



THREE EARN CITATIONS

Three outstanding Air Guard officers were recently rewarded for their distinctive accomplishments.

Lt. Colonel Basil H. Evans, Jr., received the Meritorious Service Medal for his performance of duty with the 192d FG from September 15, 1987 to October 1, 1992.

"Colonel Evans' superb professional skills, energetic leadership, and ceaseless efforts were the driving force behind a highly successful period for the unit," reads the citation. He is also credited with

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Lt. Colonel Tom Poole, 9th AF inspection team chief, left, pauses with Lt. Colonel Harold Yeary, 192d Logistics Group Commander, during a CAMS walk-through. Photo by Master Sgt. L. Lautenslager.

DESERT SHIELD/STORM GUARD MEMBERS

If you served during the Persian Gulf conflict -- voluntarily or involuntarily called, backfill or in other support capacities -- Uncle Sam wants to talk.

"The Deputy Director of the Air National Guard is concerned that without proper collection and archiving, much of the information relating to Operations Desert Shield and Desert Storm will be lost," Lt. Colonel James E. Lightfoot, Air Force special projects officer, said in a recent message.

Because of that, the ANG plans to interview a sampling of Guard members -- including members of

the 192d FG -- who supported Desert Shield/Storm in an active-duty capacity. Please call Technical Sgt. Ed Kelleher, 192d FG historian, at Ext. 6760 by noon Sunday of the June UTA so you may be interviewed. In addition to whatever help those interviews may be to the ANG at large, they might also form a valuable part of the history of the 192d's role in supporting Operation Desert Shield/Storm.

Also, the unit historian welcomes any letters or other documents that could illustrate the hardships or challenges encountered in serving during the Persian Gulf conflict.

VANGUARD Editorial: 35-10 AND ME

By Captain Jack Shaw, Public Affairs Mobilization Augmentee

It was just one of those days. I knew I had a Guard weekend coming up. I went to my "stylist" and got my hair cut. "No need to be strictly military," I heard myself say. After all, no one looks that closely at officers these days. So I thought.

It has always been my style to be neat and well groomed. The haircut I received was adequate; it was close above the ears and off the neck. I suspect it was probably within 35-10. Imagine my shock when I arrived on base, remembering we had active duty Air

Force looking at us in every way. Suddenly, my hair wasn't short enough, and maybe, my shave not close enough. No regulation belt with my BDUs, but no one could see that. My uniform was pressed, boots not bad, but my hat was tight--too tight. Hair sticking out like a geek!

I knew the whole world could see this former Marine, this usually squared away individual, this proud Air Force officer blew it. All eyes had to be on me, taking mental notes, writing up the unit for not

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resolving an "extraordinary transportation problem in moving personnel to and from a remote deployment (Norway) when airlift was cancelled with little time to react."

Naturally, Colonel Evans will not take all the credit. "The award is great, but this job requires a team effort. The job would never have been done without the outstanding support and cooperation of everyone involved," he said.

Lt. Colonel Thomas N. Whitt was awarded his second Air Force Commendation (first oak leaf cluster) for his work with the 192d Civil Engineering Squadron from January 1, 1989 to December 31, 1992. During this period, Colonel Whitt "developed, coordinated and implemented design and construction plans in support of the units successful conversion to F-16 aircraft." He supervised 28 base-wide projects, effectively managing \$8 million in construction specifications and budgets.

Major James E. Grogan was awarded the Air Force Commendation Medal for his work as Commander, 192d Services Flight from January 21, 1990 to December 31, 1992.

He "developed and directed a Prime Ribs Orientation Course, revised and directed the Flight Mobility Program, formulated and directed a mortuary training plan, and developed and implemented thorough annual training plans." He was also cited for dramatically improving response time, training and morale of the Services Flight.

The accomplishments of these Virginia Air Guardsmen reflect credit upon themselves, the Air National Guard, and the U.S. Air Force.

VANGUARD Notice:

AFT deployment information to be published in the VANGUARD must be received by the Public Affairs staff NLT 1200 (Noon) 12 June 93. A VANGUARD will be published and mailed prior to the AFT deployment.

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

Lieutenant Colonel Bill Jones, 192d Fighter Group Commander

WHAT IS QUALITY? *I am waiting for my final meeting with the 9th Air Force IG team chief, Lieutenant Col. Tom Poole. He and I have met every evening since the Quality Air Force Assessment (QAFA) began to debrief areas as they are inspected. It has been an interesting and very informative process for me to see the details of our evaluation unfold.*

Many of the results are in, but I can't even guess our overall "assessment" yet. I do know that a lot of people worked very hard to do their job the very best way possible. A lot of innovative improvements have been observed by the 9th Air Force team. And, the best part – these changes were made to improve support to the customer, not just for eyewash!

Did you notice how I slipped in that Total Quality Management (TQM) phrase? I have learned more about this process this past week because I have seen the results through the eyes and

*evaluation of the 50 inspection team members. The word **QUALITY** has been used frequently. It's a nice word to hear.*

FINAL MEETING. *The formal outbrief is tomorrow at 0900. We just completed our meeting. I find myself having mixed emotions. I'm probably just tired. I can't say enough good things about this inspection team. The feedback from many sections has been that team members really were helpful. The attitude was positive all the way – very thorough, and very constructive.*

*I have a draft copy of the final report. I know **ALL** the assessments. Colonel Poole said that I should be the last person to talk at the outbrief and that I can use the draft report to prepare my "speech". (I didn't even know that I was supposed to make another speech! Will it be graded?)*

OUTBRIEF. *This was a really big show! It was certainly a very polished production. I would call it a "model" for other IG briefings. The report speaks for itself!!!! I won't try to summarize the results, but I wish to thank all the men and women of the 192d Fighter Group for this exceptional team effort. I could not be more proud of you or proud to be a part of this outstanding unit.*



Colonel BILL JONES

*What is quality? **QUALITY = 192d FIGHTER GROUP!***

A Few Good Words

By Chaplain, Lt. Colonel Gerald T. Stone

There was once a group of people who were introducing themselves to a chaplain. In that group was a successful architect, a real estate developer, a college professor, a doctor and his wife. When the lone woman extended her hand, she said, "I'm just a housewife."

"And so was Susannah Wesley", the chaplain responded. What an excellent rejoinder! Susannah Wesley, wife of Samuel, a famous English clergyman, was mother of twenty-two children -- including John, founder of the Methodist Church, and Charles, composer of six thousand Christian hymns. She committed her entire

life to the home. One story told about Susannah is that in addition to doing all the washing, cooking, cleaning, and sewing for her large family, she still found time to give one hour a week exclusively to each one of her children! That is devotion!

A philosopher once advised that it is important "to live your life as though it counted, otherwise it won't." Some people put down their calling, saying, "I'm just a laborer, or a salesman, or a clerk," etc., missing the point that no honest job performed diligently is insignificant unless the worker considers it so.

We have many opportunities and blessings from God, and I believe they exist in the Air National Guard. There is dignity, satisfaction, and reward in our assigned tasks in the Air Guard family. Right down to the last woman and man, our jobs when done well, make the difference.

Finance Corner - Norway:

Norway vouchers are still being resolved. Please be patient. We are doing everything possible to resolve this problem by the June drill period.

April 1993 Promotions

TO MSGT:

Andrew W. Masowich 192d Clinic

TO TSGT:

Elaine J. Houghtalen 192d CMAS

Antonia L. Vincent 192d SPF

TO SSGT:

James R. Baldwin 192d RMS

Bridgete A. Banasiak 192d SVC

Timothy K. Brulet 192d CAMS

Richard K. Huddleston 192d CAMS

Karen M. Long 192d RMS

Erika L. Romeo 192d RMS

Christopher H. Shannon 192d CAMS

TO SRA:

Christopher P. Fleischer 192d CAMS

Eric L. Jones 192d SVC

Walter T. Moore 192d CAMS

Ioannis K. Ousaklidis 203rd RHCEF

TO AIC:

Corey O. Cotman 192d CAMS

Jonathan E. King 192d CAMS

Randall K. Tate 192d CES

**BASE TELEPHONES ARE
SUBJECT TO MONITORING AT
ALL TIMES**

To Your Good Health

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

Overheating Can Cause Heat-Induced Injuries, Death

(From Armed Forces Information Service)

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. Working or exercising in hot environments can cause a variety of heat-induced injuries ranging from cramps, fainting and rashes to life-threatening heatstrokes. Heat also causes safety problems. More accidents happen in hot work areas than balmy ones.

Heat lowers mental alertness and physical performance. Increased body temperature and physical discomfort cause irritability, anger and other emotional states that may distract and endanger workers. Many accidents can be avoided, if workers are trained to recognize and prevent heat stress.

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 body temperature soars to 105 degrees Fahrenheit or higher, and the casualty is mentally confused, delirious, perhaps in convulsions or unconscious. The victim may also suffer from headaches, dizziness, weakness, seizures and weak and rapid heart beats and breathing.

Firstaid 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. Casualties with mild cases usually recover quickly; severe cases may require care for several days.

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. The muscles normally affected are those used in performing work. The cramps can occur during or after work. 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.

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April 1993 Accessions

SSG Larry S. Coombs	192d MSS
AB John D. Dornan Jr	192d CAMS
SSG Michael E. East	203rd RHCEF
SSG Dennis J. Peters	203rd RHCEF
AB Tracey J. Chapman	149th FS
SRA Katherine C. Marchello	203rd RHCEF
SSG Frank H. Johnson	203rd RHCEF
SSG Dawn M. Mayer	192d CAMS
AMN Steven M. Bassetti	192d CAMS
SRA Alfred S. Derosa Jr	203rd RHCEF
SGT Carlton W. Swanson	203rd RHCEF
SRA Joseph M. Carr	203rd RHCEF

April 1993 Retirements

LTC Karen L. Trinkle	192d Clinic
LTC Thomas J. Perrone	200th WF
MSG Walter E. Siford	192d CES
TSG William E. Prouse	203rd RHCEF
SSG Rodney P. Altland	192d CAMS

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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 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.



Maj. Ralph Barker measures Airman Brian Johnson's height during the random weigh-in, as part of last drill's quality assessment. Photo by Master Sgt. Lew Lautenslager.

"When you feel thirsty chances are you're already suffering some dehydration" says Michael Sawka, physiologist at the Army's Research Institute of Environmental Medicine, Natick, Mass. "During Operations Desert Shield and Desert Storm, we advised troops to drink up to a liter of water an hour when they were physically active in the heat. The water requirement for troops in the desert was between six and eight liters per day."

In addition to drinking liquids before, during and after exercising, Sawka suggests keeping activity moderate at first. "Once individuals become acclimated to the heat, their bodies will defend body temperatures better," he said. "Their level of thirst will increase to a level that's more appropriately coupled to their fluid needs, and their cardiovascular system will accommodate heat stress easier."

Most people adjust to heat in two to three weeks.

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adhering to 35-10. And it was all my fault! On the surface, I was okay--could have been better. I was good enough.

No one wrote me up. No one made a single comment about my appearance. Everyone was nice--too nice. But comments were made about the unit's appearance including 35-10. I was a part of the problem whether I was one they noticed or not. Like

everyone with the Guard, I'm no longer active duty, but I usually work with active duty since I'm an IMA attached to the 192d Fighter Group.

I was a bit ashamed that I didn't represent better than I knew I could. I don't think it'll happen again. Pride in appearance standards goes beyond AFR 35-10. I know what looks good, feels right so I can do better than the regulation and feel the pride I lost last UTA. I hope I'm not alone. Thanks for listening.

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

Special Order M-10-Va

15 May 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: 12 Jun 93 Flying & OJT in sections
 13 Jun 93 Flying & OJT in sections

DEPLOYMENTS: Annual Field Training 10-24 Jul 93**SCHEDULED UTAS:**

7 & 8 Aug 93	21 & 22 Aug 93	18 & 19 Sep 93	2 & 3 Oct 93
6 & 7 Nov 93	4 & 5 Dec 93		

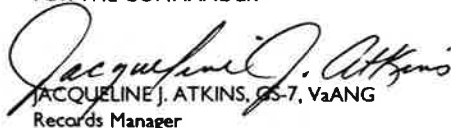
2. AM assemblies will be 0800-1200 (Sat) 0700-1100 (Sun) and PM assemblies will be 1300-1700 (Sat) 1200-1600 (Sun), with the following exceptions: Assembly for one flight of Food Services Personnel: AM 0630-1030 (Sat) 0530-0930 (Sun), PM 1100-1530 (Sat) 1000-1430 (Sun). Additional duty hours to cover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


 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.

VANGUARD

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MENU - JUNE UTA

Sat.:	Cheeseburger	Sun.:	Braised beef tips
	Hotdog w/chili		Grilled pork chops
	French fried potatoes		Mashed potatoes
	Sloppy joe on bun		Buttered noodles
	Green beans		Brown gravy
			Mixed vegetables

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.

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" (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.

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