

192D FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD

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Wild, 'Wilder' Blue Yonder

By Technical Sgt. Ed Kelleher
192d Fighter Group Historian

Virginia Governor L. Douglas Wilder likes to be in control, but he'd rather take a back seat to the pros when it comes to flying an F-16.

Wilder recently became the first governor in the 46-year history of the Virginia Air National Guard to fly in one of its fighters.

"I gained a healthy respect for both the mental and physical demands on our fighter pilots," said Wilder, a Korean Conflict veteran who holds a Bronze Star for valor.

See **WILDER** on p. 2



Governor L. Douglas Wilder seems to be enjoying himself as he prepares for his recent flight in the back seat of one of the unit's F-16 Falcons. Photo by Staff Sgt. Carlos Claudio.

CAMS PULLS ANNUAL AWARDS GRAND SLAM

The Virginia Air National Guard has selected its outstanding individuals for 1992, and all three award winners are assigned to the 192d Fighter Group (FG) Consolidated Aircraft Maintenance Squadron (CAMS).

During a special ceremony in the 192d's main aircraft maintenance hangar, Sunday, June 13, Brig. Gen. Hartwell F. "Tee" Coke, deputy adjutant general

for air; and General Wilbur E. "Bill" Rose, chief of staff, presented awards and congratulations to the individuals and their unit.

Winning the 1992 Airman of the Year Award was Senior Airman Walter B. Gooch. Airman Gooch is an avionics specialist who works on communications and navigation equipment on the F-16 Fighting Falcons.

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WILDER from p. 1

Acting on a long-standing invitation, he took an 80-minute flight on June 8 with Colonel William C. Jones Jr., commander of the 192d Fighter Group.

The high-flying governor did some maneuvers over the Dare County, N.C., bombing range in the Outer Banks before heading over the Atlantic to break the sound barrier.

Above the range, Colonel Jones invited the governor to take the controls. Wilder tipped the stick to the side and put the plane into a roll. Coming out of the roll, Colonel Jones decided it was time to lend a hand.

"They say sometimes you don't know whether you're straight, sideways or upside-down," Wilder said. "Quite frankly, I was at that point."

For someone unaccustomed to flying in jet fighters, the governor held up well under the multiplied forces of gravity, Colonel Jones said. After the flight, Wilder was made an honorary member of the "9G Club."

Gee, that's a lot. Did he really do 9G's?

"Well," Colonel Jones said, "he got more than half way there."

AWARDS from p. 1

Honored as the Noncommissioned Officer of the Year was Staff Sgt. Timothy J. Harris. Sgt. Harris is a crew chief for the F-16s; he works on the flightline preparing aircraft for missions and checking them out upon their return from a flight.

Chief Master Sgt. Thomas M. "Murrell" Palmore earned two awards. He was named the 1992 Senior Noncommissioned Officer of the Year and was honored as the Virginia Outstanding Air Guardsman of the Year. Chief Palmore was on the advance team that went to Germany to inspect and accept the 192d's F-16s when they were transferred from active duty to the Air National Guard.

In a short speech following the presentations, General Rose congratulated the award winners, commending them on their outstanding job performance, as well as the many civic, religious, and community programs in which they participate. Winners of these awards are evaluated on their job performance and involvement in military and civilian activities.

"These awards represent a lot of hard work from everyone in CAMS. You have all done a fantastic job with the F-16 conversion over the last 18 months. You have all pitched in to make CAMS a winner. I thank our individual award winners, and I want to thank all of CAMS for your outstanding efforts in making this a winning team," General Rose concluded.



VANGUARD Reminder:

Information to be published in the August VANGUARD must be received by Saturday 10 July 93. This will be a combined issue covering both August UTAs.

COMMANDER'S CALL

Colonel Bill Jones, 192d Fighter Group

Last year's annual field training was a huge success for our first deployment with the F-16. As I stated then, we "exceeded even our own optimistic goals." If you recall, the 2-day attack response exercise was conducted without any flying activity, with emphasis on procedural correctness.

This year, we have scheduled an operational readiness evaluation (ORE) at Savannah. Many of the things we trained for last year will be incorporated into

this year's evaluation. I have asked our exercise team to plan and execute the ORE as much like an ORI as possible. Two significant additional challenges (compared with last year) are facing us for this exercise – a full flying schedule and summer heat.

Safety must be a key consideration for all of us. Self-aid and buddy-care procedures will be evaluated and be part of the training program, but everyone should be ready to help his/her buddy avoid heat stress problems. Also, the hustle associated with a busy flight line will create a difficult work environment. Efficient command and control for the ORE is a must! Effective first-line supervision is probably the most important factor to insure a safe and productive exercise.

Is the training really that necessary? You bet! I am convinced more than ever before that our role as a front-line combat unit will continue to grow in importance. The best message we can send is to demonstrate our tremendous capability and readiness.

I challenge each member to become mentally and physically prepared for this deployment. The training will be difficult and I am expecting a lot. Our goals are demanding. The satisfaction of achievement will be high. See you in Savannah. **BILL JONES**



"Two significant additional challenges are facing us for this exercise – a full flying schedule and summer heat."

Summer Camp Pay

Unit members who perform annual field training tours of 12 days or longer this month will have their pay deposited directly into their financial institution account on the last training day. Paper checks will no longer be issued. Members performing fewer than 12 days will have their pay deposited

about two weeks after they turn in a certified statement of duty (found on the back of AFT orders.) Members who pull other duty (e.g. SUTA, RUTA) in conjunction with their AFT will be paid for that duty separate from their AFT pay. They must turn in an NGB Form 105 to receive that pay.

A Few Good Words

By Chaplain, Major Charles E. Woods

“Building Bridges”

Bridges have always captivated my interest. I assume my fascination with bridges started in the early 60s, when at the age of 12, my family moved from Little Rock, Ark., to Wheeling, W.Va. There were relatively few bridges in Arkansas when compared to West Virginia!

Living in a city that was five blocks wide and 20 miles long, nestled between the mountains and the Ohio River meant that you had to cross a lot of bridges. One bridge in particular always fascinated me. It was a stone and steel suspension bridge with metal grating for a road surface. If you looked out of your window while crossing, you could see the rushing water below! I'll never forget that feeling of putting my trust in wires and steel and concrete in order to get to the other side.



There are a lot of similarities between bridges and relationships. Relationships have predictable processes. They have beginnings, middles, and endings. They have dynamic tension, and at times can be viewed as “impossible.” But relationships, like bridges, provide a connection between two separate individuals. We meet our most intimate needs through relationships. This invests them with great emotional currency and substantial risks.

One of the ingredients of Quality Assurance is building quality relationships. Our relationships will have a profound effect on our performance, and we can see this in our family, our work, and even in the “Guard.” Our quality “Air-Guard” relationships are characterized by mutual respect and controlled emotional involvement.

They are not characterized by absence of emotion. Self-control and patience with others are important ingredients in relationship-building. Creating energy in our relationships requires self-discipline and avoiding the tendency to dump or project our feelings and needs on the other person. We must concentrate energy on being more sensitive to the emotional needs of others, and to understand and respond appropriately to those needs in our interaction with others.

Annual Field Training represents a golden opportunity to continue working on “old” relationships, but also provides a time to build “new” ones. While on AFT, make it your goal to meet at least two new persons per day while there. Get to know them and start building a relationship, and by the time you finish, you will have built at least 30 new relationships! You'll be surprised how much it will add to your training, as well as your energy level. See you in Savannah!

JAGLINE: Savannah Legal Tips

By Major Clyde Mathews

As we prepare for annual field training, we need to be aware of some legal pitfalls to be avoided while deployed:

First, if you plan on driving while in Savannah, Georgia law requires that the owner or operator of a vehicle keep proof of automobile insurance in the vehicle. This may be an "insurance identification card" or a copy of your policy. If you fail to provide proof of insurance, you will be given a traffic citation and your driver's license will be taken and sent to the Georgia court. The license will not be returned until you appear in court with proof of insurance and pay a minimum \$25 fine. If you are unable to provide proof of insurance, the maximum penalty is a \$1,000 fine and 12 months in jail.

Georgia also strictly enforces its laws against driving while intoxicated. The legal limit in Georgia is the same as in Virginia, 0.10 blood-alcohol content. A first conviction requires a fine of \$300 to \$1,000, jail of 10 days to 12 months, and surrendering of the driver's license until completion of an alcohol safety course. Avoid any problems and always have a "designated driver" if you plan on using any alcohol.

Finally, please be prepared to take care of any financial obligations incurred while in Savannah. Guard members pulling at least 12 days of summer camp will have their pay direct-deposited on the last training day. You should have the means to settle your bills or travel home without relying on your summer camp pay.

Members of the National Guard are also subject to military law under the Uniform Code of Military Justice (UCMJ) for misconduct committed while on active duty and may be involuntarily extended or recalled to duty for disciplinary purposes. In particular, failure to report for annual field training after receiving orders to do so is a violation of both the UCMJ and Virginia law. It is imperative that you contact your commander and supervisor immediately should you have any difficulties in reporting for camp. Also, failure to observe full military customs and courtesies and comply with dress and appearance standards while on duty are offenses under the UCMJ.

Everyone has the ability -- and responsibility -- to make his or her visit to Savannah both enjoyable and incident-free. Should you encounter any legal problems, you should immediately inform your commander. Either Major Mathews or Lt. Colonel Pedrotty from the Legal Office will be available throughout the deployment to provide legal advice and assistance.

Pentagon Seeks Humanitarian Aid Policy Change

(From an Air Force News Service Story by Technical Sgt. David P. Masko) The Pentagon wants to start budgeting for peacekeeping operations like Somalia and Bosnia, saying the military will have more humanitarian missions in the future. "We're rewriting the book on national security," Defense Secretary Les Aspin told reporters at the Pentagon.

"We have to manage this change, and we don't have the luxury of hanging a sign on the door that says, 'Closed for remodeling.'" Aspin called the \$750 million reprogramming request to cover (Somalia operations) a "crazy way to run a railroad, to run these operations and then (scramble) around later to find funds to pay for them."

To Your Good Health

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

Don't Let the Heat Get the Best of YOU!

(From Armed Forces Information Service)

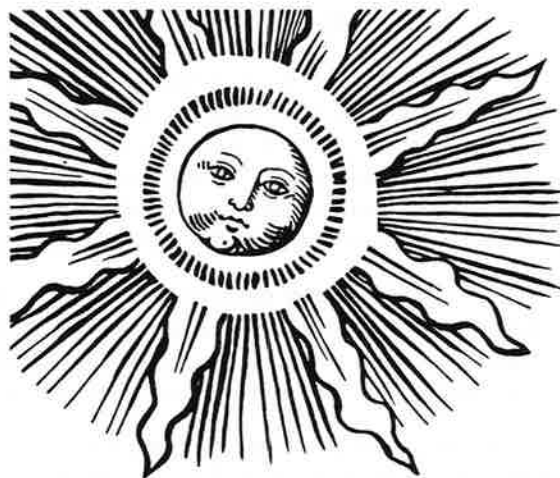
The potential for heat-related health problems is so great, it is worth repeating key sections of an article which appeared in June's Vanguard.

The old saying "Play with fire and you might get burned" could well be adapted to "Work in the heat and you might get dead" unless you protect against heat-induced injuries and safety problems. The experts and the Army's Soldier's Manual of Common Tasks describe major preventable heat-induced disorders:

1. Heatstroke is a medical emergency that can result in brain damage or death if treatment is delayed. It occurs when the body's temperature regulatory system fails. Symptoms include hot, dry, red or spotted skin. The victim can become unconscious or suffer from headaches, dizziness, weakness, seizures, weak and rapid heart beats and breathing -- even convulsions. First aid for victims includes obtaining medical aid immediately, moving them into a cool or shady area and loosening their clothing, immersing them in cool water or poring water over them, fanning them, massaging their limbs and elevating their legs. A conscious victim should slowly drink at least one quart of cool water.

2. Heat exhaustion is caused by the loss of large amounts of fluids from sweating. Symptoms resemble the early symptoms of heatstroke and include profuse sweating with pale, moist, cool skin; headaches weakness; dizziness; giddiness; loss of appetite; cramps; nausea; chills; rapid breathing; confusion; tingling of the hands and feet; and an urge to defecate. Treatment includes having the victim rest in a cool place and drink plenty of liquids.

3. Heat cramps are painful muscle spasms that



- occur when a person who sweats profusely drinks large amounts of water, but doesn't replace the body's salt loss. Treatment includes moving the victim to a cool or shady area loosening clothing and having him or her slowly drink at least a canteen of water.

4. Fainting occurs when an unacclimated worker stands erect and immobile, such as standing at attention in a military formation. The victim should recover soon after lying down. Further fainting can be avoided by moving around to prevent the blood from pooling in one area.

5. Heat rash, or prickly heat, occurs when sweat isn't removed from the skin in a hot, humid environment and the sweat ducts become plugged. This condition can be prevented by resting in a cool place part of the work day and by regularly bathing and drying the skin.

6. Transient heat fatigue is temporary discomfort and mental or psychological strain caused by a prolonged exposure to heat. Victims can suffer

See **HEAT** on p. 7



Local news media representatives were on base last month for Virginia Governor L. Douglas Wilder's F-16 orientation flight. Wilder became the first governor in the 46-year history of the Virginia Air National Guard to fly in one of its fighters. Story on page 1. Photo by Staff Sgt. Carlos Claudio.

Vacation Tips, Ideas For Military Members

Soldiers', Sailors' and Airmen's Club

Air National Guard enlisted personnel and retirees are eligible to stay at the Soldiers', Sailors' and Airmen's Club in New York for rates far below prevailing hotel rates.

The 29-room hotel is at 283 Lexington Ave. between 36th and 37th streets. A wine and cheese reception is held on Friday nights, and guests are provided a complimentary breakfast on Saturdays, Sundays and holidays.

Single rates are \$30 per person per night on weekends and \$25 on weekdays. Rates for two or more people are \$20 per person.

For reservations, call toll-free 1-800-678-TGIF.

HEAT from p. 6

a decline in work performance, coordination, alertness and vigilance. The severity of the illness can be lessened by periods of gradual adjustment to hot environments.

"When you feel thirsty chances are you're already suffering some dehydration."

Most people adjust to heat in two to three weeks, which means unit members deployed to Savannah will be adjusting the whole time they are at AFT.

DID YOU KNOW?

The three most common problems with compliance with AFR 35-10 are: hats, mustaches, and hair. Next month, Group Executive Officer Major Ed Grogan will begin a series of articles in the Vanguard to address 35-10 standards and how every member of the 192d can help improve our performance in this area.

VANGUARD

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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.

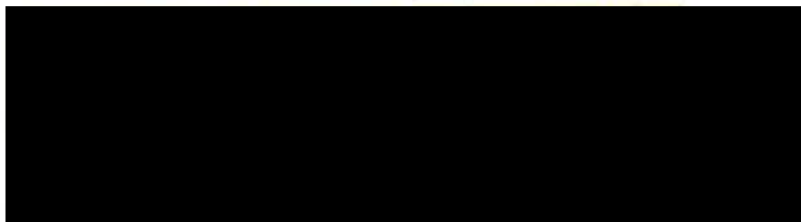
UNTIL FURTHER NOTICE: All sections in the accounting and finance office will be closed daily from 0645-1200; also, the office is closed 0700-0930 both UTA days for in-house training.

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.

BEACH PARTY Summer passing you by? Didn't get enough of the beach? Never fear--the party's here! The 1993 Northeast Regional Bowling tournament committee is sponsoring a base beach party Saturday, Aug. 21, at 5 p.m. at Club 149. Beach volleyball, beach music and food. Bring your own swimsuit and enter our "Best Chest" contests. Water balloons will be available for "wanna be" pilots to bomb your favorite commander. Tickets on sale now and available at the beach party for \$4. Contact Technical Sgt. Shirley Cooper at Ext. 6428 or Claudia Grammer at 328-2645.

The Best of Doug Price...to Date

Copies of Doug Price's latest tape "The Best of Doug Price...to Date" (see the May VANGUARD) 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. See Technical Sgt. Shirley Cooper (ext. 6428) for details.



BUCK RATE
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RICHMOND, VA
PERMIT NO. 999

192d Fighter Group
Virginia Air National Guard
5680 Beulah Road
Sandston, VA 23150-6109