



VANGUARD

192d Fighter Wing

Virginia Air National Guard - Richmond IAP - Sandston, VA

Deployment progresses smoothly

Long work hours and good flying weather greeted members of the 192d FW as they touched down in Aviano AB, Italy, on May 28.

As of June 12, the unit had successfully flown 100 percent of its mission sorties, and 51 out of 54 scheduled flights, according to CMSgt Ed Brown, (192d CES) acting deployment First Sergeant. The unit is flying in support of Operation Decisive Endeavor--helping to maintain the ongoing peace accords in Bosnia.

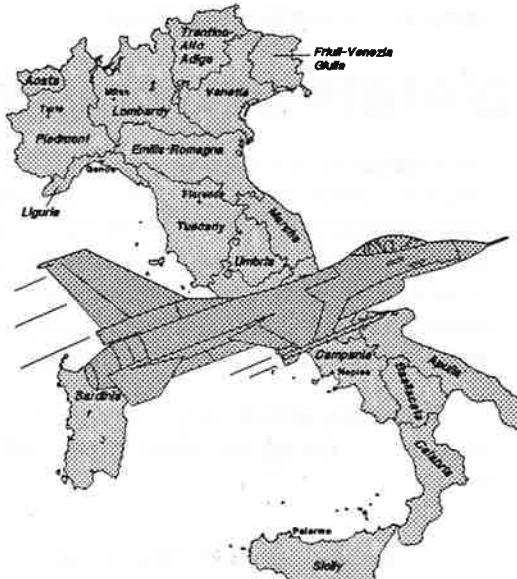
"The pace has been hectic, but everything

is progressing smoothly," he said during a June 13 telephone interview. "Everyone is doing fine and we're settling into a routine. Morale is good, but our troops have been working very long days," he added. During the first 28-day rotation, unit members will have only four days off. Brown said mail coming to 192d members has been taking about six days, and adds that it has been greatly appreciated.

The first rotation returned on June 23. The second rotation of unit members is currently in Aviano and due to return July 17.

The unit deployed five reconnaissance-capable F-16s and nearly 100 people to support Decisive Endeavor. This is the unit's first real-world mission using its new recce capabilities. In addition to carrying the centerline recce pod, the F-16s will also be carrying defensive air-to-air and air-to-ground munitions. "This deployment demonstrates the flexibility of the F-16," said 192d FW Commander Col Bill Jones, before he left for Aviano at the end of May.

The recce pods have become a high visibility project. "Our people worked very hard to make this project succeed. I'm proud of everyone in this unit. They should be proud of themselves for accomplishing so much. In a little more than 18 months, they brought a new mission on line," Jones said.



AFCS emphasizes accountability

by Gen. Ronald R. Fogleman
Air Force Chief of Staff

Lately, there's been a lot of discussion about the renewed emphasis on standards and accountability within our Air Force, to include the concern that we're fast becoming a one-mistake Air Force.

I want to help set the record straight on these issues by providing you my perspective on what we expect of Air Force people.

It's imperative that Air Force commanders and supervisors ensure their troops understand the requirements of our military profession—and measure up to them. Together, we must insist on disciplined and principled behavior by our troops. When an individual fails to meet the higher standards expected of military professionals, then we must hold him or her accountable, and document the offense in their records.

The vast majority of Air Force people are

dedicated professionals who strive to live up to our service's core values. They understand that integrity is essential in a military organization where we count on fellow members to do their part, and that honesty is the glue that binds the members of an outfit into a cohesive team.

Air Force professionals in our service strive to excel in all that they do. They understand that our responsibility for America's security carries with it the moral imperative to seek excellence in all our military activities. I will tell you that those individuals who strive to do it right; who seek to be dedicated Air Force professionals—day in and day out—need not be concerned about a "one-mistake Air Force," because it doesn't exist for them.

On the other hand, when an individual exhibits personal negligence, misbehavior or disobedience, that is not a mistake—it's a crime. For such an individual, our service may well become a "one-offense Air Force."

AF leaders won't tolerate extremists

Air Force leaders declare zero tolerance for extremist groups

Air Force policy is "clear, simple and direct" on extremist group activity, said Air Force Secretary Sheila E. Widnall.

Recent statements by Widnall, Air Force chief of Staff Gen. Ronald R. Fogleman and CMSgt of the Air Force David J. Campanale emphasized the Air Force's "zero tolerance" policy on extremist and hate group activity.

"Active participation in such extremist groups is totally unacceptable and will result in

administrative or disciplinary actions," Widnall said in a recent statement. Department of Defense policy prohibits servicemembers from actively participating in extremist group activity, which includes publicly demonstrating or rallying, fund raising, recruiting and training members, or organizing or leading such organizations.

DoD policy also strongly discourages military people from joining extremist groups, officials said.

by MSgt Merie Schilter Lowe
Air Force News Service

Seeking all former/retired members!**VaANG plans 50th anniversary**

The Virginia Air National Guard will celebrate its 50th anniversary with a celebration/reunion, Oct. 10-11, 1997.

To make the event a success, the VaANG is seeking out all retired and former members interested in participating in the festivities. All retired and former members who would like to be put on the reunion mailing list, should call TSgt Beth Martin at (804)236-6014, or write to her attention at the VaANG State Headquarters, Sandston, VA 23150.

Event planning officials ask that if you know a former or retired member of any VaANG unit, to please pass this information on to them. The planning committee is also looking for individuals who served in the VaANG when it was activated in 1947, the first pilot to fly each type of aircraft

flown in the VaANG, the first crew chief assigned to each type of aircraft assigned to the VaANG, the first individuals (male, female, minorities) promoted to E-7, E-8, and E-9, and the earliest enlisted members of the 200th Weather Squadron and the 203d Red Horse Civil Engineering Flight

Activities being planned for next year's celebration include a formal dinner, an open house, and an informal dance. The celebration is being hosted by current members of the Va ANG.

More information about this event will be available in the coming months. Mark these dates on your calendar, and plan on joining the celebration as the VaANG celebrates 50 years of pride, professionalism, dedication and service.

*Happy
Fourth of July!*

July 4, 1996



Am-Ex starts reporting bad accounts

On April 8, American Express began exercising its contractual option to report government cardholders who were canceled for delinquency, to the national credit reporting bureaus.

The cardholder accounts that are being reported are those accounts which are at least 120 days delinquent, have been canceled, and have balances greater than \$100.



All cardholders that currently meet the criteria listed above will receive a letter advising them that their account will be reported to the national credit bureaus. American Express will give cardholders a 45-day period to pay the past due balance prior to reporting to the national credit bureaus.

Program coordinators can notify American Express within 10 working days of report

transmission of any cardholder(s) who may have extenuating circumstances or warrant removal from suspension or cancellation reports. Officials strongly urge people with delinquent accounts, to get them paid up to avoid both military and civilian punishment and a permanent mark on your credit rating.

Am-Ex now offers toll-free information hotline

Air Force people participating in the American Express government card program can now receive information and assistance through the government cardholder assistance center.

The assistance center provides a toll-free number that cardholders can use for emergencies, information, and assistance with a variety of card-related situations, whether on the road during an official trip or back at home.

To reach the center in Phoenix, Ariz., dial 1-800-492-4922. If you need assistance while overseas, place the call collect to 602-492-4922. (AFNS)

IMPAC card users must follow guidelines

Base contracting officials have determined that some IMPAC card users are not following the official guidance governing use of the card.

The IMPAC (office) credit card can only be used to purchase mission essential items that cannot be supplied by a mandatory source listed in the manual. Just because an item isn't in stock, doesn't mean the card can be used to purchase one downtown, according to contracting officials.

All IMPAC cardholders must stop by

Contracting and pick up an IMPAC purchase catalog, if they have not already done so.

Cardholders must also fill out a monthly control log, maintain a file copy, and send it to the Chief of Supply representative in the Stock Control section of Base Supply. In May, an Air Force auditor from Langley AFB began conducting audits on VaANG monthly control logs and AF Forms 616. Any card users not in compliance with card-use guidelines will have their IMPAC card privileges revoked, and could be subject to penalties under the federal law.

Deployed members eligible

New Armed Forces Service Medal

The Secretary of Defense has approved a new award called the Armed Forces Service Medal. It is awarded to members of the U.S. armed forces who, after June 1, 1992, participated in any military operation relating to the former Republic of Yugoslavia (out of Aviano, Ancona, or Brindisi, Italy; Hungary; or the waters and air space above the Adriatic Sea north of forty degrees north latitude).

To be eligible you must have participated as a "deployed unit" for 1 or more days, or 30 consecutive days providing individual support, in the specific areas of eligibility.

Some members of the 192d FW deployed to Aviano AB, Italy, will be eligible for this new ribbon or medal. The Military Personnel Flight is currently processing documentation for all deployed members. Due to the recent authorization for this award, update of members'

records will not be possible until sometime in November 1996. The ribbon may be purchased through active-duty military clothing sales stores.

More than 400 visit base

192d FW shows base to local youth

Last year LtCol Gary Wood, 192d Logistics Squadron commander, was contacted by Richmond's E.G. Reid Elementary School, asking about a base tour for their kindergarten and 5th grade classes.

The tour was arranged and was considered a success, so successful that the school requested another tour this year.

This year's tour took place early in May. In addition to E.G. Reid youth, Mechanicsville Elementary kindergarten, Gloucester High School Naval ROTC, and Greater Mt. Miriah Baptist

Church students also took part in the base tour. All total, nearly 400 children, parents and teachers visited various base facilities.

The tour included a pilot briefing by Col. Robert Seifert, Operations Group commander; life support and survival methods demonstrated by MSgt Bobby Mantlo; an F-16 static display; and a visit to the Fire Department. Tour guides included Wood, Capt James Parker, and TSgt Lloyd Meredith.

by TSgt J.K. Wade
192d Public Affairs Office

News you can use:

AAFES now accepts Am-Ex cards

American Express cards are now accepted at Army and Air Force Exchange Service stores worldwide. AAFES will accept government American Express cards, issued for use during official temporary duty, for a limited range of merchandise and services.

One example is gasoline authorized on temporary duty orders. American Express, which monitors the contract the card company has with government agencies, must approve any purchase that exceeds the authorized level for a government card. The stores also accept Discover, Visa and MasterCard.

CW training now requires gas mask

Effective during the July drill weekend, anyone taking chemical warfare training must bring his or her gas mask, or they not be allowed to take the training.

Chemical warfare training officials said that anyone arriving for the refresher or initial training without their gas mask will be asked to return to their unit to retrieve it before being allowed in the class. According to 192d Readiness NCO MSgt Rick Conner, the only exceptions to this policy are people who are not on mobility.

Chemical warfare refresher and initial training both include sessions on proper wear and inspection of the MCU2A/P gas mask. Therefore, it is beneficial for people to bring

their mask to the training sessions, Conner said.

For more information, contact Conner at ext. 6386.

AAFES increases returned check fee

After processing more than 400,000 insufficient fund checks during 1995, the Army and Air Force Exchange Service has increased its administrative fee on dishonored checks, from \$20 to \$25.

The \$5 per check increase went into effect April 1. AAFES held the line on the dishonored check fee since 1992, even though the number of returned checks and the cost of processing them increased. The increased processing fee will cover administrative costs associated with returned checks and help protect AAFES contributions to the services' morale, welfare and recreation programs.

Clinic gives July shot schedule



During the July UTA, the Clinic will be giving immunizations on Saturday from 8:30–11:30 a.m. Yellow Fever shots will be available only from 8:30–9:30 a.m. Saturday.

Shots will also be available at Base Ops on Sunday from 2–3 p.m. Contact the Clinic at ext. 6553 for more information.

Don't get left behind**PME vital for officer promotions**

With the implementation of the Reserve Officer Personnel Management Act (ROPMA) in October, officers considered for mandatory promotion will meet a board using "best qualified" criteria.

This is a distinct change from the previous system of "fully qualified" under the existing ROPA process. Fully qualified meant that if you met minimum standards you were considered promotable by the board. The promotion board had no specific quota and so was theoretically able to promote 100 percent of those considered. Although the board rarely promoted 100 percent, they were nevertheless unconstrained by a numerical limit.

As a consequence, some officers were promoted who had not completed their professional military education. Their overall

record, the fully qualified criteria, and the lack of competition compensated for this shortcoming. A paradigm shift is on its way.

Under ROPMA, promotion boards will be given quotas, driven by the needs of the service, on how many prospects they will be permitted to promote. They will use a "best qualified" system. Officers must compete with their peers for the limited number of promotion opportunities in this scenario. A "cut line" will be determined and the best qualified candidates will be promoted. Candidates below the cut line will not be promoted.

In this more competitive environment, PME will become critically important in an officer's ability to compete with his or her peers. (Information from the February 1996 NGB/MP Newsletter)

Squadron Officer School schedule now available

Now is the time for 192d FW captains to consider making application for Squadron Officer School (SOS). This is a military school geared toward improving professional competency and developing a dedication to the professional arms.

There are 5 seven-week resident classes and one correspondence/residence combination class scheduled during fiscal year 97. The Air National Guard has 12 slots available for the following classes.

Residence Classes:

Oct 28, 1996 – Dec 13, 1996
 Jan 6, 1997 – Feb 21, 1997
 Mar 10, 1997 – Apr 25, 1997
 May 12, 1997 – Jun 27, 1997
 Aug 25, 1997 – Oct 10, 1997

Total Force Class:

Jul 14, 1997 – Aug 9, 1997

Captains with less than 11 years total federal commissioned service (TFCS) are eligible to apply. Class date preference will be issued on a first-come, first-served basis. Applications must include the officer PME applications form, a letter of intent stating reasons for attendance and class dates in order of preference, endorsements from the Wing Commander and the Adjutant General (TAG), and a current report on individual personnel (RIP). The base training office will review completed package and forward to TAG.

Application packages must arrive at the 192d FW base training office by July 16, 1996.

Hazards of heat stress

Don't let summer ruin your health

A hard job, a hot day and high humidity—it all adds up to heat stress. And too much heat stress leads to heat illness, the body's way of saying it can't take the heat. There are three kinds of heat illness—heatstroke, heat exhaustion and heat cramps. They can occur separately or in combination.

Heat cramps are painful muscle spasms—usually affecting the arms, legs or abdomen. Heat cramps strike those who sweat profusely and drink a lot of water, but fail to replace body salts lost through sweating. Low salt content in the muscles can cause painful cramps during or after work hours.

To treat someone with heat cramps, press your hands firmly on the cramped muscles or gently massage the muscle to relieve the spasm. If the victim has no other medical conditions (such as high blood pressure), you may give the victim half a glass of salt water or an electrolyte-replacement drink. Seek prompt medical attention to make sure treatment is adequate and that the diagnosis is correct.

Heat exhaustion develops when the body loses more fluid through sweating than it is taking in. A victim of heat exhaustion sweats profusely but becomes extremely weak or giddy. In more serious cases, the victim may vomit or faint. The skin becomes clammy and the complexion pale, but body temperature stays fairly normal.

To treat someone with heat exhaustion, have them sip water for about an hour. The victim should stay in a reclining position. Loosen the victim's clothing and raise his or her feet 8 to 12 inches. Apply cool, wet cloths to the victim,

and gently fan him or her. If vomiting occurs, take the person to a hospital immediately. Seek prompt medical attention to ensure the victim's safe recovery.

There are three kinds of heat illness—heatstroke, heat exhaustion and heat cramps. They can occur separately or in combination.

Heatstroke (also known as sunstroke) is the most serious and life threatening. Heatstroke occurs when the body's heat-regulating system breaks down under stress, and sweating stops. There may be little warning, and unless the victim receives quick treatment, death can occur. A heatstroke victim usually has red or spotted skin and a body temperature that reaches 105 degrees F or higher. The victim may suffer from confusion, convulsions or delirium before losing consciousness.

If you see someone collapse from apparent heatstroke, call an ambulance immediately and move the victim to a cool place. Then thoroughly soak the person's clothing with cool water and fan his or her body vigorously. Or place the person in a tub of cool water (don't add ice). When the victim's temperature has dropped, dry him or her off. If his or her body temperature rises again, repeat the cooling process. Insist the person receive immediate medical attention.

Information courtesy of 192d Bioenvironmental Engineering and Wing Safety

Stay cool with these heat safety tips

The best way to fight heat illness is to prevent it. Here are some tips to help you through hot times on the job:

√ On your first day in a hot environment, expect to do only half the work you would ordinarily do. Each day, increase your workload until you are able to operate at full capacity.

√ Stay in good physical shape, and take regular rest breaks while doing heavy, hot work. Don't let yourself get overly tired or hot.

√ Drink lots of water. Your body sweats to cool itself, and sweating results in water loss. The only way to replace the water is to drink more of it. Drink at least eight ounces of water every 20-30 minutes while working in a hot

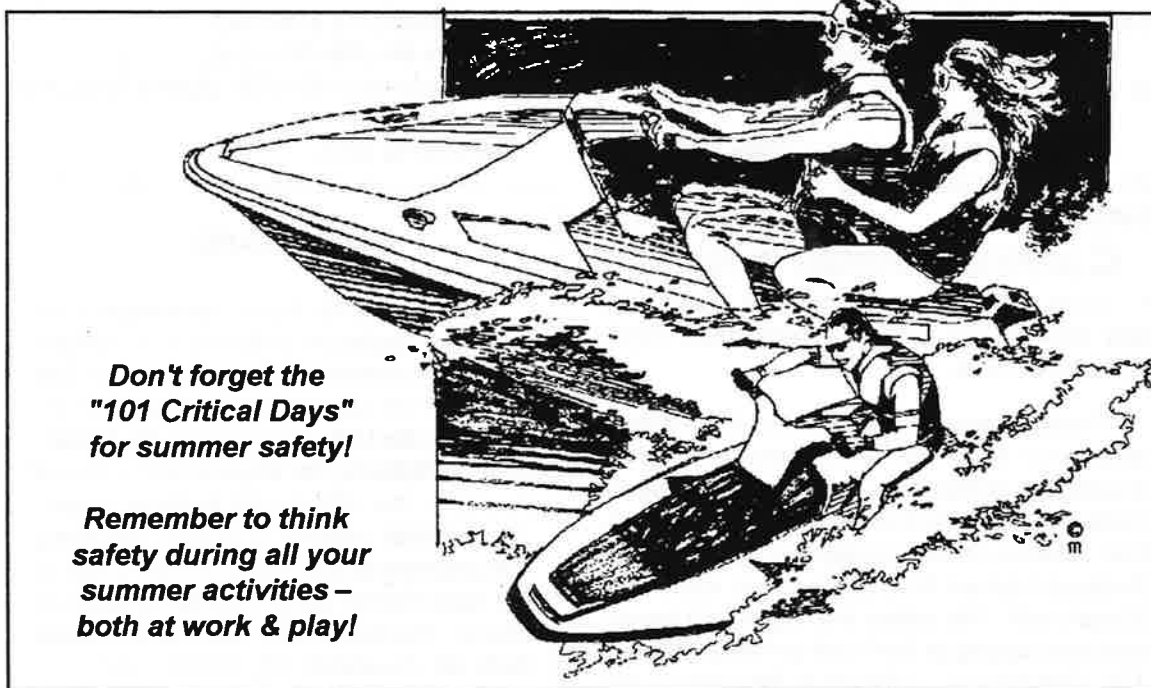
environment. Don't rely on your sense of thirst; it lags behind your body's fluid needs. Consult with a doctor to determine if you should use an electrolyte-replacement drink.

√ Avoid alcohol, coffee, and carbonated drinks that can dehydrate you—and bring on cramps.

√ Wear personal protective equipment when working in a hot environment.

√ Regular work clothes should be of lightweight, breathable material, that you can move about in comfortably.

Information courtesy of 192d Bioenvironmental Engineering and Wing Safety



**Don't forget the
"101 Critical Days"
for summer safety!**

**Remember to think
safety during all your
summer activities –
both at work & play!**



On the menu...

<p>Saturday July 13</p> <p>Cheese/Hamburger Hot Dog w/Chili Cheese Pizza Corn Dog Corn-on-the-Cob French Fried Potatoes</p>	<p>Sunday July 14</p> <p>Roast Turkey w/gravy Baked Pork Chops Bread Dressing Mashed Potatoes Buttered Green Beans Salad Bar & Dessert</p>
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Schedule of upcoming UTAs, events

Unit Training Assembly Schedule of Events
Through December 1996:

15 Jun 96 (192d Medical Squadron deploys
to Japan)

13-14 Jul 96 UTA;

10-11 Aug 96 UTA (8-14 Aug/9th AFQAFA;

25-31 Aug/Exercise-Silver Flag, CE FD DP
SVCS);

Contract hotel policy

Over staying at local contract hotels will start costing you money, advise 192d Base Services officials.

The base services office has received several complaints from the unit's contract hotels, concerning guests occupying rooms beyond checkout times. Anyone not checking out of the Best Western or the Holiday Inn by the posted checkout time will be charged for an extra day, officials said. This policy also applies to family members staying at the hotel on the last day of UTA. Checkout is 12 (noon) at the Holiday Inn and 11 a.m. at the Best Western.

14-15 Sep 96 UTA(CE Bivouac/Major
Accident Response Exercise);

5-6 Oct 96 UTA (Mobility);

2-3 November 96 UTA (Attack Response
Exercise);

7-8 Dec 96 UTA.

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Braves' Guard night at the Diamond

It's that time of the year again--when 192d FW members, friends and family gather together on "Air National Guard Night" at the Diamond to watch one of America's favorite sports--BASEBALL.

On Saturday, Aug. 10 (UTA) at 7 p.m., the Braves will face off against the Charlotte Knights. Prior to the game, Club 149 will be hosting a "Hot Dog and Apple Pie Night." Stop by the club on your way to the game for some good food and fun. The club will also be selling three different colored shirts --red, white, and blue--with "VaNG" printed on the shirt. Money from shirt purchases will go into the Club 2000 fund. For information on the T-shirts, call Roy Phaup at ext. 6450 or Shirley Cooper at ext. 6428.

On this particular night at the Diamond, there will be two specials going on. It will be Budweiser/XL102 cap night, and "Sport" will be there to entertain the crowd. The first 4,000 adults to arrive at the game will receive a Richmond Braves Logo baseball cap.

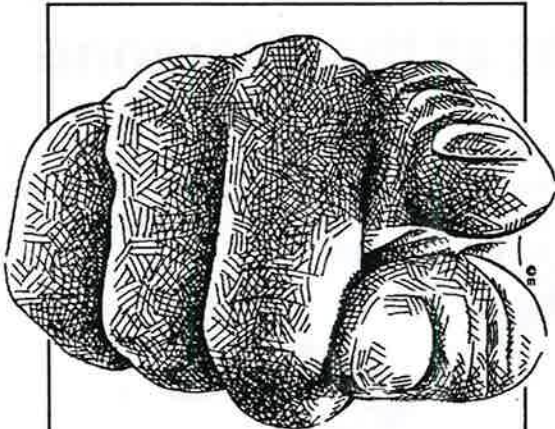
The cost to attend the game is \$3 for adults and \$1.50 for youth and seniors. For reservations call the Logistics Squadron Orderly Room at ext. 6449, or LtCol Gary Wood at 236-

6466 as soon as possible, but no later than 7 Aug. Last year, more than 250 Air Guard members, family and friends attended the night out at the ball game.



**Guard
T-shirts
ready soon**

Go to the Diamond and show your support for the 192d Fighter Wing on "Air National Guard Night" by ordering and wearing your very own Air Guard shirt. The shirts come in two different styles and three different colors. You may choose from a two-button-down shirt costing \$13 for adult sizes and \$12 for children's sizes, or T-shirts priced at \$10 regardless of size. The shirts come in solid colors: red, white, and blue. Order your shirts now and they will be ready before the August UTA. To order shirts, or for more information, contact TSgt Shirley Cooper in Operations, rm. #5.



YES, I'M TALKING TO YOU!

Your vehicle must display a valid military decal for you to drive it onto the base. If not, you must park in the visitor's lot.



Vanguard

July 1996

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