

192D FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD

37.INO. 8

RICHMOND IAP, SANDSTON, VA

AUGUST 1993

ANNUAL FIELD TRAINING 1993

At press time, the 192d Fighter Group was completing the second week of Annual Field Training (AFT) 1993. (See Commander's Call on page 3.)

Operational highlights of the training included aircraft generation, a mobility exercise for deployment, aircraft regeneration in Savannah, and a 3-day operational readiness exercise. The unit also hosted an Employer Support of the Guard visit of 23 state business and government leaders who got a first-hand look at what "weekend warriors" do on their "summer vacation."

According to Lt. Colonel Basil H. Evans, the visitors learned a great deal about the "behind-the-scenes" activities required to launch airplanes, and were extremely impressed with the professionalism of unit members. The group included the "Founder of the Virginia Air National Guard" retired Colonel Ivor Massey of Richmond.



"On the road again..." Unit members just couldn't wait to get on the road again to summer camp. Twenty-eight guard members made the 483-mile trip via chartered bus. Photo by Master Sgt. Lew Lautenslager.

Let's Talk 35-10

By Lt. Colonel Ed Grogan

The three most common problems with compliance with AFR 35-10 are: hats, mustaches, and hair. Let's discuss each one briefly.

HATS. A simple rule of thumb operates here: When in uniform outside, wear the hat!! That means between buildings on base, at the convenience store, at the gas pump, and to and from the car. That's pretty simple, but very important. Just as important, when inside, remove the hat.

See 35-10 on p. 2

**UTA dates for
Sept. & Oct. 93
have been
changed to:
25-26 Sept.
16-17 Oct.**

35-10 from p. 1

MUSTACHES. AFR 35-10, table 6-1, line 7 states, "(Mustaches) must not extend downward beyond the top line of the upper lip or extend sideways beyond a vertical line drawn upward from the corner of the mouth. Handlebar mustaches are prohibited." In other words, keep it off the lip and inside the corners of the mouth. That's it on lip hair. How about head hair?

HAIR--FOR WOMEN. The hair must be styled to present a feminine appearance. Hair should not be extreme or in a fad style or violate safety requirements. Hair must not extend in length on all sides... beyond the bottom of the shirt collar at the bottom of the neck.

Women's hair should not exceed 3" in bulk or prevent proper wear of headgear. Hair ornaments (ribbons or jeweled pins) are not allowed. Plain or conservative pins, combs, or barrettes similar to the hair color may be worn to keep the hair in place.

HAIR--FOR MEN. The hair must have a tapered appearance on all sides without headgear.

Hair should conform to the shape of the head, and should not exceed 1/4" in bulk at the termination point. A block cut is okay if tapered appearance is kept.

Hair should not be extreme or fad in style, should not be a safety problem, should not touch the ears, should not exceed 1 1/4" in bulk...and while we're at it...

SIDEBURNS. Sideburns should be neatly trimmed and tapered with an even width (not flared) and end with a straight horizontal cut. Sideburns should not extend below the lowest part of the exterior ear opening. That's pretty straight forward, don't you think?

So, those are the standards for the most common 35-10 problem areas-- hats, mustaches, and hair. The IG has spoken on this issue. Let's all do our part.

REMEMBER...35-10—WE CAN DO BETTER.

In next month's Vanguard...The 192FG's new 35-10 monitoring system.

JOURNAL from p. 3

Thursday was the final exercise day. Some situations from the previous days were repeated to reinforce lessons learned. Flying ended in time for everyone to make the "low country boil" party.

RECAP

More than 120 employment sorties were generated over the three days to include flights to ranges in Florida, Kentucky and Georgia. Most air-to-air missions were flown over the ocean utilizing the instrumented system at the Savannah Training Center.

I was very impressed with the positive attitudes I observed. Procedures can be fixed if they are bad, but I'm not sure if bad attitudes can ever be fixed. It was an excellent training exercise and I am proud of the performance of our unit. I am especially proud of our people. Each person is important and has an important job to perform. We accomplished a lot and it's a good feeling to be a part of the Virginia team. As I predicted last month, the satisfaction of achievement is high.

BILL JONES

COMMANDER'S CALL: A Journal

Colonel Bill Jones, 192d Fighter Group Commander

Mobility: Saturday and Sunday, 10-11 July 1993

Annual Field Training—Savannah, Georgia. Packing parts and supplies, preparing aircraft and processing people are always the first steps in any deployment. The mobilization process is complicated due to the bulk of equipment and large numbers of people involved. Airlift can be a question right up to the last minute. This trip was no exception. We even lost use of our C-26 for the first time in nearly four years!

Deployment: Monday, 12 July

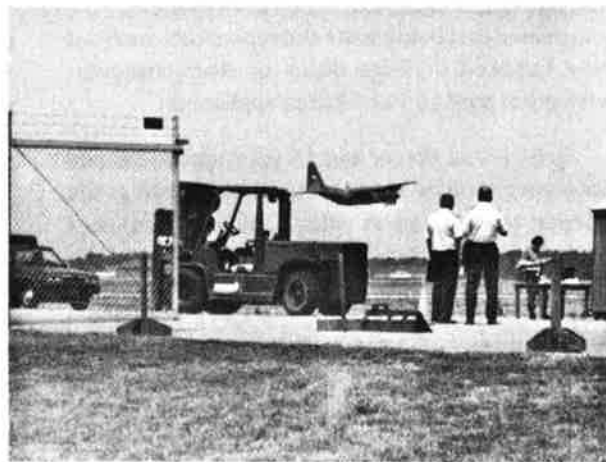
21 F-16's arrived in Savannah—not without some deviations and glitches—but they all ended up parked safely on the ramp. Over 600 people checked in and exercise planning was under way. I was very concerned about how the summer heat would affect people, especially with a demanding flying schedule. We needed to be real smart about heat stress potential and remember that this was only a training exercise.

Employment: Tuesday-Thursday, 13-15 July

The first mission briefing was 0530. All command centers were operational by 0600. We slowly started our three day operational training evaluation (ORE). Enthusiasm was not high with everyone, but even with the adverse weather (hot, hot, hot!!), I think we were well prepared for a demanding exercise. People from State Headquarters with augmentees were our evaluation team and they put a lot of effort into their preparation, too. The team chief was Lt. Colonel Bill Campenni—he used to be a nice guy!

We responded to a lot of situations on Tuesday. Chemical gear is no more fun than it used to be, but I like the new mask better than the old one (not that I like the new one much at all!).

We learned that we could have prepared better in certain sections, but some areas were already very strong. For the most part, people responded well and worked hard to improve. Like Tuesday, there was a lot of flying activity on Wednesday—very busy airfield.



"Pack 'em up and move 'em out." A C-130 from the 153d Airlift Group, Cheyenne, WY, takes off carrying supplies and equipment needed for the 2-week AFT deployment. Photo by Master Sgt. Lew Lautenslager.

See JOURNAL on p. 2

Are Your Appliances Killing You?

American Forces Information Service

What! You still use an electric shaver, hair dryer and electric blanket? You mean you still sit close to your TV set or PC terminal and allow your mother to live in that house under the power lines?

Haven't you read, for example, *The Wall Street Journal* article that reported on a study suggesting men suffering from leukemia "were more than twice as likely to have used an electric razor for more than 2.5 minutes daily" than those who shaved with a razor blade?

Or, the article in *USA Weekend* about the high school science teacher who had trouble conceiving and by using a gaussmeter determined that her breasts and reproductive organs were exposed to huge doses of electromagnetic fields generated by her kitchen appliances?

Before you throw out all your appliances and move your mother into a tent, it's not as bad as the reports on the health effects of low frequency electric and magnetic fields make it seem.

Oak Ridge Associated Universities convened a panel of highly qualified scientists to study this issue at the request of then president George Bush. The group independently evaluated the reported health effects from exposure to extremely low-frequency electric and magnetic fields. It was especially concerned as to their effect upon heart, reproductive glands and central nervous system.

The panel concluded its 350-page report by declaring, "There is no convincing evidence in the

Are Your Appliances Killing You?

It takes at least 5,000 milligauss to exceed the magnetic field of your body. Here is the range of some common electrical appliances:

APPLIANCE	TYPICAL RANGE IN MILLIGAUSS
Electric Range	1 - 80
Toaster	2 - 6
Electric Blanket	3 - 50
Electric Shaver	50 - 300
Hair Dryer	1 - 75
Refrigerator	1 - 8
Can Opener	30 - 225
Coffee Maker	1 - 2
Mixer	2 - 11

SOURCE: Potomac Electric Power Company, Washington, D.C.

published literature to support the contention that exposures to extremely low-frequency electric and magnetic fields generated by sources such as household appliances, video display terminals and local power lines are demonstrable health hazards."

The report's executive summary said the scientific methods various groups used to assess electromagnetic fields' health risks were uncertain. It said there were difficulties explaining the causes of pregnancy complications and shortcomings associated with epidemiological studies.

People live immersed in electric and magnetic fields produced by natural and man made sources, explained the summary. Electric and magnetic phenomena are intimately related. Every moving electric charge produces a magnetic field around itself.

See APPLIANCES on p. 6

PREPAREDNESS - KEY TO STORM SURVIVAL

American Forces Information Service

"Stay tuned" used to be the watchwords when hurricane watches and warnings were issued. Some people might board up windows and move inland until the danger passed. But for too many, an alert was just another weather forecast. Nothing special. Maybe just a little rain and wind, certainly no reason to evacuate.

That all changed in 1992 when hurricane Andrew smashed the Bahamas, Florida and Louisiana in August and Typhoon Iniki swept into Hawaii a month later. (Typhoons are hurricanes that occur in the western Pacific Ocean.) During an average year, there might be six to eight hurricanes, with winds far less than these two exhibited. These storms may or may not make landfall. But the average one that does packs energy equal to

"Early preparation for a possible hurricane is the only way to make it through the storm, said center officials. It's too late to start planning when the watch or warning is given."

about half the total yearly energy consumption in the United States, said officials at the National Hurricane Center in Florida. The storm season runs from the end of May through October, center officials said. No magic steps guarantee personal or property safety in a hurricane, but some things can be done to minimize damage.

If local authorities recommend evacuation, leave as soon as possible. Know the evaluation route ahead of time, and fill the vehicle's tank as soon as possible, before leaving. Tape up windows, tie down outside furniture, and take other steps to cut property damage. Shelters will not take pets, so make sure they have plenty of food and water and lock them in the house. Be sure to bring important papers and valuables in a waterproof bag.

Stock up on canned goods and nonperishables that don't require cooking--about three to five days' worth for the family--and about a quart of water per person per day for several days. An option to bottled water is to thoroughly rinse the bathtub and other containers and fill them with drinking water. Other items to gather include a first aid kit, enough prescription medicine to last for at least a week,



See *STORM* on p. 7

APPLIANCES from p. 5

Natural sources arise from magnetic fields around Earth and normal functions of the body, continued the report. Earth has a magnetic field of about 500 milligauss and an electric field of about 120 volts. Man-made electric fields and magnetic fields, on the other hand, are produced by the generation,

distribution and consumption of electric power.

Magnetic field exposures from common appliances, power lines and typical office equipment are quite low in terms of these limits. Even at close range fields from these items would not be high enough to cause currents in the body greater than at naturally occurring levels.

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

Special Order M-12-Va

20 Jul 93

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: 07 Aug 93 Flying & OJT in sections **DEPLOYMENTS:** None scheduled
08 Aug 93 Flying & OJT in sections

SCHEDULED UTAS: 21 & 22 Aug 93 25 & 26 Sep 93 16 & 17 Oct 93
6 & 7 Nov 93 4 & 5 Dec 93

(NOTE CHANGE IN SEPT. AND OCT. UTA DATES)

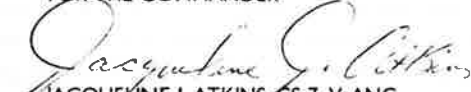
2. AM assemblies will be 0800-1200 (Sat) 0700-1100 (Sun) and PM assemblies will be 1300-1700 (Sat) 1200-1600 (Sun), with the following exceptions: Assembly for one flight of Food Services Personnel: AM 0630-1030 (Sat) 0530-0930 (Sun), PM 1100-1530 (Sat) 1000-1430 (Sun). Additional duty hours to cover 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


JACQUELINE J. ATKINS, GS-7, VAANG
Records Manager

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



Making room for the essentials.
According to some unit members, it "wouldn't be summer camp without golf clubs." Photo by Master Sgt. Lew Lautenslager.

Thinking About A Second Job?

(From American Forces
Information Service)

Making ends meet just may leave yours dragging...Before you decide on a part-time job, consider the cost as well as the pay. Extra money every month sounds great, but there can be drawbacks:

- The extra income may put you in a higher tax bracket.
- Your personal life will probably take a nosedive.
- Working two jobs can leave you too "pooped" to do either very well.

And, for many guard members, a "second" job is really a THIRD one.

STORM from p. 5

sanitary and toiletry items, flashlight and extra batteries for each member of the family, sleeping bags and bedding, a portable radio and batteries and eating utensils.

If a hurricane warning is issued, there are several immediate steps to take if you have decided to stay. Board up porch and garage doors, turn up the refrigerator to maximum cold but avoid opening it unless necessary, and don't use electrical appliances or candles.

Bring pets inside. Make sure curtains and blinds are drawn over every window. Stay inside, on the downwind side of the house toward the center, away from windows. Don't venture outside until authorities give the all clear.

Early preparation for a possible hurricane is the only way to make it through the storm, said center officials. It's too late to start planning when the watch or warning is given.

Happy Birthday USAF!
September 17, 1947 - 1993



AFNEWS

VANGUARD

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MENU - AUGUST UTAs

-- ALL GOOD FOOD --

MENUS NOT AVAILABLE AT PRESS TIME

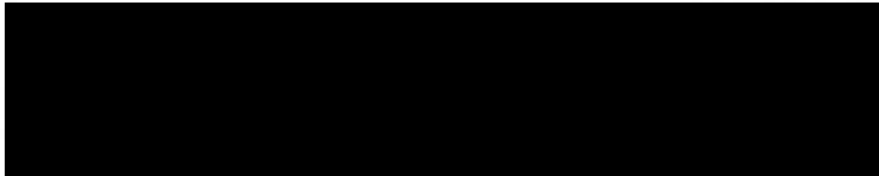
Church Services: Catholic Mass, Sat. 9:30 a.m.; General Protestant, Sun. 8:00 a.m.

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

UNTIL FURTHER NOTICE: All sections in the accounting and finance office will be closed daily from 0645-1200; also, the office is closed 0700-0930 both UTA days for in-house training.

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.

The Best of Doug Price...to Date: Copies of Doug Price's latest tape, The Best of Doug Price...to Date, will be on sale in Ops. A portion of the proceeds will be used to help fund the bowling tournament, so purchasing a tape will help both Doug and your friends who bowl with the VaANG team. See Technical Sgt. Shirley Cooper, Ext. 6428, for details.



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