

192D FIGHTER GROUP

VANGUARD

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DECEMBER 1992



Brigadier General Joseph "Al" A. Washington shares a special moment with his wife, Martha Grace, during his retirement ceremony last month. The event marked the end of a distinguished 35-year military career. General Washington served as Virginia's Deputy Adjutant General for Air since 1989. Photo by Technical Sgt. Ken Hill.

VIRGINIA'S SENIOR ANG COMMANDER RETIRES

By 1Lt Debbie Fredette, HQ Public Affairs

Virginia's senior Air National Guard commander, Brigadier General Joseph "Al" A. Washington, has stepped down after 35 years of military service.

Washington was in the Virginia Air National Guard for 27 years, and served as Deputy Adjutant General for Air since April 1989. As the Commonwealth's Deputy Adjutant General for Air, he served as the principal advisor to the Adjutant General in all Air National Guard matters. Looking back over a career that spanned five decades, Washington said, "I never dreamed I would come as far as

Blood Drive

Thanks to the efforts of a great many people and the generosity of 155 donors, the blood drive held at Club 149 on Sunday November 8, 1992 was an unqualified success. Technical Sgt. Mike Lovell and Staff Sgt. Tom Carter who coordinated the drive would like to thank each and every person who participated. Special thanks to Senior Master Sgt. Bobby Mantlo for the use of the club,

See DRIVE on p. 10

See RETIRE on p. 2

RETIRE - from p. 1

I did. My only goal was to fly fighters and I am eternally grateful to the military and this country for allowing me to achieve that goal."

"I wanted to fly fighters ever since I was five years old; to me there was no greater calling in life. I still feel that way today; I'd rather fly fighters than be President of the United States. I'm thankful I was able to fly them for 30 years."

The General takes little credit for his many accomplishments during his time in command. Instead he points out the hard work and professionalism of his staff members. "When I look good, it is because of the people working for me," he said.

His two major goals as Deputy AG for Air were acquiring the F-16 for the Virginia Air Guard, and providing stability, order, and cooperation within the Virginia Air Guard's chain-of-command. He has continually worked to give his people the best working environment possible. "Creating a good work atmosphere allows people to accomplish so much. Find the right person for a job, give them a

good working environment, then back away and watch them produce." the General explained.

General Washington's military career has brought him much satisfaction. "Flying fighters and working with the wonderful men and women of the Air Guard has made this a wonderful career. I will miss it," he said. However, retiring will allow him more time to spend with his family and on his favorite hobby--fishing. "I have gotten such fulfillment out of my Guard career. I don't feel like I've given up anything all these years. It is my family who has had to make sacrifices for my military commitments," he commented.

During the General's retirement ceremony he received the Virginia Militia honorary promotion to major general, and was awarded the Distinguished Service Medal and the Virginia National Guard Legion of Merit. The ceremony was attended by the General's wife, Martha Grace, their two children, Bryan and Alice, and numerous family and friends. In civilian life, General Washington is a company pilot with the Ethyl Corporation in Richmond, Va.



Commander's Holiday Message



As 1992 draws to a close, we can reflect on a very good year. There were many challenges and rewarding events. Everyone worked hard to insure that we met our conversion goals from the A-7 to the F-16 era. We can all be proud of our record of achievements.

The new year will bring new challenges. We can see some of them coming, but I'm sure there will be surprises too. One factor remains constant – the professionalism of our team! Because of it, I am confident that 1993 will be even better than 1992.

As we approach the holiday season, I want to thank each of you for your contributions to the success of our unit. Please accept my best wishes for a joyous and happy holiday, and a safe and prosperous new year.

Bill Jones
Commander, 192d Fighter Group

COMMANDER'S CALL

Lieutenant Colonel Nelson Whitt, Commander, 192d Civil Engineering Squadron

Energy Awareness and Energy Conservation -- As many of you may already be aware, the unit's facilities operation and maintenance agreement has been drastically reduced for the new fiscal year. As a result, only essential operating expenses, such as fixed cost items, critical maintenance and repairs, minimal heating oil, water and electricity requirements, and reduced amounts of janitorial supplies can be funded.

Moreover, we are counting on all members of the unit to do their part in helping us meet the challenge of the reduced budget by practicing good energy conservation habits throughout the year. These behaviors also help us live up to our responsibility to an environment that is increasingly

threatened by waste and abuse, and contribute to reducing our country's dependence on foreign oil.

Civil engineering personnel have already taken a number of steps toward this goal: thermostats have been adjusted; unnecessary lights have been disconnected; non-critical water heaters have been turned off; buildings have been winterized; and water coolers and unnecessary equipment items have been disconnected. Civil engineering personnel are also serving as energy monitors throughout the base, but they need your help and cooperation. If you have any ideas that can help us conserve energy and other precious resources, please notify me or your supervisor. Other energy-saving steps are found on page 4.

A Few Good Words: Father Blankenship Joins Chapel Staff

Father John P. Blankenship, a prison chaplain at the Federal Correctional Institution in Petersburg, has served with the 192nd Fighter Group since 1974 providing the opportunity for unit personnel to attend Catholic Mass each drill weekend for over 17 years.

We have this year, for the first time, been able to ask "Father B" to provide additional services for the unit. Beginning with the December UTA, Father Blankenship will be available to hear confessions at 0900 on Saturday in the Chaplain's offices.

Mass will be celebrated at 0930 in the Classroom directly across from the Chaplain's offices in the O&T Building. Immediately following Mass, there will be a time of fellowship and an educational session regarding pertinent issues relevant to the Catholic faith.

We hope you will take advantage of these new services. Please help pass the word to all of our unit members. If you have comments regarding the schedule



Father John P. Blankenship
Photo by Staff Sgt. Carlos Claudio

or availability of services for any faith group, please contact the Chapel Section at ext 6387.

Energy Conservation Is Everyone's Responsibility

**Base civil engineers
provide tips for all unit
members to
participate in energy
and resource
conservation.**

Turn off lights in unoccupied areas, and do not use personal heaters, fans, etc.

Dispose only authorized waste in dumpsters.

Turn off shop equipment and appliances at night, over weekends, and holidays.

Turn off heating/air conditioning at night, over weekends, holidays, and when outside temperatures are comfortable.

Keep windows/doors closed to heated/air-conditioned areas.

Ensure thermostats are set at proper temperatures (offices: heating at 68 degrees, cooling at 78 degrees; shops heating at 65 degrees).

Encourage others to conserve energy.

Report problems with any energy systems to civil engineering immediately.

McENDREE MARKS 192D MILESTONE

When Deborah A. McEndree joined the Virginia Air National Guard in November of 1976 she probably had no idea that her enlistment would become a milestone in the history of the 192d FG. Nevertheless, after 20 years and 10 months of combined service with the regular Air Force and the Virginia Air National Guard, unit records indicate that Master Sgt. Deborah A. McEndree has become the first enlisted woman to retire from the 192d FG. She credits her uncle, Bob Tetreault, with pointing her towards the Virginia Air National Guard when she finished her time with the regular Air Force on November 5, 1976. In fact, she joined the 192 FG one week after she was discharged - November 13, 1976.



Master Sgt. McEndree worked in a variety of specialties during her military career - Customer Service, Communications, Finance, Safety, the CAMRON Orderly Room - before cross training into CBPO as a Personnel Specialist in 1981. She has received numerous awards, ribbons, and distinctions for her service to the 192d FG. A graduate of St. John High School in Ashtabula, Ohio, and St. Leo College, Master Sgt. McEndree lives in Colonial Heights with her daughter Tammy. In civilian life, she works as a Programmer Analyst at Ft. Lee, Va.

Master Sgt. McEndree says that she has enjoyed her time with the Guard and that it has proved to be a milestone in her life as well as her career. Although she looks forward to retirement, she hopes to be able to stay in contact with the many friends that she has made over the years.



BALDWIN EARNS BASE SUPPLY OUTSTANDING AIRMAN AWARD

SRA James R. Baldwin has been named Base Supply Outstanding Airman. Airman Baldwin, who consistently demonstrates exceptional military performance, is the third recipient of this award from the Base Fuels section since 1990. His skill as a 5 level in his career field has proven to be an asset, especially in his role on the integrated combat turn pre-check team.

Airman Baldwin is active in the Pomplin Volunteer Fire Department, plays softball for Elon Baptist Church and volunteers within community health care facilities.

CAREER CORNER: Family Support Programs

By Master Sgt. Bobby Lamb and Technical Sgt. Joe Cheatham

The Virginia Air National Guard is in the process of developing a family support program. This state funded program will be conducted by Air Guard family members and serve Air Guard families. Its services will be varied and cover almost anything. Some examples of program items might be: youth camps, pen pal programs, support during times of deployment, new comer briefings, needy family programs, educational classes, and social gatherings.

A Family Support Conference will be held at the Holiday Inn Airport January 29, 30, and 31 to help develop the initial direction for this program. All interested parties are urged to attend. People coming from out of town (Richmond) will be reimbursed for their lodging costs.

Although this program will be state funded, it will not be part of the National Guard. It will be a purely volunteer effort, run by volunteers.

According to Master Sergeant Bobby Lamb, "We need a program of this type and we need interested people to participate in the conference. It's something that we can do for each other. We can go for as much or as little as we like. It will be whatever we want to make it."

If you would like to help with this program or participate in the conference, please contact Master Sgt. Lamb at ext. 6710.



SEAT STRAP FAIRY TALES

"I might be saved if I'm thrown clear of the car in an accident."



Rubbish! The fact is that your chances of being killed are almost 25 times greater if you're thrown from the car.

BOWLING UPDATE

The 192d FG was represented by 4 teams at this year's ANG Regional Bowling Tournament in Windsor Locks, Conn, competing with 59 other teams from all over the Northeast. Frank Baker finished 16th in men's singles; Sherry Lee won the first place trophy in the women's event, and Shirley Cooper finished 3rd.

In doubles, Shirley and Dave Cooper finished 21st, with Jim and Jane Wheeler close behind at 23rd. In team event, the Wizard Warriors topped Virginia teams, at 17th, with Ammo #1 in 28th. In the "all events" category, Sherry Lee finished 3rd, and Shirley Cooper came in 9th. For the men, Jim Wheeler was 14th, with Dave Cooper right behind in 17th, and Warren Powell close after, in 24th.

Congratulations to all the bowlers who traveled to Connecticut to represent Virginia. Next year, the Regional will be held in Richmond. Tournament Director Bo Johnson hopes to have 100 teams in competition.

To Your Good Health

Beating the winter blues...

The holidays will soon be over. And too much food and too little exercise will have taken their toll on your body. You'll begin waking up tired and going to bed exhausted. You'll have the winter blues. But the winter blues can be easily cured with a little tender, loving care. If you "over-do" and/or "over-indulge" during the holidays, be assured that you can always get back on track with a healthful lifestyle.

According to the American Heart Association, a healthy lifestyle starts with proper nutrition and exercise. A low-fat, low-salt diet and regular exercise can help reduce your risk of developing cardiovascular diseases and stroke, which claim the lives of nearly one million Americans each year. But the benefits go far beyond preventing heart disease. A healthful

By Lt. Col Joan Brumfield
192d FG Health & Wellness Officer

diet combined with regular exercise will help you look better, feel better and have more energy for work and play. People who exercise regularly tend to have a greater resistance to stress, anxiety and fatigue.

Don't let winter weather keep you from keeping fit. Indoor malls are a great place to walk, and local fitness facilities usually offer indoor exercise and aerobics classes. Don't sit back and wait for spring. Now is the time to beat the winter blues!

Don't Let 'Holiday Cheer' Get Out of Control

For many of us the holiday season also seems to be the party season. While most of us like to enjoy ourselves a little more expansively than usual during this time of year, the 192d Social Actions Office would like to remind everyone that too much alcohol can quickly turn a good time into a bad one.

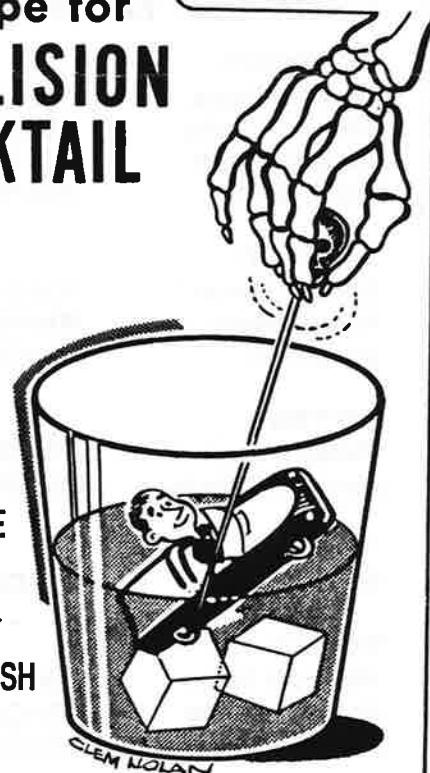
Be a responsible drinker. Don't let your last words be "Look, I always drive better after a couple."

Also, if you are giving a holiday party, be a friend first -- then a host or hostess. Provide non-alcoholic drinks for your guests who may not want alcohol. Offer coffee or soft drinks for the "one for the road."

Plan to "close the bar" at least one hour before the end of the party. Never force drinks on your guests. If they say "no," don't insist. Finally, never let a guest drive away from your party under the influence. Ask someone to drive him or her home, or call a cab.

Recipe for COLLISION COCKTAIL

- ▶ 1 DRIVER
- ▶ 1 VEHICLE
- ▶ GARNISH
WITH ALCOHOL
- ▶ ADD A DASH
OF SPEED



Augmentees Needed 'Where the action is!'

Would you like a change of pace from your normal duties? If so read on. A requirement currently exists for the fuels shop to organize a Rapid Tank Buildup Team. What will members of this team do? They will be tasked with building-up F-16 wing tanks to be used in time of war.

This important objective will be accomplished in an assembly line operation using groups of people who will work together as a team. No prior experience needed - we will train volunteers. For more information and details contact SMSgt. Dick Eschbach, Fuel Shop NCOIC (804)236-7378.

October 1992 Accessions

| | |
|-----------------------|-------------|
| SSGT Gary Daniel | 192d Camron |
| SRA Matthew D. Fields | 192d Camron |
| AIC Richard Holt | 192d Camron |
| SRA Richard A. Gibbs | 192d RMS |
| SRA Terry Haswell | 192d RMS |
| SRA Charlotte Johnson | 192d RMS |
| Cpt Daniel Leveille | 192d CES |
| AB Wendy Powell | 192d CES |
| AB Theresa Watson | 192d CES |
| SRA William Williams | 192d CES |
| SRA Dennis Carter | 203d RHCEF |
| SRA Michael Coppage | 203d RHCEF |
| SRA Michael McFarland | 203d RHCEF |

OCTOBER '92 Promotions

TO SMSGT:

| | |
|------------------|-------------|
| James W. Hague | 192d RMS |
| Thomas J. Sheehy | 192d RMS |
| Edward R. Smith | 192d Camron |
| Patti L. Smith | 192d MSF |

TO MSGT:

| | |
|-----------------|-------------|
| Darcy T. Burton | 192d Camron |
| Russell Hatcher | 192d MSS |
| Lou S. Pugh | 192d CES |

TO TSQT:

| | |
|----------------------|----------|
| Michael J. Lovell | 192d MSS |
| Forrest L. Tibbs Jr. | 192d SPF |

TO SSGT:

| | |
|------------------|-------------|
| Susan K. Peirick | 192d Clinic |
|------------------|-------------|

TO SRA:

| | |
|---------------------|-------------|
| Winona R. Bayne | 149th FS |
| Mark D. Nicholas | 192d Camron |
| Jeffery L. Williams | 192d Camron |



SEASON'S GREETINGS

VAANG OFFICERS ASSOCIATION AWARDS SCHOLARSHIPS

By Capt. Michael R. Woody

The Virginia National Guard Association sponsors a scholarship program to provide financial assistance to worthy college students, or to members of the National Guard in any college or university. It is designed to encourage good students to increase their interest in an officer career in the Virginia National Guard. The following Air Guardsmen were selected to receive scholarships for the 1992-93 school year in the amounts indicated:

Karen L. Carter 192 FG \$500
 Michael J. Lovell 192MSS \$500
 John W. Lewis 192CAMS \$375
 Kimberly Rudd 192RMS \$375

Anyone interested in applying for next years scholarship program may contact any member of the VANGA Executive Council or Captain Woody at extension 6592 for information.



Winners of Virginia National Guard Association scholarships for the 1992-93 school year were, from left to right, Kimberly D. Rudd, John W. Lewis, and Michael J. Lovell. Not pictured is winner Karen L. Carter. The scholarship program encourages good students to increase their interest in an officer career in the Virginia National Guard. Photo by Technical Sgt. Ken Hill.



It's Cool To Pool!



DRIVE - from p. 1

Master Sgt. Ed Shaw for the cookies, Senior Master Sgt. Lou Pearman for the orange juice, and the members of the Retirees Association for their help in everything!



Volunteers made the December blood drive a success. From left to right, retired VaANG member Harvey Mahoney, blood drive chairman Technical Sgt. Mike Lovell, first-in-line donor Colonel John Shurley, and Red Cross Chief Nurse Barbara Thomas. Photo by Technical Sgt. Ken Hill.



Flu Shots: Last Call

Flu shots will be offered for the last time during the December UTA. The time and location will be announced, and you will be asked to bring your shot record. Remember: Flu shots are mandatory; if you don't get a flu shot during the December UTA, you must get one at your own cost and provide proof of the shot to your commander and the Clinic.

Ouch! Airman First Class Kimberley Simmons administers a flu shot to "willing patient" Technical Sgt. Daniel Young during the November UTA. Photo by Staff Sgt. Keith Walker

WHEELBARROW OF CHEER

The 1993 Northeast Regional Bowling Tournament Staff are having a raffle to help fund the 1993 tournament which will be held in Richmond. A "wheelbarrow of full of cheer" will be in the dining hall during the December UTA. The drawing will be held after the dining hall closes on Sunday. Good luck to all those who will support this fund raiser.



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

Special Order M-2-Va

8 Nov 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: 05 Dec 92 Flying & OJT in sections
 06 Dec 92 Flying & OJT in sections

DEPLOYMENTS: Annual Field Training 10-24 Jul 93

SCHEDULED UTAS:

| | | | |
|----------------|----------------|----------------|----------------|
| 20 & 21 Feb 93 | 17 & 18 Apr 93 | 9 & 10 Jan 93 | 6 & 7 Feb 93 |
| 7 & 8 Aug 93 | 21 & 22 Aug 93 | 15 & 16 May 93 | 12 & 13 Jun 93 |
| 6 & 7 Nov 93 | 4 & 5 Dec 93 | 18 & 19 Sep 93 | 2 & 3 Oct 93 |

SPLIT UTAS:

| | | | |
|-------------------|----------------|---------------|----------------|
| 23 & 24 Jan 93 | 6 & 7 Mar 93 | 3 & 4 Apr 93 | 5 & 6 Jun 93 |
| 31 Jul & 1 Aug 93 | 25 & 26 Sep 93 | 9 & 10 Oct 93 | 13 & 14 Nov 93 |

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, SMSgt, VaANG
 Chief, Customer Support

DIST 'A' Plus 1 Ea: ACC/ADUBO; Chief, ACC/CRFG;
 9th AF/CRFG, CV & IC; NGB/XOS & TE; 1913th ISG/CC
 (AFCC); 1 ACC/DO; 1 FW/LGSPC; 113th FW/SC; 1CGS/
 DPMP; HDQ/TCD/RF, Langley AFB, VA 23665-6343.

VANGUARD

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MENU - DECEMBER UTA

| | | | |
|--------------|--|--------------|--|
| Sat.: | Spaghetti w/ meat sauce Grated cheese Buttered broccoli Garlic toast | Sun.: | Honeyglazed cornish hen Baked chicken Fried rice Mashed potatoes Chicken gravy Mixed vegetables |
|--------------|--|--------------|--|

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.

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.

SHAREWARE: Anyone interested in shareware? Send a postcard for a catalog disk (please specify disk size) to: Hannibal, P.O. Box 6444, Richmond, VA, 23230.

F-16 PRINTS: The prints that were sold in conjunction with the F-16 acceptance ceremony in November 91 are still available for \$4.00 each. If interested, contact Maj. Wood at X6466.

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.

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