

VANGUARD

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Wing nears mission readiness with TARS pod

The 192d Fighter Wing is nearing mission capable status with the Air Force's new Theater Airborne Reconnaissance System (TARS), according to Maj Craig Campbell, TARS project officer.

TARS replaces an earlier digital camera-pod system that the 192d tested and brought to mission-capable

status in 1996. While performing the same mission as the old system, the TARS package is significantly different and gives the Air Force improved capabilities and reconnaissance imagery.

The 192d Fighter Wing is the lead unit with the new system. The Wing has a TARS package of 4 pods. Several of the Wing's F-16C jets have

been modified to handle the removable reconnaissance pod. The 192d is currently the only Air Force unit with manned, tactical reconnaissance capabilities.

Four other Air National Guard F-16 units are scheduled to receive the new system. Pilots and maintenance personnel from the 127th Fighter Wing, Selfridge, Michigan, is currently receiving training from 192d personnel as they prepare for the new system. In addition, the Air National Guard F-16 units in Terre Haute, Ind., and Sioux City, Iowa, and the 113th Fighter Wing, Andrews AFB, Washington, D.C. will also be adding TARS to their mission capabilities.

Construction began about two months ago to expand the Avionics shop in order to accommodate the maintenance demands of the new TARS system. The Avionics building is being expanded by 1,900 square feet.

MSgt Keith Joyce, supervisor of the Avionics shop, also indicated that this new addition would give them ample space to perform the necessary maintenance on this new equipment. Two new technician slots are scheduled to be added to support the new Recce system. Assistant Base Engineer 1stLt Jackie Minter, project manager, said construction should be completed by the end of September. The architect/engineer assigned to this project is PM Associates and the contractor is Satellite Services, Inc. The construction cost for the addition is projected at \$292,000.

by TSgt Jerome Wade, Chapel staff



VaANG Family Day Aug. 14

**Fun & games for kids,
Picnic Lunch,
Recognition Ceremony,
Guard Night at the
Diamond.**

**See page 5 for more
information!**

Commander's Call

Start preparing now for UCI

Try your skill at this analogy: Final exams are to college students as ? are to the military. If you guessed inspections, you're right.

Inspections, like final exams, are one of those unpleasant but necessary tools used to test our ability to perform specific tasks. No one I know enjoys preparing for a final exam. The same is true for preparing for an inspection. It's hard work and quite honestly, it's not all that much fun! But one thing is certain, final exams in college and inspections in the military are critical for success. If we do poorly on final exams in college, we may not graduate. If we do poorly on military inspections, our unit combat status may be adversely affected.

A unit that is "C-1" is combat ready -- meaning the unit is fully resourced, trained and capable of performing its mission. Units rated less than C-1 are not fully capable of performing their mission. It is imperative that our unit always be at peak levels of combat capability. Our unit's survival in war depends on it. Our unit's survival in peace depends on it, too!

The USAF has two major inspections which measure a unit's ability to perform its mission. One is an Operational Readiness Inspection (ORI) which, as the title suggests, measures our ability to perform the operational aspect of the mission. Can we mobilize and transport people and equipment to the war? Can we generate sufficient numbers of effective combat sorties to win the war? Do we have the ability to survive and operate in a hostile environment?

The second type of inspection, which is very unlike the ORI, is a Unit Compliance Inspection (UCI) which, as the title suggests, looks at compliance with Air Force instructions, directives and requirements. In

simple terms, it is a paperwork inspection. Anecdotal accounts of what you have accomplished are not enough. The inspector will want to see documented evidence. It makes you wonder if all compliance inspectors are from Missouri because they simply say, "Show me the documentation."

To quote an inspector, "This is not a kinder and gentler inspection! We're going to come in and get into your paperwork and tell you that your baby is ugly."

I have appointed Maj Bobby Sanford as the UCI project officer. His job will be to educate the base on specific requirements and guide us through the ACC Compliance and Standardization Requirements List (C&SRL). He has my full support. I emphasize that Major Sanford is only required to make you aware of the requirements; it will be up to each individual to perform the tasks necessary to comply with the requirements. The UCI Review Checklist on page 5 should be a helpful guide.

Our UCI inspection is scheduled for October 2000. The countdown is on -- less than 15 drills (30 days) away. Start working now, because waiting until the last minute is a sure formula for disaster. We are required to show that our programs are maintained over time. Inspectors have a keen eye for "wet ink."

The 192d is full of talented, dedicated, hardworking people who do a great job on drill weekends and during the week. We have many outstanding programs, teams and members -- let's make sure it's all documented!



Col. Stephen R. Hicks

VANGUARD

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Falcon Road, Suite 30, Sandston, VA 23150-2524. Write the PA office or call (804)236-6388 to submit material for publication.

The Vanguard is printed monthly and the deadline for submitting stories and photos is Sunday noon of the drill weekend of the month before you would like to see the item in print. Check out the electronic Vanguard on the base Intranet Web page and visit the VaANG on its public Web Site at www.va.ang.af.mil.



Base plans fun run, banquet, dance to celebrate ANG Year of the Enlisted Force

With 1999 designated as the "Year of the Enlisted Force," plans are underway at the 192d Fighter Wing to celebrate on Saturday, Oct. 16 with a fun-filled day complete with a 5K run, banquet and dance.

According to 192d FW First Sergeant, MSgt Suzanne Dates who is on the Year of the Enlisted Banquet committee, the day's activities are designed to emphasize fun and involvement from the enlisted troops, of all ages and ranks. "We are trying to keep the events inexpensive and something everyone wants to get involved in," Dates said.

The day's events will kick off Saturday morning with a 5K Fun Run to be held on base. According to MSgt Rob Thomas, head of the fun run committee, prizes will be given to the winners in several categories and T-shirts will be awarded to everyone who participates. Refreshments will be available afterwards. "We're looking for volunteers to help with the run," Thomas said. "We really need spotters the day of the event." For more information or to volunteer for the run, contact Sergeant Thomas at ext. 6323, SMSgt Lisa

Hernandez at Wing Safety ext. 6421, or TSgt Ed Kelleher, Wing Historian ext. 6846.

A semi-formal banquet and dance for Guard members and their spouses

(or significant other) will top off the day's (uniform wear is optional, but encouraged). The event will be held at the Fort Lee Officer's Club, beginning with a social hour from 6-7 p.m. The buffet dinner will start at 7 p.m. A dance featuring entertainment by disc jockey, Maj Freddy Baylor Jr., will follow immediately after dinner. SMSgt Ed Smith will be master of ceremonies for the event.

Tickets for the banquet/dance are \$15 per person and can be purchased through your unit orderly room or first sergeant. Transportation to and from the 192d to Fort Lee will be available for those who need a ride.

Specially decorated items to commemorate the Year of the Enlisted Force can be purchased through TSgt Mark Sturman, Security Forces Sq, ext. 6825. Gym bags, fanny packs, T-shirts, sweatpants and sweatshirts are available in a variety of colors and feature the Year of the Enlisted logo.

The YOTEF committee meets every UTA Sunday at 2:30 p.m. in the State Headquarters building conference room. Anyone interested in helping on any of the committees is welcome to attend. Anyone with questions about the event may contact their first sergeant for more information.

by SrA Ann Martin, 192d FW Public Affairs



The legacy of Col. John Shurley

Local Y commemorates citizen-soldier

Fighter pilot, veteran of 214 combat missions over Vietnam, Air Guard fighter squadron commander, deputy group commander for support. These are matters of record, the military side of the late Col. John R. Shurley III, citizen-soldier.

What some members of Virginia Air National Guard never had the chance to see was the "citizen" side of Colonel Shurley. John Shurley died last September after a terminal fight with cancer. But members of the Chickahominy Family YMCA made sure he will not be forgotten. On June 13, after the end of the Virginia Air Guard's Sunday drill, the Chickahominy Y unveiled a memorial plaque in Colonel Shurley's honor at the entrance to the Y. As one speaker at the ceremony put it, the site chosen for the outdoor plaque was "under the flag he revered so dearly."

"He is touching and will continue to touch the lives of so many people," said Gene Rowe, first chairman of the Chickahominy Y's Board of Management. Rowe related how by the 1980s the growth of Henrico County east of the airport had underscored the need

for a YMCA branch to serve the area. He approached the East Henrico Exchange Club, of which Colonel Shurley was a longtime member, and made his pitch for help. Rowe figured buying the land and getting the project started would cost tens of thousands of dollars.

After the meeting, Colonel Shurley went up to Rowe and said that the Exchange Club was very interested in the project and wanted to take on the burden of raising the entire amount. Rowe said he thought that

would be far too much for one club to undertake, and they agreed on a lower goal for the Exchange Club.

It was that sort of enthusiasm and his role in the "monumental task of building this Y," that drove the YMCA leadership to erect the plaque in Colonel Shurley's memory, Rowe said.

In addition to Rowe, speakers included Billy George, the first executive director of the Chickahominy Y; Chris Ayers, the Y's

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In this 1987 photo, (then) LtCol John Shurley prepares for takeoff on his last flight at the controls of an A-7. Photo by 192d Combat Visual Information staff.



Attending the ceremony honoring Col. John Shurley for his part in making the Chickahominy Y a reality were several family members including: (from left) Dwight and Dell (John & Page Shurley's daughter) Shaff; Page Shurley; Colonel Shurley's mother, Jackie Eure; and Jay Shurley, (John & Page Shurley's son). Photo by TSgt Ed Kelleher.

UCI Review Checklist

____ Who is your ACC/IG?

____ Date of Contact?

There is nothing wrong and everything right with your functional areas calling the inspectors and asking specifically what they are going to use as inspection criteria (but ask early). Guessing is not the way to prepare for a UCI.

____ Who is your NGB counterpart? Date of Contact?

____ Read all of your directives (C&SRLs).

____ Determine which directives are applicable, not applicable, or applicable with modifications.

____ Develop a method of addressing items that need modification, for application to ANG.

Do these include: References, Memorandum of Agreements, Memorandum of Understanding, waivers, exemptions, exclusions, etc.?

____ Update and submit changes to your C&SRL tracking sheet.

____ If you have determined that an item is not applicable to you, have you consulted with other work centers to determine if it might apply somewhere else?

____ Is there any item that you cannot comply with and, if so, do you have a plan to address this?

____ Establish a section in your continuity book for Unit Compliance Inspection (UCI) criteria and compliance.

Where do you stand as far as completion with your C&SRLs?

Use the Operational Risk Management (ORM) process (given below) to perform your review.

ORM Six-Step Process

Step 1: Have you identified all hazards and the resultant risks?

Step 2: Have you assessed the risks involved as to severity and/or probability?

Step 3: Have you considered your options as to controlling the risks?

Step 4: Have you chosen one or more control option?

Step 5: Have you implemented one or more control option?

Step 6: Have you measured the effect of implementation of these control options and compared this against the desired effect?

Base plans activities, food & fun for Family Day, Saturday, Aug. 14

Immediate family members of all VaANG State Headquarters, 192d Fighter Wing and 200th Weather Flight personnel are invited to a base Family Day on Sat., Aug. 14. Activities will start at 11 a.m. and continue throughout the day and into the evening.

Let your unit Orderly Room know, by close of business Sun., July 11, how many of your family members will be attending — so adequate food may be purchased. Free picnic lunch will be served in individual work sections.

Activities include putt-putt golf, face painting, hayrides, and games. Security Forces will have youth activities set up and the Fire Dept. will have equipment on display. An F-16 will be on display and family members will be able to check out the F-16 Simulator in the Operations building.

At 3 p.m. the base will recognize the many people who participated in real-world deployments this year. The ceremony will take place at the VaANG Memorial in front of the 192d FW Headquarters building.

That evening is Guard Night at the Diamond. The ball game starts at 7 p.m. and tickets are \$4 per adult and \$2.50 for children and senior citizens. Call TSgt Shirley Cooper, Ops, (804)236-6428, to buy tickets by Aug. 12.

Local Y commemorates citizen-soldier...

Continued from page 4

current executive director; and Blair Nelsen, current chairman of the YMCA board and a retired VaANG officer. The speakers remembered Colonel Shurley as a man who believed in "strong kids, strong families and a strong community," a man who "dreamed dreams and was willing and able to pay the price to see them through."

In addition to VaANG leaders, others in the crowd of about 100 people included Colonel Shurley's widow, Page; his son, Jay; daughter and son-in-law, Dell and Dwight Shaff; and mother, Jackie Eure. Also present were Richmond residents Paul

and Phyllis Galanti.

Paul Galanti was a Navy pilot who was shot down over North Vietnam and spent seven years as a prisoner of war. His wife was among the leaders of a national movement to keep the American POWs in the public consciousness. One of their projects was a campaign to sell bracelets with the names of POWs. John Shurley not only became active in that campaign but, as a state employee for the Virginia Division of Aeronautics, flew Phyllis Galanti to various speaking engagements throughout the state.

Colonel Shurley's career spanned four decades. He was in the Virginia

Air Guard when it was activated in 1961 for the Berlin crisis. He answered the call for pilots to go on active duty for Vietnam. He returned to the VaANG, flying F-84s, F-105s and A-7D's. He retired in 1993 as deputy commander of support for the 192d Fighter Group.

His contributions to the military will live on in the memories of his fellow Guardsmen. His contributions to the community will be marked for posterity on a plaque under the American flag in front of the Chickahominy Family YMCA.

by TSgt Ed Kelleher
192d FW Historian

Logistics sends up tribute to McLeod

He's one of a kind; he's our patriot! The 192d Logistics Sq honors TSgt McLeod during this, the Year of the Enlisted Force!

McLeod is one of those individuals who stands out, for both his total dedication to the Virginia Air National Guard and for his qualities as a remarkable human being.

Mac joined the unit on March 13, 1976. He has served during countless deployments including Savannah, Norway, Florida, Las Vegas, New Mexico and Dover AFB, Del. In many cases he gets to those destinations behind the wheel of a big rig truck, bringing in

necessary equipment. He heads there ahead of the rest of us and is still bringing equipment home when most of us have unpacked our bags and put our feet up.

Each year he spends nearly two extra months on duty, supporting the Wing's Transportation function. What a record for a traditional Guardsman who also works full-time as a driver for Richfood!

Mac lives in Henrico County with his wife, Patricia. He has two grown children, Marion, III, and Nicole.

It is with great pride that your squadron and the 192d Fighter Wing salute you, Mac!

Quotes for TSgt Mac McLeod:

"I'm not worthy! I want to be like him when I grow up," says TSgt Adrienne Smith.

"Mac is the hardest working man in the squadron — the James Brown of Supply," says SrA John Cole.

"He's always in a good mood — always smiling with a positive attitude," says A1C Karen Kelley.

"He's a go-to guy," says SSgt Gary Embrey.

"He's the man! Willing to give up his personal time for the job," says SSgt Tanya Conrad.

"On deployments it's a good feeling when we land and see Mac already there. He's such a dedicated, dependable and reliable guy," say TSgt Adrian Taylor and SSgt Nestor Bonilla.

"Mac doesn't believe in a clock or a job description.

When asked, 'Can you do it,' he already has it done! A very dependable person," says 1stSgt Vince Harris.

"Always in a good mood, running into Mac is great for morale," say SSgt Derek Kahn and TSgt Joyce Chambliss.

"Mac is an outstanding gentleman," says Chief Donald Bradley.

"He spoils everybody," says SMSgt James Hague.

"You couldn't ask for a better worker, team player or person. He's a superstar and I'm glad he's on our team," says LtCol Jaynie Hodges.

"Mac is the one and only. Mac is the whole ball of wax. Mac is the epitome of Mission Accom-

plishment Completed," says LtCol Gary Wood. "He truly wears a pair of shoes that could never be replaced!"

"He's one of the hardest working and most dedicated Air Guardsmen I've ever known. Totally committed to the mission and to the members of this unit. Service is his hallmark," says Col Steve Hicks, 192d FW commander.

"He is truly a professional with a positive attitude. TSgt McLeod is an asset to the Traffic Management Office. He will perform any task given with enthusiasm," says SSgt Lori Kay.

"Mac McLeod does anything and everything and does them all very well," says LtCol Johnny Haikey.

"Mac the Real Deal McLeod is the most committed, dependable and dedicated member of the VaANG. Always willing to give of himself," says Maj George Holmes.

"Every organization should have a key team member that can always be depended upon to get the job done. Mac McLeod is that person and much more for the 192d FW. I am proud to have worked with Mac over the years," says Maj Garrie Denson.

"Mac always makes me smile from the inside out," says Lt Kathy Kahlson.



Photo of TSgt Marion "Mac" McLeod after recently receiving the Excellence Coin from Deputy Adjutant General for Air BrigGen Terry Maynard (now retired). Photo by MSgt Carlos Claudio.

Virginia Air National Guard Scrapbook

*Highlights & special events of VaANG members,
from the summer, fall and winter of 1998!*



SMSgt Stuart Wemyss, VaANG State Headquarters, and his wife, Wendy, were married Sept. 26, 1998, at Bon Air Christian Church, Bon Air, Va. Standing up for the groom were current, retired and former members of the VaANG: (from left) CMSgt Daniel Hoskins, SMSgt Mike Duke, CMSgt Ray Bassetti, CMSgt Charlie Udriet, CMSgt Omer Pugh, and CMSgt Bobby Mantlo. The "Marching Zorros" looked as sharp as the swords they carried!

LtCol Owen G. "Opie" Dwire, 149th Fighter Sq, took his last F-16 flight June 14, 1998. His military flying hours totaled 3,234.8 hours. Photo by SSgt Mike Martin, 192d Combat Visual Information.



LtCol Cecil E. Modlin, III, VaANG State Headquarters Executive Support Staff Officer (below, left), retired in June 1998 after 33 years of service to the VaANG State Headquarters. He was awarded the Virginia National Guard Legion of Merit for his years of exceptional performance and service to the VaANG and the Commonwealth. Colonel Modlin's entire military career spanned more than 39 years. He was honored during a retirement dinner at the Ft. Lee Officers Club during the June '98 drill. Archive photo by 192d Combat Visual Information staff.



Col William E. "Bill" Haymes, Jr., retired from his position as 192d Fighter Wing Vice Commander on July 11, 1998. He was honored at a reception held during drill. Also attending the reception was his wife, Judy, and his father, BrigGen (ret.) William E. Haymes, Sr., former VaANG Assistant Adjutant General for Air. Colonel Haymes' career spanned 31 years and started in Supply. He flew the F-84, F-105, A-7 and F-16. He was hailed for being an outstanding pilot and for his years of hard work and dedication to the 192d Fighter Wing. The highlight of his career was serving as the 149th Fighter Sq commander, "That's the goal of every fighter pilot--that's where the action is," he said. He enjoyed all the airframes he flew but found the F-16 to be the most impressive and sophisticated. He will always remember the challenging climactic conditions during the Wing's February 1993 deployment to Norway. And he'll always remember receiving his pilot wings--his Mom pinned the same wings on him that she'd pinned on Colonel Haymes' father 25 years before when he'd completed pilot training. Photo by 192d Combat Visual Information staff.



Catherine Desper was promoted to chief master sergeant during the summer of 1998. Here she is congratulated by (then) Col Bill Jones, VaANG State Headquarters Chief of Staff, after receiving her promotion to E-9. (Jones was promoted to BrigGen early in 1999 and accepted the duties of Deputy Adjutant General for Air upon BrigGen Terry Maynard's retirement in May 1999.) Photo by MSgt Carlos Claudio, 192d Combat Visual Information.

MSgt David Doane hung up his firefighting gear for the last time Aug. 15, as he ended a 20-year career with the Air Guard. "Being a member of the 192d Fire Department has been a great experience for me," Doane said. "The Guard provided me with many opportunities over the years that I might not have had otherwise." He attributes landing his job as a firefighter for the City of Richmond to his Guard skills, and he appreciated being able to earn his associate's degree through the Community College of the Air Force. "I will miss the Guard and all the people I've worked with," he added. "I've developed some great friendships over the years and went on some very memorable deployments."

Photo by Combat Visual Information staff.



From left: Lieutenants David Schlagel and Kathy Kahlson, 192d Logistics, and Captains Marlene Henley, 192d Medical Sq, and Eliot Evans, Support Group, ventured to the Pentagon one fine day last summer. They toured the Pentagon and even got to have their picture taken in Secretary of Defense Cohen's office. Here they're sitting at the meeting table in Secretary Cohen's office that is used for signing military mobilization orders and for meetings between the Secretary of Defense, the Deputy Secretary of Defense, the Chairman of the Joint Chiefs of Staff and the Vice Chairman of the Joint Chiefs of Staff.

From left: Second Lieutenants Dennis Bird, Toni Vanderspiegel and Charles Friend are all smiles after graduating from the Air National Guard Academy of Military Science (officer training school) at McGhee-Tyson ANG Base, Tenn. Their 6-week class graduated Nov. 19, 1998. Before commissioning, Bird served in the 192d Aircraft Generation Sq, and Vanderspiegel and Friend were assigned to the 149th Fighter Sq.



At her husband's encouragement, Lt Kathy Kahlson, 192d Logistics Sq, wore her Service Dress Uniform to the Veterans Day ceremony held at the War Memorial in Richmond during November 1998. Governor Jim Gilmore presided over the ceremony. Kahlson had the opportunity to meet Governor Gilmore afterward. As a military veteran, he passed on to Kahlson his deep respect and appreciation for the Virginia Air National Guard. A couple weeks later the Governor's office sent this photo to the lieutenant!

Watch for more scrapbook photos in the coming months!

Stop Loss was lifted effective June 24.

Pistol team takes 4th at national competition

Individuals and teams from 19 states including those from the Virginia Air National Guard, competed at the 68th Chief, National Guard Bureau (CNGB) National Shooting Championships held at Camp J.T. Robinson, North Little Rock, Ark., May 21-23.

Members of the Virginia Air Guard competing at CNGB included the smallbore pistol team of Maj Carl F. Bess, Jr., TSgt Philip N. Thomas, Sr., SSgt Krag-Stevens Cash, and SrA Samuel T. McMinn. The Virginia Air Guard team of Bess, Thomas, Cash and McMinn finished in fourth place in the Smallbore Pistol Team championship with an aggregate score of 9,470.165. In the Individual Smallbore Pistol championship, Sergeant Cash finished in third place with a score of 2,545.077.

The Championships involved more than 109 Army and Air National Guard shooters who had advanced through two qualification phases to make it to the national event, which was coordinated by personnel from the National Guard Marksmanship Training Unit at Camp Robinson.

Approximately 1,529 shooters began Phase One of the CNGB matches with 356 shooters making it to Phase Two. From that number, the top five teams in the six shooting disciplines of combat rifle and pistol, smallbore rifle and pistol, and air rifle and pistol were invited to compete for national honors.

The CNGB drew competitors representing Army and Air National Guard units from Virginia, Arizona, Connecticut, Indiana, Louisiana, Minnesota, Nebraska, Oklahoma, Oregon, South Dakota, Texas, West Virginia, Idaho, Pennsylvania, California, Missouri, Florida, Alaska and Arkansas.

This year marked the second straight year for the CNGB to be held

at Camp Robinson, the home of the Guard marksmanship program. The event had been staged at Bismarck, North Dakota, from 1991-1997. The CNBG competition, one of the premier shooting events in the Army and Air National Guard, had its beginning in 1931.

by SMSgt Bernard E. DeLisle
Headquarters, Arkansas Air
National Guard

Wing members nominate their employers for ESGR honors

During a ceremony Friday, June 11, the Virginia Air National Guard recognized two local employers for their outstanding support to employees who are members of the Virginia Air National Guard.

Ernie Components, Inc., of Chester, Va., and the City of Richmond, Emergency Communications Division, received Department of Defense Office of the Guard and Reserve Certificates of Appreciation.

Employee, Senior Airman Ashimiu Oba nominated Ernie Components, Inc., for the award; and Staff Sergeant Lester Sisson submitted Richmond's Emergency Communications Division for the recognition. Oba and Sisson are both traditional members of the 192d Fighter Wing, Virginia Air National Guard, based at

Richmond International Airport. Accepting the award for Ernie Components was president and owner, Willie Rau, and for Richmond's Emergency Communications Division, Jackie Batts.

Presenting the awards on behalf of the 192d Fighter Wing were Lieutenant Colonel Rick Turner, 192d FW executive officer, and Lieutenant Colonel Johnny O. Haikey, 192d FW Logistics Group commander.

"We are honored to take this opportunity to recognize and thank these employers for the support they have given their employees who are part-time members of the Air Guard. The 192d Fighter Wing couldn't exist without the support and patriotism of our traditional Guard members' employers," Lt. Col. Turner said after the ceremony.



Virginia Air National Guard Recruiting Referral Form

Name of Referral:

Your Name:

Address:

Duty Section
& Extension:

Phone #:

Call 1-800-643-7456 or
turn form in to any VaANG
Recruiter!

Will you be ready?

Decision to be made soon on new Air Force fitness program

Getting fit and staying fit add up to well-conditioned airmen and women, according to the Air Force Surgeon General, offering his prescription to meet the demands of the expeditionary aerospace force.

LtGen Charles H. Roadman II talked with Air Force Online News about the basics for fitness as well as added steps the service might take to enhance overall physical ability, not just those needed to pass the cycle ergometry or aerobics tests.

"If you exercise three times a week for 30 minutes in your target heart zone, you will pass the fitness test," Roadman said. "There are some couch potatoes out there who get lucky, but unless you have good parents with great genes, exercise and diet are the keys to staying fit."

Because more than 20 percent of the force is overweight, the Air Force might add sit-ups, push-ups and sit-and-reach flexibility tests to its fitness standards. This is because the aerospace expeditionary force demands the highest level of fitness for all airmen.

Cycle ergometry and the 1 1/2-mile run measure only cardiovascular fitness. Adding muscular strength, endurance and flexibility measures, the Surgeon General said, are critical for total fitness. The criteria for sit-ups, push-ups and flexibility — even deciding whether they are needed or not — will be set by summer's end.

Any new fitness program will take effect Jan. 1, after airmen at the following 12 bases complete testing: Bolling Air Force Base, D.C.; Davis-Monthan AFB, Ariz.; Des Moines Air National Guard Base, Iowa; Grand Forks AFB, N.D.; F.E. Warren AFB, Wyo.; Hickam AFB, Hawaii; Hurlburt Field, Fla.; Incirlik Air Base, Turkey;

Randolph AFB, Texas; Shaw AFB, S.C.; Tinker AFB, Okla.; and the U.S. Air Force Academy, Colo.

In shaping up the force, however, Roadman doesn't feel testing airmen more often is the prescription to keep all airmen fit. "It is not up to the Air Force to monitor one's physical fitness," he said. "That is an individual responsibility. If we test more often, we become responsible for their physical conditioning."

Instead, the general focused on leadership as the key. "Leadership drives change," he said. "Our behavior influences outcome. Airmen will say 'If leaders won't exercise, why should I?'" He said leaders must set the example for others to follow, just as

the secretary of defense, chief of staff and chief master sergeant of the Air Force took the anthrax vaccine ahead of the troops.

Improving overall fitness, according to the Surgeon General, includes a change in lifestyle. He noted that 20 percent of premature deaths stem from smoking, alcohol, diet, lack of exercise and unsafe sex — this as the Air Force spends \$3 billion a year treating such preventable illnesses. He feels the Air Force is moving in the right direction toward improvement, but urges leaders to set a good example for their troops.

by SSgt Michael Dorsey
Washington D.C.

(Air Force Print News)

Additional fitness standards currently being tested

In addition to ergocycle/running, the additional fitness standards currently being tested at the above listed bases include:

Males	push-ups	sit-ups	reaches
17-19	51	60	13 inches
20-29	42	50	13"
30-39	36	40	12"
40-49	32	35	11"
50-59	30	33	10"

Females	push-ups	sit-ups	reaches
17-19	24	52	16"
20-29	17	45	16"
30-39	11	39	15"
40-49	11	34	14"
50-59	10	32	13"

Will you be ready? It isn't easy, try these at home and see how well you do. For more information about the new fitness program, call TSgt R. Brotten, 192d Medical Sq.

Anthrax vaccine: safe, crucial

Preventive treatment has successful history; side effects, complaints minimal

Since the anthrax immunization program began in March, more than 50,000 airmen have rolled up their sleeves to be protected. To date, more than 220,000 U.S. military members have received the vaccine.

This has some people asking questions and voicing concerns. Particularly, they've wondered if this vaccine is really necessary and, if so, if it is safe.

Research suggests the answer to both of these questions is, "yes."

The threat of the use of biological weapons on U.S. forces is real. The anthrax vaccine is a safe, effective way to prevent death from such an attack.

Numerous sources, both classified and unclassified, from various government agencies confirm that a threat from biological-weapons use exists. Countries such as Iraq have long been suspected of harboring biological weapons, but they have practiced restraint in deciding to use them. Also, independent, well-funded terrorist organizations have already demonstrated their ability to attack U.S. holdings in foreign countries.

"The anthrax vaccine can safely protect U.S. troops from a biological weapon containing anthrax," said MajGen Earl (Dr) Mabry II, director of the Air Force Medical Operations Agency, which is responsible for the implementation of the program.

The vaccine uses an inactivated piece of the anthrax bacteria, bacillus anthracis, to provide protection. This piece, which is made of protein, is harmless to the body, but it causes an immune system to build a defense against the disease. Other common vaccines, such as tetanus toxoid and

hepatitis A, use a similar method to build immunity, MajGen Mabry said.

While many people may think it is new, the anthrax vaccine was created in the 1950s and has been approved for use since 1971, Mabry explained. Thousands of doses have been given to workers who were at high risk of contracting anthrax, such as farm-animal veterinarians, animal processors, wool sorters, and laboratory workers.

"Most complaints after receiving the shots have been minor — occasional redness, soreness, minor swelling or a small lump at the injection site," he said.

Immunizations are administered in a series of six shots; three vaccinations are given two weeks apart, followed by three additional injections given at six, 12 and 18 months. An annual booster shot is required to maintain ongoing immunity.

Currently individuals deployed to high-threat areas, such as Southwest Asia or South Korea, are receiving the vaccination. All military members are scheduled to receive the vaccination by 2003.

"Our dedicated men and women are the Air Force's most valuable asset," Mabry said. "This vaccine is another mechanism we use to help ensure their health and safety."

by Capt James Mullins
Public Health officer
Bolling AFB, D.C.
(Air Force Print News)

Editor's note: During May 1998, Secretary of Defense Cohen announced a program to immunize all Department of Defense service members. Nearly 80 members of the 203d Red Horse Flight and the 192d Fighter Wing members who deployed to Kuwait earlier this year have already received their first 3 shots. More information about the anthrax vaccine will be printed in future Vanguards.

Why vaccination is important...

Anthrax is both cheap and stable, making it a likely ingredient in biological weapons worldwide.

How it works...

The vaccine uses an inactivated piece of the anthrax bacteria, in a similar fashion to other common immunizations, such as tetanus toxoid and hepatitis A.

The piece used in the vaccine teaches the body to defend against the disease.

Six shots are given in the series: the first three shots are given two weeks apart, then three more at six, 12 and 18 months. Annual booster shots are used to maintain ongoing immunity.

Service members leaving for high-threat areas are now being immunized. All military members are scheduled to receive the vaccination by 2003.

To learn more...

People may also visit the Air Force's anthrax home page at www.af.mil/current/anthrax/

NJ ANG, Red Cross seek aid for refugees

Thanks to the New Jersey National Guard and the American Red Cross, warehouses at the Ft. Dix Army Reserve post south of Trenton, N.J., are filled to the rafters with goods donated to help ethnic Albanian refugees from Kosovo.

Since the first plane carrying nearly 450 Kosovars arrived May 5 at nearby McGuire AFB, the population in the refugee center here, known as The Village, has grown to more than 4,000. Most arrived carrying little in the way of personal belongings.

New Jersey citizens and businesses responded to the refugees' plight with more than \$1.4 million in food, new and used clothing and other basic supplies. To date, Guard members have collected more than 600 tons from collection points throughout the state.

About 96 Guard members are involved in the relief effort that began April 30, Guard spokesman LtCol John Dwyer said. All volunteered for duty in the program. They inspect, sort and store arriving goods in staging warehouses. From there, they distribute the baseball caps, shoes, sweatshirts, sneakers, suitcases, books, videos and other items in free "country stores" set up in refugee dormitories.

At present, the storage capacity for used goods is filled to the brim, Dwyer noted. However, the Guard continues to accept new items from corporate and private donors. There is a particular need for women's underwear, men's shoes, sneakers for all ages, and strollers, he noted.

Those wishing to donate items should contact the New Jersey National Guard Emergency Operations Center at (609)562-0800. The Guard plans to continue collecting goods as long as necessary, Dwyer said. "We're in this for the long run," he said.

Although the Red Cross is no longer accepting used items, cash donations can be sent to:

The American Red Cross International Response Fund
P.O. Box 37243, Washington, DC 20013. Donors can also call 1-800-HELP-NOW or 1-800-257-7575 (Spanish).

Internet users can make a secure online credit card contribution at <http://www.redcross.org/>, choosing "International Defense Fund" as their option of giving.

The Red Cross seeks volunteers fluent in Albanian, preferably as Kosovars speak it, to bolster its three interpreters at Ft Dix. Volunteers should contact their local Red Cross chapters. A commitment of two to three weeks is needed and processing can be done quickly, Gavin said.

The Red Cross is also seeking volunteers to help provide nursing care, clerical duties, warehousing and other skills.

by Linda D. Kozaryn, American Forces Press Service
Ft Dix, N.J.

VaANG Calendar of Events

July

10-11: UTA (Should pay NLT July 23)

10-23: Cope Thunder Exercise in Alaska

August

14-15: UTA (Should pay NLT Aug. 27)

14: Family Day-- FREE--Starting at 11 a.m., fun, games, picnic lunch. Recognition ceremony at 3 p.m. Ends with Guard Night at the Diamond: 7 p.m. Tickets for baseball game: \$4 for adults, \$2.50 for youth and seniors. Call TSgt Shirley Cooper, ext. 6428, to buy your ball game tickets. See pages 1 & 5 for more info. Quarterly Blood Drive cancelled due to Family Day.

21-25: Enlisted Association (EANGUS) national conference in Des Moines, Iowa

28-29: Langley AFB (Hampton, Va) Community Appreciation Day (Air Show)

September

18-19: UTA (Should pay NLT Oct. 1)

The Logistics Group, in conjunction with the Club, is hosting "Cajun Beach Fest" Saturday, Sept. 18 starting at 5 p.m. Logistics is looking for volunteers to help with the event. Anyone wanting more information, or interested in helping, may contact Lt Kathy Kahlson, ext. 6186 on drill weekends.

18-19: Oceana Naval Station Air Show

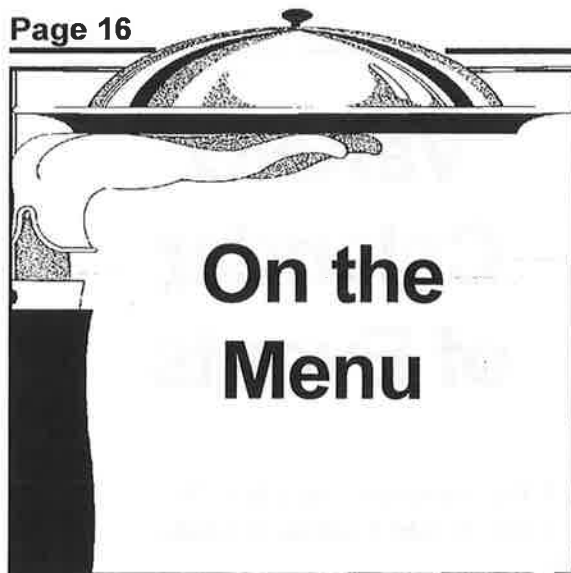
3-6: National Guard Association 120th General Conference in Atlanta, Ga.

October

16-17: UTA

16: Year of the Enlisted Force banquet, dance and fun run. Banquet & Dance tickets \$15 per person. Call your unit First Sergeant for more information. Special logo T-shirts, sweatshirts & travel bags are on sale. Get involved! Planning meetings are monthly in the State Headquarters Training Room--Drill Sundays at 2:30 p.m. See story on page 3.

If you have an item or event you would like to have added to the calendar, call Public Affairs at ext. 6388, or visit the PA office during drill weekends (Wing Headquarters building, room 30 -- across from the Recruiters' offices).



On the Menu

Saturday July 10

Sweet & Sour Pork
Sukiyaki
Szechwan Chicken
Chinese Fried Cabbage
Lyoniss Carrots
Pork Fried rice
Salad Bar w/Assorted Dressings
Breads & Butter
Beverages
Ice Cream & Apple Cobbler

Sunday July 11

BBQ Ribs
Chicken Patties
Oven Glow Potatoes
Baked Beans
Corn on the Cob
Salad Bar w/Assorted Dressings
Breads & Butter
Beverages
Ice Cream
Yellow Cake with icing

Fall tuition assistance forms due July 15

Applications for the fall semester of the Virginia National Guard State Tuition Assistance program must be completed and turned into the Retention Office Manager (ROM) not later than the close of business on July 15.

The ROM, located within the Military Personnel Flight, will process the application and send it to the state

board for disposition and processing.

Participants eligible for expeditionary medal

The Armed Forces Expeditionary Medal (AFEM) has been authorized to all military members who supported: Operation Guarded Skies, Operation Joint Force, or Operation Southern Watch.

If you were deployed as an

individual in support of another unit for a minimum of 30 days you may be entitled to this medal, according to Military Personnel Flight staff. If you meet these requirements, MPF officials ask that you take a copy of your orders and any other document/certificates received that prove entitlement, to the MPF Customer Service Counter. MPF staff will help you determine your eligibility and update your records.

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