

# VANGUARD

VIRGINIA AIR NATIONAL GUARD

34TH YEAR, NO. 8

RICHMOND IAP, SANDSTON VIRGINIA

AUGUST 1990

## CREEK CORSAIR '90 REDEPLOYS

Members of the 192d TFG returned July 7, 1990 from Spangdahlem, Germany where they participated in Creek Corsair '90. The exercise which began on June 9, involved deployed personnel from three ANG units flying A-7 "Corsair II" fighter aircraft. Guard members from the 112th TFG, Pittsburgh, Pennsylvania; 140th TFW, Denver, Colorado; and the 192d TFG; participated in the exercise designed to enhance Air National Guard abilities to relocate and fly in the European environment.

To keep cost to a minimum, all of the equipment needed to support the six-week exercise was tailored to fit a single C-141 transport load. The seven A-7s used were assembled at Pittsburgh from the fleets of all three units.

Training during the exercise included theater flying familiarization - an increasingly complex series of missions involving 52d TFW Wild Weasel support - and a final two-day graduation exercise coordinated with NATO. Throughout the exercise, Guard members flew the A-7 in a variety of A-7, F-16, and F-4 formations and missions.

The seventy members of the 192d who arrived in Spangdahlem on June 23, all worked directly with their

*Continued - see CORSAIR p. 3*



*Unit pilots posted a quote from a Richmond Times-Dispatch article about A-7 "nose art" at the base entrance Saturday morning of the July UTA. The pilot featured in the article? Who else but Maj. Bill Martin.*

## COUSINS AND WALDRON: 65 YEARS IN THE GUARD

The retirements of Lt. Col. Lawrence A. Cousins and CMSgt Edgar A. Waldron from the Virginia Air National Guard mark the end to two careers and 65 years of service to the Guard.

Lt. Col. Cousins, executive officer for the 192d Tactical Fighter Group, enlisted in the Guard in 1960 as a staff sergeant. He had previously served two stints in the Virginia Army National Guard and a 4-year Air Force hitch. He was commissioned as a captain in 1975.

"Larry has been a terrific contributor to unit efficiency since he joined the Guard," said Col. Bill Rose, commander of the 192TFG. "His three decades of experience will be tough to replace."

Lt. Col. Cousins retired effective July 10. His successor is expected to be selected soon. He will retire from his civil service position as base communications manager Aug. 25.

*Continued - see RETIREES p. 3*

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## COMMANDER'S CALL

**Col. Bill Rose  
Commander, 192d TFG**

One of the challenges that we are likely to face in the future is maintaining our level of readiness in the face of the changing defense posture of the United States. Although we cannot say specifically how this change will affect the 192d TFG, it is likely that, as Col. Shurley pointed out last month, we will be asked to do more with the same, or fewer resources than we have now.



One of the things that can be done to assure that we are able to meet our commitments in the future is to continue to emphasize quality in the things that we do. The idea of quality is not new. It's been around for a long time. It involves using our resources to improve materials, services, and processes by which we do things to assure that our present and future needs are met. Doing this successfully requires that all of us make a voluntary commitment to excellence and work actively to achieve it. Although this has always been important, it will be vital in the future.

In a very real sense, the quest for quality in our work is an endless journey toward continuous improvement. This is nothing new for us. Over the years you have demonstrated a commitment to excellence that has made the 192d TFG the best there is. This continued dedication to quality will assure that our future will be equally successful, and that we will be able to continue to fulfill our duty to defend our nation.

## PROFESSIONALISM

*By Capt. R.J. Namiot*

*(Note: This is the final portion of Capt. Namiot's July Vanguard article, which was inadvertently deleted.)*

General George Patton during World War II was always one who recognized the importance of the proper wearing of the uniform. After a long and hard-won victory over the Nazi forces in the deserts of North Africa he praised his troops for their great efforts and sacrifices, and he concluded his address with these words: "...you, each of you, is a representative of a great and victorious army. To be respected you must inspire respect - your deeds have proven that you are fine soldiers. Look the part."

The properly executed salute, common military courtesies, and the correct and proud wearing of the uniform help to bring us closer together through mutual respect, and a sense of pride. They foster a sense of self-discipline and the solidarity that they encourage can only make us more professional, more unified, more proud, more efficient, more worthy to be called members of the Virginia Air National Guard.



## NOTES FROM THE PAST: *From the desk of Lt. Col. Cecil Modlin VaANG State Headquarters*

### **COMMONWEALTH OF VIRGINIA - 1947**

"By order of the Secretary of War and under provisions of NGR 15. The Adjutant General of Virginia was authorized on 26 Feb 1947, to organize the 149th Fighter Squadron, Utility Flight of the 149th Fighter Squadron, Detachment C, 213th Air Service Group and the 149th Weather Squadron."

"The unit will be equipped with 25 F-47s of the latest type, four B-26s for tow target operations, one C-47 for freight, two T-6s for advanced training and two L-5s for liaison training. Also over 70 vehicles will provide ground transportation support."

### **149th FIGHTER SQ, SINGLE ENGINE - 1947**

"Lt. Col. Thomas Todd Dabney, a veteran of 83 combat missions in P-39s with the Fifth AF in the Pacific (three confirmed victories in New Guinea) was selected the first

commanding officer." (LTC Dabney resigned from the VaANG on 21 May 48)

### **192d TACTICAL FIGHTER GROUP - 1967**

Virginia Air Guard holds Twentieth Anniversary Celebration. Highlights: 6 Jul-VaANG Baseball Night-Parker Field; 7 Jul-Officers Dinner & Ball (Formal); 8 Jul-Open House-Static Displays. Cocktail Party & Reception, Club 149 (all airmen and invited guests).

### **192d TACTICAL FIGHTER GROUP**

"The 192d participated in Coronet Fife, deploying 10 aircraft and 35 aircrew to Lakenheath, England for the period 23 Oct through 6 Nov. A total of 107 sorties were flown..."

## RETIREES - continued from p. 1

Chief Waldron joined the Guard in 1955. He played on the unit's first softball and basketball teams and was a charter member of the 192d TFG color guard.

Since August 1987 he has been attached to Headquarters VaANG as senior enlisted adviser. Before that he was a supply management superintendent with the 192d Management Resource Squadron's material storage and distribution branch.

"Eddie has been extremely effective as senior enlisted adviser," said Brig. Gen. Joseph A. "Al" Washington, Virginia's deputy adjutant general for air. "He's a real people-oriented person. Anybody can talk to Eddie Waldron."

General Washington said Chief Waldron's replacement, SMSgt Walter D. Davis, also is people-oriented and a perfect choice for the job. Chief Waldron, a Sandston resident, officially retires Aug. 1. "I'm not leaving," he said. "I'm just getting out."



**Lt. Col. Lawrence A. Cousins, left, and Chief Master Sgt. Edgar A. Waldron**

## WEATHER FLIGHT ANNUAL TRAINING

The Virginia Air National Guard's 200th Weather Flight, which has more than tripled its manpower in less than a year, will deploy to Fort Bragg, N.C., Aug. 4-18 to support the 29th Infantry Division.

"We'll be convoying down with elements of division artillery from Sandston," said Lt. Col. Kenneth G. Yeager, commander of the 200th Weather Flight.

The Fort Bragg deployment will be the flight's first integrated 15-day field training exercise since it received a new mission and relocated from Langley AFB to Richmond in February 1989.

Colonel Yeager had praise for the Air Guard recruiters for bringing the weather flight up to full strength quickly. "They brought us up from 6 people to 21 people in just under a year, and I don't think anybody expected that," he said. "I can't say enough good about them. They did a phenomenal job."

Because of restrictions on man-days, only 11 members of the weather flight will participate in the Fort Bragg exercises.

***It's much faster to avoid a security violation than to explain one. Practice communications security (COMSEC).***

## CORSAIR - continued from p. 1

active duty counterparts, providing assistance with medical, security, food service, fire fighting, and safety.

According to Major Larry Wimmer, Deputy Commander for Maintenance for the 192d during the exercise, there were "various types of maintenance problems. It really wasn't what we had planned on, that's for sure, but we did what needed to be done to get the planes ready." The average work day began at 0730 and lasted until 2100, with the need for regularly scheduled aircraft inspections adding to an already packed maintenance schedule. "The facilities were good, and we got excellent cooperation from the base," said Wimmer. "Everyone really worked hard, and nobody complained. Everyone did an excellent job. It was a good trip."

A large factor in the success of the deployment, says MSgt Archie Sours, was outstanding support by the 52d TFW and all base agencies. "The Spangdahlem folks were the most professional, helpful and enthusiastic we've ever worked with."

According to Lt Col Chuck Menning, commander of National Guard Bureau Detachment 7, Creek Corsair '90 provided an opportunity to provide low-cost, effective training, and to familiarize NATO personnel with the capabilities of the Guard and the A-7. "Creek Corsair '90 may well be the prototype of scaled-down, highly efficient exercises of the future," Lt Col Menning said. "The coordination can be complex, but the unique opportunities, combined with considerable savings, make the effort worthwhile."

# HOW YOUR BODY REACTS TO STRESS

Lt. Col. Joan W. Brumfield  
192d TAC Clinic

Stress is the response of your body to all demands made upon it. Your body responds to all stress, both positive and negative, by trying to get back to normal. Hormones, like adrenalin, may surge. Your heartbeat and blood pressure will probably increase. Your blood sugar rises.

These physical responses helped prehistoric humans survive by helping them run away faster or fight harder. By the time they were done, their bodies had discharged the tension of the moment and their stress response was followed by relaxation.

Today, we experience stress factors which are very different from those early survival ones. If a stressful situation goes on for too long without any relief, you might experience diseases and disorders, such as colds, ulcers, asthma, heart attack or stroke. You may feel tired, irritable, depressed, or anxious. You may have trouble with sleeping, eating (either too much or too little), drinking and smoking.

## RESERVE OFFICERS URGE ADEQUATE FUNDING TO SUSTAIN DEFENSE

"Prudent and cautious" adjustments in the size and composition of the military that will still provide adequate funding to attain national security objectives were supported in one of 32 resolutions passed June 30 by the Reserve Officers Association national convention Atlanta, GA.

Considering "the unprecedented and revolutionary events in Eastern Europe and the Soviet Union" that have reduced the threat of deliberate aggression in Europe, the group said that defense programs and forces capabilities should "include deterring attack, protecting and advancing U. S. interests and providing regional and global influence and stability."

Another resolution calls for legislative protection to protect the futures of military personnel involuntarily separated from active duty careers because of "changes in Eastern Europe and elsewhere that have "prompted calls for a 'peace dividend' and generated proposals to significantly reduce military manpower."

More than 1,500 members and guests attended the four-day convention June 27-30 at Atlanta's Hyatt Regency hotel. In addition to 16 new resolutions passed on the final day of the convention, 16 expiring resolutions were renewed.

*Telephones don't speak, but can really broadcast. Watch your communications security (COMSEC).*

There are many ways to keep all the negative effects of different stressors to a minimum, including:

*Take time for yourself to relax each day.*

*Exercise regularly, after getting your doctor's okay.*

*Learn to "let go" of things which are outside your control. Learn to adapt to changes.*

*Learn to take action when you can make a difference.*

*Avoid excessive alcohol, caffeine, fats and sugar. Don't smoke.*

*Go away for the weekend.*

*Give your time to something or someone you believe in.*

Your mind and body are connected. When your mind is healthy, your body can resist illness better. When your body is healthy, your feelings are more positive. During stressful times, take care of both for maximum health and satisfaction.

## ALZHEIMER'S ASSOCIATION SPONSORS WALKATHON

On Sept. 15, 1990, the Greater Richmond Chapter of the Alzheimer's Association is sponsoring a 5-mile walkathon at Byrd Park in Richmond, between the hours of 10:00 a.m. and 3:00 p.m. The walkathon is called the "Memory Walk," and is held to raise funds to support services to benefit families of Alzheimer's disease patients.

Since the walkathon is being held during September's UTA weekend, special arrangements have been made to allow unit

members to participate by filling out a registration form, obtaining donations from sponsors, and performing a 5-mile walk at their own convenience prior to the day of the Memory Walk. All unit members who participate in this manner and turn in their sponsor form on or before the day of the walkathon will receive a certificate of appreciation from the Alzheimer's Association, as well as various other memorabilia of the event.

Registration forms are available on base from George Marshall and Bob Flournoy at the base photo lab, ext. 342. For more information, please contact the Alzheimer's Association at 320-1101.



## BAILEY RECEIVES 192D TFG SAFETY AWARD



**Technical Sgt. Ryland Y. Bailey used an inspection mirror to locate a foreign object in the aircraft wing assembly.**

Technical Sgt. Ryland Y. Bailey, 192d CAMRON, has been selected to receive the 192d TFG Safety Award for the first half of CY-1990. He is assigned to the 192d CAMRON Organizational Maintenance Branch and serves as a aircraft mechanic working in phase maintenance.

During a phase maintenance inspection on an A-7D aircraft earlier this year, Technical Sgt. Bailey discovered a foreign object in the wing, which turned out to be a 3/8" x 1 3/4" round spacer. This spacer was not used anywhere in the wing assembly. Had this spacer not been found, it had the potential of causing a flight control problem of the aircraft in flight. To highlight the difficulty of his discovery, the area involved could only be inspected with the use of an inspection mirror.

According to Ground Safety Manager Senior Master Sgt. Gene A. Meek, Technical Sgt. Bailey's professionalism has been a major contribution to this unit's Mishap Prevention Program. He will receive an Outstanding Achievement in Safety certificate and an especially embroidered wind breaker jacket as recognition for this 192d TFG Safety Award.

## A FEW GOOD WORDS

*By Chaplain, Maj. Jerry Stone*

Have you wept over anything during the past year? Has your heart beat faster at the sight of young beauty? Have you thought seriously about the fact that someday you will die? Do you really listen when people are speaking to you, instead of waiting for your turn to speak? Is there anyone you know in whose place, if one of you had to suffer great pain, you would volunteer yourself? If the answer to all or most of these questions is "No", chances are that you're dead already.

The gift of life which our Creator gives to us is the greatest miracle of all. Perhaps it seems quite natural for you to wake up each morning, but we don't have a guarantee of how many times it will happen. I well remember a tragedy in my first parish years ago. An honor student returned home from school, walked upstairs for his father's pistol, and came back downstairs in the living room where he committed suicide in front of his father. The father had a massive heart attack, and

his wife upon returning home from work found them both dead.

When things like this happen, it makes me so grateful for what God has given me. There are those who love us, family and friends, who are often taken for granted and accepted as natural or deserved. We often forget that there is a Creator, one who is in control, the giver of life itself.

Have you ever heard the following words? "It was one of those days that made me feel good just to be alive." "I had a hunch everything was going to turn out alright." "I don't know where I ever found the courage." When I hear words like that, I say, "Give credit where credit is due." "Or quote from the Scriptures, "It is he that has made us and not we ourselves!" Live life to the fullest, one day at a time. Responsibility and mission in the Air National Guard is enhanced by those who have faith in their Creator and themselves.

**The 192d TFG Drug and Alcohol Abuse Awareness Committee learned about the violent Richmond-area "drug scene" during a July meeting. Law enforcement specialists gave a presentation of drug paraphernalia.**



## CARNIVAL AND CHILDREN'S MIRACLE NETWORK TELETHON

*By Senior Master Sgt. Bob Walton*

Thanks to volunteers from the 192d, 203d and the Retirees' Association for the outstanding support given to the Children's Hospital Carnival held the first weekend of June. The Carnival, through all of the volunteer efforts raised \$16,000 for the Telethon. People make a difference! There will be many children with a better chance to recover and live a better life because of all the hard work.

Each year the Children's Hospital Carnival gets better and better. There was more of everything to offer all age groups. More games, rides, displays, food and refreshments, entertainment, displays and animals. The 203d's "RAMBO" face painting and dog tags were favorites.

The Carnival is a lot of hard work, but at the same time everyone has a good time and feels good about it. Plans are already being made and meetings have been held for next year's event. Contact Senior Master Sgt. Bob Walton for more information at Ext. 541 or 373.



**Both the 192d TFG and the 203d Red Horse unit had equipment on display for the Children's Hospital Carnival.**

### ACCESSIONS - JUNE 1990

GRADE AND NAME	UNIT
Sra Robert E. Megginson	8192 STU FLT
Sgt Kenneth M. Patterson	192 CAMS
Sgt Tyrone W. Cotman	8192 STU FLT
Sra Jamie L. Spencer	192 CAMS
A1C Tyrone L. Wormley Jr.	192 TAC Clinic
Sgt William R. Davis	192 CES
A1C Andrew G. Brady	8192 STU FLT

### PROMOTIONS - JUNE 1990

NAME	UNIT	PROMOTED TO
Christian, Randy D.	192 RMS	MSgt
Garris, Robert L.	192 CAMS	MSgt
Martin, Arthur V. Jr.	192 RMS	MSgt
Tatem, Dorothy M.	192 RMS	MSgt
Berkheimer, Robert W.	203 RHCEF	TSgt
Wiley, Troy	192 TFG	SSgt
Barnes, Kenneth B. Jr.	203 RHCEF	SSgt
McCartney, James E.	192 CAMS	SSgt
Puryear, Kevin L.	200 WF	SSgt
Talley, Randall S.	203 RHCEF	SSgt
Childs, Nancy A.	192 RMS	Sra
Poteet, John I. Jr.	192 CAMS	Sra
Drinkard, Kathryn L.	192 TAC Clinic	A1C

### I.G. BROWN ANG PME CENTER CONSTRUCTION

While attending professional military education (PME) at McGhee Tyson AFB, TN, in May, Master Sgt. Sal Marciante, Jr. of the 192d TAC Clinic learned of a construction project now in progress to enlarge and improve the PME Center for the Air National Guard. The project's five phases will run concurrently until completion, in late 1994, with a total cost of more than \$20 million. Master Sgt. Marciante's description of the project suggests that PME remains a high priority:

Phase I, which should be completed by the end of 1990, includes a 35,000 sq. ft. NCO Academy dormitory with 140 beds (2 beds per room, with private bath) and a 25,000 sq. ft. classroom building with 22 classrooms.

Phase II of the construction schedule will consist of a 29,000 sq. ft. multipurpose facility and a 20,000 sq. ft. multimedia facility with two lecture halls and a library. The completion date is late 1991.

Phase III is a 25,000 sq. ft. Academy Of Military Science (AMS) dormitory with 100 beds (2 beds per room with private bath) and an NCO Leadership School Dormitory with 120 beds (2 beds/bath per room). Late 1992 is the completion date for this phase.

Phase IV is a 25,000 sq. ft. Administration and Headquarters Facility for PME Center staff offices and is expected to be completed by late 1993.

The last phase, due to be finished in 1994, will be a 40,000 sq. ft. dormitory which will be used for professional continuing education courses. Also included in Phase V, is construction of a new track and drill pad for physical training.

When completed, the I.G. Brown Campus, will reflect the latest technology in classroom instruction and a continuing commitment for excellence in developing future officers and NCO's for the Guard.

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

Special Order M-14

15 July 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.

<b>UTAS:</b> 04 Aug 90	Flying & OJT in sections	<b>DEPLOYMENTS:</b>	EGLIN	24 Sep-28 Sep 90
05 Aug 90	Flying & OJT in sections			
<b>SCHEDULED UTAS:</b>	15 & 16 Sep 90	12 & 13 Jan 91	04 & 05 May 91	
	13 & 14 Oct 90	09 & 10 Feb 91	08 & 09 Jun 91	
	03 & 04 Nov 90	02 & 03 Mar 91	13 & 14 Jul 91	
	01 & 02 Dec 90	13 & 14 Apr 91	10 & 11 Aug 91	

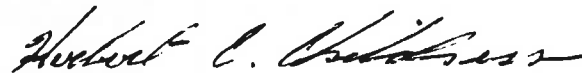
2. AM assemblies will be 0800-1200 (Sat) 0700-1100 (Sun) and PM assemblies will be 1300-1700 (Sat) 1200-1600 (Sun), with the following exceptions: Assembly for one flight of Food Services Personnel: AM 0630-1030 (Sat) 0530-0930 (Sun), PM 1100-1530 (Sat) 100-1430 (Sun). Additional duty hours to cover 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.

## CONTRACTING CORNER

### LOCAL PURCHASE

The authorized purchase of supplies and services by an installation for its own use or the use of an installation or activity logistically supported by its is considered a local purchase. The term "local purchase" is very often misunderstood. A lot of people think that it means the supplies or service will be procured only from the immediate "downtown" area. Local purchase is not limited to the immediate geographical area in which the purchasing installation is located. Local purchase may be performed anywhere in the United States.

### SMALL PURCHASE

Purchase of supplies or services of \$25,000 or less may be purchased using small purchase procedures. This procedure allows simplified negotiations which significantly reduce the lead time and administrative cost of contracting. Normally results in the issuance of a purchase order.

## NOTES AND NEWS

### LEGAL SERVICES

The base legal office will prepare simple wills, natural death act statements (living wills), and power of attorney for consent to health care and guardianship for children. In most cases document signing is scheduled for 1 p.m. on Sunday, when witnesses and notary public are available.



# NOTES AND NEWS - NOTES AND NEWS

## DINING FACILITY MENU - JULY UTA

## CHURCH SERVICES

### Saturday:

Italian-style veal cutlet  
 Spaghetti w/tomato sauce  
 Buttered green peas  
 Yellow cake w/chocolate icing

### Sunday:

Baked chicken/BBQ chicken  
 Cornbread dressing  
 Mixed vegetables  
 Apple crisp

Catholic Mass  
 General Protestant

(Sat 0930)  
 (Sun 0800)

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

## Classifieds Test

*Unit members interested in placing a classified ad in the VANGUARD should call ext. 388 first to make sure someone will be in the PA office to accept the submission. Ads will be included in the subsequent VANGUARD issue on a first-come, first-served and space-available basis.*

Update your image for the 90's. Contact TSgt Pam Dyer, Certified Image Consultant, 932-3435 or Ext 593 on drill weekends for an appointment. Services include: Free color analysis, computer assisted image analysis, state of the art skin care, color coded makeup, fashions & accessories. Image Impact Workshop

Women in Military Service to America Memorial Fund. For Sale: Auto Sunscreens \$6; Bumper Stickers \$3. These products are available for purchase at the Social Actions Office. (All proceeds will go to the WIMSA Memorial Fund)

1987 Chevrolet Cavalier, auto transmission, a/c, power steering, power brakes, AM-FM stereo-radio, good gas mileage, blue, \$5,000 or best offer. Richmond area, 232-0883.

Japanese language instruction, private or group, business or family lessons. Richmond area, 744-9403.

### VANGUARD SUBMISSIONS

Submissions for September's VANGUARD are due to the Public Affairs Office in the O&T building by 1200, Sunday August 5. 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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