

192D FIGHTER GROUP

# VANGUARD

VIRGINIA AIR NATIONAL GUARD

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## ANG ASSISTANT TO ACC SURGEON RETIRES

The Air National Guard Assistant to the Air Combat Command Surgeon retired during official ceremonies July 11 at the Virginia Air National Guard Base, Sandston Va.

Brigadier General Talmadge R. (Rudy) Howell was honored for a combined 36 years of military service to his country while on active duty and in the Virginia Air National Guard.

Nearly 200 distinguished visitors, family, friends, and fellow Guard members braved sweltering temperatures to attend his retirement ceremony. At the direction of Commonwealth of Virginia Governor L. Douglas Wilder, Howell was promoted to major general within the state militia. The general was also



*See HOWELL on p. 2*

*Brigadier General Howell*

## SEPTEMBER MOBILITY EXERCISE

*By Captain Garrie Denson, Logistics Plans Officer*

During the September UTA, the 192d Fighter Group (FG)/149th Fighter Squadron (FS) will mobilize people and equipment as if we were going to war. This will be our first base-wide Mobility Exercise with the new F-16 equipment and F-16 Manning Document and will give us a good indication if we are truly "Combat Ready".

Our Mobility Exercise is a "team effort" and we are counting on each of you to exercise your part of the Mobility Plan as realistically as possible and participate as enthusiastically as you have during the entire F-16 conversion. This exercise will help us in

*See MOBILITY on p. 4*

## **A Few Good Words**

*By Chaplain, Captain Charles E. Woods*

Recent studies have made considerable progress in understanding the most important factors involved in maintaining long-term relationships such as marriage. The level of self-disclosure in satisfying relationships tends to be reciprocal; both men and women report the highest levels of marital satisfaction when mutual self-disclosure is high. In fact, the mutual sharing of interests, beliefs, opinions, and the like is often more important than any other aspect in a marriage. Love and marriage are among the most cherished aspects of human existence. But they do not "just happen." Divorce statistics are constant reminders that marriage is difficult. Maintaining the long-term health of a relationship requires work. Each person must occasionally make sacrifices, each must endure temporary frustrations, and each must adopt a long-range perspective and trust the other.

Perhaps the key to understanding all of this is PERCEPTION. The perception that a relationship is equitable also enhances marital satisfaction. This perception is important because each partner's willingness to contribute to the relationship is fueled by the belief that the other will do the same. In other words, the partners develop trust. At the heart of this relationship is a love that is comprised of three basic components: passion, intimacy, and commitment, but perhaps the most complete and satisfying love is consummate love. This kind of love is hard to attain, because this kind of love keeps passion, intimacy, and commitment at high levels over a long time.

Another type of long-term relationship is the spiritual relationship we have with God. It seems to me that the same kind of factors that make for a quality marriage, also apply for a quality relationship with God. Reciprocal self-disclosure, hard work, making sacrifices, temporary frustrations, long-range perspective, and trust. All of these components are translated through love that includes passion, intimacy, and commitment. How is your relationship doing?

### **HOWELL - from p. 1**

awarded the Commonwealth of Virginia Legion of Merit and the U.S. Air Force Distinguished Service Medal for dedicated service to country, state, and fellow man, above and beyond the call of duty.

Virginia's Adjutant General, Maj. Gen. John G. Castles attended the ceremony and praised Howell for a dedicated, professional, and fruitful military career. The ceremony concluded with a four-ship, F-16 flyby over the parade area, and the casing of the colors. Immediately afterward a reception was held at the base dining hall in honor of General Howell and his many accomplishments.

The general began his military career on active duty as a medical service corps officer assigned to Wright Patterson AFB, Ohio, in June 1956. He became an officer in the medical corps in June 1958 and earned his flight surgeon's wings in October 1959. After serving stateside and in the Far East on active duty for eight years, Howell transferred to the Virginia Air National Guard in October 1963 where he served as an aerospace medical officer and

flight surgeon for the 192nd USAF Dispensary. From 1964 to 1969 he commanded the dispensary and served as senior flight surgeon for the 192d Tactical Fighter Group. In February 1973, General Howell was appointed State Air Surgeon, VaANG and served in that position until his reassignment as Air National Guard Assistant to the Command Surgeon, Tactical Air Command, July 1, 1988. He served extensively in the TAC position during Desert Shield/Desert Storm, where he was praised for his professional and military knowledge and capabilities. Active duty, Guard and Reserve medical forces coalesced to form a tightly knit medical force prepared to meet any contingency during the war. He assisted and advised the TAC Command Surgeon during the TAC/ACC restructure.

Howell is a chief flight surgeon with more than 1,700 flying hours in many aircraft. In civilian life, General Howell is Chief of Staff at John Randolph Hospital, Hopewell, Va., and is a senior partner in a private radiology practice in Petersburg, Va. He chairs the Radiology Department at John Randolph and at the Children's Hospital, Richmond, Va.

## COMMANDER'S CALL

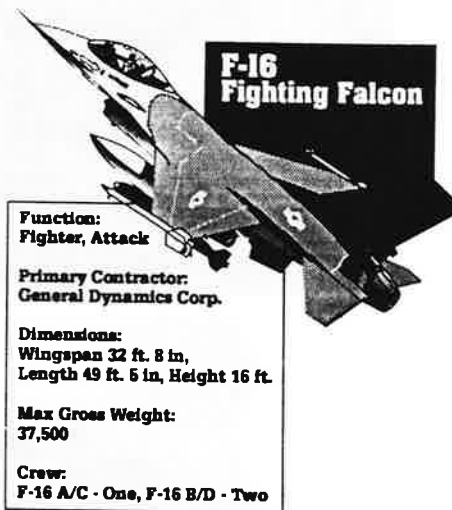
**Lt. Col William M. Campenni, Deputy Commander for Operations**

*"We are great, not in our goals, but in our transitions" wrote Ralph Waldo Emerson, one of those 19th century New Englanders who were so prolific in phrase-making that one wonders how they ever had the time to build all those stone walls, or burn the witches.*

*On July 1st, the 192d FG returned to Combat Ready Status, the goal of our now completed conversion to the F-16C. In returning to the ranks of combat-ready squadrons, the transition from the A-7 to the first operational ANG F-16C unit has not been an easy one as we complete our most difficult and complex conversion ever. For Operations and Maintenance, the task of learning not only the complexities of a new aircraft, but also a new air-to-air mission, has been an especially difficult one, compounded by closed runways, fiscal constraints, and directed standdowns.*

*Although the focus during this transition might have been on Operations and the flightline, the accomplishments were not theirs uniquely. This conversion could not have been completed without the basewide support from so many players; from Maintenance generating the ever increasing number of sorties, from Administrative functions preparing the countless sets of active duty orders, from Training arranging all the school slots, from Supply getting all the equipment and parts, from Security Police making all the green ID cards, from CE performing the myriad of construction projects large and small, from Finance ensuring the checks were on time, and from every other section contributing to this effort.*

*July 1st marks just one moment in time, when the goal of 'combat-ready' was achieved. Like Olympic medalists and mountain climbers, that one moment in time was the end of a long road of tireless effort and teamwork by all the members of the 192d. A proud pat on the back is deserved by all of you, remote from the flightline, who made our F-16 conversion goal reachable. Emerson was right - you were great in the transition.*





**SCENES FROM SAVANNAH:** *These photos from FTE Savannah provide a glimpse of September's planned training. Top left, and then clockwise, Colonel John Shurley briefs unit members prior to an attack response exercise; Technical Sgt. Clyde "Butch" Osborne un.masks after a simulated chemical warfare attack; Technical Sgt. James R. Corell (R) chats with "wounded" Staff Sgt. Elaine J. Houghtalen; (L to R) Technical Sgt. Mark L. Sturman, Staff Sgt. Eric F. Mayo, and Staff Sgt. Houghtalen relax during a KC-135 orientation flight; and an F-16 crewchief inspects an aircraft after a simulated attack.*

*Photos by Staff Sgt. Carlos Claudio.*

## **MOBILITY - from p. 1**

identifying potential problem areas well in advance of the February '93 UEI and prior to any upcoming deployments in 93.

Be aware of the following for the September UTA:

1. Uniform of the day will be BDU's. Since all positions are subject to tasking and we will task



as many personnel as possible, everyone will need to wear their BDU's.

2. Each person will bring a piece of baggage with his or her "Minimum Clothing Issue." This will be checked during processing. Remember that the uniform you are wearing is part of the "Minimum Clothing Issue". Anyone who is unsure about the minimum issue should refer to his or her Personnel Readiness Folder or Attachment 2 to MOP 19.

3. All Mobility Workcenter personnel should report to their workcenters immediately after

checking in with their supervisors. Shifts will be assigned by the workcenter OIC.

4. During the Mobility Exercise, personnel and equipment processing will take precedence over all other activities.

Let's all work together to do more than just "fill a square." Mobility, equipment preparation, personnel processing, and aircraft loading are all part of the 192d's combat ready status and documentation of the training accomplished through this exercise will be examined closely during the February UEI.

## FLU SHOTS

*By Captain Shirley Douglass*

Mandatory flu shots will be offered September, October, and November UTAs. Location to be announced.

Flu immunization is by injection of an attenuated live virus and is effective for approximately 3 - 4 months. The peak of the antibody formation and resulting protection is aimed at the peak flu months in the Winter. The type of virus included in the vaccine is varied from year to year according to the prevalent danger. The shot may be monovalent (containing only one virus) or bi- or tri-valent, containing several viruses. Flu shots protect only against the specific virus within the vaccine and not against the hundreds of other viruses. So, you can still get the "flu" caused by any other virus. Our interest is in protecting you from the most lethal varieties.

The disease symptoms are well known - muscle aches, chills, fever, weakness, sore throat, cough and drippy nose. No specific treatment is known, but symptoms are treated with comfort measures. Antibiotics are effective only in treating an accompanying bacterial infection.

## CAREER CORNER

*Montgomery GI Bill*

*By Master Sgt. Bobby Lamb*

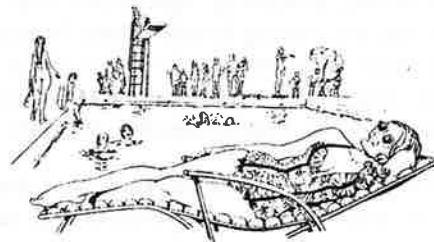
In the past year there has been, and is continuing to be, many changes in the Montgomery GI Bill educational assistance program. We in the Career Education Unit will attempt to keep all personnel informed of all changes in this program.

One of the latest messages received by the National Guard Readiness Center pertaining to AGR Personnel states if a member (initially) entered active duty after Nov. 29, 1989, he or she is eligible for Chapter 30 benefits only. If the member was ever on extended active duty prior to that date, regardless of component, or whether or not they used the GI Bill or VEAP during that time, he or she is not, repeat is not, eligible for Chapter 30 benefits.

Traditional guardsmen can qualify for the Montgomery GI Bill, Chapter 106, by initiating a 6 year enlistment contract after 30 July 1985. It is of the utmost importance that any member who utilizes this MGIB benefit complete their 6-year commitment. If the commitment is not completed, the Veterans Administration will initiate a recoupment action against the person involved. Please feel free to contact the Career Education Unit if you are in need of advise or assistance in Montgomery GI Bill matters. We are located in the O&T Building, CBPO, Extension 6710. The point of contact is either Master Sgt. Gary Harper or Master Sgt. Bobby Lamb.

## Party! Party!

**First annual Beach Party - sponsored by the 149th pilots - will be held after Saturday drill in August. Beer, hot dogs, chips, volleyball games, music and dancing. Everyone is welcome! Warning.....Water balloons. Dress very casually and bring a bathing suit.**



**192d Office of Social Actions  
By Captain Darrick A. Seale**

The purpose of the Human Relations Council is to keep the Commander informed of all Human Relations concerns within the VaANG and obtain resolutions that will benefit all, increase morale, and enhance mission effectiveness. If you as a VaANG member have any concerns pertaining to Human Relations issues it is your responsibility to inform your squadron representatives so these matters can be dealt with effectively. The following are members of the Human Relations Council:

LTC William C. Jones, 192d FG, Commander, Chairman; MAJ Ralph Barker, Chief of Personnel; CPT Deborah Cowles, 192d FG, Public Affairs Officer; CPT Darrick A. Seale, Chief of Social Actions; 2LT Cassandra P. Edwards, Social Actions Officer; 2LT David Biggs, 192 CAMS; SMS Shelvie L. Wood, 192 MSF; MSG Edwin B. Shaw, HQ VaANG; MSG James A. Johnson, 192 Medical Svcs; TSG Joyce M. Irby, 192 RMS; TSG Lloyd L. Meredith, 192 MSS; TSG Rudolph Wadsworth, 149 TFS; TSG Charles W. Collier, 192 RMS; SSG David Dolan, 192 CES; SSG Antonia Vincent, 192 SPF; SGT Arlene Manning, 192 MSS.

**VIRGINIA AIR NATIONAL GUARD**

**Headquarters, 192d Fighter Group**

**Richmond International Airport, Sandston, Virginia 23150-6109**

Special Order M-11

17 Jul 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:** 08 Aug 92 Flying & OJT in sections

**DEPLOYMENTS:**

09 Aug 92 Flying & OJT in sections

CES-Camp Pendleton, VA, 15-29 Aug 92.

**SCHEDULED UTAS:**

19 & 20 Sep 92 7 & 8 Nov 92

3 & 4 Oct 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 - AUGUST UTA**

**Sat.:** Hot Buffet  
**Sun.:** Baked Chicken  
 Pork Chops  
 Mashed Potatoes  
 Spanish Rice  
 Steamed Breccoli

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.

**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 at Ext. 6541 for more information.

**Notice:** The Retiree's Association is planning a dinner for its 7:00 p.m. October meeting. Menu to be announced.

BULK RATE  
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 Virginia Air National Guard  
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