

39./No. 12  
December 95



# VANGUARD

192d Fighter Wing

Virginia Air National Guard - Richmond IAP - Sandston, VA

## 192d heading for Hickam AFB

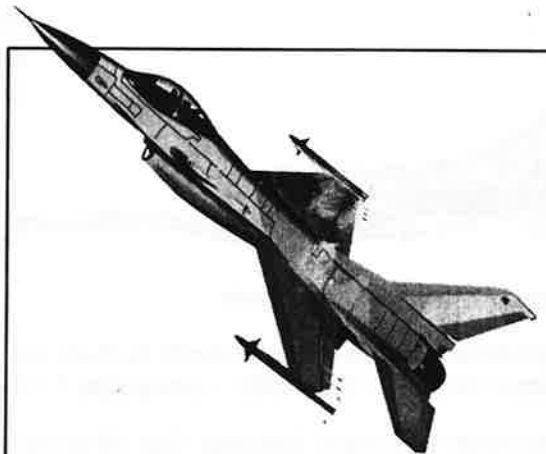
### Unit deploys to Hawaii for Sentry Aloha

For 69 members of the 192d Fighter Wing, winter is being slightly delayed this year. Instead of dealing with unpredictable weather and crowded shopping malls, the 192d contingent of F-16 pilots, aircraft maintenance troops, and support staff deployed to Hickam AFB to participate in the Hawaii Air National Guard's (HANG) exercise Sentry Aloha.

The group deployed with six of the Fighter Wing's F-16 Fighting Falcons right after Thanksgiving weekend (Nov. 27—29); they'll return Dec. 16—17. While deployed, the 192d has the role of simulated aggressors during the dissimilar aircraft combat training exercise. HANG flies F-15 Eagles and has no one close by to engage in flight-training exercises. It invites other units in on a regular basis so it can meet its dissimilar aircraft training requirements, according to LtCol Bill Martin, deployment project officer.

As "Red Air," the 192d aggressor force mission is to strip away the HANG's air cover and get to predetermined targets. "This is great training for us," Martin explained, "because it allows us to maintain our flying proficiency and

upgrade our air combat skills. But the biggest benefit is sitting down for face-to-face debriefs with the "other side" after the flying." This mutual sharing of insight and ideas allows both units to learn a lot and gain a great deal of experience from the training.



***"This is great training for us because it allows us to maintain our flying proficiency and upgrade our air combat skills."***



## Commander's Holiday Message

The year is quickly drawing to a close; 1996 is nearly upon us. As you enter into this hectic holiday time, I ask you to take just a few moments to reflect upon your part in the 192d Fighter Wing, your accomplishments in 1995 and your goals for 1996.

We've had a successful year, but with teamwork we can make 1996 even better. No doubt we will be challenged as the year begins with a number of our team deploying to incirlik AB, Turkey, to patrol the U.N.-sanctioned no-fly-zone over Iraq. In August we will undergo a Quality Air Force Assessment. We will be deploying across the country and around the world in support of U.S. missions.

We have much to be proud of; keep up the great work!

I wish each of you and your loved ones a happy holiday season and a New Year full of opportunities.

Sincerely,  
Bill Jones, Colonel  
192d Fighter Wing Commander

Thanks to Aerobithon participants

I would like to take this opportunity to thank everyone who sponsored me during the recent Aerobithon Dance for Cure 2000. I completed 1 1/2 hours of aerobics.

The event took place Saturday, Oct. 28 at the Capitol Club in Richmond. The Virginia Air National Guard donated \$282 to this worthwhile event. All funds went to benefit the Leukemia Foundation. Again, thanks for your support!

Sincerely,  
*MSgt. Dorothy Tatem*  
MSgt. Dorothy Tatem

## Munitions supports Deny Flight

For TSgt Rick Follett, equipping missiles and bombs that would be used hours later against Bosnian targets was a sobering experience.

"You sit down and watch the strike films, and it's a reality check," said Follett, a 192d Fighter Wing munitions specialist. "You watch munitions structures getting blown up, and they look just like ours."

"It was the first time I was put in the position of building bombs that were hitting real targets," the 14-year veteran said. He paused and added, "I had to deal with that."

Follett and seven other 192d FW munitions specialists augmented active duty forces this summer and fall at Aviano Air Base, Italy.

Aviano was the staging base for United Nations-sanctioned air strikes against rebel forces in Bosnia, an European country ripped apart in recent years by civil war.

Follett, a full-time military technician, and MSgt Lisa Hernandez, a traditional Guardsman, both assigned to the 192d Munitions Shop (part of the 192d Maintenance Squadron), got together in November to talk about their experiences in Aviano. They were supporting the 104th Fighter Group, Massachusetts ANG. The 104th had the job of providing munitions support for Operation Deny Flight, a gearing-up period to prepare U.N. forces for an eventual air war. But the 104th realized it would need help, so it sought volunteers from other Guard units. The 192d answered the call.

MSgt Darcy Burton was the first 192d munitions troop involved in Deny Flight. He left

Richmond on Aug. 13 and returned Sept. 1.

Follett and four others headed for Aviano on Aug. 29. They were TSgts Robert C. Hughes and Ernest L. Graham and SSgts Reginald Hinton and Richard J. Huddleston. They arrived at



Aviano on Aug. 30, hours after the first predawn air strikes that turned the U.N. operation from Deny Flight into Deliberate Force. "When we landed, they were flying combat missions over Bosnia," Follett recalled.

During the next two weeks, the 192d munitions people worked 12-hour shifts, seven

**Continued on page 4**

**All fired up -- The wing pistol team unofficially finished 15th out of 44 teams at the Winston P. Wilson Combat Marksmanship Championships in October. Team members include, from left: TSgt E.J. Houghtalen, maintenance; SrA Kathy Kahlson, security police; TSgt David Simmons, maintenance; and TSgt Philip Thomas, maintenance. (Photo by TSgt Carlos Claudio)**



## Munitions deploys to Italy

**Continued from page 3**

days a week, side-by-side with 104th and active duty troops. There were about 150 active-duty and 110 temporary-duty munitions people at Aviano. They built ordnance for eight types of aircraft flown during Deliberate Force.

Typical of the active-reserve teamwork was the case of Huddleston. He had built munitions during Desert Storm in 1991 and had worked with what Follett called an "exotic weapon" designated the GBU-15. "Huddleston was the only one on night shift who had ever done them," Follett said, "so Huddleston became night shift crew chief for that weapon. Any GBU-15 that was dropped, he had a hand in preparing it."

In all, U.N. forces flew 1,288 combat sorties between Aug. 30 and Sept. 12 and dropped 400 tons of ordnance.

Hernandez arrived at Aviano shortly after the

two-week bombardment ended. She was followed by MSgt Warren E. Powell two weeks later. The camaraderie and mutual respect between the active and reserve forces was evident, Hernandez said.

"There was great satisfaction in working with people from other units," she said. Many younger Air Force troops got their first glimpse of the Air Guard at work. "A lot of young, active duty people really don't know a lot about the Guard. (Now) they've seen what we're all about."

Follett, like many of his fellow munitions specialists, proudly carries a medallion that is a signature of his trade. One side features the acronym for an old munitions adage. The other side carries the motto munitions people work by: "Providing the enemy the opportunity to die for his country."

by TSgt Ed Kelleher, 192d FW Historian

## **News you can use:**

### **Air Force tests new uniform skirt designs**

The Air Force is currently testing two new service dress skirt designs.

As a result of women's complaints about the skirt's pleated waistline, the 94th Uniform Board that met in January 1995, decided to test two new designs.

According to AF uniform division officials, about 150 women in the Washington D.C. area and at Wright-Patterson AFB, Ohio, are participating in the wear tests to determine the comfort, maintainability and suitability of the new designs. One of the prototypes is similar to the current skirt but is resized so the pleats lie flat. The skirt also features an open "kick pleat" in the back.

The second prototype uses darts instead of

pleats and features a closed kick pleat. Uniform division officials at Wright-Patterson will evaluate test results in March.

### **AF lithos available in PA shop**

The 192d Public Affairs office recently received a box of Air Force lithographs. The lithos are part of the Quality Air Force series and feature Air Force people working. Public Affairs also has some aircraft lithos.

All the lithos are suitable for framing and can be used to decorate that bare spot on your office wall. Stop by the PA office, Rm 30 in the Wing Headquarters building and check out the selection.

### **Mass starts early for Dec. drill**

Due to a schedule conflict, Catholic Mass on Saturday, Dec. 2 will begin at 9 a.m. instead of 9:30.

## **Last chance for flu shots**

Flu shots will be given for a limited time during the December drill weekend. This will be the last opportunity for Virginia Air Guard members to get their annual flu vaccine.

Medical Squadron staff will be giving flu shots Saturday morning, Dec. 2, from 8:30—12:30 in the clinic. This will be the final offering for flu shots this year.

Other required vaccines will be given at that time. Yellow Fever vaccines will only be available from 8:30—9:30 a.m. All other vaccines will be given from 8:30—12:30 A.M.

Be sure to get your shot record from your orderly room before going to the clinic for any vaccine.



## **News you can use:**

### **African-American Banquet update**

The 5th Annual Banquet of the African-American Guardsman and related activities are scheduled for one of the March '96 UTAs. The specific date will be published in the January Vanguard. Tickets for the banquet will be available beginning in December.

"We are still in the planning stages for this event," reports MSgt Dorothy Tatem. "We need everyone's help to make this event a success. The banquet committee wishes to thank everyone who participated in the November bake sale."

The banquet committee's next meeting is Saturday, Dec. 2 at 3 p.m. in the second-floor conference room of the Maintenance Hangar. "Everyone is invited to attend." Tatem urges, "Bring new ideas!"

For more information, call Tatem at ext. 6367 or TSgt Veronica Sargent at ext. 6475.

### **That perfect gift idea—the VaANG 'Top Gun' yearbook**

The Virginia Air National Guard is having a sale, and just in time for Christmas! LtCol Buddy Evans has extra, hardbound Va ANG yearbooks for sale. The 1991 "Top Gun" edition covers the history of the Virginia Air National Guard from its formal creation in 1947 through receiving the F-16 Fighting Falcon in 1991. The book features black & white and color photos and the names of all Va ANG members honored for their participation in Desert Shield/Desert Storm. The book costs \$20 and can be purchased in Rm 8 of

the Wing Headquarters Building (formerly O&T).

The older version of the Va ANG yearbook is also available, for only \$10. The maroon, hardbound book covers the unit history from 1947—1982.

Buy one as a keepsake or get a friend a special gift! Call ext. 6368 for more information.

### **Per diem rate to change**

Beginning Nov. 1, government travelers will be paid a flat per diem rate for their first and last travel days, no matter what time they leave or return home.

The rate will be 75 percent, said Air Force compensation officials in Washington. Currently, per diem is computed in quarter days.

### **Club 149**

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Club 149 is planning its annual New Year membership drive for Jan. 6, Saturday evening of the January drill weekend.

All members are encouraged to attend. Following the meeting, hors d'oeuvres and beverages will be served. Entertainment will include a DJ spinning tunes.

Club 149 leadership encourages members to bring with them Virginia Air Guard members who haven't joined Club 149 yet. "We're looking for lots of new faces and fresh ideas. Come on over to Club 149 and join the fun," they said.

## 192d cop takes honors at regional contests

SSgt Daniel Moore, 192d Security Police Squadron flexes his muscles a lot while protecting the resources of the 192d Fighter Wing. But he flexes those muscles even more off duty. His muscle flexing is earning him trophies and honors in Virginia bodybuilding competitions.

Back in July, Moore headed for eastern Virginia, where he competed in an Amateur Athletic Union-sanctioned bodybuilding championship. At the 1995 Body Sculpting Classic in Newport News, Moore finished in 3rd place in the men's open short division.

This was Moore's fifth competition and was rated a national qualifier show.

"I felt this was one of my better shows. My training time was much better than it was for my previous competition and my condition was peaked. One of the judges rated me as having the 'best back'. The other competitors were in great condition, but I think my overall condition was the best. With a little more tanning oil on, I may have placed first or second," Moore said. Bodybuilders pose under intense spotlights, even the darkest-skinned bodybuilders use tanning oil to best show off their muscle mass, tone and definition.

In late September Moore and First Sergeant Harry Silas from Ft. Lee headed for Washington, D.C. where Silas was to emcee at the Nations Capital Open Bodybuilding Competition. Moore was invited to be a guest poser and to compete in the men's medium weight class (154—165 lbs). Moore took first place in his weight class. "I was really excited. I hadn't planned on competing at the open, but when I was invited I decided to compete because I was in good shape from preparing for another guest poser invitation in Petersburg, Va.



**SSgt. Daniel B. Moore, 192d Security Police Sqn, demonstrates one of the poses bodybuilders are required to perform during competitions. (Photo by TSgt Carlos Claudio)**

Moore's next big challenge will be the Mr & Ms Junior America at Ft. Lee in June 1996. "For the Junior America competition, I hope to gain 5—10 pounds of lean muscle mass and be ready to compete with another level of bodybuilder at the national show," Moore explained. Until April the bodybuilder will eat a high protein, low fat diet and concentrate on using free weights to build muscle mass. In the weeks before the contest he will work on developing muscle definition and vascularity, and create and practice posing routines.

"This sport is great! It offers me a never ending cycle of events that continue to motivate me toward higher goals," Moore said.

## Prepare now for safe winter driving

With summer gone, many drivers will soon see frost, snow and ice on the roads. As temperatures drop, drivers may encounter road and weather conditions needing their prudence, patience and preparation.

American Automobile Association chapter official John Undeland said the key to winter driving is cautious confidence. "You have to ask yourself how you feel about taking on icy, snowy road conditions," he said. "If the answer is you're thrilled or frightened, you probably should not venture out."

Having confidence begins with knowing the car is mechanically sound.

Steering and acceleration are also important under winter conditions. By using gentle pressure on the gas and precise steering movements, Undeland said, most drivers can retain road traction and avoid skids.

However, skids do occur. Undeland outlined the most effective way to regain control:

- Don't panic.

### **VANGUARD**

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- Take your foot off the brake and ease off the accelerator.
- Shift into neutral (automatic transmission) or out of gear (manual transmission).
- Look and steer in the direction you want the front of the car to go.
- Countersteer just before the rear wheels stop skidding, until you are going in the desired direction.
- Be prepared for a rear-wheel skid in the opposite direction for rear-wheel drive vehicles, if you overcorrect the first skid.
- Engage the gear once the vehicle is straight, apply gentle pressure to the accelerator and resume course.

Drivers with cars having anti-lock brakes should check their owner's manuals for proper braking procedures.

### **DINING FACILITY MENU**

#### **Saturday UTA**

Barbecued Pork on Bun  
Salisbury Steak  
Mashed Potatoes  
Brown Gravy  
Baked Beans  
Mixed Vegetables  
Yellow Cake w/Chocolate Icing

#### **Sunday UTA**

Honey Glazed Cornish Hens  
Wild Rice  
Mashed Potatoes  
Brown Gravy  
Corn O'Brien  
Buttered Broccoli  
Sweet Potato Pie



Singing Guardsman**Price releases new album**

This summer while the 192d Civil Engineering Squadron was deployed to Canada, MSgt Doug Price may have been far from home, but his music as always was close at hand.

Price was very busy with all the things a first sergeant does when his unit is on deployment to the Canadian Air Force National Defense base near Trenton, Ontario. But one evening after hours Price was invited to take part in a singing contest, he couldn't refuse and he came away with first place. This created media interest from a local radio station, CJTN in Trenton, that promptly interview Price and wound up playing music from all three of his albums.

Price has released his third album "Doug Price—The Singing Guardsman," in which he thanks all his loyal fans and friends in the Air National Guard. The album is a combination of country, blues and jazz, and includes more backup band sound with steel guitar, banjo, saxophone and harmonica overtures. The album features remakes of popular songs such as "Rainy Night In Georgia," and "Margaritaville," traditional numbers such as "Amazing Grace," and his latest new single "Liberated Woman." And he has several new songs in the works for an upcoming fourth album.

Price currently enjoys air time on WXGI out of Richmond. He, and wife, Diane, have a mobile karaoke show, and he performs regularly at charity and benefit shows. In the last year, he has performed in Alabama, Nashville, Tenn., and several places along the East Coast.

When fans ask Price why he waited until his late forties to start his music career, Price smiles and says he wanted to raise his family before



***MSgt Doug Price, 192d Civil Engineering Sqdn first sergeant, poses for the camera with his guitar. Price has recently released his third album "Doug Price--The Singing Guardsman." (Photo by TSgt Carlos Claudio)***

pursuing his dreams. "With more than three years into music now, I'm more energetic, enthusiastic and excited about the future than ever," Price explained "I've learned what makes me happy. I get a tremendous sense of satisfaction when I come out of the studio with a fully-produced song."

## WELCOME ABOARD! October Accessions

SrA Julie Ratvasky, 192d Med Sq  
 SrA Florence Dosh, Student Flt  
 MSgt George Knowlton, 192d Comm Flt  
 SrA Paul A. Rasmussen, 192d Maint Sq  
 SSgt Gale R. Mitchell,  
 SrA Barry A. Ivey, 192d Maint Sq  
 A1C Christopher Harris, 192d Maint Sq  
 A1C Mathew E. Kidd, 203d RH Flt  
 SSgt. Michael A. Chavis, 203d RH Flt  
 SrA Daniel P. Carroll, 203d RH Flt  
 SSgt Joseph N. Reid, 203d RH Flt  
 TSgt Anthony S. Curling, 203d RH Flt  
 SrA William L. Graham, 203d RH Flt

## CONGRATULATIONS October Promotions

SMSgt Donald M. Davis, 203d RH  
 MSgt Robert A. Roza Jr, 192d MS Flt  
 TSgt Clifford B. Hixson, 192d Maint  
 TSgt Robert R. Keeton, 192d OPS SPT Flt  
 TSgt Sherry C. Lee, 192d Maint  
 TSgt Toni Vanderspiegel, 149th FSq  
 SSgt Christie A. Jenkins, 192d MS Flt  
 SSgt Steven W. Sadler, 192d Comm Flt  
 SrA Ann M. Bey, 192d Log Sq  
 SrA Christopher Thomas, 192d Maint

### \$2,500 interest-free

## TROA offers undergrad student loans

Eight hundred students will receive \$2,500 interest-free loans from the Retired Officers Association's educational assistance program during the 1996-97 school year, TROA announced Oct. 20.

The loans will be awarded annually for up to five years of undergraduate study to unmarried students, under 24, who are dependent children of active, reserve, and retired service members and their surviving spouses.

Since undergraduate students can obtain up to \$12,500 of interest-free support for five years and loan repayment is after graduation, competition for the loans is expected to be keen, according to TROA. Students are selected for their scholastic ability, participation in extracurricular and community activities, as well as financial need.

TROA's educational assistance program includes children of active duty, reserve, National Guard and retired officers; warrant officers and enlisted members of the Air Force, Army, Navy, Marine Corps, Coast Guard, Public Health Service, and National Oceanic and Atmospheric Administration.

Applications for the 1996-97 school year are available as of Nov. 1 and should be requested by Feb. 15. Completed applications must be postmarked no later than March 1.

For applications and more information, write to TROA Educational Assistance Program Administrator (09D), 201 N. Washington St., Alexandria, VA 22314-2539; call 1-800-245-TROA(8762)ext. 169; or send an e-mail message to SCHOL@TROA.ORG. (Air Force News Service)

Dear Reader,

Here is a copy of the 192d Fighter Wing's official drill weekend schedule for calendar year 1996. Please pull this order for your use or to give to your civilian employer. Thank You.

-- The Vanguard

**VIRGINIA AIR NATIONAL GUARD  
192d Fighter Wing (ACC)  
50 Falcon Road, Suite 1  
Sandston, Virginia 23150-2524**

Special Order

MX - 1

20 Oct 95

1. The following is the Unit Training assembly for the 192 Fighter Wing, Virginia Air National Guard, for the period of 1 January 1996 through 31 December 1996. All members of the 192 Fighter Wing, VAANG, are hereby ordered to attend all unit training assemblies as shown below:

06-07 January 1996	13-14 July 1996
03-04 February 1996	10-11 August 1996
09-10 March 1996	14-15 September 1996
30-31 March 1996	05-06 October 1996
18-19 May 1996	02-03 November 1996
08-09 June 1996	07-08 December 1996

2. AM assemblies will be 0800-1200 (Sat), 0700-1100 (Sun) and PM assemblies will be 1300-1700 (Sat), 1200-1600 (Sun).

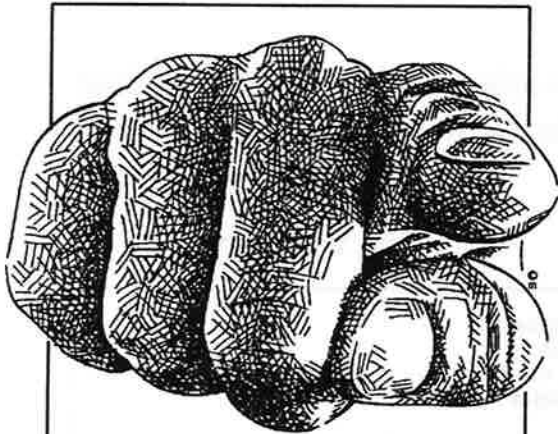
3. Excused absences from UTAs must be for a reasonable cause and must be arranged in advance by the individual and his/her supervisor. To be excused, an absence must be made up through equivalent training (EQT). EQTs with pay must be performed within 30 days of the missed UTA and within the same fiscal year. EQTs without pay (retirement points only) can be performed any time during the member's anniversary year. Only four (4) EQTs with pay are permitted each fiscal year.

4. Commanders may utilize rescheduled Unit Training Assemblies (RUTAs) to achieve training objectives using maximum availability of equipment and fulltime personnel resources that cannot be achieved during UTAs and SUTAs. RUTAs must be approved and documented in advance of the missed UTA.

Distribution  
1 HQS ANG-OG  
1 Ea Member  
VAAG

By Order of the Governor

  
William C. Jones, Jr., Col, VAANG  
Commander



**YES, I'M TALKING TO YOU!**

***If you're going to drink over the holidays, make sure you've got a designated driver. Arrive alive!***

**Vanguard**

**December 1995**

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