

192D FIGHTER GROUP

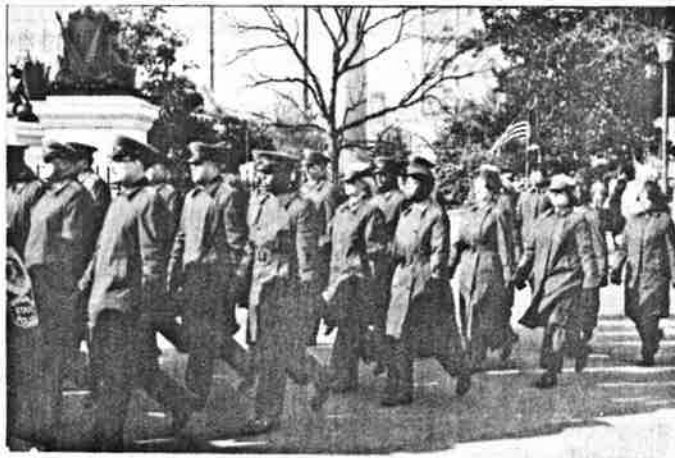
VANGUARD

VIRGINIA AIR NATIONAL GUARD

38./NO. 3 RICHMOND IAP, SANDSTON, VA MARCH 1994

IN STEP WITH ANG

In what 192d FG Executive Officer Lt. Colonel James E. Grogan described as "dangerously cold" conditions, members of the 192d surpassed 11 other National Guard units to once again take top marching honors in the Inaugural Parade, on January 15, 1994. The 192d FG was also recognized as the top marching unit in then Governor L. Douglas Wilder's inaugural parade in 1990.



"WE'RE NUMBER ONE!!!" - The 192d FG took top marching honors for the second inauguration in a row. Photo by Staff Sgt. Carlos Claudio.

National Guard marching units were evaluated in four categories: uniform and appearance, turning movements, alignment, and eyes right. The Virginia Air National Guard came in first place with a score of 97 out of 100 possible points. Special thanks

are in order for all participating unit members and to Lt. Colonel Ralph Barker and Captain Mike Woody, who served as coordinators for the marchers.

AFT NEWS

See pages 6 and 7 of the Vanguard for more AFT information.

AFT BILLETING REQUIREMENTS

With the March ORI fast approaching the unit, we are in the process of finalizing billeting assignments. It appears that more than 800 personnel will require billeting on base, which will just about max out the available billeting resources. In past years, many individuals have requested billeting on base, but had no intentions of using the billets and stayed off base. With the possible shortage of beds, we ask that if you do plan to stay off base and have requested government billeting, to please let Lt. Colonel Barker Ext. 6318, or Senior

See **BILLETING** on p. 7

LET'S TALK 35-10

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

It's spring, we all want to be properly attired in our latest spring outfit, which, of course, you know is...the ground crew ensemble! Let's cover the basics of properly displaying your spring outfit.

Ground Crew Ensemble Checklist

1. Start with the pants. All three zippers should be unzipped.
2. Now the overboots. FOR NEW GREEN OVERBOOTS: Some members have made their own mini-hooks to help pull the elastic over the buttons on the boots. Finished with the boots? Okay, now zip and velcro the pant legs. Also, secure the drawstrings on the pant legs. FOR THE STRING-LACED OVERBOOTS, tie them so they won't slip around.
3. The jacket is next. Start with the three snaps in the back, then the zipper and snaps in the front. Secure drawstrings at the waist.
4. For the jacket and pants, M-9 paper should be wrapped around the upper right arm, the left wrist, and the right ankle.
5. Don the mask and the hood. First, remember those stylish combat frames! Get a good seal by sucking in, then blow out to ensure the valves work properly. Tighten the headstraps from bottom to the top. Pull on the hood and get a buddy to help secure the underarm straps. Secure the drawstring.
6. Gloves are last. Ensure cotton liners are used. Pull the jacket sleeves over the gloves. Ensure BDU sleeves are down to the wrists, not rolled up under the ensemble jacket.
7. Other items. ON THE HOOD AND HELMET: place abbreviated rank, last name and AFSC. AUTO INJECTORS AND P-TABS: Store in the inside pocket of the mask carrier. MASK CARRIER: keep closed. ID CARD, place in the left breast pocket of the jacket. YOU'RE FINISHED...presenting the latest in spring fashions!

Good luck on the ORI!! Remember. . .look sharp, act sharp, and be sharp on 35-10.

INAUGURAL FLY-BY - Four F-16C fighter jets from the 192d FG thrilled all those attending the inauguration of Governor George Allen on January 15, with a precision fly-by. The inauguration will perhaps be remembered most for "chills" not "thrills" as a result of freezing (sub-zero with wind chill) temperatures. Captain Craig Campbell and 1st Lieutenant Dan Polanosky directed the fly-by from the ground. Photo by Staff Sgt. Carlos Claudio



192D FIGHTER GROUP GOALS FOR 1994

READINESS:

*Maintain C-1 status in unit controlled areas
Strive for: 70% Outstanding/Ex & Zero % Marginal/Unsat ORI ratings*

OPPORTUNITY:

*Absolute equal opportunity for selection, advancement and treatment
Foster individual responsibility for career progression and job performance*

SAFETY:

*Maintain a ZERO Class A mishap rate.
Insure safe working condition for all employees.*

ENVIRONMENT:

*Comply with all federal, state and local statutes.
Insure protection of the environment.*

COMMUNITY:

*Promote public awareness and support of the Air National Guard.
Encourage unit involvement in community programs.*

EMPLOYER SUPPORT:

*Foster a full partner relationship with employers.
Encourage unit members to recognize employers.*

FAMILY SUPPORT:

*Sponsor and support family program activities
Encourage family support of unit activities.*

TEAMWORK:

*Involve ALL MEMBERS in solving unit challenges.
Insure that entire Fighter Group works as a QUALITY TEAM.*

JAGLINE By Lt. Colonel Frank Pedrotty, 192d Legal Office

Savannah Legal Tips

As our annual field training approaches, there are some important legal requirements to be aware of and plan for.

First, if you plan on driving while in Savannah, Georgia state law requires that the owner or operator of a vehicle keep proof of automobile insurance in the vehicle at all times. 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 \$1000 fine and 12 months is jail.

Georgia also strictly enforces its laws against driving while intoxicated. The legal limit in Georgia is the same as in Virginia, .10 BAC. A first conviction requires a fine of not less than \$300 or more than \$1000, jail of not less than 10 days or more than 12 months, and that the driver's license be surrendered until completion of an alcohol safety course. Avoid any problems and always have a "designated driver" if you plan on using any alcohol. This is especially true during the St. Patrick's Day celebrations, when authorities are on alert for impaired drivers.

Finally, please be prepared to take care of any financial obligations incurred while in Savannah. While finance will make every effort to pay unit members at the end of camp, do not rely solely on receiving this money to settle your bills or to travel home.

Members of the National Guard are also subject to military law under the Uniform Code of Military Justice 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.

Hopefully, your visit to Savannah will be enjoyable and without incident. Should you encounter any legal problems, however, 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.



DISASTER PREPAREDNESS BULLETIN

In some instances when new filter elements are installed on the MCU-2P mask a smell of ammonia may be detected.

We realize that the smell of ammonia is associated with the release of hydrazine on the F-16 aircraft. Therefore, in an attempt to alleviate the potential problems this might cause, we suggest the following:

If you have a filter already installed on your mask, remove it and let it sit out for 2 to 3 days until the ammonia smell is gone.

If you have to change your present filter, don't

wait until Monday morning of the ORI to remove the filter from its container.

The ammonia smell is not hazardous to your health. We realize it is a concern and we believe that by airing the filter until the smell dissipates any potential conflicts between actual hydrazine and the ammonia smell associated with the filter will be eliminated.

Questions or concern regarding this situation can be addressed to the Disaster Preparedness Office or the Flight Surgeon (Dr. Schwartz) or the Bio-Environmental Office.



AFRICAN-AMERICAN HISTORY MONTH CELEBRATION - Bottom left, the "Eveready" singers lead an impromptu gospel sing; top left, (left to right) master of ceremonies Master Sgt. Gerald L. Golden, welcomes guest Mr. Robert Watson as Captain Derrick Seale looks on; and above, keynote speaker Retired (Army) Lt. Colonel Francis L. Horne, Sr. shares his experiences with the audience. Photos by Staff Sgt. Carlos Claudio.

SAFE NIGHT DRIVING

From Road & Rec Magazine

Most people dislike driving at night, and the reason is simple - you can't see as far or as well at night as you can in the daytime. Darkness makes driving a challenging task.

It's dangerous, too. Fatal accidents increase sharply during the hours of darkness. In fact, statistics show your chances of being involved in a fatal traffic accident are about three times greater at night than during daylight hours.

However, there are things to do, facts to know, and techniques to use that can get - and keep - you and your vehicle ready for safer night driving.

Your Vehicle:

Before you start out at night check headlights, taillights and directional signals.

Clean headlights and windshields - inside and outside.

Have your headlight aim checked if it hasn't been done recently or if you've replaced a headlight.

Your Eyes:

Wait a few minutes after leaving a lighted building before driving in the dark.

If you spend a day in bright sunshine (like at the beach) wear sunglasses to help your eyes preserve their supply of "visual purple".

Don't wear sunglasses at night.

Don't drink and drive - alcohol can drastically slow the recovery of vision from the effects of glare.

Don't smoke while driving - nicotine and carbon monoxide from cigarette smoke can reduce your night vision.

Drive with care if you've just gotten your first glasses or changed your prescription.

Techniques:

If you're wondering whether or not it's dark enough to turn on your lights, it is.

Reduce speed and increase following distance at night.

Switch your lights from high to low beam when an oncoming vehicle is about 500 feet away.

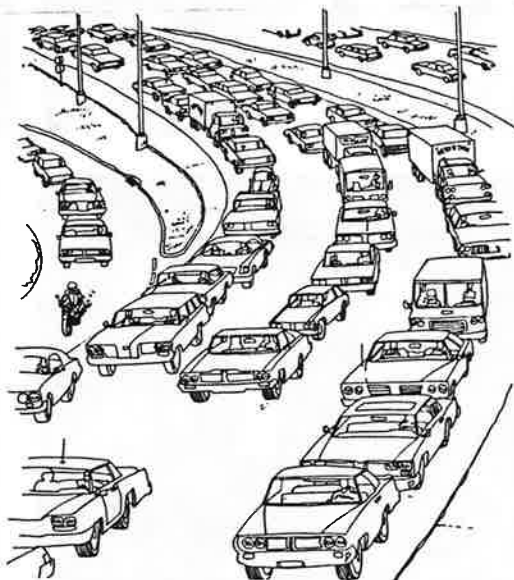
Look ahead past the brightly lighted area in front of your vehicle - you may pick up on something important.

When you spot a deer or other animal on the road at night, switch headlights to lower beam and sound your horn.

Never stop on the roadway - it's hard for other drivers to tell that you've stopped.

Use low beams in fog or snow.

If repairs are necessary, stay off the road, get passengers out of the vehicle, use your flashers, and put out safety flares and reflectors.



AFT COMMANDER'S CALL: What's a PCC?

By Colonel Bill Jones, 192d FG Commander

A PCC may have something to do with personal computers, but for us, a PCC is a Personnel Control Center. During our ORI at Savannah, we will use the PCC as a check-in/check-out center for members going to and from the exercise area. (Some units refer to this function as the "Mayor's Tent".)

Our PCC will be located near the dining hall (quonset hut) and will be operational on Monday, 7 March 94 through Thursday, 10 March. It will **NOT** be a 24-hour operation (actual hours to be determined later) so for workers leaving the exercise area after normal duty hours, they will need to sign out at the flight line gate (across from the BX). Everyone will need to check in and out of the exercise area—**EVERYONE!**

A typical workday may be to **WALK** from the barracks to the dining hall, then **WALK** to the PCC for check in, then **RIDE** the bus to the exercise area. Reverse will be true for leaving work. While on the bus, gear will be worn appropriate to the exercise condition; e.g., if condition black, MOPP four, then the full chemical ensemble must be worn on the bus.

You cannot walk from the barracks to the exercise area. You cannot walk from the dining hall to the exercise area. Why not? Because the dining hall and barracks area are simulated to be remote from the exercise area, maybe 20 miles away. It keeps us from having to respond to simulations in these areas. It helps us as well as the IG Team. We don't want to jeopardize this part of our simulation. Also, you cannot walk to the BX from the exercise area. Same reasons.

Last comment. The PCC will be congested if we all show up at the same time. Some people will have to wait for the bus. Some people always seem to running late (that's me!). Patience will wear thin. Tempers will grow short... Hang in there. We will do well—count on it. **BILL JONES**

BILLETING - from p. 1

Master Sgt. Gates Ext. 6590, know immediately. Unit members staying on base should use the billets assigned to them and not move to another building. Also, individuals staying off base should inform Lt. Colonel Barker or Senior Master Sgt. Gates about the location and how to be contacted. These requirements are necessary to account for everyone's whereabouts as well to ensure reachability in the event of an emergency. Billeting fees will be:

1 Week: \$11.00	Billets in the bottom by Clinic.
2 Weeks: \$20.00	Billets in the bottom by Clinic.
1 Week: \$6.00	All other billets.
2 Weeks: \$10.00	All other billets.

Billeting fees for buildings located in the bottom near the Clinic are for daily maid services and room key deposit. The key deposit will be refunded when you out process. Billeting fees for all other buildings is for daily maid service in the latrines and the cleanup of buildings after camp.

Everyone is required to report to Building 360 to process in. For those individuals traveling via POV, you must report to the billeting office not later than 5 p.m. (NLT 1700L) on your travel day. Everyone's cooperation this year with the billeting office will be appreciated. Finally, all unit members must report with a copy of their orders.

REMEMBER OPSEC!???

By Major Paul Kitchen

The world has changed drastically over the last few years and the name and nature of the threat facing our nation has also changed. Much of our current operational mindset is still rooted in dealing with the "old" threat while we assess what we need to be doing for the "new."

One of the ancient war fighting tenets, however, remains applicable - Tactical Surprise. Because of this, it is imperative that common sense and adherence to security directives be followed everyday.

Some special interest items involving relatively new technology that should be included in your "OPSEC Plan" are:

1) computers, 2) diskettes, 3) information transmitted over computer networks, and 4) cellular phone conversations.

These are things that can still compromise any operation by providing another "piece of the puzzle" to the enemy.

There is nothing exotic about our trip to Savannah, but you still need to pay attention to the classification of briefings, messages, and other communications so that patterns are developed for the time when the "real one" is upon us and the need for containing operational details takes on a more serious tone!

NEW EXTINGUISHERS ON BASE

Currently, the Base Fire Department is complying with DOD requirements to remove all Halon extinguishers from use. This is due to growing concerns about the chemicals in Halon and its effect on the environment.

The new extinguishers being placed in all buildings and vehicles are of the dry chemical type. They are all Class A-B-C extinguishers with the exception of special hazard areas.



The new extinguisher operates differently from the Halon type. The extinguisher has a gas cartridge that must be activated before it will discharge. The extinguishers have a "plunger" that is pushed down to activate the cartridge. The plunger on the small extinguisher is located at the top. The large extinguishers have the plunger mounted on the side. The hose on the large extinguishers must be removed from its side cradle to allow the plunger to operate.

After the cartridge is discharged, the operator then aims and squeezes the nozzle at the base of the fire allowing the extinguisher to operate.

All base personnel should take a brief moment to check out the new extinguishers in their areas and become familiar with their operation. All section supervisors are reminded to insure all of their personnel are trained in the operation of these extinguishers. A video is available upon request from the Fire Dept. by calling Ext. 6361.

C A R E E R *By Master Sgt. Bobby Lamb*

O **UNIT CAREER ADVISOR OF THE YEAR:** Congratulations to Master Sgt. Larry D. Harris assigned to the 203d Red Horse CE Squadron. Sergeant Harris has been selected as the Virginia Air National Guard Unit Career Advisor of the year for 1993.

R Sergeant Harris insured all career counseling was accomplished in a timely manner and suspenses met. His familiarity of NGB policies and procedures were an asset to all personnel assigned the 203d Red Horse CE Squadron. His maintenance of files and suspenses was outstanding.

N Sergeant Harris' knowledge, can-do will-do attitude, contributed greatly to his organization achieving an end strength of 95% for FY 93.



E **R** **PRACTICE MAKES PERFECT -** Above, equipment processing was just one aspect of February's exercise, designed to prepare unit members for March's ORI deployment to Savannah for annual field training. Photo by Master Sgt. Lew Lautenslager.

ASSISTANT CAREER EDUCATION MANAGER: Would you like to be involved in the Newcomers Orientation Briefing? How about being the local expert on the Virginia State Tuition Assistance program, the Montgomery GI Bill program; assist unit personnel with the Community College of the Air Force Associate Degree program?

If so, this position may be for you. The position is Assistant Career and Education Manager. Promotion potential is Staff Sergeant and the required AFSC is 3S051 (73250).

If you are interested in this many faceted job please contact CBPO, Lt. Colonel Ralph Barker (Ext. 6318) or Master Sgt. Bobby Lamb (Ext. 6710).

1994 Softball

Ready to play?! Let's build on last year's performance and plan on going to Battle Creek Michigan in August.

Anyone interested in participating in and attending the Nationals and/or the Henrico County league should plan to attend a short meeting at Club 149, Saturday UTA, 26 February, 1994 at 5:15 p.m. (1715L).

Bring your equipment to AFT and we'll try to play after the ORI!

For more information contact Technical Sgt. Roy Phaup at X6339 or Technical Sgt. Bud Wood at X6810.

National Poison Prevention Week: March 20-26

National Poison Prevention Week is March 20-26. Because small children are the most frequent accidental poisoning victims, this year's theme is "Children Act Fast... So Do Poisons!"

Since the first observance in 1962, greater public awareness and safer packaging have saved thousands of children from accidental poisonings. In 1961, a total of 450 children under age 5 died from accidental poisoning. In 1990, the last year for which complete statistics are available, 49 children died.

Almost 1 million children each year take potentially poisonous medicines or household chemicals. Ironically, the top killer is a substance that is healthy in small doses - vitamin pills containing iron. In 1991, a total of 11 young children died of iron poisoning, over 25 percent of the confirmed poison fatalities.

Symptoms of iron ingestion include vomiting and diarrhea. Treatment for children who have swallowed iron pills involves X-rays, pumping the stomach and drawing blood for a blood test. If the blood test shows a high level of iron, the patient will be treated with an antidote that helps clear iron from the body. The antidote must be administered in the intensive care unit because it can induce shock from dangerously low blood pressure.

For poison exposures other than iron, follow the advice on the packaging first then call a poison control center or hospital emergency room and ask for advice. Often parents can treat a child for poison exposure at home after a call to a good poison center.

In the United States, the phone number for the local poison control center is listed on the inside cover of the white or yellow pages of the telephone book. Overseas, emergency rooms of military hospitals provide advice on poisoning. Keep the numbers by the phone.

Have the product label handy and be prepared to give this information when you call:

The victim's age, weight, and existing health conditions

The substance involved and whether it was swallowed, inhaled, absorbed through the skin or splashed in the eyes

Any first aid given

Whether the person has vomited

Your location and how long it will take to get to the hospital

Women's Memorial Closer to Goal Thanks to Food Sales

Master Sgt. Linda Lee
American Forces Information Service

The Women in Military Service for America Memorial is \$74,000 closer to its goal, thanks to the Defense Commissary Agency and several food companies.

To help the women's memorial foundation reach its goal of about \$14 million, the commissary agency and five manufacturers agreed to promote the

memorial through a special sale. The participating companies promised 25 cents for each case of specific products sold during the two-week "Women in the Military" sales held earlier this year. The companies, which designated 40 products to support

See MEMORIAL on p. 11

Mammograms Don't Tell All: Manual Exam Needed, Too

*From an article by Evelyn D. Harris
American Forces Information Service*

Early detection of breast cancer can save women's lives and breasts, but the mammogram, a popular test these days, isn't foolproof.

The mammogram, a special kind of X-ray, doesn't pick up some lumps that can be felt with the hand, and that's why women should have a doctor or nurse practitioner perform an annual manual breast exam.

Dr. Robert Smith of the Atlanta-based Centers for Disease Control said the manual exam should be done before the mammogram. That way the doctor can tip off the radiologist to look for the lump, he suggested.

Breast cancer patients have a good chance of being cured if their cancer is diagnosed early. Women diagnosed when their cancer is limited to a lump and has not spread to the lymph glands have a 95 percent chance of living five years or more. Consensus guidelines recommended by the

Centers for Disease Control, National Cancer Society and the American College of Obstetricians and Gynecologist recommend mammograms along with physicians' exams. But a recent nationwide survey of doctors found that only 37 percent followed these guidelines.

The incidence of breast cancer is growing. Today, health officials say, one out of nine women will develop breast cancer during her lifetime. Several years ago the odds were one in 10. This year, the American Cancer Society predicts, 175,000 women will develop breast cancer. Last year, 150,000 new cases were diagnosed. A family history of breast cancer increases a woman's risk. A fatty diet is believed to increase the risk as well.

The American Cancer Society recommends that women get a baseline mammogram between the ages of 35 and 40, screening mammograms every two years after 40 and annual mammogram after the age 50.

MEMORIAL - from p. 10

the sale, were Best Foods, Campbell Soup, Dial Soap, Mars Candy and Pet Foods.

Commissary officials said almost 300,000 cases of the products were sold. In addition, coupons and special sales held in conjunction with the two-week sale saved commissary shoppers more than \$2 million.

The memorial will be built at the gateway to Arlington (Va.) National Cemetery, outside of Washington. It will honor all women who are serving, have served or will serve in the U.S. armed forces, said Wilma Vaught. A retired Air Force brigadier

general, Vaught is president of the memorial foundation, which began in 1986.

The highlight of the memorial will be the visitors center, said Vaught. It will include a theater, a Hall of Valor and a computerized data base that will include the photographs and military history of active duty and veterans registered with the foundation.

For more information on the memorial, call the foundation in Washington, toll-free, at 1-800-222-2294, or write to:

WIMSA, Dept. 560
Washington, DC 20042-0560.

VANGUARD

This funded Air Force newspaper is an authorized publication for the U.S. military services. Its contents do not necessarily reflect the views of, nor are they necessarily endorsed by the U.S. Government, the Department of Defense, the Department of the Air Force, or the Virginia Air National Guard. The editorial content is edited, prepared, and provided by the Public Affairs Office of the 192d Fighter Group, Virginia Air National Guard, Richmond IAP, 5680 Beulah Rd., Sandston, Virginia, 23150-6109.

MENU - FEBRUARY 26-27

Sat.:	Salisbury steak	Sun.:	Baked chicken
	Roast port		Swiss steak w/tomato sauce
	Mashed potatoes w/gravy		Steamed rice
	Steamed broccpli		Buttered 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.

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

Vehicle Registration: Beginning September 1993, all individuals must be in compliance with 192FGR 125-1 (Motor Vehicle Registration). To receive DD Form 2220 (Department of Defense Registered Vehicle), individuals must produce a valid driver's license, ID card, and certificate of state vehicle registration.

Effective Sept. 1993: Law enforcement will be checking for valid DD Form 2220. For those vehicles not owned by the driver, a notarized statement from the owner of the vehicle specifying inclusive dates for which permission to use the non-owned vehicle was granted, is required..

Flu shots required: Flu shots will be given every Saturday UTA, 0800-1100 in the Clinic. Remember, flu shots are mandatory.

AFT/BILLETING NEWS - BE SURE TO SEE INFORMATION ON PAGES 1, 6, AND 7 ABOUT THE UPCOMING ANNUAL FIELD TRAINING DEPLOYMENT AND ORI.

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