

192D FIGHTER GROUP

# VANGUARD

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**AN OSCAR-WINNING PERFORMANCE** - Sgt. Helena Hathorne, 192d Supply, was among a number of unit members who were "made up" to look injured as part of a major accident response exercise during August's UTA. Technical Sgt. Doug Renalds, 192d Clinic, right, was one of the "masters of special effects." Photo by Staff Sgt. Keith Walker.

## SEPTEMBER MOBILITY EXERCISE

*By Captain Garrie Denson, Logistics Plans Officer*

Once again, it's "Mobility Time." During the September UTA, the 192d Fighter Group, 149th Fighter Squadron, and 200th Weather Flight will mobilize people and equipment. The information produced during the exercise will enable us to "fine tune" our F-16 equipment and personnel listings so

that we will be ready to deploy in 1993. We are depending on each member's enthusiastic participation to make this exercise a realistic learning scenario.

**See MOBILITY on p. 2**

## FOOD PYRAMID: FOR A HEALTHIER AMERICA

By Lieutenant Colonel Joan Brumfield,  
Health and Wellness Promotion Officer

In trying to keep Americans healthy, the Department of Agriculture went from a circular food guide in 1946, to a "basic four" in the 1950s, to a food wheel in 1984. Now, to lead Americans down the path of food righteousness, agriculture nutrition experts have come up with another geometric figure -- the pyramid.

"At a glance, the pyramid will help Americans understand more about the foods they need," said Edward R. Madigan, secretary of agriculture. "For example, the pyramid clearly shows that fats, oils, and sweets should be eaten sparingly. The food-guide pyramid recommends six to 11 daily servings of breads, cereals, rice, and pasta; three to five servings of vegetables; two to four servings of fruit; two to three servings of milk, yogurt, and cheese; and two to three servings of meats, poultry, fish, dry beans and peas, eggs and nuts.

"All foods are important to a balanced diet," said Madigan. "If the pyramid recommends fewer servings of one type of food than of another, that doesn't mean one food is less important than another. All foods provide important nutrients. The trick is making lower-fat choices."

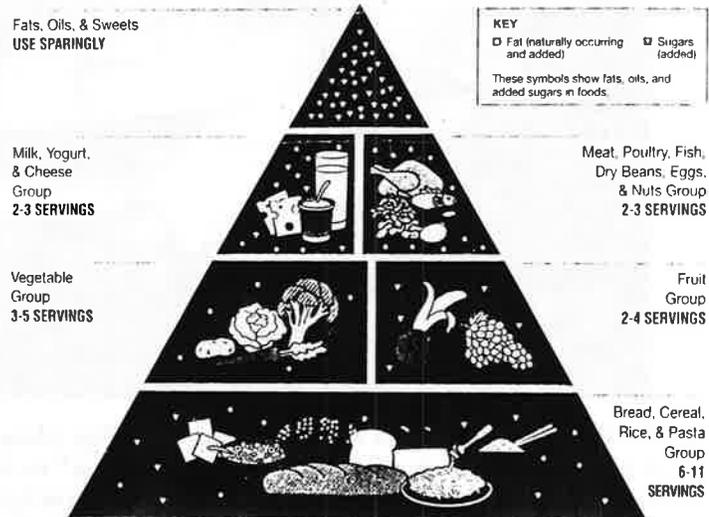
Moreover, the pyramid reinforces the need for proportion (the relative amount of food to choose from each major food group, moderation (eating less fats, oils, and sugars) and variety (eating a selection of different foods).

### MOBILITY - from p. 1

All mobility workcenter personnel should report to their respective workcenters ASAP after checking in with their assigned supervisors. The uniform of the day will be BDUs. Each unit member who is subject to processing should bring a piece of luggage containing his or her "Minimum Clothing Issue."

**During the exercise, equipment and personnel processing will take precedence over all other activities.**

### Food Guide Pyramid A Guide to Daily Food Choices



The concept briefing will be at 8:30 a.m. on Saturday, September 19, in the **Civil Engineering Conference Room**. Please note this change! Each shop is encouraged to involve traditional guard members as much as possible in palletizing at least some of the shop equipment. Let's all work together to do more than just "fill a square" by making this mobility exercise a learning experience that is an integral part of our weapons system conversion.

## COMMANDER'S CALL

Colonel Bill Jones, 192d Fighter Group Commander

### MOBILITY EXERCISE

*"Call to arms!" I wonder if that's how the first mobility exercise started. Grab a musket and report to the bridge. In the earliest militia days, they probably didn't even have exercises – or formal inspections for that matter. The equipment required back then could not have been much either. No computers, no power units, no spare engines, no chem gear.... Sound appealing? Needless to say, times have changed.*

*All unit members should know by now that we will be conducting a mobility exercise during the September UTA. Planning has been under way for a long time. Perhaps the most difficult challenge will be to overcome the "practice bleed" syndrome. Packing and moving equipment on Saturday is not much fun when we all know that we're not really going anywhere and on Sunday we have to unpack. Is all that effort necessary? Is it "practice bleeding"? Yes and I hope not.*

*This is our first mobility exercise in the F-16. Since there is not yet an "equipment model" for our type and size unit, we will have to determine our own listings – another challenge. One of the greatest challenges (especially now) will be aircraft generation. Maintenance will start preparing the jets on Thursday for a "simulated" deployment launch on Sunday. A lot of things have to fit into place for this to all work smoothly. Some would say that if we had to deploy for real, we would take everything not tied down anyway. Actually, we would probably take things that are tied and even bolted down, but the basic process would be the same. Every section tasked should know what "stuff" is needed to sustain employment operations for our assigned mission. Cutting corners during practice would make the real thing that much more difficult.*

*And that's the point. We cannot make this up as we go along. I'm amazed at all the jobs that need to be done to ensure a successful deployment. The challenge for commanders is to insure that the right people are in the right jobs and that all members understand the purpose and importance of this exercise.*



## ANG AIMS TO 'HARVEST' THE BEST

The Air National Guard has unveiled a new "bonus" program designed both to balance the force structure and to offer eligible members a strong incentive to retrain into hard-to-fill career fields.

The program -- Operation Internal Harvest -- affords eligible enlisted members the chance to retrain out of non-critical specialty codes into critical career fields, receiving either a \$2,500 reenlistment bonus OR the right to participate in the Student Loan Repayment Program (SLRP). In some cases, the eligible member will be able to receive the cash bonus AND participate in SLRP.

The ANG Readiness Center recently identified critical career fields at each unit. If an eligible member reenlists for six years and agrees to retrain into a career field manned between 86 and 89 percent (at the time of reenlistment), he or she will receive ONE of the two incentives. If the member retrains into a career field manned at 85 percent or lower, he or she will be eligible for BOTH incentives.

According to base career and education manager Master Sgt. Bobby Lamb, the 192d TFG currently

has no specialty codes identified as "critical," however, that could change in the future. Operation Internal Harvest permits an eligible member to reenlist regardless of the time remaining on his or her current enlistment contract. Eligible members must meet the following criteria:

- Agree to reenlist for six years and retrain from a non-critical to a critical specialty code (as identified by the ANG).

- Agree to attend formal technical training school, if required.

- Have fewer than 10 years total military service (as of the date of reenlistment) to be eligible for the cash bonus OR fewer than 20 years total service to be eligible for the SLRP.

- Reenlist no later than September 30, 1992.

Operation Internal Harvest gives some members a chance for change and challenge, as well as an opportunity to help the ANG balance its changing force structure. For further details, contact Master Sgt. Lamb at 236-6710.



*It's Back-to-School Time - Let's Make It Safe for Everyone - See Safety Tips on Page 7*



**PISTOL TEAM MEMBERS** include, top row, from left to right, Master Sgt. Ray Bassetti, Captain Carl Bess, Master Sgt. Abraham Easter, Technical Sgt. James Breeden, Staff Sgt. Krag-Stevens Cash; bottom, left to right, Staff Sgt. Karen Mealy, Technical Sgt. Richard Laird, Technical Sgt. David Stigall, and Senior Airman Kenneth Fisher. Photo by Technical Sgt. Ken Hill.

## HAVE GUN WILL TRAVEL

*By Staff Sgt. Paul Stimpson, HQ VaANG Public Affairs*

Eight members of the 192d Fighter Group will represent the Virginia National Guard in team competition at the 1992 National Guard's Winston P. Wilson Pistol Championship being held at Camp Robinson in North Little Rock, Ark., Oct 12-16.

The team won the right to represent Virginia by winning a shoot-off against ten other Virginia Guard's winning the Adjutant General's competition held at the Henrico County Police Range in May. Competition was broken down into both individual competition and team competition with the 192d FG team capturing team honors and Capt Michael Michie, HQ, State Area Command winning the individual honors.

The team will include Captain Carl Bess, Jr., Team Captain; Master Sgt. Ray Bassetti, Team Chief; Staff Sgt. Krag-Stevens Cash; Technical Sgt. Philip Thomas; Technical Sgt. Chip Breeden; Staff Sgt. Rick

Turnbull; Technical Sgt. David Stigall and Staff Sgt. Karen Mealy.

### FLU SHOTS FOR ALL!

*Flu shots are a mandatory item for mobilization. Flu shots will be offered Saturday only of October and November UTAs. Other shots will also be offered at this time. Shots will only be offered in the main hangar. Please bring your shot record with you.*

*Beginning the January 1993 UTA, immunizations will be offered from 8:30-10:30 a.m. every Saturday of a training weekend. The new location will be in the pharmacy of the clinic, which is located just to the right of the clinic's entrance..*

## SOCIAL ACTIONS UPDATE

By Captain Darrick A. Seale

The staff of the Social Actions Office has now completed all required training and is ready to assist/advise commanders and VaANG members on issues relating to Human Relations Drug/Alcohol and sexual harassment.

Captain Darrick A. Seale serves as the Chief of Social Actions. He is a graduate of Old Dominion University and holds a B.S. in Education/History and Social Actions Sciences and is employed by the Colonial Williamsburg foundation where he teaches Colonial History and works as an actor.

Captain Seale is also a graduate of the Defense Equal Opportunity Management Institute (DEOMI), and is a qualified ATC instructor. A VaANG member since 1979, he was an NCO in CAMS/Avionics Branch and served as a Weapons Control Systems Specialist for both the A-7D and F-105.

2d Lieutenant Cassandra Edwards is the Human Relations Officer. She is a graduate of Virginia State University where she entered a B.S. in Accounting and is employed by Philip Morris U.S.A. as a CPA.

Lieutenant Edwards is another graduate of DEOMI and a former Airman from CAMS/Avionics Branch, where she served as an Administrative Specialist.

Staff Sgt. Arlene Manning is the NCOIC of the Drug and Alcohol Function. She is a graduate of the USAF Drug/Alcohol Course and a recent graduate of Old Dominion University's Darden College of Education.

Staff Sgt Manning has a B.S. in Education/

## Upcoming Races Offer Runners Challenges

### American Forces Information Service

Like to run? Looking for a challenge and maybe a new T-shirt to add to your race collection? Two upcoming races in the Northern Virginia area, each sponsored by a military service, offer all that and more. Both races are certified by The Athletic Congress, which means no headphones, baby carriages or dogs allowed.

The eighth annual Army 10-miler will be run Oct. 11 at 8 a.m. in Washington, D.C. Both the start and finish lines are at the Pentagon. The race course crosses the Potomac River into Washington and then back to the Pentagon. Both teams and individual runners are welcome to enter. There are 12 separate team categories and 12 age groups. The race entry fee is \$12 if received by Sept. 25, and \$20 after that date. For more information and a registration form, call (703) 614-1551, or write to: Army Ten-Miler, P.O. Box 46594, Washington, D.C. 20050-6594.

The 17th annual Marine Corps marathon is set for Oct. 25 at 9 a.m. in Arlington, Va. The basically flat course begins at the Iwo Jima Memorial, crosses the Potomac into Washington, through the city's Georgetown section, and back to the memorial. The entry fee is \$21 if postmarked by Oct. 1, and \$30 thereafter. For more information on individual and team entries, call (703) 640-7225, or write to: Marine Corps Marathon, P.O. Box 188, Quantico, Va., 22134-0188.

Math and will begin teaching for the Norfolk City School System this fall.

**Your Social Actions Staff is also prepared to address your school group, scout troop or civic organization. For more information, call ext. 6389.**

## Back-to-school safety tips...

### 192d FG Safety Office

The beginning of the school year is always a busy time for parents and children, but regardless of how long the "to-do" list might be, safety should always be among the highest priorities.

Parents of elementary school children who will be walking to school or hiking a long way to a bus stop should go over the safest route with their children. The safest route is not always the shortest

route; children should avoid alleys and wooded areas.

Children should be dropped off and picked up only in designated areas. Reflective tape on a child's backpack will help drivers see him or her in bad weather, or at dawn and dusk. Go over these and other relevant safety rules with your children before school starts.

#### VIRGINIA AIR NATIONAL GUARD Headquarters, 192d Fighter Group

Richmond International Airport, Sandston, Virginia 23150-6109

Special Order M-12

19 Aug 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 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:** 19 Sep 92 Flying & OJT in sections **DEPLOYMENTS:** NONE

20 Sep 92 Flying & OJT in sections

**SCHEDULED UTAS:** 3 & 4 Oct 92 7 & 8 Nov 92

5 & 6 Dec 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 BDUs, 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/SC; 1 CGS/DPMD; HDQ/TCD/RF, Langley AFB, VA 23665-6343.

**VANGUARD**

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**MENU - SEPTEMBER UTA**  
*Box Lunches Saturday and Sunday due to  
Mobility Exercise*

**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.

**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.

**KI Aikido:** The Richmond Aikido Club offers classes in Ki development and Ki Aikido. Six weeks courses \$25.00. For information contact TSgt. Cheatham at 6388 or 275-1936.

**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, Ext. 6541 for more information.

**Notice:** The Retiree's Association is planning a dinner for its 7:00 p.m. October meeting. Guest speakers from Roanoke and Virginia Beach, representing Blue Cross/Blue Shield, will discuss Medicare and Champus Programs (co-payments, coverage gaps, supplemental care, etc.) Menu to be announced. Contact SMSgt. Bob Walton, Ext. 6541.



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