direct his suffering into productivity -- indeed, into triumph!

I believe King David learned the secret of control. He was able to determine what things he could have control over, and which he could not. David developed a keen sense of perspective over his problems. Remember back to the story of David and Goliath? I'm sure there were people who probably said to David, "David, the giant is so big, there's no way you can win!" But David's attitude, as he loaded his sling, was, "No, the giant is so big, there's no way I can miss!" Even the biggest problem can become an opportunity to grow and become a winner!

Maybe you too are facing a "Goliath" of a problem. We need to remember that problems are normal, even the difficult ones that seem to be unique to us. Finding just the right solution to your problem might take a while, but that need not stop you in your search. Keep searching, and while you do, involve God in your plans and seek His guidance. You just might find the strength you need to load your "sling" and fire away.



Brig. Gen. Joseph A. 'Al' Washington congratulates Chief Master Sgt. Walter Davis on his recent promotion and appointment as the Senior Enlisted Advisor for the Virginia Air National Guard. Story in October's VANGUARD.

Photo by 2Lt. Deborah Fredette

DRUGS, ALCOHOL AGGRAVATE STRESS

*By Lt. Col. Joan W. Brumfield
192d TFG Health Promotion and Wellness Officer*

Our bodies and emotions sometimes need help in recovering from stressors such as illness, divorce, a new baby, or a promotion. Unfortunately, many people turn to alcohol and other drugs to help relieve tensions and pressure.

Common responses to stress are fatigue, depression, grouchiness, and sadness. People are more likely to become ill or have difficulty concentrating during or after a stressful period. This is true whether the stressor is positive or negative.

Drugs and alcohol are poisonous to our systems and can cause serious damage over time. Drug and alcohol addictions are progressive -- people find that one drink no longer has an

effect, and even when drunk, they don't feel happy, or the drug that helped them forget now forces them to focus all their energy on getting more or different drugs.

Some drugs speed you up. Alcohol slows you down. But all these substances share one thing in common: they put additional stress on the body. So using drugs or alcohol as a way of getting rid of stress is counterproductive: IT PREVENTS WHAT YOU'RE TRYING TO ACCOMPLISH. It's like trying to do situps with a 2,000-pound gorilla on your chest.

As poisons, drugs and alcohol can harm your immune, circulatory, and nervous systems.

It's a clear message: drugs and alcohol can't help get rid of stresses and in the long run will only make them worse. Seeing a counselor, learning stress reducing techniques, or reaching out to friends are all more helpful and healthy for you and for others.



Does your telephone have the COMSEC warning decal, DD Form 2056, attached to it? If not, see your CSEP manager.

Below: 'And then the recruiter said....' Members of the 192d Civil Engineering Squadron do some old-fashioned earth-moving during the August UTA. Right: SRA Carl Knight puts the finishing touches on an A-7 windshield. Photos by Technical Sgt. William Huggins



IN FOCUS

**By Senior Master Sgt. J. G. Marshall
Visual Information Services Supt.**

The Visual Information Support Center has established a self-help graphics area to help Unit members create overhead transparencies for presentations and training classes.

Self-help equipment includes two KROY lettering machines and a 3M Thermal Transparency Maker. These machines are easy to use, and with a minimum of familiarization training, you can be using them to improve visuals in your training programs and presentations.

To schedule use of the self-help equipment, contact TSgt Mary Halapatz, Graphics NCOIC, Ext. 342, during drill weekends, or Master Sgt. Bob Flournoy, NCOIC Photo Lab, between UTA's.

The Graphics section also has obtained a film image recorder which can make 35mm presentation slides from computer screen images. Charts and graphics from several available desktop graphics software programs can now be made into 35mm slides to further enhance your training classes and presentations. For more information about this service, contact TSgt Andy Brazelle, Graphics Specialist, Ext. 342.

FALCONS

performance engine. To a pilot, that translates into improved ability to deliver munitions on target and defend himself afterwards. Also, it means enhanced capability and survivability.

An aircraft conversion is a lengthy project. The total time involved for the 192d will be approximately 27 months. The transition, which began with SATAF 1 (Site Activation Task Force) in June of this year, will not be completed until after the spring of 1992. The general process goes something like this:

1. SATAF 1 - The National Guard Bureau sends in a team of specialists to assess the base's needs for the conversion. A series of action items is generated for each of the eight areas affected by

CONTRACTING CORNER

WARRANTIES

Base supply will forward warranties with new equipment to the equipment custodian along with the equipment. For equipment repaired by contract, any warranty provided by the vendor covering repairs done will be retained by the custodian until expiration of the warranty period, unless it is obviously without value or it is not economical to enforce. Examples of warranties not economical to enforce include those for items each with a replacement cost of less than \$250, some "parts only" warranties, and warranties that would be impractical to apply because of excess transportation costs. When repair is required on an item covered by warranty, prepare an AF Form 9, and include all warranty information. The contracting office is responsible for determining whether or not a particular warranty will be exercised.

the change - manpower, plans and programs, operations, maintenance, maintenance training, facilities, spares, and support equipment. SATAF 1 generated more than 100 different items that must be accomplished for the F-16 conversion to be successful.

2. SATAF 2 - Occurring about six months after SATAF 1, SATAF 2 provides specific details for training. It gives the actual dates, times, and places. Now things start to move more quickly.

3. In fall of 1991 two F-16Cs and one F-16D arrive for maintenance training.

4. The Conversion Quarter - Beginning in January of 1992 full scale conversion begins. Pilots and maintenance people go to school. F-16 aircraft begin arriving. A-7s begin to disappear. In a few short months, almost two years of planning and effort come together to produce a combat ready flying unit.

Will the acquisition of the F-16 change the 192d? Yes and no. The plane will change, but our basic mission will remain the same. The real advantage, as Maj. Hicks points out, is in the pilot's ability to defend himself. Of course, with the F-16 there will be more emphasis on air-to-air combat - something guaranteed to put a smile on the face of most pilots.

There will also be some changes in base facilities and personnel. For example, the aircraft apron must be widened, the engine shop modified, and some work sections may require more people.

The lessons learned from the A-7 conversion are being used to smooth the path for this one. As Hicks sees it, "The most stressful part of the transition will be from people having to learn and do so many new things, but that's also the biggest excitement." Well, if one thing is for certain, it's that the arrival of the F-16 has caused some big excitement at the 192d.

VIRGINIA AIR NATIONAL GUARD
Headquarters, 192d Tactical Fighter Group
Richmond International Airport
Sandston, Virginia 23150-6109

Special Order M-15

8 August 1990

1. UP Sec 502, Title 32, USC Sec 206, Title 37, USC, ANGR 50-01 and 192TFGR 50-01. All members of the 192d Tactical Fighter Group are hereby ordered to attend all unit training assemblies shown on this training schedule unless attending a split UTA (SUTA), or rescheduled UTA (RUTA) at Richmond IAP, Sandston, VA 23150.

UTAS: 15 Sep 90 Flying & OJT in sections **DEPLOYMENTS:** EGLIN 24 Sep-28 Sep 90
 16 Sep 90 Flying & OJT in sections

SCHEDULED UTAS:

13 & 14 Oct 90	12 & 13 Jan 91	04 & 05 May 91
03 & 04 Nov 90	09 & 10 Feb 91	08 & 09 Jun 91
01 & 02 Dec 90	02 & 03 Mar 91	13 & 14 Jul 91
	13 & 14 Apr 91	10 & 11 Aug 91

2. AM assemblies will be 0800-1200 (Sat) 0700-1100 (Sun) and PM assemblies will be 1300-1700 (Sat) 1200-1600 (Sun), with the following exceptions: Assembly for one flight of Food Services Personnel: AM 0630-1030 (Sat) 0530-0930 (Sun), PM 1100-1530 (Sat) 1000-1430 (Sun). Additional duty hours to cover special work requirements such as pre-flight, post-flight, etc. will be scheduled by each unit as required. Each UTA will be no less than four hours duration excluding lunch periods.

3. Uniform will be lightweight blues or fatigues, as directed.

4. Commanders may utilize RUTAs to achieve training objectives using maximum availability of equipment and full-time personnel resources that cannot be achieved during UTAs and SUTAs. A RUTA must be requested, approved and documented in advance of the missed period.

5. Equivalent Training (EQT) may be authorized by commanders for personal attendance problems if requested in advance. EQT with pay must be performed within 30 days of the missed UTA and within the same fiscal year. EQT without pay (retirement points only) may be authorized when the individual is unable to make an EQT in pay status.

FOR THE COMMANDER

HERBERT C. CHILDRESS, CMSgt, VaANG
 Chief, Customer Support

DIST 'A' Plus 1 Ea: TAC/ADUBO; Chief, TAC/CRFG; 9th AF/CRFG, CV & IC; NGB/XOS & TE; 1913th ISG/CC (AFCC); 1 TFW/DO; 1 TFW/LGSPC; 113th TFW/DA; 1CGS/DPMD; HDQ/TCD/RF, Langley AFB, VA 23665-6343.

PROMOTIONS - JULY 1990

NAME	UNIT	PROMOTED TO
Norman Jones Jr	192 CAMS	Msgt
James M. Smith Jr	192 CES	Msgt
Christopher W. Corcoran	192 SPF	Tsgt
Evan L. Curbeam	192 CAMS	Ssgt
Cynthia A. Farley	192 RMS	Ssgt
Jeffrey W. Frazier	192 CES	Ssgt
Raymond E. Russell	192 MSS	Ssgt
David E. Scott	192 CES	Ssgt
Dean J. Shelby	203 RH CEF	Ssgt
Tony L. Sullivan	203 RH CEF	Ssgt
Christopher Williams	200 WF	Ssgt
Kevin B. Cox	192 CAMS	Sra
Brian J. Domster	192 CES	Sra
Bonnie L. Morris	192 CAMS	Sra
Collins D. Sheppard	192 CAMS	Sra
Noell L. Tyson	192 CAMS	Sra
Robert L. Uzzle Jr	203 RH CEF	Sra
Steven W. Hancock	192 MSS	A1C
James D. Lipinski Jr	192 SPF	A1C

ACCESSIONS - JULY 1990

GRADE AND NAME	UNIT
LTC Thomas D. Bailey	192 Tac Cln
Maj John P. Russell	192 Tac Cln
Capt Mark C. Schmidt	192 TFS
1Lt Mary C. Cain	203 RHCEF
Tsgt Kathryn A. Massie	192 RMS
Ssgt Kevin Chaklos	192 SPF
Amn Marc C. Ford	8192 Stu Flt
Amn George M. Fosnaught, Jr.	8192 Stu Flt
Amn Terry L. Wade, Jr.	192 CAMS
AB Gregory L. Fanning	8192 Stu Flt
AB Daniel R. Foss	8192 Stu Flt
AB Frederick W. Rowe, Jr.	8192 Stu Flt
AB Vincent H. Tucker	8192 Stu Flt

*The open safe, like an open mouth, is dangerous.
 Both can reveal valuable information.*

NOTES AND NEWS - NOTES AND NEWS

DINING FACILITY MENU - SEPTEMBER UTA

Saturday: Baked Ham
 Roast Beef with Gravy
 Candied Sweet Potato
 Steamed Rice/Green Beans

Sunday: Chicken Fried Steak
 Baked Potato with Sour Cream
 Buttered Mixed Vegetables

Both Days: salad bar, assorted dressings, assorted bread with butter, dessert, koolaid and coffee.

CHURCH SERVICES

Catholic Mass (Sat 0930) General Protestant (Sun 0800)

ACCOUNTING

Due to accounting close out procedures, the travel SMA cannot process advances or settlements on the last two working days of the month.

NOTARY SERVICES

Notary services are available five days per week and on drill weekends from Mr. Rod McAllister (Ext. 532) and Maj. William P. Albro (Ext. 442), 192d TFG/CES.

VANGUARD SUBMISSIONS

Submissions for October's VANGUARD are due to the Public Affairs Office in the O&T building by 1200, Sunday September 16. Each submission should be made in WordPerfect wordprocessing format, on 3-1/2 or 5-1/4 inch disks, formatted and labeled. Disk will be returned to the OPR. Exceptions to this can be met on a case by case basis.

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Classifieds

1987 Chevrolet Cavalier-Automatic trans., A/C, power steering, power brakes, AM/FM stereo, good gas mileage, reduced! \$4,600. Richmond Area 232-0883.

1984 Dodge Ramcharger-Four wheel drive, low miles, immaculate. Makes Blazers & Broncos look like wimps. See it by the Guard Shack. \$5,500. Call 232-0883.

Hilton Head Condo Rentals- 1 bedroom (sleeps 6), 3 bedroom (sleeps 8), Low rates, available weekly, monthly. Richmond Area 794-9132.

Sewing-\$1.00 per stripe, patch, etc. Contact Sgt. Brown, 328-2919.

192d Tactical Fighter Group
 Virginia Air National Guard
 5680 Beulah Road
 Sandston, VA 23150-6109

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