

VANGUARD

VIRGINIA AIR NATIONAL GUARD

34TH YEAR, NO. 12

RICHMOND IAP, SANDSTON VIRGINIA

DECEMBER 1990



COMMUNITY SUPPORTS DESERT SHIELD

There has been a tremendous response from individuals and organizations supporting military members involved in Operation Desert Shield. Activities have ranged from donations of all types of goods and services, to counseling for family members and special programs by employers to alleviate the financial burden felt by the families of employees called to active duty. In keeping with this spirit of support, the 192d's munitions branch is sponsoring a holiday airlift of items to be included in "care packages" for military members spending the holidays in Saudi Arabia.

According to CMS Franklin W. Stanley, who is coordinating efforts at the 192d, there are two ways to help. First, take a few minutes of your time and write to one of our servicemen or women in Saudi Arabia. Many of our troops do not receive personal mail and would really appreciate hearing from someone "back home." Your letter can mean a lot. Addresses are: Any Airman/Marine/Soldier, Operation Desert Shield, APO New York 09848-0006, or, Any Seaman Operation Desert Shield, FPO New York 09866-0006.

The second thing you can do is to serve as a "point of contact" for items to be collected for the airlift. A "point of contact" is a person who, in this case, collects items to be shipped overseas from neighbors, co-workers, churches or other groups. He or she is the person that others can contact to make donations. Chief Stanley encourages all unit members to solicit contributions and bring them to the weapons release shop (Bldg. 3633) during the December UTA. High demand items include such things as cassette tapes, playing cards, powdered

See SUPPORT - page 2

Chief Master Sgt. Frank Stanley, left, and First Lieutenant Carl Bess are organizing base- and community-wide efforts to ensure troops now stationed in the Middle East have as happy a holiday time as possible. Donations will be accepted during the December UTA and then shipped overseas. Photo by Technical Sgt. William Huggins.

BIVOUAC MAKES FOR A GREAT CAMP-OUT

By Technical Sgt. Joe Cheatham

Take 136 people, 14 GP Medium tents, and one Mobile Kitchen Trailer. Mix well with Rapid Runway Repair, vehicle familiarization, security training, and food service requirements. Let stand overnight in a large open field. The result? A PRIME RIBS and PRIME BEEF bivouac (photo on page 3).

During the October UTA, 15 members of the 192d Services Flight and 121 members of the 192d Civil Engineering Squadron took part in a joint training exercise designed to simulate the operation of both groups under field conditions.

See BIVOUAC - page 3

CLINIC GOES TO SCHOOL

By Technical Sgt. Joe Cheatham

What's the real job of the 192d TAC Clinic? Shots? Physicals? Drug Testing? With all the activities the clinic is tasked to support, it would be easy to get the impression that the primary mission of our medical staff is to do the things that we see most often. However, that's not the case.

The purpose of the clinic is to provide organized medical support in high threat, high casualty situations. To do that effectively, medical personnel must train specifically for this type of situation - a difficult task when you have to support all the activities we normally associate with the clinic. Increased size helps.

See CLINIC - page 3

COMMANDER'S CALL

Col. Bill Rose
Commander, 192d TFG

At this time of year, it seems appropriate to express my thanks to all of you for your effort and dedication in 1990. The last few months have been a period of tension and transition for the 192d TFG.

Your unflagging dedication to this unit and its mission make it possible for us to enter 1991 with continued confidence in our ability to provide for the defense of our country.

Recent events in the Middle East bring to mind clearly the sacrifices that you and your families are prepared to make. There was a time when these might not have been appreciated, and so I recommend to you an article in this issue of the

Vanguard called "A Stranger's Wish" by Master Sgt. Donald F. Miller. I believe that his experience reflects the level of support and appreciation that the public holds for your service.



So, as we approach another holiday season and another new year, I would like to extend my best wishes and thanks to all of you for a job well done, and my hopes that the new year will be peaceful and prosperous for you and your loved ones.

SUPPORT - from page 1

drink mix, and a variety of toiletries. Monetary contributions will also be accepted. Checks should be made out to "Family Support to Gulf Crisis" and mailed to: 1st TFWg/CMS, Langley AFB, VA, 23665, along with your return address.

Chief Stanley organized a similar effort in the greater Richmond metropolitan area. He urges all to join with him to make sure that no service member is left out during the holidays.

SATAF UPDATE

Site Activation Task Force (SATAF) 2. This is when an aircraft conversion really begins to pick up speed. The 100 or so action items identified in SATAF 1 have been planned for. Now the actual dates, times, and places for training required to give pilots, maintenance personnel and others the required skills to handle a high performance aircraft like the F-16 Falcon must be specified. For the 192d TFG, SATAF 2 occurs in December 1990.

Major Steve Hicks, conversion project officer for operations, keeps a close eye on the conversion schedule. Although the current world situation has created some uncertainty - things are changing fast - Major Hicks is guardedly optimistic. "Right now, we're on schedule, maybe even a little ahead," he says.

A STRANGER'S WISH

By Master Sgt. Donald F. Miller

As a member of the 192d Civil Engineering Squadron of the Virginia Air National Guard's Tactical Fighter Group, I have found that during my previous 21 years of military service, there have been very few challenges such as the one we now face in the Middle East. In spite of the anxiety our "team" feels, our mission is and always has been to be prepared for the moment when America needs us.

When Iraq invaded Kuwait, we felt shock and disgust over the blatant backstabbing by the government of Saddam Hussein. We have watched and listened with heightened interest as American forces were invited to help defend Saudi Arabian territory from a possible Iraqi threat.

During the week that President Bush was to have signed orders activating Reservists, I happened to be on active Duty with my squadron. My wife had recently registered for a class at Virginia Commonwealth University, and the tuition was due to be paid. She was unable to get away from work, so she asked me to stop by and make the payment for her. I left the air base in my BDU's and stopped by the university's registration office, since the university area was close to the route I take home.

While waiting to make the tuition payment, I found myself in the midst of nearly one hundred students in line to do the same thing. I could "feel" the eyes of students -- young enough to be my children -- staring at my BDU's. The experience made me feel slightly uneasy. It reminded me of a time when many people looked at the military uniform and thought only of an immoral war, and viewed the soldier as an intrusion. I could only imagine the loneliness the Vietnam Veteran must have felt.

Just then a young man about 19 years old lightly touched my shoulder and asked if I was in the Reserves. I told him yes, but in the Air National Guard. He asked if I was going to be activated. I replied that I wasn't sure what was going to happen. With a concern that I could see in his eyes and hear in his voice, he said simply, "Whatever happens, I wish you good luck." He shook my hand and I thanked him, then he turned and walked away.

In a time when one questions why life is so frustrating and why, it seems, that concern exhibited by American citizens is at an all time low, it only took a simple and thoughtful act for me to realize why I am proud to be a member of the United States Armed Forces serving my country in the Air National Guard.



"What would you do?" The job of the 192d TAC Clinic is to provide medical care in mass casualty situations, as in this exercise held in Virginia Beach in October. Photo by Master Sgt. Robert Flournoy.

BIVOUAC - from page 1

The PRIME BEEF (Base Emergency Engineering Force) detachment was responsible for providing the materials and structures necessary to support the members of both groups in the field. They erected tents, set up generators and heating units, ran electrical wiring and lights, and provided shower and sanitation facilities. In addition, they participated in a variety of training exercises - learning to protect the work force in a hostile environment, operate vehicles, and repair runways.

According to Captain Thomas P. Herbert, the civil engineering group is responsible for "activities that have to be accomplished in a force bed down situation. From our perspective we must be in place early so facilities are available for the main force elements."

For the PRIME RIBS (Readiness In Base Services) group, the bivouac provided the first chance to test their Mobile Kitchen Trailer. Services personnel used the trailer to prepare dinner for 115 people Saturday night, and then crawled out of bed at 3 a.m. Sunday morning to fix breakfast for 75 more. They also had the opportunity to learn to operate two and one-half ton trucks, and the new army HMMV jeep.

Services Flight Commander Major Ed Grogan was pleased with the results. With the help of eight members of the 113th CES/SVF from the Washington D.C. Guard, they were able to participate in the field exercise and still maintain regular UTA services in the dining hall. He also praised the efforts of the civil engineering group. "With CE support and favorable weather, we had a wonderful camp and look forward to doing it again."

CLINIC - from page 1

According to Senior Master Sgt. George Mallory, there are now over 70 people associated with the group. As a result of this (and lots of work), the clinic will shortly be changing its name to the 192d Medical Readiness Squadron. The group should be a 100 percent operational 2-E facility within two years, tasked with providing the first organized medical services for the injured in wartime.

To help develop mass casualty skills, 45 people from the 192d TAC Clinic joined 123 army medics from Virginia and Maryland at the State Military Reservation at Camp Pendleton in Virginia Beach on October 26-28. Training at the Field Medical School, which involved both classroom instruction and a field exercises, allowed personnel to work in an environment that actually reflects the primary mission of the clinic.

Captain Robert Westbrook of the 192d TAC Clinic, field director for the school, sees this training as part of an increased level of recognition for the real mission of the clinic. "I'm very pleased with the level of cooperation and support we've received from all of the facilities which have provided equipment and manpower," said Westbrook. "I think they appreciate the need for the training."

TO YOUR GOOD HEALTH

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

What Does Cholesterol Do to Your Heart? The whole issue of cholesterol can be very confusing. You may have heard that some cholesterol is good for you while other cholesterol can be harmful, but you may not know which is which.

What is Cholesterol? Cholesterol is a lipoprotein, a fatty substance in the blood that is coated with protein. The body itself manufactures about 1,000 milligrams of cholesterol daily.

Dietary cholesterol is not essential for health, and can actually be harmful. There are several different types of cholesterol, but the two most important are LDL (low-density lipoprotein) and HDL (high-density lipoprotein). LDL has a thin protein layer and tends to deposit itself on the walls of the blood vessels, while HDL has a thick protein layer and actually removes cholesterol from the bloodstream.

Excess cholesterol and other fats can build up on the inner walls of blood vessels, a condition known as atherosclerosis. These fatty build-ups can restrict, and in some cases totally block, the flow of oxygen-rich blood through the blood vessels. When atherosclerosis occurs in the blood vessels that nourish the heart (coronary artery disease), chest pain and heart attack can result.

The only way to determine whether you have too much cholesterol in your bloodstream is to have a laboratory blood test performed. This test will measure how many milligrams of cholesterol are present in a deciliter of blood. Depending on age, total cholesterol over 200 mg./dl. is considered to be undesirably high.

You will receive a "Hope Health & Safety Newsletter" during December's drill. Please be sure to complete the ballot enclosed with the newsletter and return it to the clinic.

UNIT BOWLERS PLAN FOR 1991 REGIONAL MEET

One year from now, in October of 1991, the 192d TFG will be organizing the Air National Guard Eastern Regional Bowling Tournament.

To be eligible to participate, you must be a member of the Air National Guard - either current or retired - or the spouse of a Guard member. Additionally, you must be sanctioned by the American Bowling Congress.

Although there will be 50 teams of bowlers, we only have space for 32 people and positions will be filled on a first come, first served basis. Cost will be approximately \$40 per person. This will cover games, prizes, patches, etc.

For more information, contact Richard Mabry (Ext. 482), Warren Powell (Ext. 377), Gerald Golden (Ext. 530), or Russ LaBelle (Ext. 488).

KEEP RETIREMENT IN MIND

*By CMSgt. Walter Davis
Virginia ANG Senior Enlisted Advisor*

As 1990 draws to a close many of us find ourselves examining the year and making plans for the future. One thing we can never plan enough for is retirement--not just for ourselves, but for our spouses and families as well.

One benefit many Guard members are unaware of is the Air Force Enlisted Men's Widows and Dependents Retirement Home Foundation in Florida, which I toured recently.

Known as Bob Hope Village, Teresa Village and Kenwood Village, these retirement communities are designed to meet the needs of retired enlisted military and reservists and their surviving spouses. Retired Air Force members and reservists are eligible to apply for accommodations at age 62 and their widows at age 55.

Bob Hope Village has 32 two-bedroom units and 224 one-bedroom units. Teresa Village is made up of 97 two-bedroom units and 16 one-bedroom apartments. Rents run from \$249-\$326 per month. Rent, for widows needing financial assistance, will not exceed 25 percent of their annual income. The villages offer a variety of amenities, security, and social and religious activities. Residents pay for their own electricity and telephones.

Widows may move in now--couples have a 3-4 year wait. I've placed brochures about these very special retirement communities on squadron bulletin boards. If you would like more information about the villages, call me at ext. 501.

I would like to close by wishing each of you the happiest of holidays and I look forward to seeing each of you in the New Year!

Base Supply Outstanding Airman Award

Staff Sgt. William A. Bradford has been selected as the Base Supply Outstanding Airman for the first half of calendar year 1990. Sgt. Bradford has been Quality Control and Inspection Supervisor for the past two years. His supervisor, Senior Master Sgt. Edward Harris says "Tony" has made the difference in Fuels Inspections since being appointed QC&I Team Chief, by working closely with maintenance to ensure safety is adhered to during all aircraft servicings.



Sgt. Bradford recently deployed to Spangdahlem AB, Germany, where he shared his inspection criteria with the Spangdahlem Quality Assurance Team. According to Sgt. Harris, Sgt. Bradford is always looking for a safer way to accomplish the fuels mission.

In civilian life, Staff Sgt. Bradford, wife Tammy, and their five month old son Will, live in Blackstone, Va. He is employed by Commonwealth Propane and is enrolled at Southside Virginia Community College. He is active in his community as a member of the Blackstone Fire Department.

RECENT ACCESSIONS

GRADE AND NAME	UNIT
AB Lamonica L. Cansler	8192 Stu Flt
SGT David S. Chisholm	8192 Stu Flt
SGT George W. Edwards II	192 SVF
AMN Ronald E. Gardner	8192 Stu Flt
AB Chester (NMI) Gay III	8192 Stu Flt
AB Chanda N. Pretlow	8192 Stu Flt
AB Bryan R. Reynolds	8192 Stu Flt
AMN Tina M. Woodard	8192 Stu Flt

ATTENTION!!!

The Air Force Military Personnel Center is now accepting applications from a limited number of men and women for recall to active duty to serve as Military Training Instructors at Lackland AFB, Texas. Unit members who are E-4 through E-6 may apply if they meet the eligibility criteria found in AFR 45-21. The 192d's customer service section of the CBPO, Ext. 310 or Ext. 381, will provide additional information or assist any unit member in the application process.

A FEW GOOD WORDS *By Chaplain, Capt. Charles E. Woods*

"Mike the Monkey"

Experiments involving chimpanzees are usually interesting, and a 1970s study by the National Geographic Society that was recently on television was no exception. In that research project, a chimp named Mike was allowed to take control of a community by emphasizing style over strength. Mike intimidated the other monkeys. He used empty kerosene cans and a steel box as noisemakers. He would hoot loudly and crash the metal containers together as he walked along. Even a larger monkey named Goliath, frightened by the loud noise, meekly submitted to Mike's authority.

We often see the same principle at work. We think that the most effective Christians are the ones with a flashy personality, a loud voice, and other "external" gifts. But that's not what God considers important. "The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart"

In the past couple of years, we've seen the sad truth of this teaching. Some Christian ministries that were built around a strong personality and promoted a glitzy lifestyle have collapsed from within. The leadership cared more about outward trappings than about inner character.

Do you sometimes envy those who are always standing up in front talking about their spiritual successes? Do you sometimes feel inadequate? Don't! If you glorify God, you're doing all you need to do. The only boasting necessary is boasting about God. Reflection:

* Why are people drawn to flashy personalities rather than to quiet leaders?

* What has God done in your life that is worth bragging about?



AIR FORCE SERGEANTS ASSOCIATION

The AFSA is having a membership drive through December 31, 1990. The AFSA serves Air Force enlisted personnel of all grades and acts as the voice of enlisted personnel on issues affecting the Air Force enlisted community.

With over 167,000 members, the AFSA lobbies Capitol Hill for increased benefits and serves as a watchdog to uphold the rights of Air Force enlisted personnel. Anyone interested in joining the AFSA should contact Master Sgt. John Gilbert at 592, or Master Sgt. Mike Duke at 316.

CONTRACTING CORNER

CUSTOMER EDUCATION ACTIVITIES WHO INITIATE REQUIREMENTS

Activities who initiate requirements for service and construction contracts are reminded that the Contracting Office can assist you in the preparation of your Statement of Work and contract specifications.

After your proposed plans and specifications are drafted, a joint review between the initiating activity and the Contracting Division should be held to resolve any problems areas that might exist. Such a review may prevent problems later in the acquisition cycle.

PROMOTIONS - SEPTEMBER 1990

NAME	UNIT	PROMOTED TO
Richard E. Conner	192 MSS	Msgt
Thomas R. Dean	192 CAMS	Msgt
Charles W. Keene	192 CAMS	Msgt
Robert K. Newton	203 RH CEF	Msgt
Mario N. Nozzarella	203 RH CEF	Tsgt
Terri L. Oh	192 TAC Cln	Tsgt
Michael L. Bird	203 RH CEF	Ssgt
Brent C. Bond	192 CAMS	Ssgt
Robert M. French	192 SVF	Ssgt
Mario C. Jenkins	192 CAMS	Ssgt
Leslie W. Mayo II	192 SPF	Ssgt
Sterling (NMI) McDougle	192 SPF	Ssgt
Michael G. Pittman	192 MSF	Ssgt
Jeffrey C. Ball	192 CAMS	Sgt
Kevin E. Dickens	203 RH CEF	Sgt
Timothy (NMI) Douglas	203 RH CEF	Sgt

BLACK HISTORY MONTH PROGRAMS 1991

By Major Andrew Willis

Everything is going well for the 192d TFG's 1991 Black History Month Program. The month's activities will begin with an awards dinner at the Holiday Inn Airport on February 9th at 6 p.m. Appropriate attire for the occasion for both officers and airmen will be mess dress, semi-formal dress uniform, or Class A uniform; and formal wear or business suit for civilians.

The donation for this event, at which dinner will be served, is \$20 per person. Seating will be limited to 300 guests. Those interested in attending have been encouraged to make reservations as soon as possible. Lt. Colonel (U.S. Army retired) Jesse Mayes, who serves on the Chesterfield County Board of Supervisors, will be the guest speaker. A special Sunday morning service will also be held on base, during the UTA, on February 10 from 8 to 10 a.m.

Black History Month has been observed for many years. In 1926, the Association for the Study of Negro Life and History started Negro History Week under the tutelage of Dr. Carter G. Woodson, who felt there was a need to draw attention to the history and contributions of Negro-Americans in the development of the United States and its institutions.

In 1976, The association expanded the observance to a month-long commemoration that has now become known as "Black History Month." February was chosen because it includes the birthdays of both Abraham Lincoln and Fredrick Douglas, linking the accomplishments of prominent black Americans and established historical figures. One of Woodson's statements seems an appropriate backdrop for Black History Month activities:

We should not dim one bit the luster of any star in our firmament. Let no one be so thoughtless as to decry the record of the makers of the United States of America. We should not learn less of George Washington, "First in War, First in Peace, First in the Hearts of his Countrymen"; but we should learn something also of the three thousand Negro soldiers of the American Revolution who helped to make this "Father of our Country" possible.

CAREER TIPS

By Sgt Melissa Costanzo

WELCOME ABOARD! To all new members of the 192d TFG: The Career Education and Management Office invites you to attend the Newcomers Orientation Briefing.

Topics generally covered during the briefing include local policies concerning military courtesy, pay, weight control, and participation in drill; as well as BX and Commissary privileges, PME Leadership School and NCO Academies, and the Community College of the Air Force. Educational benefits and bonuses that may be available are also discussed.

The Newcomers Briefing is held every UTA on Saturday at 10 a.m. in the CBPO Testing room. All commanders, trainers, supervisors, unit career advisors, and first sergeants are also encouraged to attend and participate. One way to get the most out of your military career and to motivate those around you is to be well-informed.

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

Special Order M-1

04 November 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: 01 Dec 90	Flying & OJT in sections	DEPLOYMENTS:	Hawaii (23 Feb - 9 Mar 91)
02 Dec 90	Flying & OJT in sections		AFT Savannah (9-23 Mar 91)

SCHEDULED UTAS:	12 & 13 Jan 91	09 & 10 Feb 91	04 & 05 May 91	10 & 11 Aug 91
		02 & 03 Mar 91	08 & 09 Jun 91	14 & 15 Sep 91
		13 & 14 Apr 91	13 & 14 Jul 91	05 & 06 Oct 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.

More About Government Drivers' Licenses

By Technical Sgt. Thomas Ford

All new unit members will be briefed by the Vehicle Operations Driver Training section during initial in-processing into the unit. Squadron commanders or vehicle control officers (VCOs) should submit a completed request to Vehicle Operations. Vehicle Operations will create a permanent driver's record and issue the unit member an AF Form 2293.

Additional qualifications can be added to an AF Form 2293 if the individual is trained and certified by an approved special-purpose vehicle/equipment instructor. The instructor should complete a request form and the individual should then hand-carry this to Vehicle Operations. The special purpose vehicle/equipment will be added to the permanent driver's record and issue a new AF Form 2293 reflecting the addition.

Flightline driver training is administered by the unit VCO. This training can also be documented on the request form by the unit VCO and then submitted to Vehicle Operations. Vehicle Operations will update the individual's records and generate a new AF Form 2293. An AF Form 2293 authorizing flightline driving is mandatory for all personnel operating a vehicle on the flightline.

Communications Security (COMSEC) is for everyone.

CBPO: For Your Information

Fatigues/BDUs. The National Guard Bureau recently received Chief of Staff approval to extend wear of the OG 507 fatigue uniform through September 1991; however, wear of this uniform in lieu of the BDU is optional. For active duty personnel, the BDU uniform became mandatory on 1 October 1989.

Enlisted members entering Basic Military Training since September 1988 have been issued the BDU uniform. Enlisted members are required to maintain, as a minimum, two sets of utility uniforms; either two sets of BDUs or, one BDU and one OG 507 (long sleeve shirts and trousers).

For ANG members, effective 1 October 1991, a minimum of two BDU uniforms will be required. Air Force policy does not specify the quantity of uniforms an officer must possess, but it is expected that all officers will maintain a full complement of uniforms, to include the BDU.

Baseball Cap/BDU Etiquette. All members are reminded that wear of the approved unit baseball cap, is not authorized to be worn when attending a technical training school at another base. When wearing the BDU uniform, the pants legs must be bloused.

NOTES AND NEWS - NOTES AND NEWS

DINING FACILITY MENU - DECEMBER UTA

Saturday: BBQ Roast Beef
Baked Knockwurst
Baked Beans
Home Fried Potatoes
Buttered Peas & Carrots

Sunday: Whole Honey Glazed Rock
Cornish Hens
Fried Rice
Parmesan Broccoli

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

CHURCH SERVICES

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

LAW ENFORCEMENT SECTION HOURS

Security Police's Law Enforcement Section will be closed for lunch during 1200-1300.

VANGUARD SUBMISSIONS

Submissions for January's VANGUARD are due to the Public Affairs Office in the O&T building by 1200, Sunday December 2. 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, reduced! \$4,600. 1984 Dodge Ramcharger-Four wheel drive, low miles, immaculate. 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.

1972 Pathfinder Camper, 20 ft., good condition, \$1,500, best offer. Bathroom (no shower). Call Dave, 320-7888 or Ext. 378.

AIKIDO. Free classes in Ki Aikido. Monday and Wednesday from 7-9 p.m. at Greenfield Elementary School. For information, call Joe Cheatham at 275-1936.

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"And the instructions make it so easy." A member of the 192d CES sets up one of the tents used during the October bivouac. Photo by Technical Sgt. William Huggins.

