

192D FIGHTER GROUP

# VANGUARD

VIRGINIA AIR NATIONAL GUARD

38./NO. 9      RICHMOND IAP, SANDSTON, VA      OCTOBER 1994

## UNIT INVITES FAMILY MEMBERS FOR DAY OF FUN

The 192d Fighter Group, HQ VaANG, and the 200th Weather Flight will open their doors on October 16 from 10 a.m. - 3 p.m. for a day of family orientation and fun. This event was designed as a "thank you" to all family members for their support, understanding, and sacrifices on behalf of the VaANG. Demonstrations. Briefings. Videos. Games. Food. Prizes. Hay rides. Pony rides. Free souvenirs. And more! Don't miss out.

Activities will be of special interest to children, but all family members are sure to enjoy themselves. Events with specific times include a 10 a.m. spiritual fellowship meeting behind the Group HQ building, featuring the Eveready Singers and a duo comprised of Capt. James

**See FAMILY on p. 9**



**HEAD-EM-UP, MOVE-EM OUT - Unit members packed up and headed for an exercise in Florida last month, with transportation provided by a Guard C-130. Photo by Master Sgt. Lew Lautensalger.**

## TOUGH WORLD = TOUGH TRAINING

*By Major L.J. Cerritelli*

Multiple, nuclear capable nations. Global economic strife. Growing global social class division. All are creating an increase in potential Terrorism, Civil War, Revolutions, Dictatorships, and Pseudo-Marxist Governments.

We are seeing a continuing reduction in our national defense budget which is creating an excruciatingly challenging environment for the U.S. Military member to work in.

**See MOBILITY on p. 2**

## MOBILITY - from p. 1

The U.S. Armed Forces are going through probably the toughest metamorphosis of its history. We as a nation face multiple potential adversaries whom are 1) intelligent, 2) well equipped, and 3) dedicated to their cause. The willingness to start any form of uprising is fueled by the environment our future potential adversaries live in; famine, disease, poverty, political oppression. Due to the ex-Soviet Union's economic dilemma, the current Russian Republic has been forced to offer its high-tech weaponry on the open market to the highest or any bidder. This equates to higher risks for U.S. Forces on the future battlefield.

In the coming year, the 192d Fighter Group will train with other fighter, bomber, tanker, and airlift units. We will participate in joint training exercises with Army, Navy, and Marine units. We will also support CONUS and overseas deployments. Some will be to locations which host very serious threats and others not so serious. The pace of our involvement will continue to grow as the face of our military organizational structure takes on its new form; lean, elite, and lethal.

Our ranks will be reduced which means those of us who remain must train harder, longer, and with feverish dedication. For the future of those who choose membership in the U.S. Military, it will not be easy. We are seeing the effects of the lean, elite, and lethal philosophy. Increased deployments, increased unit mission and responsibilities (ex: SPS, MSQ, CF), increased accountability at the grass roots levels of our organizational structure, increased high-tech weapon systems in all areas of our force structure (AMRAAM, B-1B in the KANG), closer blending of Active duty and Air Reserve Forces mission roles which without each other, neither could be successful. Look at the global airlift

***"The charge, for us, is to be leaner, elite, and lethal. The challenge has been presented. Now, as we've done in the past, let's show them what we've got!"***

mission, without the ANG, it would be impossible to continue.

To sustain the 192d FG capability, we need to fine tune two areas we participate in regularly as members, 1) our career field skills, and 2) our deployment skills.

Starting with the **October 94 UTA**, the 192d Logistics Plans Division will begin to further develop our deployment/mobility skills. Base Exercise Evaluation Team (BEET) Mobility/Deployment Operations Training, and Mobility Officer/NCO Training will be conducted.

**November UTA** will be dedicated to Mobility Workcenter Training, Troop Commander, Cargo Courier, and Hazardous Material Shipment Training (AF Form 1387-2).

**Personnel Processing Training** - all members of the 192d FG will be required to bring a packed Personal Mobility Bag to the UTA **designated** to be their squadron/flight personnel processing training period. Training will be conducted in Club 149 by MRI Group, see your unit mobility officer/NCO. December UTA will be the first training period for Personnel Processing Training. More information about training periods and clothing/personal items/equipment requirements will be published in next month's Vanguard. A calendar of mobility events can be found on page 8.

## COMMANDER'S CALL

**Colonel Bill Jones, 192d Fighter Group Commander**

**MORE ON COMMUNICATION** In June, I wrote about communication. I offered space in the Vanguard to answer questions from unit members. There have been a few questions that needed individual answers, but not much response, in general. It's OK if there are no questions to publish, but the offer still stands and we will continue to use the best methods available to COMMUNICATE with our members.

### SUGGESTIONS

Master Sergeant Rick Lewis had a couple of suggestions to improve things. First of all, he pointed out that we have some options regarding currency requirements for chemical gear refresher training. We have already incorporated that idea and we changed from a one year to a two year currency cycle. (sorry, can't do away with it altogether!) Also, Rick suggested that we establish a memorial to honor members who died while in a duty status--similar to one he saw in Alabama. (I wish I thought of that.) It's a very fitting tribute. So far, one idea is to locate a memorial across Falcon Road from Group Headquarters, opposite the brick walk and similar in design to the model F-16 arrangement. What do you think? Ideas and sketches are invited. Please make your inputs directly to me. Rick, thanks for the inputs.

### WHAT IS CULTURE?

Some of you had the opportunity to meet Lt. Col. Groban last UTA. He is a member of the Arizona ANG and was here to facilitate a "leadership culture workshop". (I admit that I was skeptical of this process.) I am happy to report that my skepticism (cynicism?) was unfounded and that this workshop was very beneficial for our unit. Without going into details, the participants (you and I) helped to define our unit culture for our own benefit. No joke! Unlike other visits, no report or briefing goes to NGB, ACC, Air Force or any other outside agencies. I am VERY happy to report that we have a healthy and sound "culture". The Virginia Air National Guard "personality" was on display and I am more proud of our unit than ever before. We have some areas we can improve, but our foundation is built on solid rock. YOU deserve the credit for our success and I am sincerely grateful for the opportunity to represent the exceptional men and women of the 192d Fighter Group.

### VIDEO VANGUARD!

The latest method to communicate is with our "Video Vanguard". In the words of Senior Master Sgt. George Marshall, Visual Information Services Supt., "The VIDEO VANGUARD is designed to showcase the best of the Virginia Air National Guard." The first copies (VHS) have been distributed to commanders for use in the work sections. Your feedback is important to the improvement of this program. You can be one of our movie (video) stars! Our visual information services section have done an outstanding job with this project. They say it will get better. Maybe we'll get our own TV show.

**BILL JONES**

# CAREER

## ORNER

### EDUCATION OPPORTUNITIES FOR VaANG

Good news for those Guardsmen who have been thinking about pursuing their master's degree. Averett College, located in Danville, is gearing up to start a master's of business administration (MBA) program here. The program is designed to develop and enhance the management and analytical skills necessary for effectiveness in public and private industry.

The 36-credit hour program can be completed in two years. The cost is about \$10,800. This price, which includes a notebook computer and printer, can be offset by VA benefits. For full-time Guardsmen, there are no out-of-pocket costs.

For information, call Lt. Col. Gary Wood (Ext. 6466) or Capt. James Parker (Ext. 6467). Also, Technical Sgt. Mary Roza is working to have Averett offer its 4-year bachelor's degree program on base. For information, call Sergeant Roza at Ext. 6307.

## *Best of the Best* By 2d Lieutenant Mike Lovell

Without doubt, the VaANG is among the world's best fighter units. Why? Perhaps it is the multi-million dollar jets that line the ramp, the training programs, the facilities, the leadership, or the history that has made our unit. However, many would propose that it is the people within our organization who really make our unit one of the world's finest.

The 192d Maintenance Squadron recognizes that people are the VaANG's greatest resource. Each member of our unit contributes to the safe operation of our jets through their technical expertise, dedicated work ethic, and willingness to put the goals of the organization above that of personal goals.

Although our success is derived from the synergy found within our team-driven organization, it takes individuals who are willing to step forward and deliver quality service to our internal and external customers. Therefore,

the Field Maintenance Branch has created a semi-annual recognition program as one of its ways to recognize its members.

The goal of the program is to recognize individuals who go beyond the expectations of the organization. Accordingly, criteria established for earning the award include consistent work performance, an outstanding accomplishment, and military appearance. The award has been named "Field Maintenance's Semi-Annual 'Best of the Best.'"

Field Maintenance members who comprise the evaluation team are Technical Sgt. Richard Cokes, Staff Sgt. Robert Puryear, Staff Sgt. Peter Martens, and Senior Airman Bruce Pace. This team's was responsible for developing the specific criteria which lead to the award.

The first award will be presented in December 1994.

## **VIDEO VANGUARD**

*By Senior Master Sgt. George Marshall*

In addition to the stories you read each month in the VANGUARD, unit members can now enjoy watching the "action and excitement" of the 192d Fighter Group come alive on the TV screen. The first edition of the unit's new TV newsmagazine brings you the sights, sounds, stories and people of the VaANG.

The program, called **VIDEO VANGUARD**, will be produced quarterly with copies distributed to VaANG organization commanders. The TV newsmagazine is a vehicle for unit members to show others what you're doing and how good you are at what you do.

For the **VIDEO VANGUARD** to be successful, the help of all sections will be needed. Upcoming exercises, activities, or community events in which VaANG members will participate are all of interest to the Combat Visual Information Support Center (previously known as the base Audiovisual section).

With sufficient notification from units, the center can cover the activity or event. Stop by Room 14 in the east wing of Bldg. 3652 (192d Headquarters) or call Ext. 6596 or Ext. 6342 to learn more.

## **CBPO NEWS: ID Cards, Hanover County ZIP**

As an active-duty member, your dependents 10 years old or older are required to have an ID card. Please take the time to get them a card in the Military Personnel Flight office (MPF). Dependents over 10 1/2 years old who do not have ID cards will automatically be dropped from DEERS and no longer be eligible for CHAMPUS or Delta Dental. Claims cannot be processed and until this is corrected.

To avoid problems with eligibility, check the dates on all dependent ID cards and get them renewed no later than one month prior to the expiration date. Anyone who has experienced problems with eligibility should see Staff Sgt. Karen Allen, health benefits adviser, in the MPF office, or at 236-6310.

Hanover County residents will be notified soon that their addresses and 9-digit ZIP codes will be changed. This will help emergency services personnel locate homes from which someone has dialed 911 for help. All Hanover residents affected by these changes should notify their unit orderly room. They should also update their emergency data and DEERS forms in the Military Personnel Flight to help ensure proper mail delivery.

## **FINANCIAL EXPERT OFFERS SERVICE**

Would you care to meet with a financial expert on the many different ways and means of obtaining financial assistance for college. We are fortunate enough to have such a person assigned to our unit.

Captain Susan Towler who is employed by Virginia Polytechnic Institute and State University (VPISU) has volunteered to assist those of us who desire this information.

If you are interested please contact Master Sgt. Bobby Lamb on Ext. 6710. A time and place for a Saturday afternoon following the UTA will be established.

## PULSAR

### *Police and Public Educators Utilizing Leadership Skills of Children at Risk*

*By Lt. Colonel Gary Wood*

From July 28-31, 1994, 10 VaANG members served as volunteers at the National Guard's State Military Reservation at Virginia Beach, working with 50 middle school children from Bedford County, Newport News, and Suffolk, identified as "at risk" for drugs and alcohol abuse. The impact of their efforts were noted in a recent letter from one of the teachers associated with the Bedford County group:

"If anyone ever doubts the benefit of what PULSAR does as far as connecting kids with positive role models, all they have to do is look at the faces of these kids [see photo at right]."

In addition to the summer camps, PULSAR runs weekend retreats during the school year.

Any unit member who would like more information about PULSAR volunteer opportunities should contact Lt. Col Gary Wood at Ext. 6466.



*Unit members who participated were Edwin Shaw, Gerald Golden, James Johnson, Michael Navarini, Edward Wray, Jacqueline Atkins, Natasha Walton, Ann Bey, Eliot Evans, and Gary Wood.*

## **"CHOICE"**

*By Staff Sgt. Christina Keck, Public Affairs Specialist*

As a spin-off to "PULSAR", Lt. Col. Gary Wood has started a program called "CHOICE" (Choose Helping Others Improve Children's Education). The program, tentatively scheduled to be launched in November, is similar to that of the Marine Corps Reserve's "Toys for Tots." Whereas "Toys for Tots" seeks donations of toys for Christmas, Choice relies on the donation of educational items for the classroom, and will be centered around Thanksgiving.

"What are we doing to further the education of our children," Colonel Wood asked. "These

children are our future leaders and Guardsmen. It is our responsibility to turn our system, which has deteriorated, around."

He envisions people and retail stores donating everything from school supplies (including computers and software) to shoes and clothing. In addition to tangible donations, anyone can help out by donating time at a local school. With only one teacher per 25 students, he said,

**See CHOICE on p. 7**

## TEAMWORK: September UTA M.A.R.E.



### CHOICE - from p. 6

volunteers are in demand. If you wish to further this cause by donating items or time, or if you have any questions, please contact Lt. Col. Gary Wood at Ext. 6466.



*MARE SCENES - Scenes from the Major Accident Response Exercise, held during the September UTA appear on this page. Photos by Master Sgt. Lew Lautenslager.*

### **African-American Banquet**

There will be an organizational meeting for all persons interested in helping plan the African-American Banquet for 1995. This meeting will be held on Saturday, October 15, 1994, at 2 p.m. in the Supply Training Room, Building 3655. For more information, contact Master Sgt. Harris at Ext. 6464 or Technical Sgt. Irby, Ext. 6465.

## MOBILITY CALENDAR

*See story on page 1 and 2*

**December UTA** will be dedicated to Increment Monitor Training, and Pallet Build-Up/Cargo Preparation for Air Shipment Training.

149th Fighter Squadron, Logistics Squadron, Security Police Squadron Personnel Processing Training.

**January 95 UTA** Medical Squadron, Civil Engineering Squadron, Mission Support Flight Personnel Processing Training.

**4 & 5 February UTA** Maintenance Squadron, Communications Flight, Services Flight Personnel Processing Training.

**25 & 26 February UTA** Maintenance Squadron, Fighter Group Personnel Processing Training.

**March Annual Field Training** - Full Mobility Exercise -

11 Mar: sign-in and acclimate.

12 Mar: Mobility Processing/Airlift to Savannah

13 Mar: Mobility Processing/Airlift to Savannah

24,25,26 Mar: Redeploy to Richmond.

## FOR EMERGENCIES, CALL 911

The Virginia Air Guard last month switched to the 911 system of reporting emergencies. Just dial 911. No prefix number is needed. The new 911 will ring at the Capital Region Airport's Public Safety Communications Center. The dispatcher will take calls and obtain the information needed. In turn, the dispatcher will notify the Fire Department of the type and location of the call, and notify Henrico Fire/Rescue as required. The based is served by a 24-hour-a-day, year-round fire department.

## *Soldier's/Sailor's Civil Relief Act -- Update*

*Lt. Colonel Frank Pedrotty*

As the patriotic fervor over the success of Operation Desert Storm diminishes, the number of abuses of the Veterans Re-employment Rights law occur. Despite the fact that there have been high-profile victories in the Supreme Court such as where an Alabama Guardsman successfully sued the hospital that employed him, the number of wanton violations by employers is on the rise. Much of the abuse grows out of ignorance for which education is the answer.

The original law was passed in 1940 as part of the first peace-time draft. The purpose was to provide service members temporary relief from civil proceedings so they could devote "there entire energy to the defense needs of the nation" (50 U.S.C. App. 510 et seq). The Act intended to counteract the adverse effects of military service and ease the transition between civilian and military life. The law has since been amended to include National Guard/Reserve members. Amendments have also striven to codify some 900 federal court decisions, including 18 by the U.S. Supreme Court.

Unfortunately, the result has been one convoluted and confusing law. Such confusion accounts for a majority of the violations reservists encounter in their civilian jobs. Additional information pertaining to this topic will appear in next month's Vanguard.

If unit members have any questions concerning this or any other legal matter, please contact a member of the Legal Office, located in the 192d HQ building.



## To Your Good Health

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

### **Yo-Yos Are Toys, Not Diet Strategies**

*(From American Forces Information Service)*

"Never say diet" sums up the weight strategy of many health experts. This means those who consider themselves too fat -- or service members who have been told to shed a few pounds -- should look at modifying their lifestyle and eating habits for life.

***Going on a fad diet touted on late-night television or in a magazine is neither safe nor effective.***

A recent study showed that yo-yo dieting -- losing and gaining 10 percent of total body weight in a regular back-and-forth cycle -- is dangerous. Persons who lose and gain and lose again run a greater risk of heart attacks than those who

maintain their bodies steadily with about 10 percent excess fat.

Other studies indicate that starvation diets followed by overeating may make it more difficult to lose the regained weight. Because individuals are so different, it's hard to recommend a general calorie limit for everyone. Studies show the average man consumes between 2,360 and 2,640 calories a day, and the average woman, 1,640 to 1,800 calories daily.

People with severe weight problems should see a doctor. No one should go on a very low calorie diet -- 400 to 800 calories -- without medical supervision. Such diets can be extremely dangerous.

### **FAMILY - from p. 1**

Parker and his wife, Brenda; 11 a.m. and 1 p.m. presentations for children by Betsy Que, at the dining hall; and Noon and 2 p.m. shows at the Civil Engineering building, by Country-Western singer Doug Price, with friends. Visitors should be sure to get a program to ensure the times and places of these and other activities and events

#### **FAMILY DAY PARKING.**

Parking will surely be a challenge. Each parking lot will have a section reserved for family members. Unit members can use unreserved sections until the lots are full, and then should plan to park on the gravel ramp, from which shuttle service will be provided by the unit.

### **Social Actions Meetings**

The Human Relations Council will meet on Saturday, Oct. 15, at 10 a.m. in the O&T Conference Room. That meeting will be followed by a meeting of the **Drug and Alcohol Abuse Control Committee** at 11 a.m. in the same room. The **Social Actions** class scheduled at 1300 on 16 Oct. will be cancelled due to Family Day.

### **MOTEL RATES INCREASE**

Effective October 1, 1994, motel rates for UTA weekends increased to: Best Western, single pay difference, \$14.50 per night; Holiday Inn, single pay difference, \$14.50 per night; and Legacy Inn, single pay difference, \$16.00 per night. Questions should be directed to Master Sgt. Larry Woodson at Ext. 6115.

## **CHAPTER 29 UPDATE**

*By Technical Sgt. Mary A. Roza, Chapter 29 President*

The Old Dominion Chapter of the NCO Academy Graduate Association has been resurrected. Elections were held in May, and shortly thereafter members assisted with the Virginia Special Olympics Summer Games. Members helped set up the University of Richmond track and field and Robins Center, participated as competition officials and escorts for the opening ceremony, and provided that winning hug at the end of the event.

The following week, chapter members traveled to Charlottesville to participate in a color guard and honor guard for the emperor and empress of Japan. Members performed escort duties for the Virginia Adjutant General's hail and farewell.

During the summer, chapter members assisted the Richmond Police Athletic League with the Pal Around Town program. Once a week for two months, youths between 8 and 15 years old visited the 192d Fighter Group. They watched a movie about the Air National Guard, saw an F-

16 up close and received an orientation on a different section of the base each week.

Members are enthusiastic about having the chapter operating again. Plans to promote professional military education and the chapter are under way, with a long-term goal of having a large contingent participate in Seminar 27 at Great Falls, Montana.

If you are a "resident" graduate of an Air Force Senior NCO Academy, USAF-certified Command NCO Academy, Leadership School or Airman Leadership/NCO Preparatory School, you are eligible for membership in the organization. Contact Technical Sgt. David McKinney at 236-6707 for more information.

**DO NOT READ  
COMSEC MATERIAL  
IN PUBLIC PLACES**

**ALL TOGETHER NOW - The  
Eveready Singers practice  
during September's UTA.  
The informal singing group  
will be a feature attraction of  
Family Day 1994, to be held  
on Sunday of October's UTA.**

**Photo by  
Master Sgt. Lew  
Lautenslager.**



## FAMILY DAY "OPEN THE DOORS IN '94"

The 192d Fighter Group will sponsor a "Family Day" on Sunday, October 16 as part of the October UTA. Activities are planned for the children and a "Child Care Center" will be available where infants and younger children can stay while the parents enjoy the activities. Lunch will be served, free of charge to all unit members and their families.

We need your assistance in determining how many we can expect for lunch. If you have not already done so, contact the Orderly Room concerning number and age of attendees from you family. Additionally, anyone interested in volunteering to work on one of the Family Day Committees may contact MAJ Denson at ext. 6878.

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

Special Order M-11-Va

22 Sep 94

1. UP Sec 502, Title 32, USC Sec 206, Title 37, USC, ANGR 50-01 and 192/TFGR 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:**  
 15 Oct 94  
 16 Oct 94

**DEPLOYMENTS:**  
 10-24 Nov 94, Air Warrior II, Barksdale AFB, LA; 11-25  
 Mar 95, AFT, CRTIC, Garden City, GA.

<b>SCHEDULED UTAS:</b>		5 & 6 Nov 94	3 & 4 Dec 94
7 & 8 Jan 95	4 & 5 Feb 95	25 & 26 Feb 95	8 & 9 Apr 95
3 & 4 Jun 95	15 & 16 Jul 95	12 & 13 Aug 95	16 & 17 Sep 95

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 0830-1030 (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; 1CGS/DPMD; HDQ/TCD/RF,  
 Langley AFB, VA 23665-6343.

### VANGUARD

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### MENU - OCTOBER UTA

**SATURDAY**  
Not available  
at press time.

**SUNDAY**  
Family Day Menu: Lunch will be served in a number of locations around the base. Check the Family event program for your specific location.

**Church Services:** Catholic Mass, Sat. 09:30; General Protestant, Sun. 08:00.

**Flu season** will soon be here! The flu vaccine will not be on base until the end of October. Shots will be given in the main hangar during the November UTA. The Immunization Clinic will be open Saturday, October 15, from 8:30-9:30 a.m. for yellow fever shots. All other shots will be given from 9-11 a.m.

**RETIREES' ASSOCIATION MEETING:** The Virginia Air National Guard Retirees' Association meets at Club 149, at 7 p.m. on the second Thursday of each month except December. Dues are \$12 annually. Interested persons must have 20 or more years of service to be eligible for membership. The Oct. 13 meeting will feature Mr. Jeff Allen, leading a discussion about legal issues affecting retirees.

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BULK RATE  
U.S. POSTAGE  
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