

192D FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD

38./NO.5

RICHMOND IAP, SANDSTON, VA

MAY 1994

COKE RETIRES AFTER 35 YEARS VaANG SERVICE

By 1st Lieutenant D.L. Fredette
HQ VaANG, Public Affairs

Virginia's senior Air National Guard commander retired Feb. 28, 1994, after more than 35 years of service in the Virginia Air National Guard. Brig. Gen. Hartwell F. "Tee" Coke, IV served for the last year-and-a-half as the Virginia ANG, deputy adjutant general for air.

Col. John R. Metz (brig. gen. select) was appointed successor to General Coke effective March 1.

See COKE on p. 4



See Brig. Gen. Coke as a Captain on p. 4

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Firefighters Honored

The 192d Fire Department, Sandston, VA, was recently named the Air National Guard Fire Department of the Year for 1993. The unit is part of Virginia's 192d Fighter Group, commanded by Colonel William C. Jones, also at Sandston.

See AWARD on p. 9

REORGANIZATION OF VaANG UNITS

*By 1st Lieutenant D.L. Fredette
HQ Virginia Air National Guard, Public Affairs*

As part of ongoing reorganization activities within the Air National Guard, several units within the Virginia Air Guard recently received new designations. These changes became effective March 1, 1994.

Units receiving new designations include:

From 192d CAMRON to 192d Maintenance Squadron.

From 192d Resources Management Squadron to 192d Logistics Squadron.

From 192d Security Police Flight to 192d Security Police Squadron.

From 192d Tactical Clinic to 192d Medical Squadron.

From 192d Civil Engineering Squadron to 192d Civil Engineer Squadron.

From 203d Red Horse Civil Engineering Flight to 203d Red Horse Flight.

Other changes include activation of new units and one inactivation. New units allotted to the 192d Fighter Group include: Headquarters, 192d Operations Group; 192d Operations Support Squadron; Headquarters, 192d Logistics Group; Headquarters, 192d Support Group; and 192d Communications Flight. The 192d Mission Support Squadron is being deactivated. In correspondence, please use the current designation of the units.



Lt. Col. Ed Grogan, left, recently invited Colonel Bill Jones, right, to visit with his employers at the University of Virginia.

EMPLOYER SUPPORT

192d Fighter Group (FG) Commander Colonel Bill Jones (right) recently presented Certificates of Appreciation for Employer Support of the Guard and Reserve to Charles T. Gillet (left, center) and Kenneth Sivarski (right, center) of the University of Virginia. Gillet and Sivarski were nominated for recognition by Lieutenant Colonel Ed Grogan (left), 192d FG Executive Officer.

Guard members who would like to nominate their civilian employers for recognition under the Employer Support of the Guard and Reserve program can pick up a form from their section orderly room.

COMMANDER'S CALL

Colonel Bill Jones, 192d Fighter Group Commander

I recently read a biography on General Colin Powell, retired Chairman of the Joint Chiefs of Staff. This is not a book report, but General Powell's career has lessons for us and he has some interesting ideas worth passing along.

The general kept a list of "Rules to Live By" in his desk (he probably still does). Over the years, his list evolved from many experiences to suit his needs. Consider his first: "It ain't as bad as you think. It will look better in the morning."

I have used this rule (before I ever saw it in print). We have all faced situations, at work or in our personal lives, that seemed devastating at the time. "The sun will come up in the morning". Have you heard that expression? I have decided that compared to problems that many others have to face, mine seem insignificant. I have much for which to be thankful, at work and in my personal life. I know that's true for us all. (sounds like the Chaplain?)

Another rule: "Don't take counsel of your fears or naysayers."

Been there too. Similar comments as earlier. There are people who seem to thrive on looking for negative news. It can always be found, even in the best of times. Conversely, you've heard about a silver lining in every cloud. It is normal to fear the unknown. It is difficult to be positive when much of the news and all the rumors are negative. "It can be done." That's another rule!

General Powell's last rule (I skipped quite a few): "Perpetual optimism is a force multiplier—a way of increasing your forces."

The downsizing of our unit and further reductions to come are not subjects that nourish optimism. The optimistic side is that we have a lot of dedicated people involved in managing these changes. I am convinced that our direction is positive and that we have many reasons to be optimistic. Pessimism is wasted energy. Maybe that should be one of MY rules.

I have great faith in the members of the Virginia Air National Guard and I know that our work is important (and growing in importance). I am proud to be associated with people involved in doing—not just talking. We should ALL be proud of our unit. If in doubt, I recommend that you review General Powell's rules and add a few of your own.

BILL JONES



COKE - from p. 1

General Coke enlisted in the Virginia Air Guard in October 1958 and was accepted into the Aviation Cadet Training Program the following March. After completing advanced pilot training and jet instrument school, Coke returned to Sandston and the Va ANG. He served the 149th Tactical Fighter Squadron as an F-84 pilot for the next seven years.

After that he served the 192d as Group safety officer and air operations officer. In December 1981, Coke became group commander. He was appointed Va ANG state headquarters chief of staff in April 1989, was promoted to brigadier general March 9, 1990, and named deputy adjutant general for air in November 1992.

The general was a command pilot with more than 5,000 flying hours in the F-84, F-105, A-7, and C-26 aircraft. His military decorations include the Meritorious Service Medal, Air Force Outstanding Unit Award, and the Combat Readiness Medal with four devices, to name just

FORD, NAVARINI EARN CCAF DEGREES

Congratulations are in store for two unit members who recently completed all requirements for Associate Degrees from the Community College of the Air Force.

Alyse Ford received her degree in Aircraft Systems Maintenance Technology and Michael Navarini, received his degree in Logistics.

a few. General Coke is married to the former Sharon Brown of Richmond. They have two children and reside in Quinton, Va.

As the senior Air National Guard commander in Virginia, Colonel Metz will serve as the principal advisor to the Commonwealth's Adjutant General in all Air National Guard matters. Colonel Metz is a traditional guardsman with more than 29 years service to the Va ANG. He enlisted in the Virginia Air Guard in 1961 and received a direct commission in 1967.

Colonel Metz is the first non-rated Virginia Air guardsman appointed to the position of deputy adjutant general for air. Until now, all guardsmen selected for this position were rated pilots. Prior to this appointment, Colonel Metz served as deputy chief of staff for Resources with the Virginia Air Guard state headquarters.

In his civilian life, Metz is the Director of Pharmacy Services at Martha Jefferson Hospital. Metz, his wife, and their daughter reside in Charlottesville.

A FEW GOOD WORDS... *By Chaplain, Major Charles E. Woods*

Attitude is a common word. You hear it almost every day. Professors use it on campus. Managers discuss it at work. Employment counselors look for it among applicants. No other personal attribute will have as great an influence upon your future. People say: "He's got an attitude," which indicates a possible problem, or "I wish I had her consistently positive attitude," which indicates something to be desired. A positive attitude can be your most priceless possession.

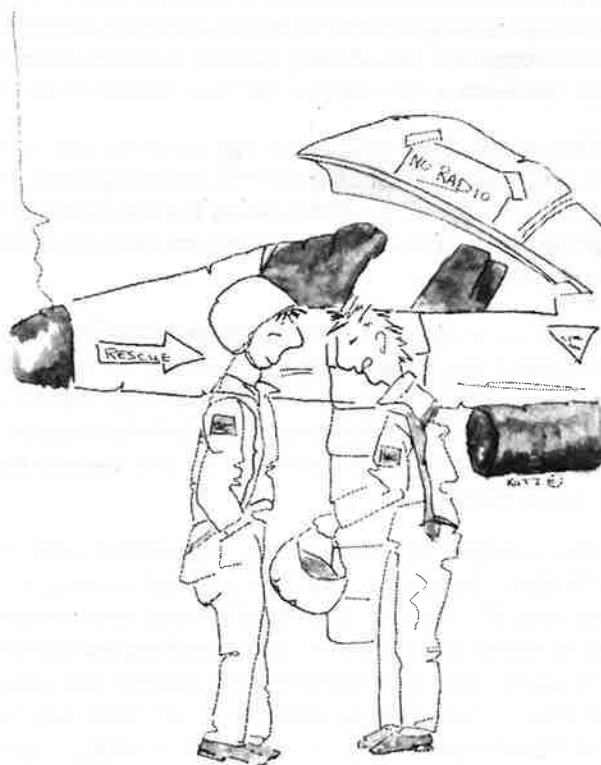
Because attitude plays such an important role in your life, it is important that we understand what it really is. Educators and therapists refer to attitude as being a mental set (thinking) that causes a person to respond in a characteristic manner (behavior) to a given set of circumstances. We all have mental sets about family, church, school, government, the military, gender, race, age, weight, height, body shape, hair color, length of hair, balding, certain careers, lifestyles, and people.

You also have a wide variety of spiritual attitudes. You build attitudes toward God, faith, morals, values, family, relationships, marriage, pain, suffering, death, and eternal life. In addition to these specific attitudes, you have a basic, or total, attitude toward who you are, and toward life itself. Strictly speaking, then, ATTITUDE is the way you look at your whole environment. You can look at your life in any way you wish. On the one hand, you can focus your attention on all its negative aspects (injustice, war, suffering, pain, sickness, and death).

On the other hand, you can focus your attention on the more positive factors of the life you have been given by God (harmonious relationships, love, forgiveness, blessings, benefits, and opportunity). Attitude is the way you view and interpret your environment. Some people can push unpleasant things out of sight and dwell largely on positive factors. Others seem to enjoy the unpleasant and dwell on the negative factors.

No one can be positive all the time. You will naturally have periods of doubt, which

See WORDS on p. 7



WE'RE SURE IN A TOUGH
NEIGHBORHOOD THIS DEPLOYMENT!

CAMOUFLAGE, CONCEALMENT, DECEPTION

By Captain Robert Namiot, Disaster Preparedness OIC

If you were in Savannah for our recent ORI you saw some good examples of CCD. Main entryways to vital buildings were sandbagged and cloaked with camouflage netting. Emergency vehicles and support vehicles were dispersed and concealed to make them difficult to target. The Contamination Control Area (CCA) was established in a forested location to help hide it from enemy eyes. All of these techniques used to confuse the enemy fall into the four basic principles of CCD: HIDE, BLEND, DISGUISE and DECOY.

The concept of HIDE is best explained by the phrase, "if you can't see it, you can't hit it." Hiding strategic buildings, vehicles, sites, etc. can be accomplished by using naturally occurring elements such as trees, bushes, and caves. Anything that provides a visual and/or radar barrier is acceptable. Camouflage netting in either desert or woodland patterns can be extremely useful in HIDING assets, and don't forget the old standby, smoke. Extreme care must be used when employing smoke cover though, because it can impede our own mission if weather conditions suddenly change.

When we BLEND we try to merge an object into its surroundings. This can be accomplished by reducing contrast and reflectance with the background. The painting of vehicles and structures is very effective in our blending efforts, but so is the simple elimination of straight lines. Naturally occurring straight lines are rare so any measures we can take to break-up these visual clues to the enemy will be to our advantage.

When we employ the DISGUISE principle we simply work to make any potential target look like a non-target. During World War II, in California, for instance, the roofs of defense production plants were covered with fake houses, lawns and streets to make them look like just another part of suburbia from the air.

This principle is often used in conjunction with the DECOY idea. So in effect, we also attempt to make non-targets look like targets. Damaged aircraft and vehicles can be made to look operable with something simple as a coat of paint, then spotted where the enemy can easily detect them, thus drawing attention away from the true targets. Besides protecting our assets, this strategy causes the enemy to expend ordinance on worthless targets.

Thus, when using the principle of CCD: "If you can't see it, you can't hit it," "straight lines seldom appear in nature," and "cause the enemy to expend resources on false targets while concealing your vital elements."

BLACK HISTORY COMMITTEE

A BLACK HISTORY COMMITTEE MEETING will be held Sunday, May 15, at 10 a.m. in the Chapel of the O&T Building. All individuals who have served on this committee in the past, as well as those who would like to shape events for the 1995 celebration should plan to attend. For more information, contact Master Sgt. Harris at Ext. 6464 or Master Sgt. Tatem at Ext. 6367. The Black History Committee extends a special "thank you" for all those who helped make the 1994 celebration a success.

INCENTIVE FLIGHT - Senior Master Sgt. Bobby Mantlo, right, helps Technical Sgt. Fred Fontenot into an F-16D's back seat during annual field training. Photo by Master Sgt. Lew Lautenslager



Coffee or cold showers cannot sober you up. Only time can lower your blood alcohol concentration.

WORDS - from p. 5

will not hurt you seriously. But a consistently negative attitude that persists for weeks or months will destroy you. If you go around looking for what is wrong with things, wondering why things are not better, and complaining about them, then you will be a negative person in the minds of most people. If you do the opposite - looking for what is good and don't dwell or focus on unpleasant things - you will be a positive person in the minds of most people.

Individuals who seem to keep their positive attitudes are somehow able to view life as a circle with both positive and negative factors competing to gain as much "mind time" as possible. Negative factors constantly try to command attention, pushing positive factors to the side. What is the answer? To offset such a negative drift, positive people discipline their minds to concentrate primarily upon positive factors, thus pushing the negative to the outer perimeter of their thinking.

To maintain a positive attitude in the future try some of the following: (1) Build a more

positive attitude in one area of your life, and you will be more successful in other areas. (2) Realistically talk about the positive things there are in your life. (3) Look for the good things in the people you live with and work with. (4) Look for good things in your environment where you live and work. (5) Don't permit someone else who has a negative attitude to trap you into his or her way of thinking.

SINGING GUARDSMAN "part deux"

Doug Price's latest album, "Shades of Teardrops," is available from Technical Sgt. Shirley Cooper at Ext. 6428 in the Operations Building, or from Doug himself at Ext. 6539 at the Plumbing Shop. Doug makes a contribution to the 192d bowling league for each album sold to a unit member.

Cost: \$10. Watch for Doug and his band at the upcoming Family Day celebration.

CAREER OR RESERVE

Educational assistance

Public Law 103-160, 30 November 1993, provides for educational assistance under the Montgomery GI Bill for the selected reserve for programs of instruction beyond the Baccalaureate degree. The following information is provided to effect implementation of this program.

*By Master Sgt. Bobby Lamb
Unit Career Advisor*

All members who are currently eligible or who become eligible for educational assistance are immediately eligible for educational assistance for post-graduate studies program provided they have not exhausted their benefits (i.e. 10-year window, 36 months of eligibility, and enrolled in an approved program of study).

See CAREER on p. 9

USAF SENIOR NCO ACADEMY

The USAF Senior Noncommissioned Officer Academy (SRNCOA) is the highest level of Air Force enlisted professional military education (PME). The mission of the academy is to conduct a program of PME to prepare selected Senior NCOs to better fulfill their leadership and management responsibilities. Commanders are requested to nominate their most professional Senior NCOs. Senior NCOs from all MAJCOMs, the Air National Guard (ANG), and the Air Force Reserve are selected to attend the Academy. Applicants should apply for the SRNCOA as soon as possible to ensure a quota for FY 95 schedule. Class dates are as follows:

| CLASS | START/GRADUATION DATES |
|-------|------------------------|
| 95A | 25 Oct 94 - 14 Dec 94 |
| 95B | 10 Jan 95 - 01 Mar 95 |
| 95C | 23 Mar 95 - 10 May 95 |
| 95D | 31 May 95 - 19 Jul 95 |
| 95E | 16 Aug 95 - 04 Oct 95 |

To be eligible to attend the SRNCOA, the following criteria must be met: Be in the grade of E-7 or E-8 (E-7 must have as least 24 months time-in-grade (TIG); applicant clearly

demonstrates a potential for increased leadership and management responsibility and has completed an in-residence NCO Academy or Leadership School (this is an important selection factor).

Have at least one year retainability from graduation date.

Hold a Secret or Top Secret security clearance.

Be within body fat limits outlined in AFR 35-11.

Be recommended by the immediate commander.

Not be under investigation or charged with an offense punishable under the UCMJ.

Wait at least 2 years between completion of in-residence NCO Academy and the start of a USAF SRNCOA class.

Have taken the Air Force Reading Achievement Test (a grade of 9.0 or higher is desirable).

All interested applicants should contact Senior Master Sgt. Gates, CBPO Training Office, Ext. 6590, to apply. Applications must arrive at ANGSC/TEEE NLT July 8, 1994.

Asian-American Pacific Islander Month

May is Asian-American Pacific Islander Month. There are over 4 million Americans who trace their ancestry to Asia or the Pacific Islands. Their history is one of proud accomplishment with many contributions to the arts, literature, science, agriculture, industry, and commerce. They have defended the United States in war since the Spanish-American War of 1898. In spite of discrimination and violence against them, Asian-Pacific Americans have contributed significantly in the struggle for America's national goals and in the quest for freedom and opportunity.

The Filipinos, Koreans, Japanese, Chinese, and to a lesser extent the Pacific Islanders, all have significant representation in the U.S. Armed Forces. Asians are now the fastest growing segment of America's population. Their number

Asians are now the fastest growing segment of America's population.

is expected to increase from 3.5 million in 1980 to an estimated 10 million by the year 2000.

Some notable Americans of Asian descent include (Political) Daniel Inouye, John Waihee, George Ariyoshi, Ben Cayetano, Hiram Fong, Spark M. Matsunaga, Patricia Saiki, Daniel Akaka, Patsy Mink, S.I. Hayakawa, Robert Matsui, Norman Mineta; (Military) Medal of Honor winners: Jose B. Nisperos, Telesforo Trinidad, Jose Calugas, Sadao S. Munemori, Hiroshi H. Miyamura, Herbert K. Piliilau, Leroy A. Mendoca, Rodney J.T. Yano, Terry Teruo Kawamura

See MONTH on p. 11

AWARD - from p. 1

The Chief Master Sgt. Edward W. Wolbert Trophy was presented to Base Fire Chief Senior Master Sgt. Skip Springer at the recent annual Fire Department Instructors Conference by the Air National Guard Fire Chiefs Association in Cincinnati, Ohio.

The 192d Fire Department was the first unit to receive this award since it was established in the Air National Guard. Criteria for the award include contributions to the Air National Guard and the community, including fire prevention programs, special projects, and inspections.

According to Major Thomas P. Herbert, commander of the department's parent 192d Civil Engineering Squadron, the firefighters have supported a number of Base Emergency Engineering Force deployments over the years. The most recent "Prime BEEF" deployments

have been to Norway, and Florida and Georgia in the United States.

Fire department members have also contributed to the community supporting the Virginia Air National Guard. Members have served as volunteer instructors during the Winter Special Olympics and provided cardiopulmonary resuscitation (CPR) training to community groups throughout the year. Through fire prevention programs, fire fighters provide all the CPR training and hazardous materials awareness training to 192d Fighter Group members.

According to Springer, a major factor in the unit's earning the award was the fire department's "outstanding" rating during the recent Air Force quality assessment, as well as the "excellent" rating during the group's operational readiness inspection last month.

Volunteers Needed for MDA Camp!!

Support is needed for volunteer attendants to help children and adults (ages 6-21) at the Muscular Dystrophy Association (MDA) Summer Camp, June 19 - 24 at Wakefield, Va.

Help is needed for the whole week, but volunteers can participate to the extent that time allows. Interested? Contact Lieutenant Colonel Evans, Ext. 6368.

MORE TRAFFIC FOR INFORMATION HIGHWAY

Travel Payments Processed Electronically

Any travel payments processed from Langley AFB, are now being paid by electronic transfer of funds; directly to your bank account where your military pay is going. Any questions please contact the Financial Management Section, Staff Sgt. Long, Ext. 6497 or Master Sgt. Brooks, Ext. 6593.

Information Security

Your security system should provide safeguards against insiders as well as outsiders. Insider espionage is a historical fact, and is the most common type.

CAREER from p. 8

Members who become eligible by signing a 6-year contract after October 1, 1990, are eligible even if they have a baccalaureate degree. Members with a baccalaureate degree and have a 6-year contract before October 1, 1990, will need to initiate a new 6-year contract.

The law is not retroactive. In no case can a member be paid for courses taken prior to November 30, 1993. Eligible members who are currently in graduate school may use the new benefit up to the allowable limit of 36 months within the 10-year window and on approval by VA of their program of study.

Members must present their DD Form 2384 or DD2384-1, Notice of Basic Eligibility (NOBE Form) to the Department of Veterans Affairs Office (VA Rep) at their respective college. The VA representative at the school will provide counseling on the VA approved study programs available, including the rules governing enrollment and the required VA Forms to be filled out.

Normally, members can expect a check from the VA within 60 days after enrollment into an approved study program.

STATE TUITION ASSISTANCE:

Applications for the summer semester must be received by the Career Education Office, Room 37, CBPO, no later than April UTA. Applications for the fall semester must be received no later than the July UTA.

BONUS PROGRAM: Members with a pay date of less than ten years service in the following AFSC's and who are willing to initiate a new six year contract please see Master Sgt. Robert Lamb, CBPO, Ext 6710. 1W0X1, 2A6X4, 2W0X1, 3E2X1. 3E3X1, and 3M0X1. Also members willing to cross-train into the above mentioned AFSC's may be eligible for the bonus program. Please remember, if you are willing to cross train, technical schools are mandatory. This is an exception to normal bonus procedures and is effective as of now. This is not retroactive.

MONTH - from p. 9

General or Flag Officers: Lt. Gen. Allen Kinji Ono, Brig. Gen. John Fugh, Maj. Gen. Dewey K.K. Lowe (Ret.), Rear Adm. Ming E. Chang (Ret.), Rear Adm. Samuel Lin, Brig. Gen. Vincente T. Blaz (Ret.), Brig. Gen. Arthur Unio Ishimoto, Brig. Gen. Alexic T. Lum, Brig. Gen. Theodore Shigew Kanamine.

Asian-Pacific Americans are a diverse and varied group. They come from all economic and educational levels, and are the fastest growing minority in America. They are a valuable, and valued asset to the United States.

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

Special Order M-7-Va

12 Apr 94

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: 14 May 94
 15 May 94

DEPLOYMENTS:
 11-25 Jun, Maple Flag, Cok' Lake, Canada

SCHEDULED UTAS: 11 & 12 Jun 94 16 & 17 Jul 94 13 & 14 Aug 94
 17 & 18 Sep 94 15 & 16 Oct 94 5 & 6 Nov 94 3 & 4 Dec 94

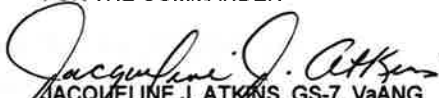
2. AM assemblies will be 0600-1200 (Sat) 0700-1100 (Sun) and PM assemblies will be 1300-1700 (Sat) 1200-1600 (Sun), with the following exceptions: Assembly for one flight of Food Services Personnel: AM 0630-1030 (Sat) 0530-0930 (Sun), PM 1100-1530 (Sat) 1000-1430 (Sun). Additional duty hours to cover 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; 1CGS/DPMD; HDQ/TCDF/RF, Langley AFB, VA 23665-6343.

VANGUARD

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MENU - MAY UTA

SATURDAY

Spaghetti
w/meat sauce
Breaded chicken patties
Mixed vegetables

SUNDAY

Swiss steak w/onions
Beef Porcupine
Buttered noodles
Mashed potatoes
Buttered corn

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.

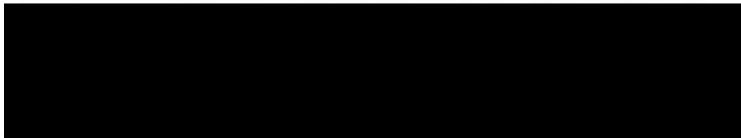
BOWLING LEAGUE, May 19, 7 p.m., \$8 fee, organizational meeting at 6:30 p.m. same day; new members welcome, for information, call TSgt. Shirley Cooper at Ext. 6428.

IMMUNIZATIONS will be given Saturday, May 14, in the Clinic, 8:30-11:30 a.m. Yellow fever will be given only from 9:30-10:30 a.m.

TOP GUN History Book To obtain one or more copies of the official history of the VaANG for just \$20 each, contact Lieutenant Colonel Evans at Ext. 6368, room 8 of the O&T building.

BLOOD DRIVE, May 15, contact Staff Sgt. Tom Carter for more information.

PATIO PARTY AT CLUB 149, May UTA. Be there!



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