

192D FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARDMENU - JANUARY UTA

38./NO. 2

RICHMOND IAP, SANDSTON, VA

FEBRUARY 1994



ABOVE: "Coming and going." Deployed members of the 192d Fighter Group left in December on a C-5 and were scheduled to return the same way on January 17. More deployment photos on pages 6 and 7. Photo by Staff Sgt. Carlos Claudio.

ANG DEPLOYMENT REACHES MIDPOINT

(Note: Although this will be old news by now, we thought you might like to have a look at what Operation Provide Comfort looked like at it's midpoint. The following is a news release from Incirlik AB, Turkey that we received on December 28, 1993: At press time, the deployed forces were scheduled to return to Richmond on January 17.)

Incirlik AB, Turkey (December 28, 1993)
- The Air National Guard has reached the midpoint of its 45 day deployment to Incirlik Air Base, Turkey in support of Operation Provide Comfort II. Air National Guard F-

See TURKEY on p. 7

FEBRUARY MOBILITY EXERCISE

The February 5-6 UTA will be a mobility exercise period. All Mobility Workcenters will be involved. Exercise periods will be from 0830 to 1700 on 5 Feb. and from 0730 to 1430 on 6 Feb. Termination times will be verified by the MCU during the exercise. A mobility concept briefing will begin at 0830 on 5 Feb. in the DW classroom in the Annex building. Workcenter staff members will report for RST in the following locations (see page 2 for more workcenter information):

Mobility Control Unit (MCU) - MCU in Annex building
Mobility Processing Terminal (MPT) - Corrosion Control hanger

See MOBILITY on p. 2

W2 Forms

W2's will be mailed on 15 January 94. If you do not receive your form by 31 January, contact Military Pay at 236-6314/6495. More information about your taxes can be found in this issue of the Vanguard.

LET'S TALK 35-10: "Odds and Ends"

By Lt. Colonel Ed Grogan
192d Fighter Group, Executive Officer

Headgear While in uniform and outside, AF members are required to wear appropriate headgear. Headgear will NOT be worn when wearing required safety gear (helmets are required for motorcycles, encouraged for bicycles), where prohibited (flightlines), during religious services as directed by chaplains, while indoors (members required to bear arms may wear headgear indoors, such as security police). Headgear is optional where locally designated as no-hat areas, e.g., aircraft run-up, to/from jet engine shop/avionics, base motor pool.

Wristwatches and Rings AF members may wear wristwatches and rings. No more than three rings are permitted at one time. One bracelet is permitted if neat and conservative, does not detract from a proper military appearance, is not wider than one inch, and does not subject the individual to potential injury. Jewelry may be restricted in certain occupations due to safety concerns.

Earrings Women may wear small conservative gold, white pearl, or silver spherical pierced or clip earrings with all uniforms except

where safety concerns dictate otherwise. Spherical gold or round diamond pierced or clip earrings may also be worn with mess dress, ceremonial, and semiformal uniforms. When worn, earrings will fit tightly against the ear and will not extend below the earlobe, except the band on clip earrings may extend below the earlobe. Only one earring may be worn on or in each earlobe.

Eyeglasses and Other Ornaments Ornaments on the head, visible ornaments around the neck, and ornamentation on eyeglasses/frames are not allowed while on duty and in uniform. Eyeglass frames must be conservative and can be worn unless prohibited by safety concerns. INDOORS, eyeglasses may be clear, slightly tinted, or photosensitive (practically clear in normal light). OUTDOORS, conservative sunglasses or photosensitive eyeglasses may be worn. Faddish sunglass lenses (to include mirrored lenses) are not appropriate. IN MILITARY FORMATION, only conservative, clear, or slightly tinted or photosensitive lenses (which are not extremely dark outdoors) may be worn in military formation.

See 35-10 on p.11

MOBILITY - from p. 1

Cargo Processing Terminal (CPT) - North asphalt ramp
Mobility Vehicle Operations (MVO) - Vehicle Operations office
Unit Mobility Workcenter (UMW) - staff members will report to their unit mobility processing areas.

This exercise is being conducted in final preparation for the March ORI. We will process all personnel and equipment under the same conditions and with the same resources during the ORI. Please remember that a "Sense of Urgency" is a must during this and every exercise.

All personnel are required to report with their personal mobility bag in preparation to process if required to do so. Minimum clothing and toilet items are listed on page 6 of the Vanguard.

ORE PHOTOS

A number of photos taken during the January Operational Readiness Exercise appear throughout the pages of this Vanguard. All ORE photos were taken by Master Sgt. Lew Lautenslager.

COMMANDER'S CALL

Colonel Bill Jones, 192d Fighter Group Commander

Time to Talk Tough! *Maybe a better title would be "Time to Deal". I'm referring to our March deployment to the Savannah Combat Readiness Training Center (CRTS) for our Operational Readiness Inspection (ORI). Yes, Virginia. There really is an ORI!*

For those of you just returning from Turkey, another deployment (especially for an ORI) is not something to look forward to. I know that sentiment is especially true for your families.

At any rate, the ORI is coming and it is a MAJOR event for us! Our last ORI was in 1988 when we still in the A-7. We missed our normal inspection rotation (about three years) due to the aircraft conversion. The effect has been that more than a third of our unit members have never been through an ORI! With good leadership at the first line supervisory level (in the trenches) this lack of experience should not hurt our capability to do well. In fact, I have been told by numerous "old heads" that our current group of "youngsters" is the best we've ever had. Not just good—the best!

ATTITUDE is a key element to success. I stated in last August's Commander's Call that I was very impressed with the positive attitudes I observed during our training exercise in Savannah last July (remember the heat?!) With positive attitudes, the proper equipment, and good training, there is no unit better than the 192d Fighter Group. With a poor attitude, we may as well stay home and shovel "stuff."



ORE - Jan. '94

During the January Unit Training Assembly (UTA), we had our last Operational Readiness Exercise (ORE) before the ORI. I saw a lot of great attitudes, but I also observed what I'll call less than a best effort. I am asking for your best in Savannah. Here are some things I expect:

EVERYONE knows his or her job.

EVERYONE works hard at the ORI.

Fight the simulated war, not the IG team!

EVERYONE reaps the rewards of being an elite member of the Virginia team!!

The satisfaction of achievement is high. We have no excuse for anything less than an excellent performance. That's what I expect. I hope it's what you demand! Time to deal! Show the Inspector General what the first team can do.

BILL JONES

JAGLINE *By Major Clyde Mathews, 192d Legal Office*

TAX TIPS - TRAVEL AND BUSINESS EXPENSES

As a member of the National Guard, you may be entitled to deduct your travel expenses as employee business expenses. For tax purposes, travel expenses are ordinary and necessary expenses that you pay while traveling away for your business, profession, or job. You are "traveling away from home" for tax purposes if:

1. Your duties require you to be away from the general area where your regular job or business is located, or the place where you live if you have no regular job; and 2. You need to get sleep or rest to meet the demands of your work while away from home. For Guardsmen, these expenses are usually meals, lodging and transportation.

You can either keep a written record of your actual meal expenses (including tips), or you can use a "standard meal allowance" of \$26 a day for most areas, including Richmond, Va. You can deduct only 80% of the cost of your business related meals (50% after 1993). The full cost of lodging is deductible.



Automobile expenses for travel to guard duty may be deductible as a business expense, even if you live in the local area, so long as the Guard is not your regular job. You can claim either your actual expenses or the standard mileage rate of 28 cents per mile. Automobile expenses are never deductible for commuting to and from your regular place of employment.

The cost of military uniform items may also be deductible if military regulations restrict you from wearing the uniform except while on duty as a guardsman. This would apply to all "traditional Guardsmen"; you generally cannot deduct the cost of uniforms if you are on full-time active duty.

You must file IRS Form 2106 and Schedule A (Form 1040) to claim these deductions. Your total Employee Business Expenses and other miscellaneous deductions are then deductible to the extent they exceed 2% of your Adjusted Gross Income. For further information or to receive tax forms or publications, you may contact the IRS at (804)649-2361 or 1-800-829-1040.

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, this article is reprinted from the June 93 edition of the Vanguard as a reminder to those headed for AFT and the ORI.

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.

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. 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.

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.

See **OVERHEAT** on p. 8

MOBILITY MINIMUMS

Clothing List

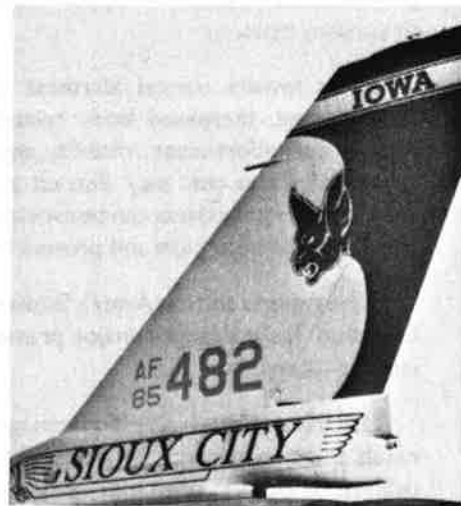
Duffel Bag/Suitcase	1 ea
Belt w/black tip and buckle	1 ea
BDU cap	1 ea
T-shirts	4 ea
Undergarments	4 ea
Field jacket w/liner	1 ea
Battle Dress Uniform	4 ea
Boots, service or combat	1 pr
Socks, black	4 pr

Note: Items being worn are counted as part of the above quantities. Squadron Commanders may create a unit clothing list, however, the unit list may only add to this list or designate an alternate article to fill the requirement.

Toilet Items - Male	Unit	Qty
Cream, shaving, pressurized	Can	2
Razor, disposable	Pkg/2	5
Deodorant, stick	Ea	2
Soap, toilet, bar 3 1/2 to 4 oz	Bar	8
Toothbrush w/container	Ea	1
Toothpaste	Tube	2
Comb	Ea	1
Shampoo	Tube	4

Toilet Items - Female

Lotion, hand and body, 2-oz tube	Tube	2
Deodorant, stick	Ea	5
Soap, toilet, bar 3 1/2 to 4 oz	Bar	8
Toothbrush w/container	Ea	1
Toothpaste	Tube	2
Comb or brush	Ea	1
Napkin, sanitary, self-adhesive or	Box	2
Tampon, sanitary	Box	2
Tissue, cleaning, 12 pkg	Pkg	20
Shampoo	Tube	4



TELLING TAILS (Above, right): These aircraft tails tell at least part of the Turkey deployment story. The 192d FG and three other ANG units together patrolled Iraq's northern no-fly zone. Story on page 1 and 7. Photos by Staff Sgt. Carlos Claudio.

TURKEY - from p. 1

16C fighter units from Colorado, Iowa, South Dakota and Virginia cooperated to deploy a total of 11 fighter aircraft and 185 guard members to create this unique coalition.

The personnel and fighters deployed into Incirlik AB during the first week of December 1993 and are scheduled to return to the United States in mid January 1994. While in Incirlik, the guard members are supporting the enforcement of the "no fly zone", north of the 36th parallel in Iraq, established at the time of the Operation Desert Storm cease-fire in 1991. Flying operation, to date, have been long, tedious and mostly uneventful. No offensive action has been required towards either air or ground targets.

This deployment marks the first time that ANG F-16s have been deployed in support of Operation Provide Comfort II, a mission that has been primarily supported by the USAF units in Europe. The ANG rotation has provided these USAF units with a well deserved respite as they again prepare to return to Turkey in the upcoming months.

Although the ANG deployment has extended

over the Christmas and New Year holidays, morale among the deployed guard members has remained high. All deployed personnel volunteered from their home units to participate in the experience and have displayed a very positive "can do" attitude throughout their varied assignments. Special holiday celebrations exemplified the spirit of the "guard family".

While at Incirlik AB, the junior airmen and noncommissioned officers are housed in Harvest Falcon tents. Although equipped with electricity and a heating/cooling system, these temporary canvas "homes" have definitely created an appreciation for the comforts that we tend to take for granted in the United States. Senior NCO's and officers are housed in more traditional dormitory settings.

Lt. Colonel Bob Seifert, serving as Detachment Commander for the ANG deployment from the Virginia Air National Guard, stated "I am extremely pleased with the operation so far. The level of cooperation among the five units has been truly outstanding. While workdays have been long and living conditions less than ideal, there have been few complaints. Everyone seems to have their eye on the mission!"



Social Actions Update

By Captain Darrick A. Seale
Social Actions Officer

Drinking and Driving Can Really Cost You

Current laws make it possible to revoke or suspend the licenses of people caught driving while under the influence or while intoxicated by alcohol or other drugs. If you are arrested, these laws can and will be enforced regardless of where you live. Before you have a few drinks and hit the road, consider the following fines, jail terms and license actions that could occur if you get caught in the following areas:

District of Columbia Administrative license revocation allows an officer to take your license if you are arrested for DUI or DWI. Depending on circumstances you could also receive - fines up to \$1,000; up to 1 year in jail; license revocation up to 3 years. Refusing a test for alcohol and/or drugs automatically costs you your license for 1 year. In addition, you get 12 points.

Maryland For DUI (.07 percent or higher) - fines up to \$500; up to 1 year in jail; AT LEAST 60 days suspension to 6 months license revocation.

For DWI (.10 percent or higher) - fines up to \$3,000; up to 3 years in jail; AT LEAST 6 months to 1.5 years license revocation. Refusing a test for drugs or alcohol can cost you your license for 120 days to 1 year. In addition, you get 12 points.

Virginia Fines up to \$1,000; up to 1 year in jail; up to 10 years license suspension/revocation. Refusing to take a test for drugs or alcohol will cost you your license for 6 months to 1 year.

The laws in Georgia are similar to those in DC, Maryland, and Virginia. Please keep this in mind when you "unwind" during AFT.

OVERHEAT - from p. 5

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.

"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.

A FEW GOOD WORDS...

By Chaplain, Major Charles E. Woods

Attitude is a highly personal thing. It is closely tied to your self-concept, to the way you look at yourself. Because of this, attitude is not easy to talk about. People often freeze when the word is mentioned. As a result, management may never talk to you about your attitude. They may never say, for example, "Let's be honest. Your attitude is negative. What are you going to do about it?" But everyone will know when your attitude is showing.

How, then, do you make sure you keep your positive attitude when things get tough? How do you keep a good grip on it when you are discouraged? How do you keep it in good repair on a day-to-day basis over the years? Here are a few simple suggestions.

1. Build a more positive attitude in one environment and you will be more successful in another. It is reasonable to assume that if you make a greater effort to be a more positive person in your social and personal lives, this will automatically spill over and help you on the job.

2. Talk about positive things. Negative comments are seldom welcome by anyone. Constant grippers and complainers seldom build healthy and exciting relationships with others.

3. Look for the good things in the people you work with, especially your supervisors. Nobody is perfect, but almost everybody has a few worthwhile qualities. If you dwell on people's good features, it will be easier for you to like them and easier for them to like you.

4. Look for the good things in your organization. What are the factors that make it a good place to work? Do you like the hours, the physical environment, the people, the actual work you are doing? Do you have chances for self-improvement? What about your wage and benefit package? No job is perfect,



but, if you concentrate on the good things, the negative factors may seem less important. This does not mean that you ignore negative elements that should be changed. Far from it! A positive person is not a weak person. A positive person is usually confident, assertive (within limits), and an agent of change within an organization. Management wants spirited, positive people who will make constructive and thoughtful improvements.

5. Avoid financial problems through planning and discipline. On-campus surveys indicate that students frequently fail academically and drop out because of financial problems. It also appears that career employees troubled with financial worries often turn negative and lose the promotions that would provide the extra money that could help them pay off their bills. Unfortunately, few of these individuals realize that their positive attitudes are being sacrificed along with their credit ratings.

6. Don't permit a fellow worker (or even a supervisor) who has a negative attitude to trap you into his or her way of thinking. You may not be able to change this person's attitude, but at least you can protect your own positive attitude from becoming negative.

IRS Explains Which Form To File

American Forces Information Service

The Internal Revenue Service offers three 1040 federal income tax return forms to choose from. Which to use may seem confusing, but in fact, it's pretty easy, said IRS officials. To choose the right one, check the standards. Each Form 1040 - the basic 1040, 1040A, and 1040EZ - has different prerequisites.

The 1040 EZ is the simplest. To use this one-page form, you must meet all the prerequisites. These are claim only one exemption; be under age 65 and not blind; do not receive advance earned income credit; and have no dependents. In addition, taxable income must not exceed \$50,000, with no more than \$400 in interest and the balance in wages and taxable scholarships or fellowships. No itemized deduction, credits or adjustments may be claimed with 1040EZ.

The two-page 1040A is an easier version of the 1040. Taxable income must be less than \$50,000, and come from wages, salaries and tips, interest, pensions and annuities, Social Security benefits, ordinary dividends, unemployment compensation, scholarships and fellowships, and IRA dividends.

From 1040A users cannot itemize deductions or claim adjustment to income other than IRA contributions, or credits except for earned income, child care, disabled-dependent or elderly or disabled. Also, added IRS officials, you must satisfy the requirements for reporting dividends and interest.

Use the 1040 long form for any situation not covered by the 1040EZ or 1040A forms, if your taxable income is \$50,000 or more or from certain types of income, if you itemize deductions and when you claim certain credits.

Check with the local installation tax assistance office or local IRS office if you have any question about which form to use. Also, you can get a free copy of IRS Publication 17, Your Federal Income Tax, from IRS. For a copy, call toll-free 1-800-829-3676 or write to:

IRS Forms Distribution Center
P.O. Box 25866
Richmond, Va. 23289

ORE Scenes - Jan. '94



35-10 - from p. 2

Pens and Pencils may be exposed when carried in the compartment of the left pocket of the BDU uniform.

Other Exposed or Visible Items Except as authorized the following items WILL NOT BE EXPOSED while in uniform: wallets, pencils, pens, checkbooks, watch chains or fobs, pins, jewelry, handkerchiefs, combs, cigars, cigarettes, pipes, sunglasses, etc. Items in a pocket will not detract from a proper military image. Pagers may be

attached to a man's belt or to a woman's purse.

Umbrellas Plain, commercially designed black or dark blue umbrellas may be worn with any uniform and should be carried in the left hand to allow members to render salutes.

Attache Cases and Gym Bags These will be carried in the left hand for the member to render salutes. Gym bags will not be carried over the shoulder by a strap.

Next month: Wear and Care of the Chemical Ensemble

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

Special Order M-5-Va

12 Jan 1994

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 & 06 Feb 94

*****MOBILITY EXERCISE FIRST FEB. UTA *****

26 & 27 Feb 94

DEPLOYMENTS: 5-19 Mar 94, Annual Field Training

14-21 May, Ready Olympiad, Savannah, GA

11-25 Jun, Maple Flag, Cold Lake, Canada

SCHEDULED UTAS: 9 & 10 Apr 94

14 & 15 May 94

11 & 12 Jun 94

16 & 17 Jul 94

3 & 14 Aug 94

17 & 18 Sep 94

15 & 16 Oct 94

5 & 6 Nov 94

3 & 4 Dec 94

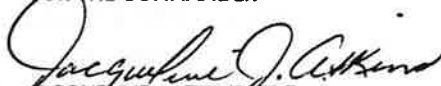
2. AM assemblies will be 0800-1200 (Sat) 0700-1100 (Sun) and PM assemblies will be 1300-1700 (Sat) 1200-1600 (Sun), with the following exceptions: Assembly for one flight of Food Services Personnel: AM 0630-1030 (Sat) 0530-0930 (Sun), PM 1100-1530 (Sat) 1000-1430 (Sun). Additional duty hours to cover 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 BDUs, or 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/TCDF/RF, Langley AFB, VA 23665-6343.

VANGUARD

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

Notary Services: Anyone requiring Public Notary Services can see Lt. Col. Barker in CBPO, Ext. 6318.

MENU - FEBRUARY UTA

Box Lunches - Mobility Exercise

IMMUNIZATIONS: The Immunization Clinic will be open from 0900-1530, 5 and 6 Feb. Yellow Fever will only be given from 0930-1030 on 6 Feb. The Immunization Clinic will resume normal operating hours - 0830-1030 - on 26 Feb. Yellow Fever will only be given from 0930-1030.



BULK RATE
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