

192D TACTICAL FIGHTER GROUP

# VANGUARD

VIRGINIA AIR NATIONAL GUARD

36/NO. 3

RICHMOND IAP, SANDSTON, VA

MARCH 1992

## SUMMER CAMP '92

Ah, March. Time to pack the bags and get ready for another trip to Savannah. As usual, you can count on a full schedule. Everyone will receive training for: M-16/.38, chemical warfare, self aid/buddy care, social actions, physical fitness, and possibly CPR. Oh, yes. There will also be an ORE during the second week.

To keep up with this schedule, you'll have to keep up your strength. Tentative hours for the Dining Hall are as follows:

### Saturday, 28 March 92

Dinner 1530-1700

### Sunday, 29 March 92

B - 0530-0700

L - 1100-1300

D - 1700-1800

### Monday and Tuesday, 30-31 March 92

B - 0630-0800

L - 1100-1300

D - 1700-1800

### Wednesday, 1 April 92 through Friday, 10 April 92

B - 0530-0700

L - 1100-1300

D - 1700-1800



**Staff Sgt. Josh Costen, 192d RMS, serves himself in the dining hall during the February UTA. Says Master Sgt. Goldie Bailey, 192d SVF, food services, "We like to offer something special like the buffet at least once a quarter."**

### Saturday, 11 April 92

B - 0530-0700

**See SUMMER CAMP on p. 2**

## COMMANDER'S CALL

*Colonel Bill Rose, Commander  
192d Tactical Fighter Group*

Just as the article on page 1 of this month's Vanguard reminds us, March means it's time for "Summer" Camp, and that, of course, means it's time to think SAFETY.

Over the past few months, I've used this column to discuss broad issues of excellence and vision, both with regard to the Air Force as a whole and how those issues affect our unit. Needless to say, we can neither achieve excellence nor contribute to the vision unless we practice safety in all we do. For the most part, that simply means that we should use common sense and follow our conscience.

Safety, for example, means that one would not get off work, then set out for a 8-to-10 hour drive to Savannah without proper rest. Safety, for example, means obeying the speed limit and extending your trip by 30 or so minutes.

Safety, for example, means that you would get proper rest and nutrition throughout AFT, so you will be ready for the trip home and for getting back to your usual routine.

Safety means a lot of things, but most of all, it means that you care for yourself, your family, your friends, and your career. Let's have a productive, fun, and safe time in Savannah this year!

### **SUMMER CAMP from p. 1**

Although you won't really be very far from home, it's still nice to keep in touch. Tell people to send your mail to: \*\*\*Example\*\*\*

Tsg John Doe, SSN 000-00-0000  
192 TFG (or CAMRON, MSS, etc)

## FREEDOMS FOUNDATION THEME HIGHLIGHTS 'PRICE OF LIBERTY'

The theme for this year's Freedoms Foundation military essay contest, "The Price of Liberty," gives individuals a chance to express their feelings about freedom.

Katherine Wood, vice president and director of awards for the Valley Forge, Pa. foundation, said the essay contest is "to encourage service members to think about and to speak up for freedom."

The contest is open to all members on active duty or in the reserve components. Those in ROTC or Junior ROTC can also submit essays. Entries must be typed and doubled-spaced, between 100 and 500 words in length, and postmarked by May 1, 1992. Wood said entries must include name, rank, service, Social Security number, military address and permanent home address, plus the name, rank and address of the commanding officer. Entries from ROTC and JROTC members must also include the school's name and address, as well as the name of the military instructor.

All entries compete in the same category, she explained. First-place winner receives a framed George Washington Honor Medal and a \$100 U.S. savings bond. Second-place winners receive a medal and a \$50 savings bond. Mail essays, with the required information to: Awards Department, Freedoms Foundation, Route 23, Valley Forge, PA 19481.

If you would like your entry printed in the Vanguard, send a copy of your entry to the 192d TFG, Public Affairs Office.

## COLONEL BOONE SPEAKS AT FLIGHT OF THE AFRICAN-AMERICAN GUARDSMEN BANQUET

*By Capt. Shawn Harris*

Colonel Carol Boone, Deputy Chief, Office of Public Affairs at the National Guard Bureau in Washington, D.C., highlighted the second annual Flight of the African - American Guardsmen of the VaANG Awards banquet with a speech that was both inspiring and educational. Although she touched on many topics, Colonel Boone's primary focus was contributions of African Americans in U.S. military history.

Starting with early free blacks such as Crispus Attucks (one of the first to die in the Boston massacre), Colonel Boone chronicled little known contributions through the Civil War, the Reconstruction period, and WWI. This led up to a discussion of the modern military era, starting with Lt. Gen. Benjamin O. Davis, Jr. (first Black commander of an all Black

fighting unit, the now famous Tuskegee Airmen) and culminating with General Colin Powell, the current Chairman of the Joint Chiefs of Staff.

Throughout her speech Colonel Boone urged all those attending the banquet to have pride in the contributions made by African Americans to our nation's history. She also pointed out that in order for our future to outshine our past, we must strive to help those who are less fortunate than ourselves reach their full potential.

## FOOD SERVICE FLIGHT ASKS UNIT FOR COOPERATION

The 192d SVF (Food Service Flight) would like to remind everyone that a Form 2039, approved by your commander, must be turned in by 0900 on the day you want a box lunch from the chow hall.

Senior Master Sgt. Lou Pearman says that far too many box lunches have been prepared over the last few months. According to SMS Pearman "We're serving more lunches out the back door than the front."

Please cooperate with the 192d SVF and don't ask for a box lunch unless you're entitled to one.



**Staff Sgt. Melissa Caswell earned one of eight Guard Association Scholarships. See story on page 4.**

## LAWHORN EARNS 192D CES/DEF FIREFIGHTER OF THE YEAR 1991 AWARD

*By Senior Master Sgt. T.C. Springer, Jr., 192d CES/DEF*

By established custom the Base Fire Department takes time during the December UTA to reflect on the past year's activities and events. This is done informally around the breakfast table, where the fellowship and brotherhood of the occupation is best realized. The first order of business is always the nomination of the "Firefighter of the Year."

This year's recipient is Master Sgt. Edward "Wayne" Lawhorn. Lawhorn is a 16 year veteran of the base fire department with 21 years total

service, and serves as the Assistant Chief of Training. He was instrumental in the development and training of the full time State Fire Department that serves the base during the week on a 24 hour basis. Lawhorn was deployed, during Operation Desert Storm to Langley AFB from 25 Jan 91 to 19 Apr 91.

Lawhorn has been with the Richmond Bureau of Fire for 23 years and works at Engine Co. 16 as a Firefighter/EMT. He, his wife, and 3 year old daughter live in Highland Springs, Virginia.

## GUARD ASSOCIATION GIVES EIGHT SCHOLARSHIPS

Staff Sgt Melissa Lee Caswell of the 192d TAC Clinic has been awarded the \$2,000 William C. Singletary Scholarship by the Virginia National Guard Association.

Eight other soldiers, airmen and cadets with ties to the Virginia Guard, three of them members of the 192d Resource Management Squadron, split another \$5,000 in scholarships awarded by the association. The association represents the officers of the Virginia Army/Air National Guard.

The Singletary scholarship was established in 1989 in memory of Chief Warrant Officer William C. Singletary, a helicopter pilot with the Virginia Army National Guard. Singletary died in June 1989 trying to save two women caught in strong tides at a beach near Charleston, S.C.

Sergeant Caswell was noted for her contributions to the Guard and her outstanding potential. She is pursuing a degree in biology and nursing at Old Dominion University in Norfolk.

Other scholarships winners from the 192d Tactical Fighters Group were:

Staff Sgt Jeffrey S. Ewers, Hampton, a student at Christopher Newport College who is assigned to the 192nd Resource Management Squadron in Sandston, \$500.

Staff Sgt. Michael D. Navarini, Newport News, a student at Christopher Newport College who is assigned to the 192nd Resource Management Squadron in Sandston, \$500.

Senior Airman Cassie S. Tucker, Petersburg, a student at J. Sargent Reynolds Community College's Richmond Campus who is assigned to the 192nd Resource Management Squadron in Sandston, \$500.

Applicants for the Virginia National Guard Scholarships must be submitted to Major Gary Wood by June 1 for 1992-93.

*See photo of Sgt. Caswell on p. 3.*

**Feature Profile -****203D'S WARD IS 'NOAH' TO GRATEFUL HONDURANS**

*By Staff Sgt. John Viessman  
70th Public Affairs Detachment  
Missouri Army National Guard*

CAMP LAS DELICIAS, Honduras -- A new city is coming to life: Camp Las Delicias. In the midst of the dirt, sawdust and noise is a citizen-airman called "Noah." Staff Sgt. Jesse Ward, a construction specialist with the 203d RED HORSE Civil Engineer Flight (CEF), VaANG, Virginia Beach, VA, is one airman who seems to be building "one of everything at Camp Las Delicias."

Since Ward is both a carpenter and a religious man, his friends in the 203d call him "Noah." Ward is a deacon in the Manna Christian Fellowship Church in Richmond. He made friends in the remote camp right away and invited them to study the Bible with him on Sunday mornings.

Ward is helping build a temporary camp that will house and support more than 7,000 U.S. National Guard and Reserve soldiers and airmen during "Fuerter Caminos '92 - Honduras," a joint U.S. military-Honduran humanitarian-civic action and engineer exercise. "Fuerter caminos" is Spanish for "strong roads."

The engineers will build a road during 10 of rotations of 2-week annual training periods from January to June. The task is to finish the last 8.2 kilometers of a 55-kilometer farm-to-market road that was started in 1986. It will connect the town of San Lorenzo with the town of Yoro in north central Honduras and will provide Hondurans in the Augan River Valley access to markets and medical care.



**Staff Sgt. Jesse "Noah" Ward, 203d RED HORSE, measures a piece of plywood at Camp Las Delicias, Honduras. Photo by Staff Sgt. J. Viessman, Missouri Army National Guard.**

In his civilian life, this "Noah" is also a building man. He designs, supervises and builds furniture for Virginia Correctional Enterprises in Richmond. He is a 1987 graduate of J. Sargeant Reynolds Community College, with an associate's degree in drafting and design. Ward and his wife, Linda, and three children, Corey, Scherra and Shanna, reside in Richmond.

## FROM USSR TO COMMONWEALTH OF INDEPENDENT STATES

AMERICAN FORCES INFORMATION SERVICE  
- The Union of Soviet Socialist Republics is no more. But what do we call what's left?

Following the coup attempt in August 1991, the process of dissolution in the Soviet Union quickened. Republics declared independence, and planners in the USSR tried desperately to find some solution that would save the Soviet Union.

All efforts failed, and where once the United States confronted a powerful monolithic entity there are now separate republics grouped as the Commonwealth of Independent States. There is no leader -- nor even figurehead leader -- of the commonwealth.



U.S. State Department officials said that temporarily the commonwealth will be led by two councils: the Council of Heads of Government and the Council of Heads of State. The former will manage day-to-day affairs among the republics. The latter council, the higher of the two, will deal with weightier matters. Officials said council leadership will revolve.

Some former Soviet republics are not member of the commonwealth. These are Latvia, Estonia, Lithuania, and Georgia. Georgia may join.

The state of the armed forces is even more confused. While the republics have agreed to central control of nuclear weapons, the status of the rest of the armed forces is still up in the air. The republics may raise their own armies. Some may have their own navies. The republics making up the Commonwealth of Independent States are:

the Russian Federation (the largest both in population and land mass), with Moscow as its capital;

the Ukraine (the most densely populated member), with Kiev as its capital, had often been called the "breadbasket" of the Soviet Union;

Uzbekistan (mostly Moslem), with Tashkent as its capital, is an environmental disaster, because the Soviets had reclaimed much of this republic's desert land by tapping the Aral Sea, and now the lake has shrunk and fresh water is growing scarce;

Kazakhstan, with its capital Alma Ata, is a bridge running from Europe to the Chinese border; Belarus (the new name for the Byelorussian Republic), with its capital Minsk, is extensively industrialized, and has never been an independent country before;

Armenia (a mostly Christian country), with Yerevan as its capital, is the country that was rocked by an earthquake in 1988 which killed more than 55,000 and left 500,000 homeless;

Azerbaijan (an oil rich state), with its capital, Baku, has been torn by clashes between the Moslem majority and the Christian Armenian minority;

Tajikistan (mostly Moslem), with Dushanbe as its capital, is a country where most people speak an Iranian dialect;

the Moldova republic, (previously called Moldavia), has Kishinev as its capital and is mostly agricultural;

Kyrgyzstan (previously Kirghizia) is also primarily agricultural, with its capital Frunze;

and Turkmenistan, with Ashkhabad as its capital, is 80 percent desert (see map).



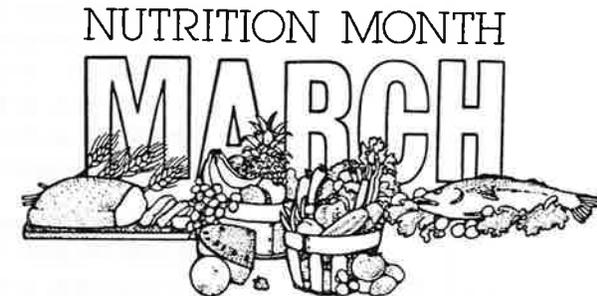
## NUTRITION TIPS FOR HEALTHY HEARTS

*By Lt. Col. Joan Brumfield  
192d TAC Clinic*

*Health & Wellness Promotion Officer*

The link between diet and heart disease is well-established. We know that high-fat, high-cholesterol diets contribute to clogged arteries and that excess sodium can aggravate blood pressure. To eat right, try these nutrition guidelines established by the American Heart Association:

**Dietary Fats** - Limit your total intake of dietary fats to no more than 30% of your daily caloric intake. Saturated fats (the kind that stay hard at room temperature) should be limited to one-third or less of your total fat intake.



**Dietary Cholesterol** - Limit dietary cholesterol to 100 mg. of cholesterol per 1,000 calories of food, not to exceed 300 mg. per day.

**Sodium** - Limit dietary sodium to approximately 1,000 mg. per 1,000 calories of food, not to exceed 3,000 mg. per day.

**Other Tips** - You can begin by eating more complex carbohydrates (whole grains, fruits, vegetables, legumes), and fewer "fatty" meats. Avoid processed or cured meats (bologna, frankfurters, etc.) since most are high in both fat and sodium. Choose low- or non-fat dairy items.

## HEART DISEASE: VA'S #1 KILLER

Forty-two percent of Virginians die from heart disease and stroke, making cardiovascular disease the state's number one killer, according to the most recent death statistics released by the American Heart Association. Moreover, cardiovascular disease is the leading killer of Virginia women.

"If you think that cardiovascular disease is strictly a man's disease, think again," said Sanjiv Kaul, M.D., president of the association's Virginia affiliate. "Particularly at risk are post-menopausal women, who get cardiovascular disease at a higher rate, and minority women." The most common heart diseases include heart attack, stroke,

high blood pressure, angina pectoris, irregular heart beat, congestive heart failure, rheumatic heart disease and congenital heart disease.

The incidence of cardiovascular disease is increased by smoking, high blood pressure, high blood cholesterol levels, being overweight, lack of exercise and stress. Statistical evidence shows that these risk factors can be changed through diet modification, regular exercise and smoking cessation. For more information, the public may call "Heartline," the American Heart Association's toll-free telephone information service. Dial toll-free, 1-800-HEARTLINE, statewide.

## DEFECTIVE SMOKE DETECTORS

The following is a summary of an article published in the December 1991 edition of the Washington Capitol News Reports' Fire Control Digest and is submitted for your information)

A manufacturer last month called on consumers to test its AC-powered First Alert, Family Gard and BRK smoke detectors for possible non-functioning horns. Approximately 3.5 million of these detectors were manufactured between Nov 87 and Mar 90 and some of the horns may not function because of contamination of the contacts.

If detectors are not working properly you should call toll free 1-800-723-6990 to obtain a replacement detector free of charge.

There have been no reports of the detectors failing to function during a fire but reports indicate that some have failed to function during tests in homes, schools, hotels and other institutions.

Because the smoke detectors are AC-powered you should not attempt to remove or replace the device before speaking to a BRK representative or reading the owner's manual and following instructions completely.

Detectors should be immediately tested by holding down the test button for 30 seconds. If the horn does not sound loudly you should call the toll free number to obtain a replacement.

## OCTOBER PROMOTIONS

George N. Clark Jr	192 CAM	MAJ
John T. Whitty Jr	192 CES	CPT
Peter A. Kepler	192 CAM	CMS
Robert I. Clark	192 CAM	SMS
Richard R. Eschbach	192 CAM	SMS
Kenneth R. Whitlock	192 CAM	SMS
Richard L. Mabry	192 CAM	MSG
James W. Regan	192 CAM	MSG
Brian W. Evans	192 CAM	MSG
Jennings L. Entsminger	192 CAM	TGT
James H. Breeden III	192 CAM	TSG
Kevin Chaklos	192 SPF	TSG
David F. Doane	192 CES	TSG
Richard O. Earhart	192 CES	TSG
Jerry V. Johnson	192 CAM	TSG
Charles W. Middleton	192 CAM	TSG
David W. Rhodes	192 CAM	TSG
Roberta U. Canoz-Jenkins	192 CAM	SSG
Thomas J. Barnard	192 SVC	SSG
Elaine J. Houghtalen	192 CAM	SSG
Amy K. Carter	192 RMS	SRA
Derek R. Kahn	192 RMS	AIC



## 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 monitoring according to AFR 56-8.

## CAREER CORNER

### STATE TUITION ASSISTANCE

1. All of the members who are currently taking advantage of Virginia State Tuition Assistance through the Virginia Air Guard need to be aware of the reduced budget for this program.

2. In August the Virginia Adjutant General's office issued a memorandum stating that "Awards will be authorized at 50% of tuition charges not to exceed a ceiling of \$250.00." Hopefully this will not impose too much of a hardship on you. The program, however, continues to run; and our scheduled deadlines for receiving applications in 1992 are as follows:

SUMMER SEMESTER	24 APR 1992
FALL SEMESTER	24 JUL 1992
WINTER/SPRING SEMESTER	24 NOV 1992

Applications may be picked up at CBPO Customer Service or in the Career Education Office.

### MGIB and AGR Eligibility

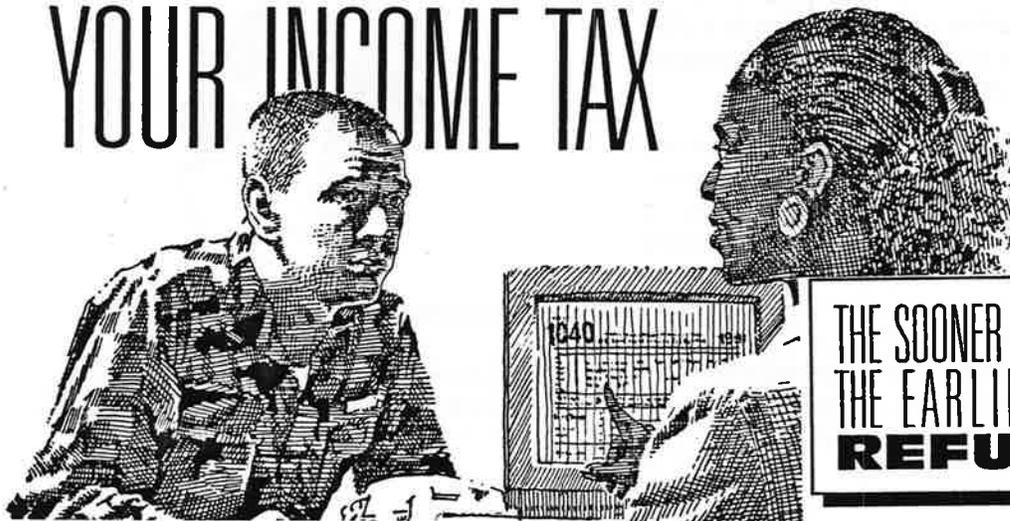
DPRR has received several questions concerning AGR eligibility for MGIB benefits under chapter 30. DPRR went to DMDC for a clarification regarding AGR's and MGIB Chapter 30 vs Chapter 106 benefits.

It was determined that if a member has an eligibility date for Chapter 106 on or after 29 November 1989 or has become an AGR anytime on or after 29 November 1989 they must be terminated from 106 eligibility because by law their only option is Chapter 30 (75% tuition assistance program). If the members eligibility date is prior to 29 November 1989, they have the option of either program.

### Community College of the AF

Airmen! NCOs! you may already have a third or more of the semester hours needed for a two-year degree! Your Community College of the Air Force associate degree may be only a few courses away. Realize an educational milestone in your life. Interested in where you stand? Call MSgt Robert Lamb or MSgt Gary Harper on extension 6710 or 6589.

## YOUR INCOME TAX



**THE SOONER YOU FILE,  
THE EARLIER YOUR  
REFUND!**

## ATTENTION: AIR GUARD BOWLERS

Our Summer League will bowl on Monday nights, 1900, at Bowl America Eastern Lanes. May 18th will be our first night of bowling. We will bowl for 14 weeks, ending on August 31st. (No bowling May 26th or July 6th) 4 person, mixed teams are being signed up now thru opening night. If you don't have a team, we will help you join one. Rules require at least 2 Guardsmen on each team. This will be a money league, @ \$10.00/week. To sign up, Contact John Anderson or Bo Johnson in Avionics (6487), or Shirley Cooper in Operations (6428). Be sure to sign up early, to reserve your place in our league.



### VIRGINIA AIR NATIONAL GUARD

Headquarters, 192d Tactical Fighter Group

Richmond International Airport, Sandston, Virginia 23150-6109

#### Special Order M-5

14 Feb 92

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:** 14 Mar 92

Flying & OJT in sections

**DEPLOYMENTS:** Savannah, GA

015 Mar 92

Flying & OJT in sections

28 Mar-11 Apr 92

#### SCHEDULED UTAS:

25 & 26 Apr 92 13 & 14 Jun 92 8 & 9 Aug 92

16 & 17 May 92 11 & 12 Jul 92 19 & 20 Sep 92

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-

*Patti L. Smith*  
PATTI L. SMITH, MSgt, 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.

**VANGUARD**

This funded Air Force newspaper is an authorized publication for the U.S. military services. Its contents 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.

**MENU - MARCH UTA**

<b>Sat.:</b> Meat Loaf w/ Tomato Sauce Baked Knockwurst w/ Sauerkraut Baked Macaroni & Cheese Steamed Broccoli	<b>Sun.:</b> Simmered Corned Beef w/Apple Glaze Baked Ham Boiled Potatoes Steamed Carrots Cabbage
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Both Days: salad bar, assorted dressings, assorted bread with butter, dessert, koolaid and coffee.

**Church Services:** Catholic Mass, Sat. 9:30 a.m.;  
General Protestant, Sun. 8:00 a.m.

**Hours for D Street Gate:** Sat. 0715-0800 and 1645-1715; Sun. 0615-0700 and 1545-1615, drill weekends.

**The NEW HATS, F-16 patches** (and many other items) have arrived! To purchase hats or patches or other memorabilia, see TSgt. Cooper in Room 5 of operations building.

**FOUND:** A pair of prescription glasses and case were found in the parking lot behind the O & T building after the November 1991 UTA. The case is maroon and made by Aigner with an "A" on the outside. The glasses are possibly child-size and rose in color. They can be picked up in CBPO. See SRA Allen, or call ext 6310. Will give to Security Police after March Drill.

**Retirees' Association:** The VaANG Retirees' Association meets every second Thursday of each month (except December), at 7 p.m. in Club 149. Contact SMSgt. Bob Walton at Ext. 6541 for more information.

**Ki Aikido:** More than just a martial art, Ki Aikido is also an excellent means of personal development. For information on class schedules and fees, contact TSgt. J. Cheatham evenings at 275-1936.



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