

# VANGUARD

VIRGINIA AIR NATIONAL GUARD

34TH YEAR, NO. 10

RICHMOND IAP, SANDSTON, VIRGINIA

OCTOBER 1990

## RESERVES CALL-UP SHOWS NEED FOR CURRENT RECORDS

"It could've been me." No doubt many reservists and Guard members were thinking the same thoughts as the first call-up of reserve forces began in August in response to Iraq's invasion of Kuwait.

"Our primary concern, of course, focuses on the safe return of those mobilized for Operation Desert Shield, as well as a swift and peaceful resolution of the crisis," said Colonel W.E. "Bill" Rose, 192d TFG Commander. "However, the call-up does emphasize the real importance of having current and complete records information."

"Whatever is in a member's folder is legally binding," Colonel Rose added, referring to the emergency data card, DEERS enrollment, wills, powers of attorney, and other such matters. "A unit simply cannot be worrying about records currency during an actual call-up."

In a recent Air Force Times article, Air Force Lt. Gen. Thomas J. Hickey, deputy chief of staff for personnel, said that some personnel policies have been altered "to cope with the administrative puzzle generated by Desert Shield." However, most of the adjustments have been geared toward alleviating problems faced by active duty personnel, such as leave time and promotion testing.

According to Chief Master Sgt. R.F. Norman, NCOIC of the 192d's consolidated base personnel office, dependent care issues also have posed problems for deploying airmen.

**See RECORDS - page 3**



**Sgt. Chuck Davis performs a nose-wheel inspection on one of the unit's A-7D Corsair II aircraft during the September UTA.**

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## PUBLIC AFFAIRS GUIDANCE FOR DESERT SHIELD

Recent events in the Persian Gulf have created a great deal of interest in the potential activation of Guard units. The following guidelines are provided to help you deal with questions that may arise concerning your role and the role of the 192d TFG in the current situation:

1. Guard members will not speculate on the potential activation of units or on any matter concerning U.S. actions in the Persian Gulf.
2. Guard members will not speculate on the activation of units, the location of those units after activation or the missions they may be assigned.

3. Guard members will not discuss the number of personnel volunteering for service.

4. Guard members may discuss matters within their personal knowledge and their personal feelings, but must avoid classified information and criticism or contradiction of any U.S. policies.

One small piece of military information may seem insignificant to you, but could be the vital link in uncovering an operation for a spy. Virginia Army and Air Guard officials urge all Guard members to be very careful handling all military information -- including friendly media

**See PUBLIC AFFAIRS - page 4**

## COMMANDER'S CALL

Col. Bill Rose

Commander, 192d TFG

To say that we live in a dynamic world would be quite an understatement, given the tide of recent world events, as well as those right here at home in Virginia. Are we up to the challenges we face? I feel the answer to that question can be found in an article published recently in CAMRON's monthly maintenance summary, which I would like to share with you. It was written by Technical Sgt.



Wayne Keene, and begins with a quote from John Luther:

*Good character is more to be praised than outstanding talent. Most talents are, to some extent, a gift. Good character. By contrast, it is not given to us. We have to build it piece by piece -- by thought, choice, courage and determination.*

Along with good character, this unit has great pride. This pride has been built "piece by piece" by many individuals, some of whom have retired. As we anticipate aircraft conversion, let's not forget the pride and dedication we need to be showing daily as we maintain our A-7 aircraft. This aircraft, which we maintain and fly daily, still requires the pride and dedication displayed in the past. We have to guard against the idea that we can cut back on quality because a new weapon system is on the horizon.

Our present aircraft still requires the little things as well as the big things to be completed in a professional manner if we expect to maintain a "code 1" status. During a recent trip to Davis Monthan I had the opportunity to take a close look at some of the

### BLACK HISTORY MONTH PLANNING

*During the September UTA, an open meeting was held to spark interest among unit members in planning for the 1991 Black History Month Program. Those attending received for discussion purposes, a copy of preliminary plans for making the program a success. Technical Sgt. Joyce Irby, 192d RMS, Ext. 465, is serving as the overall events chairperson.*

*According to Social Actions Officer Maj. Andrew Willis, Black History Month special-emphasis events have been a part of military tradition and regulation for a long time and have been used effectively by Air National Guard and active-duty units to show the involvement of multi-ethnic groups in the success of this nation and its military services.*

*In a meeting with Major Willis last month, Colonel W. E. "Bill" Rose, Commander, 192 TFG, reemphasized his support for the 192d TFG's 1991 Black History Month Program and encouraged everyone to get involved in making the program a success.*

aircraft in storage. Some of these flying machines appeared to be new and some looked real bad and worn out. It was very apparent that these aircraft had been maintained by different organizations. Some had maintained their aircraft in a professional manner until the very last day of flying. The trip to Arizona revealed to me that pride and dedication can be recognized in locations we would not normally think about.

Let's keep in mind that until these old A-7's leave, with "wheels up" for the last time, they are going to require lots of tender, loving care to keep them looking good as well as flying good.

## CHIEF DAVIS: 'I CONSIDER MYSELF VERY LUCKY'

**By 2d Lieutenant Deborah Fredette  
VaANG Headquarters, Public Affairs**

With 34-years' military experience, Chief Master Sgt. Walter Davis, assumed the duties of Virginia Air National Guard Senior Enlisted Advisor as Chief Master Sgt. Edgar A. Waldron retired from the position.

In this new position, Chief Davis maintains open communications between the enlisted members of the VaANG and their commanders. He is responsible for assessing the morale of the enlisted members and in assisting them with problems and issues related to their Guard careers. He also evaluates the quality of the enlisted force and promotes professional military and civilian continuing education.

"The enlisted force is vital to the Air Guard," Chief Davis said. "I'm happy to be in a position where I can work with these top-notch people, and help them in meeting their needs. I want to work toward the best interests of the enlisted VaANG force, but to do this I need to know what's on the minds of individuals.

"Promotion and weight management are two over-riding issues affecting the enlisted force that I will be working and monitoring

constantly, but I want people to bring me new issues and problems. Tell me how you feel about anything," Chief Davis urges all enlisted members.

Chief Davis' military career began Feb. 2, 1956, with a 4-year, active duty Air Force hitch. He became an aircraft maintenance specialist and worked on F-100, T-33, C-47, and C-119 aircraft. He served in Spain and met and married his wife of 31 years while he was stationed in southern California.

After leaving active duty, Chief Davis spent a couple years working as a sheet metal specialist for Lockheed Aircraft Corporation before he and his wife decided to move back to Virginia and raise a family. The chief says he thoroughly enjoyed his years in the Air Force and at a friend's suggestion looked up the Air National Guard upon returning to Virginia.

"I consider myself very lucky," Chief Davis said. "I knew the Guard would make me happy, and I was so grateful to pursue it as a full-time career. It's great to be able to do what you really enjoy. If I had everything to do over again, I'd do it just the way I did before." Chief Davis is an air technician; his full-time title is Aircraft Maintenance Foreman.

# BURNOUT: WHAT IT IS, WHAT YOU CAN DO

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

"Burnout" is a term we hear often. Anyone can suffer from burnout, feeling seriously stressed and unable to cope. But burnout can be avoided when you learn about its causes and symptoms, how to recognize the problems, and ways that you can change your environment to reduce stressful situations.

Burnout is most likely in people who feel overworked and unappreciated. They become disappointed, and sometimes cynical. They may also feel guilty and ashamed.

The symptoms of burnout can include exhaustion, both mental and physical; hopelessness and helplessness; low spirit and self-esteem; frequent illness. Burnout happens often in "helping" professions like nursing, but anyone doing very pressured (or even very boring) work can suffer burnout.

The first step toward coping with burnout is defining the problem. Is the situation itself stressful? By accepting that the

situation itself is stressful, they can reduce feelings of guilt and resentment.

Changes in both you and your environment can help prevent burnout. Analyze the situation. You may have more ability to change your environment than you think. Your environment will also change as you develop communications skills. Sharing your feelings and listening to others is simple, yet very important.

When you ignore your physical and emotional needs during a period of constant or severe distress, burnout may result. Use and develop skills such as risk-taking, reaching out to friends, and talking with others in a situation like yours. Ask someone you respect to look at your situation and suggest solutions. Use this chance to make burnout a first step toward greater satisfaction.

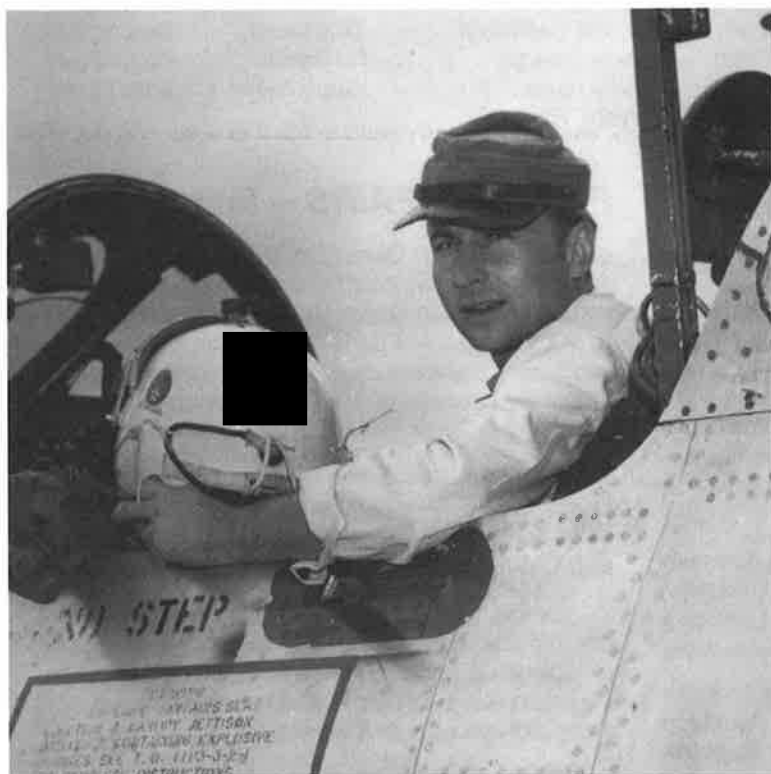
## RECORDS - from page 1

"When both husband and wife are military members and have one or more dependents, or when a single member has one or more dependents, an NGB Form 357 must be on file to show that arrangements for dependent care have been made." The form can be accomplished in any orderly room.

The call-up of reservists for Desert Shield has also led to some "lessons learned" in the category of military pay. Master Sgt. Doug Caron, 192d TFG military pay supervisor, said the activation of reserve members has highlighted the importance of direct deposit. Moreover, it is important for the deposit to be into an account -- usually a checking account -- that can be accessed from remote locations and by one or more other members of the family if that is desired. "I don't know of too many automated teller machines in the Saudi Arabian desert," he added.

Sergeant Caron said deploying airmen should also carry some money (perhaps \$10) with them in cash, including both bills and change. He also stressed the importance of having a power of attorney on file "even for single people."

Observers in and out of Washington, D.C. have called the recent call-up a test of the Pentagon's Total Force Policy. Yet others say the volunteering of more than 6,000 Air Force Reserve members and 4,500 Air National Guard members before President Bush officially called up reserve components, is proof that the policy works.



**Nick Adams, who played Johnny Yuma of the 60's TV series "The Rebel," visited the 149th TFS on Sept. 25, 1960, before many current members of the VaANG were even born. Learn more about the history and the future of the unit from "Virginia's Top Gun," a limited-edition pictorial of the 192d TFG. To order your copy, or for additional information, contact Lt. Col. Basil H. Evans, at Ext. 357.**

## UNIT SOFTBALL UPDATE

In 1984 the base softball team had an outstanding season and tournament record. The team won its local league and finished second in the Air Guard's national tournament in Houston, Texas, coming into the finals from the losers bracket and playing excellent ball. 1984 was a good year!

Several months ago most of the members from the 1984 team decided to go to the "Nationals" and play in the over 35 division. Their goal was to exceed, or at least duplicate, the 1984 effort.

Well, history can now record that the Virginia Air Guard "Rebels" did themselves proud at the 1990 nationals in York, Pennsylvania. The team finished second in its division, and they accomplished this feat in a similar fashion to '84 - winning the first game, losing the second, scrambling back through the loser's bracket, and then winning the next six games in a row (on the same day)! Outstanding ball! Congratulations!



**Members playing on the over 35 team this year include:**

Ricco Bush  
Lenny Dean  
Donald Duke  
Skip Kirsh

Ronnie Gathright  
David George  
Al Harrison  
Bryant Thorpe

Tiny Lund  
Ed Smith  
Ralph Selph

Bobby Weis  
Gary Wood  
Tom Foard

## CONTRACTING CORNER: WHAT IS CONTRACTING?

The Contracting Office obligates your money for the goods and services needed by your organization based upon your description and submissions of a properly completed DD Form 1348-6, and/or AF Form 9. Many other organizations, such as Base Supply, Receiving, and Accounting and Finance are also involved in the purchasing cycle, but Contracting is the only organization authorized to spend your money. These tips are offered to assist you in the ordering of supplies and services in a successful manner:

1. Adequately describe what you need, specifying the minimum needs of the government. Use clear, concise, understandable language; prospective contractors can only furnish what is described. Lack of a sufficient description will delay the acquisition of the commodity or service.

2. Ensure your requisition is properly funded; without using the stock fund through Base Supply for DD Form 1348-6, and Base Resource Management coordination and Accounting and Finance on AF Form 9's, your requisition cannot be processed.

3. Make sure you are certifying property and services received. Certify and receive reports for work accomplished. Signing services slips and receiving reports for work not received is considered fraud and is detrimental to the government.

4. Advise the Contracting Office Personnel when problems arise. We can and will assist you in solving the problem.

**REMEMBER:** You cannot promise a contractor reimbursement for supplies or services furnished or expected to be furnished; only personnel in the Base Contracting Office can legally do this.

## PUBLIC AFFAIRS -- from page 1

queries dealing with Desert Shield. The possibility of revealing sensitive information is high during a media interview because you might want to show the media that the Guard knows what it's doing or you fail to consider the military value of the information you are discussing. A vast amount of knowledge of military capabilities can be gathered by enemy agents merely by studying media stories, Guard officials point out.

If you are approached by a news person asking about Desert Shield, refer that person to your unit Public Affairs officer or representative. All media queries must be coordinated with The Adjutant General's staff.

During media interviews Guard members may not discuss classified material, speculate on military activities, divulge troop movement or personnel information. The Virginia Governor's Office will make the first announcement if any individuals or units are called onto active duty.

Guard members going on active duty may agree to be interviewed; however, they should limit their comments to unclassified job and military duty responses. Questions about other Guard units should be referred to Major Stewart MacInnis, Virginia Department of Military Affairs, Public Affairs Officer, phone (804) 344-4107. Guard members are allowed to discuss their personal feelings about activation, but they should avoid criticizing or contradicting U.S. policies.

**Tips for the desert (Army News Service): Never sit and expose the sole of your shoe or the bottom of your feet to an Arab - it is regarded as an insult.**

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

Special Order M-16

16 September 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> 13 Oct 90	Flying & OJT in sections	<b>DEPLOYMENTS:</b>	NONE
14 Oct 90	Flying & OJT in sections		

<b>SCHEDULED UTAS:</b>	03 & 04 Nov 90	09 & 10 Feb 91	04 & 05 May 91	10 & 11 Aug 91
	01 & 02 Dec 90	02 & 03 Mar 91	08 & 09 Jun 91	14 & 15 Sep 91
	12 & 13 Jan 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; 1 CGS/DPMD; HDQ/TCD/RF, Langley AFB, VA 23665-6343.

## PROMOTIONS - AUG. 1990

NAME	UNIT	PROMOTED TO
Robert D. Lewis	203 RH CEF	MSGT
Sandra L. Nicholson	192 MSS	MSGT
W. Ross Ashley III	149 TFS	TSGT
Carter C. Lefon	192 TAC Clinic	TSGT
Robert T. Shefelton Jr	192 TAC Clinic	TSGT
John D. Terry	149 TFS	TSGT
Christopher S. Croxton	192 CAMS	SSGT
Patrick E. DeConcini	8192 Stu Flt	SSGT
Alyse R. Ford	192 CAMS	SSGT
Howard L. Harshaw	203 RH CEF	SSGT
Andrea L. Holly	192 TAC Clinic	SSGT
Quintin F. Johnson	203 RH CEF	SSGT
Christine M. Retseck	203 RH CEF	SSGT
Shane M. Sears	192 CAMS	SSGT
Andrew A. Ford	192 RMS	SRA
Kenneth E. Fisher	192 CAMS	A1C
Mark M. Wright	192 SPF	A1C

## ACCESSIONS - AUG. 1990

GRADE AND NAME	UNIT
2LT Deborah Fredette	Hqs, VaANG
2LT Mark Temple	8192 Stu Flt
SSG Gary C. Crump	192 CES
SSG Thomas W. Martin	192 SPF
SSG Cheryl R. West	192d RMS
SGT Karen Bell	192 TAC Clinic
SRA Richard P. Osborne	203 RH CEF
SRA Francis A. Scott	8192 Stu Flt
A1C Patrick E. DeConcini	8192 Stu Flt
AMN John M. Powers	8192 Stu Flt
AB Gregory S. Bulman	8192 Stu Flt
AB Stephen P. Lautenslager	8192 Stu Flt

## COMSEC TELEPHONE MONITORING

All telephones on this installation are owned by the Department of Defense (DOD) and are provided for transmitting official government communications and are subject to COMSEC telephone monitoring according to AFR 56-8.

**Does your phone have a need to know?**

# NOTES AND NEWS - NOTES AND NEWS

## DINING FACILITY MENU - OCTOBER UTA

**Saturday:** Meat Loaf  
Macaroni & Cheese  
Buttered Corn  
Vanilla Pudding, Cookies

**Sunday:** Braised Beek Tips  
Steamed Rice  
Grilled Pork Chops  
Brown Gravy

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

## CHURCH SERVICES

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

## NEW PASS & REGISTRATION HOURS

Saturday	0830-1130	Sunday	0730-1130
	1330-1630		(No Sunday afternoon hours)

## VANGUARD SUBMISSIONS

*This funded Air Force newspaper is an authorized publication for the U.S. military services. Contents of the VANGUARD do not necessarily reflect the views of, nor are they necessarily endorsed by the U.S. Government, the Department of Defense, the Department of the Air Force, or the Virginia Air National Guard. The editorial content is edited, prepared, and provided by the Public Affairs Office of the 192d Tactical Fighter Group, Virginia Air National Guard, Richmond IAP, 5680 Beulah Rd., Sandston, Virginia, 23150-6109.*

**NOTE: BECAUSE OF THE SHORT TIME BETWEEN OCTOBER AND NOVEMBER UTAs, SUBMISSIONS TO THE VANGUARD FOR INCLUSION IN THE NOVEMBER ISSUE ARE DUE TO THE PUBLIC AFFAIRS OFFICE BY 0800L, 4 OCT 90.**

## MOBILITY NOTICE!!!

All personnel with inputs to the 192 TFG Mobility Plan 28-4 are invited to attend a meeting on SAT 03 NOV at 1400 in Operations in the pilots briefing room. This meeting will fulfill the requirements for a semi-annual review of the plan. All suggestions for changes must be in writing. Direct any questions to the Logistics office at extension 405/491.

## CLUB 149 INVITATION!!!

The 149th TFS pilots invite all Club 149 members to an evening of free refreshments on Sat., Oct 13.

## Classifieds

1987 Chevrolet Cavalier-1984 Dodge Ramcharger - 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.

Lionel...Lionel...Lionel...Now you can have your trusty LIONEL train professionally maintained by experts. Special pre-season Air Guard package: Clean & Lube - \$15.95. Phone: (703)786-4364 or bring your LIONEL equipment to UTA and see Capt. Namiot at the Social Actions Office, Ext. 389.

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

## BULK RATE

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192D TACTICAL FIGHTER GROUP

# VANGUARD

VIRGINIA AIR NATIONAL GUARD

34TH YEAR, NO. 11

RICHMOND IAP, SANDSTON VIRGINIA

NOVEMBER 1990



No couch potatoes in this bunch! A number of unit members, along with friends and family members, recently spent a weekend "riding the rapids" of West Virginia's New River, as part of a rafting tour led by guides from New River Scenic Tours. Organized by MSgt. Tom McIntyre, avionics supervisor, and his wife, Susan, the weekend trip included camping, rafting, swimming, and a lot of good eating. According to Capt. Garrie Denson, logistics officer, the guides were not only experienced rafters, but also knowledgeable about the colorful history of the New River Gorge area. Once neophytes -- but now seasoned veterans -- the group is already planning a longer, more demanding trip for next summer.

## VOLUNTEERS NEEDED FOR DESERT SHIELD HOLIDAY AIRLIFT

The 192d's munitions branch is accepting "care packages" for service members who will be spending the holidays in Saudi Arabia. According to Chief Master Sgt. Franklin W. Stanley, munitions branch chief, all items donated through December 2 will arrive in the desert in time for Christmas.

"Airlift has already been earmarked for this operation," said Chief Stanley, who is coordinating the effort. "I hope every member of the 192d will feel like I do -- that we are fortunate to be sending care packages to Saudi Arabia instead of receiving them." He encourages unit members to solicit contributions from neighbors, co-workers, churches and other groups and deliver them to the weapons release shop (Bldg. 3633) any time between now and the December UTA.

Non-perishable items in greatest demand include cassette tapes, playing cards, paperback books, games, powdered drink mixes (such as

**SEE HOLIDAY AIRLIFT - page 2**

## FROM CBPO: FOR YOUR INFORMATION

### TUITION ASSISTANCE DEADLINES

Applications for upcoming college terms are now being accepted in the CEM Office. The following is a schedule and deadlines for submitting applications:

*Applications for courses beginning Dec. 15, 1990 or later (Winter Quarter 1990, Spring Quarter/Semester 1991) must be submitted by 5 November 1990.*

*Applications for courses beginning May 15, 1991 or later (Summer Quarter/Semester/Session 1991) must be submitted by Apr. 10, 1991.*

*Applications for courses beginning Aug. 15, 1991 or later (Fall Quarter/Semester 1991) must be in by July 15, 1991.*

Applications received after the final submission date cannot be approved. With recent cuts in the tuition-assistance program budget, availability of funds will be limited. Applicants are encouraged not to wait until the last minute.

### COMMERICAL TRAVEL IN UNIFORM

Air Force members often wear inappropriate uniforms when traveling by commercial means. AFR 35-10 clearly states, members using commercial transportation may only wear the service dress uniform or

**SEE F.Y.I. - page 3**

### MOBILITY NOTICE

All personnel with inputs to the 192d TFG Mobility Plan 28-4 are invited to attend a meeting on Saturday, Nov. 3, at 2 p.m. in the pilot briefing room of the operations building. This meeting will fulfill the requirement for a semi-annual review of the plan. All suggestions for changes must be made in writing. Any questions? Call the Logistics Office, Ext. 405/491.

## COMMANDER'S CALL

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

According to the Department of Defense, Operation Desert Shield is expected only to delay plans to reduce the size of U.S. military forces. The DoD is going to get smaller.

In a recently published interview, Assistant Secretary of Defense Christopher Jehn said that in addition to Operation Desert Shield, the eventual budget agreement between Congress and the White House will also likely affect the timing of force reductions.

Assistant Secretary Jehn went on to explain some of the "nuts and bolts" of these influencing factors. For example, President Bush's decision to call out the Guard and reserve forces for Desert Shield triggered the military's "stop-loss" authority. Stop-loss gives service secretaries power to limit military promotions, separations, and retirements. Although the authority will probably not be used to stop promotions, military members with skills needed in Desert Shield will likely have separations or retirements delayed.

Although it's easy for us to think of these kinds of issues as being remote and not too relevant, it is important for us to remember that we are part of the Total Force. Although we have reason to be optimistic as we look forward to our transition to the F-16, we must not become complacent in our awareness of and commitment to the broader Air Force mission.



## 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. The deadline for the January 1991 selection board is Dec. 31, 1990, and the deadline for the August 1991 board is July 31, 1991.

### HOLIDAY AIRLIFT - from page 1

Tang, Gatorade, Kool-aid, magazines and videotapes (keep 'em "clean"!), and personal items such as deodorant, toothpaste, toothbrushes, sunscreen, and other toiletries.

Chief Stanley is also organizing a similar effort throughout the greater Richmond metropolitan area -- to include corporate donations of artificial Christmas trees, decorations, and the like -- in hopes that no service member will be left out during the holidays. Any unit member willing to volunteer some time for this worthwhile cause should contact Chief Stanley during the November UTA at Ext. 370.



**"FILL-ER-UP!!" Airman First Class Shannon Bowman prepares to service an aircraft at Eglin AFB during the unit's most recent deployment to support AGOS. According to her supervisor, fuels superintendent Senior Master Sgt. Edward Harris, the 21-year-old North Carolinian joined the unit 5 months ago, after completing her active-duty commitment in the fuels accounting office at Langley AFB. "She is a hard-working, well-rounded member of our fuels team," Harris added.**

**Photo by Master Sgt. Robert Flournoy**





**VIRGINIA AIR NATIONAL GUARD**  
**Headquarters, 192d Tactical Fighter Group**  
**Richmond International Airport**  
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Special Order M-17

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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.

### **F.Y.I. - from page 1**

a short or long sleeved shirt or blouse. If a member opts to travel in shirt sleeves, a tie or tab is required. The light-weight blue jacket and the pullover sweater are not authorized.

### **DEERS PRE-ENROLLMENT**

All Guard members and reservists must be pre-enrolled in the Defense Eligibility Enrollment Reporting System (DEERS). In the event of mobilization, pre-enrollment in DEERS will ensure expeditious processing of CHAMPUS (medical) benefit claims for authorized dependents. According to 192d TFG CBPO representatives, unit members were issued a pre-enrollment questionnaire worksheet during the February 1990 UTA to be completed and forwarded to the CBPO. Any unit member who is unsure as to whether the DEERS pre-enrollment form has been completed should contact the 192d's Customer Service Section, Ext. 381 or 310.

### **CONTRACTING CORNER**

Lesson to be learned: Anyone who takes it upon himself (herself) to do his (her) own contracting will probably be charged with an unauthorized commitment.

***So, get your checkbook out!***

## **TO YOUR GOOD HEALTH**

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

### **You can de-stress your day if you...**

- Take a walk or jog around the neighborhood.**
- Ride your bike to the store and back.**
- Build a fire (in the fireplace!).**
- Take a hot bath and put on "weekend clothes."**
- Listen to quiet music.**
- Read the newspaper or a good book.**
- Play fetch with your dog.**
- Pick up your needlework or hobby.**
- Make tea and look at a magazine.**
- Put your feet up and take a cat nap.**
- Check out the TV schedule for a good movie.**

**Source: *Leaving the Office Behind***  
**by Barbara Mackoff, Ph.D.**

## NOTES AND NEWS - NOTES AND NEWS

### DINING FACILITY MENU - NOVEMBER UTA

**Saturday:** Not available at press time    **Sunday:** Not available at press time

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

### CHURCH SERVICES

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

### VANGUARD SUBMISSIONS

Submissions for December's VANGUARD are due to the Public Affairs Office in the O&T building by 1200, Sunday November 4. 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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### MILITARY DRIVER'S LICENSE

The requirements for a government motor vehicle operator identification card (AF Form 2293) have changed. According to Technical Sgt. Thomas Ford, vehicle operations technician, unit members who must possess a valid AF Form 2293 include all those on mobility, anyone operating a military vehicle larger than 15 passengers or one and one-half tons, and any special-purpose vehicle operators (for example, forklifts, farm tractors, fire trucks, bobtails, tugs), as well as anyone working on the flightline.

To obtain an AF Form 2293, an individual must have a valid state operator's license; if it is revoked or suspended for any reason, the AF Form 2293 must be returned to vehicle operations. Squadron commanders or squadron vehicle control officers must submit a completed request to the vehicle operations section for any individual needing an AF Form 2293.

### LATE VANGUARD DELIVERY

You may have noticed over the past few months that the quality of the Vanguard has improved -- mainly due to contract printing. At the same time, many unit members are not receiving the publication prior to the UTA -- mainly because of its third class mailing rate. The Vanguard staff is making every effort to ensure a timely delivery, but we must do this with budget constraints in mind.

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

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