THE CARGO COURIER

123rd Airlift Wing, Kentucky Air National Guard, Louisville, Ky.

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A b o v e BEYOND

Guptill, Moore and Lutz named wing's top airmen

By Staff Sgt. Amy Ziegler Cargo Courier Editor

Members of the 123rd Airlift Wing are held to extremely high standards, so it's not unusual for unit members to strive to be outstanding performers.

What is unusual, however, is the ability to stand out from the crowd, which is exactly what the wing's 2001 Airmen of the Year have done.

By living the Air Force core values—integrity first, service before self and excellence in all we do—Senior Airman Philip Guptill, Master Sgt. Jeff Moore and Senior Master Sgt. Terry Lutz all have earned the right to be considered the "best of the best."

Command Chief Master Sgt. Mike Mitro, the wing's senior enlisted advisor, said the judges were faced with some tough decisions when it came to evaluating the 26 outstanding nominees.

But even with the extreme competition, the judges—all chiefs who came from other bases—could select only three winners.

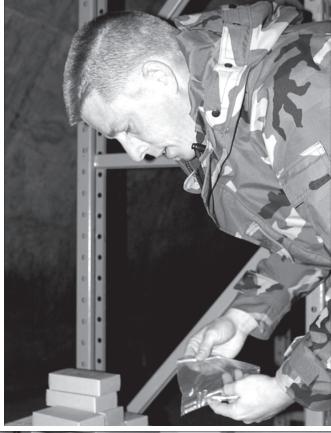
Lutz, the wing's visual information branch chief, was selected as the Senior NCO of the Year.

He has served on both active-duty and

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TOP: Master Sgt. Jeffrey Moore, who was named the KyANG's NCO of the Year, is the wing's munitions flight chief.

BOTTOM: Senior Airman Philip Guptill of the command post was named the unit's outstanding airman of the year.





Photos by Tech. Sgt. Mark Rines/KyANG

From routine missions to fighting a war... Unit taskings change drastically in a year

he holidays are over, winter has set in, and it will be several months until spring arrives.

That's normal for this time of year. But the cal-

endar is about all that's normal this year, and I believe it will be quite a while before we get back to what we used to consider normal.

Last year at this time our nation had just inaugurated a president, elected by the smallest margin in history after a brutally contested election.

This year that president has the highest approval ratings in history and is hailed as a strong and powerful leader.

Last year at this time we were engaged in another routine Joint Forge deployment to Germany.

This year we are engaged in a war alongside people actively involved in Operations Noble Eagle and Enduring Free-

Last year we had no one mobilized. This year we have over 500 of our folks mobilized for the war effort.

Last year we contributed what we thought was a significant amount of support to the Air Expeditionary Forces in 15day chunks.

This year we are contributing even more support—but not for 15 days. This year it is in 120-day chunks, in addition to the folks engaged in Noble Eagle and



Col. Michael Harden 123rd Airlift Wing Commander

Enduring Freedom for at least a year.

Last year our special tactics folks were concerned about their conversion to a full squadron. This year they are engaged in a shooting war, concerned about live rescues and live targets in desolate and inhospitable places.

Last year our tactical airlift control flight was concerned about what training exercise to participate in. This year they are running command and control of an airfield, also in a desolate and inhospitable place.

Last year our security forces protected

our base. This year they are mobilized protecting not only our base but other bases and assets around the world.

Last year our crews and maintainers stayed busy training and supporting routine airlift missions.

This year they are staying busy performing a mission far from routine.

Last year our weather and ABO folks trained to do the mission. This year they are doing it.

While this may not be a normal year, it most certainly will be a year of sacrifice, satisfaction and pride for the Thoroughbred

Many of you will sacrifice personal comfort, you will be away from your jobs, your families and maybe come in harm's way. While you are doing this, take satisfaction in knowing that you are joining a long line of patriots who have stepped forward when their country called.

Be proud of what you are doing and resolve to see this through to the end.

I take great pride and satisfaction in knowing that you are combat ready and are prepared to face whatever challenge is placed in front of you.

Face this year with resolve, pride and determination. Because you are who you are, we will prevail.

Thanks Loads.

Michael G Hard

This funded Air Force newspaper is published for members of the military services. Contents of The Cargo Courier are not necessarily the views of the U.S. Government, the Department of Defense or the Air Force.

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If you have a story idea, photo or article to submit, stop by the public affairs office, room 2117 of the Wing Headquarters Building. Deadline for the next issue is Feb. 20.

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Ky. Historical Society seeks items related to state's military women

Cargo Courier Staff Report

The Kentucky Historical Society is seeking items related to the state's women in the military for an upcoming exhibition titled "Breaking Down Barriers: Kentucky Women in the Military."

The exhibition will be held in the Kentucky Military History Museum in Frankfort, Ky., and will highlight contributions made by the women of Kentucky in conflicts ranging from the Revolutionary War to present day.

The exhibit will be supported by the stories of individuals, as well as artifacts that span from the uniform of the World War I nurse to the uniform of a modern female service member.

Kentucky has a strong tradition of military service, and Kentucky women have served proudly in each branch of the United States military.

The historical society is asking for gifts or loans of items such as uniforms, equipment, photographs and personal stories.

Chief Master Sgt. Jim Turpin of KyANG state headquarters said the exhibit will give military women a chance to be recognized—KyANG members included.

"Often times at these exhibits, it seems to be mostly Army uniforms," Turpin said. "It sure would be nice to see some blue."

For more information, contact Staff Sgt. Amy Ziegler at ext. 4494.

Annual weigh-in just around the corner Do you need to lose extra pounds?

By 1st Lt. Kristin Soldner Program Manager, Weight and Body Fat Management

The 123rd Airlift Wing's annual weighin will take place during the March drill, which means it's a good time for unit members to evaluate their own weight concerns.

As KyANG troops prepare to step on the scale, concerns on safe, healthy weight loss come to mind, as well as becoming smart on the weight and body fat management program.

In 2000, the Air Guard received a new regulation on the weight and body fat management program, otherwise known as ANGI 40-502.

The new regulation directed a beneficial 90-day health improvement period for members identified as being over their maximum allowable weight and then, after a taping procedure, being identified as over their body fat standard.

According to the regulation, this period was "established to assist members in making gradual, but permanent exercise and dietary lifestyle changes."

Also directed is an appointment with the wing's health promotion manager, who will provide resources and information for beginning a modification of diet and exercise habits.

Unofficial weight and body fat checks will be provided by the unit program managers during this 90-day period.

At the end of that time, a check is made and the individual is either entered into Phase I of the program or entered into a sixmonth observation period.

It's important to note that even the Air Force recognizes that weight loss takes time, and they have made a provision for that in the regulation.

If you've picked up a little extra weight, take it off sensibly by decreasing intake of high-calorie foods and increasing activity levels.

A safe weight loss is one to two pounds per week. It's very likely that greater weight reduction is the result of water and/or muscle loss. Those needing to decrease their weight and body fat should seek advice from a health care or exercise professional.

Remember, be smart and be safe!

Activated troops eligible for 75% tuition assistance

Members of KyANG serving on Title 10 orders are entitled to receive 75 percent tuition assistance from the Air Force.

In order to receive this assistance, unit members must be taking courses at an accredited college, working toward a degree and be able to supply the base education office with a description of the course.

The assistance cannot be used in conjunction with a member's G.I. Bill or the commonwealth's 100 percent tuition assistance program.

A benefit to the assistance, said Tech. Sgt. Brenda Stout, is that the program pays 75 percent of tuition at any accredited college, while the state program only provides tuition assistance at public colleges and universities.

The Air Force program also may benefit troops pursuing master's degrees or second bachelor's degrees.

The state program awards benefits on a priority basis, which means an individual who already holds one degree may not immediately get funding for his or her second degree, said Master Sgt. Scott Crimm of the Kentucky Air National Guard's retention office.

For more information on the Air Force program, contact Tech. Sgt. Brenda Stout at ext. 4032.

Bean Soup 2002 cancelled

Bean Soup 2002, which was scheduled for March 14, has been cancelled due to the current threat situation.

"We are looking forward to hosting Bean Soup at a later time," said Lt. Col. Rich Frymire, the event's coordinator.

Jackson named new vice wing commander

By Staff Sgt. Amy Ziegler **Cargo Courier Editor**

Col. Cora Jackson was named the 123rd Airlift Wing's new vice commander here

Jackson is new to the unit, but she's no stranger to the Air Guard.

She is a veteran of nearly 25 years' service and has spent the past several years working at the National Guard Bureau in Washington, D.C.

Wing Commander Col. Mike Harden said Jackson will be a great asset to the unit.

"We welcome Col Jackson as a part of the 123rd leadership team," he said. "Her years of experience at Air National Guard Headquarters will help us as we continue to be a viable part of the total force engaged in our nation's war efforts."

Jackson was commissioned in the Tennessee Air Guard in 1979 and served as a flight nurse for the state's aeromedical evacuation squadron.

Then in 1985 she was selected to serve as the officer in charge of ground training.

In 1990 and 1991, Jackson participated in Operations Desert Shield and Desert Storm as the flight nurse officer in charge.

While in Southwest Asia, she reported di-



Col. Cora Jackson 123rd Airlift Wing Vice Commander

rectly to the aeromedical evacuation theater commander and was responsible for training all C-130 aeromedical evacuation crews in theater.

Jackson next served as the recruiter for officer health professions at the Air Guard Readiness Center until 1994, when she was

named executive officer for the assistant director of the Air National Guard.

In 1997, Jackson became chief of the Air Guard's assessment team for extremist groups, studying the impact and influence of such organizations on the Air Guard and emerging homeland security issues.

In this role, Jackson assisted Air Guard units in all 54 states and territories with planning, developing and integrating training on extremist groups and combining defense-related efforts against domestic terrorist attacks.

Most recently, Jackson served as the chief of human resource enhancement at the National Guard Bureau.

In this post, she was responsible for increasing work-force diversity and creating programs to foster an environment in which all Guard members have the opportunity to develop talents and skills to help them achieve higher goals and responsibili-

Jackson holds a bachelor's degree in nursing from the University of Tennessee and a master's degree in health administration from Central Michigan University.

She replaces Lt. Col. Paul Rhodes, who will now serve as the wing's deputy commander.

Promotions & separations Kentucky Air National Guard



The following individuals have been promoted to the rank indicated as members of the Kentucky Air National Guard and Air Force reservists:

SENIOR AIRMAN (E-4)

·Michael Doran Jr., 123rd Security Forces Sq. ·Thomas Fuchs. 123rd Security Forces Sq. ·Justin Harrington, 123rd Security Forces Sq.

TECHNICAL SERGEANT (E-6)

·Brian Charles, 123rd Logistics Sq.

·Teddy Hall, 123rd Logistics Sq. ·Earl Hartlage Jr., 123rd Security Forces Sq. ·Darren Miller, 123rd Security Forces Sq. ·Terry Pollard, 165th Weather Flt.

The following individuals have separated from the Kentucky Air National Guard:

 Airman 1st Class Jordan Dailey, 123rd Maintenance Sq. ·1st Lt. Yogi Edlin, 123rd Medical Sq. ·Staff Sgt. Neal Jones, 123rd Medical Sq. ·Staff Sgt. Lori Wittke, 123rd Services Flt.

Harden, others to take the **Polar Bear Plunge**

For the first time, Wing Commander Col. Mike Harden will lead his troops into the chilly Ohio River during the 4th-annual Polar Bear Plunge.

The event, scheduled for Feb. 23, requires participants to dive into the icy river as part of a campaign to raise money for Special Olympics Kentucky.

Participants must raise a minimum of \$50 each for the cause, said 1st Lt. Katrina Johnson, who is organizing the wing's effort.

For registration information, contact Johnson at ext. 4237 or Special Olympics Kentucky at (502) 326-5002.

KyANG NEWS

Above and beyond

Continued from Page 1

in the Kentucky Air Guard for nearly 27 years.

In 2001, he initiated and implemented a policy that allowed visual information staff to volunteer to perform duties once a week in order to finish tasks from drill weekend and to conduct training.

He also managed, directed and supervised the production of artwork for the national "Guardians of Freedom" poster campaign.

The project is designed to express thanks and support to Guard members' families, employers and educators; local civic leaders; and the media during this time of war.

According to his commander, Maj. Mary McCallie of the 123rd Communications Squadron, Lutz is very deserving of the award.

One of his best qualities, she said, is his dedication to duty and his personnel.

"He is very people-oriented, expects the best out of his people and accepts nothing less," McCallie said. "When I ask Terry to do a task, he accepts it very professionally and gets his staff involved to make it happen."

Because of this, she said, Lutz has truly earned the respect of his peers and the high-ranking members of the unit he supports.

"His dedication is extraordinary, and his people work right along with him without complaint.

"They would follow him anywhere, and that's the biggest testament any leader could have," McCallie said.

The second honoree, newly promoted Master Sgt. Jeff Moore, the wing's munitions flight chief, was named NCO of the year for the Kentucky Air Guard.

Last year, the veteran of nearly 20 year managed the accountability and distribution of more than 2,300 munition items valued in excess of \$400,000 at three geographically separate locations. He also rewrote position and job descriptions in the munitions career field for C-130s for the entire Air Guard.

Chief Master Sgt. David Heustis, equipment maintenance flight chief for the 123rd Maintenance Squadron, said Moore came to the Kentucky Air Guard two years ago from active duty and helped turn the unit's munitions program around.

"When he came to this unit, our program was in its infancy stages and not doing well," Heustis said. "Jeff was a driving force to get our program up to speed, not just for our unit but the entire Air Guard C-130 community."

Moore's work is also invaluable to the 123rd Special Tactics Squadron here because he ensures their munitions capability is "up to snuff" for deployment purposes, Heustis said.

What makes Moore worthy of being NCO of the Year, Heustis added, is his dedication and total self-motivation.

"He's never satisfied with 'job well done.' It must be better than that," said the chief. "It must be top-notch, and he won't quit working until it is."

And finally, Senior Airman Philip Guptill, a command post controller in the 123rd Airlift Wing, was named the wing's best enlisted member for the airmen category.

Guptill, who has been in the unit for slightly more than three years, has made a big impression on superiors for his professional work performance.

While attending a course at Air Mobility Command Headquarters at Scott Air Force Base, Ill., he was praised again and again by his



Tech. Sgt. Mark Rines/KyANG

Senior Master Sgt. Terry Lutz of the 123rd Airlift Wing's visual information shop worked aggressively at implementing new policies and programs.

instructors. In fact, Guptill was so well-liked that after completing the school he was asked to return for a 60-day tour, after which he again received outstanding remarks, according to Master Sgt. Curtis Meurer, the airmen's supervisor.

"I received two different e-mails just while he was there stating he was doing exceptional work," Meurer said.

Overall, Meurer noted, Guptill is just a well-rounded Guard member.

"He has a good attitude, bearing and appearance, and he evens sets an example for more seasoned troops."

Guptill continues efforts to improve himself even at the end of his duty day by attending the University of Louisville, where he is pursuing a degree in computer information systems and maintains a 3.7 grade point average as a full-time student.

Guptill is a member of the base honor guard, a karate instructor and has logged more than 60 hours as a private pilot.

Lutz, Moore and Guptill will receive recognition tonight at Woodhaven Country Club during the Airmen of the Year banquet.

The event gets underway at 6 p.m. and will feature as guest speaker retired Maj. Gen. Carl Black, a former KyANG commander.

For more information, contact Command Chief Master Sgt. Mike Mitro at ext. 4444.

Defense bill authorizes beefier pay hike, benefits

Air Force Print News

WASHINGTON—The largest military pay raise in 20 years and new benefits for reservists are among the provisions of the Fiscal 2002 National Defense Authorization Act.

Signed into law Dec. 28 by President George W. Bush, the act authorizes across-the-board and targeted pay raises ranging from 5 to 10 percent with a minimum 6-percent pay hike for enlisted people and a minimum 5 percent for officers.

Last year, military personnel got an across-the-board raise of 3.7 percent in January with additional targeted raises in July.

The fiscal 2002 defense bill also approved personnel increases in three major categories in Air Force Reserve Command.

Compared to 2001, the authorized endstrength climbed from 74,300 to 74,700, the number of full-time reservists went from 1,336 to 1,437, and air reserve technicians jumped from 9,785 to 9,818.

In 2001, officials from the Department of Defense and Office of Personnel Management said the government should help

federal employees pay for health care if they are called to active duty for more than 30 days in support of a contingency operation.

As a result, this year's bill permits federal agencies to pay the employee and government portions of Federal Employee Health Benefit Program premiums, so families of called-up reservists continue to receive affordable medical care.

Congress also wanted to stimulate participation in funeral honors duty, so it extended to reservists the same rights, benefits and protections received for performing inactive-duty for training.

Federal employees gained the option of using military leave to perform funeral duty as reservists, and retirees may serve on funeral honors details and receive payment.

Some benefits offered by defense bills are not immediate because DoD and Air Force officials must implement policies and programs before these benefits are delivered to service members. In some cases, Congress issues additional clarification in later defense bills.

Each year, Congress renews one-year extensions of bonuses and special pay. This year's extensions through Dec. 31 include:

- Special pay for health care professionals who serve in the Selected Reserve in critically short wartime specialties
- Selected Reserve affiliation, enlistment and reenlistment bonuses
- Special pay for enlisted people from the Selected Reserve assigned to certain highpriority units
- Ready Reserve enlistment and reenlistment bonuses
 - Prior-service enlistment bonus

New members of the Participating Individual Ready Reserve, which include Air Force Academy liaison officers, will accrue two days' access to commissaries for each month's satisfactory participation in required training.

Previously, these reservists had to complete a good year (a minimum of 50 points) toward retirement to qualify for commissary access.

Another perk allows federal employees of the executive branch, military people and their families to retain for personal use promotional items received as a result of using travel or transportation services paid for by the executive branch.

Disney salutes Armed Forces with free admission

Air Force Print News

WASHINGTON—Mickey Mouse, Donald Duck and the entire Disney gang recently announced a program designed to thank military people for the job they do for the nation.

The "Disney's Armed Forces Salute" offers free admission to active-duty military and activated Guard and Reserve people. It also allows service members to purchase tickets at half-price for up to five family members and friends.

This special offer is available until April 30, at the Walt Disney World Resort in Florida and the Disneyland Resort in California. During this period, all military members are eligible for one complimentary ticket, valid for seven days.

During this time, various special offer tickets for family and friends may also be purchased at a 50 percent discount off regular retail prices.

People may only purchase tickets at park ticket windows. These special-offer tickets may not be purchased at Shades of Green Armed Forces Recreation Center at Disney World or at military ticket offices. All tickets expire seven days from the date issued.

If the military member is unable to purchase tickets due to deployments or other reasons, his or her spouse may purchase up to five tickets at the discounted price.

All people purchasing tickets must present valid military identification.

Activated members of the Guard and Reserve or spouses purchasing tickets on their behalf must also show active-duty orders.

Tickets are valid at Walt Disney World theme parks, to include Disney-MGM Studios, Animal Kingdom, Epcot and the Magic Kingdom, Pleasure Island and the Wide World of Sports.

Special rates are also available at Disney's All-Star Resorts. The number of rooms available at discounted rates is limited and subject to minimum-length stay requirements.

Special offers are also available for the Disney Cruise line. This offer expires in May for those wishing to use discounted rates. The number of staterooms available at these special rates is limited.

This offer does not apply to retirees, veterans, Defense Department employees or non-activated members of the Guard and Reserve.

Tickets previously purchased at either Shades of Green or military ticket offices are nonrefundable.

For more information on tickets or room reservations, call (407) 939-7424 or (714) 956-6867. For information on Disney cruises, call (888) 325-2500.

82 percent of Stop-Loss waivers approved

Air Force Print News

RANDOLPH AIR FORCE BASE, Texas—More than 80 percent of Stop-Loss waiver requests have been approved by major command commanders who have reviewed about 900 requests from airmen currently affected by the program.

An approved waiver allows an airman to leave the Air Force despite the Stop-Loss order, which began Oct. 2.

Stop-Loss action keeps people from retiring or separating from the service during national emergencies.

The current Stop-Loss action specifically cites operations Noble Eagle, Enduring Freedom and any associated operations.

The waiver process was included in the original program guidance that set the rules for temporary Stop-Loss implementation.

"[Waivers] allow for MAJCOM commanders to judge, on a case-by-case basis, whether someone has compelling enough personal reasons to leave the service that outweigh the Air Force's need for [that airman] to stay," said Lt. Col. Richard Binger, chief of retirements here at the Air Force Personnel Center.

As of Jan. 3, MAJCOM commanders approved waivers for 82 percent of enlisted people and 81 percent of officers requesting them.

About 11,500 people with original retirement or separation dates of Oct. 2 to April 30 are affected by Stop-Loss—2,182 officers and 9,334 enlisted.

"What's interesting is that less than a thousand of those affected have asked for waivers," Binger said.

"It seems that people are accepting that their country needs them right now.

"We're happy that the waiver authority exists for those people who face things in their personal lives that really make it hard for them to stay," Binger said.

The Air Force expects a review of Stop-Loss will be completed and announced by the end of January.

The first review, after 30 days, led the Air Force to continue Stop-Loss for everyone on active duty.

The current review, like the first, is exploring which, if any, career fields can allow people to retire or separate at the end of their commitments, or if Stop-Loss will continue for everyone, officials said.

"The goal with Stop-Loss is to not keep anyone from leaving the service whose skills and abilities are not specifically needed to accomplish the mission."

Galaxies Galore



Staff Sqt. S.C. Felde/USAI

OPERATION ENDURING FREEDOM—A C-5 Galaxy cargo aircraft arrives at Manas International Airport in Bishkek, Kyrgyzstan, on Jan. 7 to deliver equipment and supplies to the deployed 86th Expeditionary Contingency Response Group from Ramstein Air Base, Germany. The group is preparing the airport for follow-on forces in support of Operation Enduring Freedom.

Govt. travelers keep perks for own use

RANDOLPH AIR FORCE BASE, Texas—People who travel at government expense can now keep the perks they earn for personal use.

A change to Section 1116 of the Fiscal 2002 National Defense Authorization Act allows travelers to keep benefits, said S.W. Westbrook, director of the Per Diem, Travel and Transportation Allowance Committee. The benefits include points or miles, upgrades, access to carrier clubs or facilities, or other promotional items.

The policy applies to promotional items received before, on or after Dec. 31, Westbrook said.

One example is the voluntary relinquishing of a seat on an airliner. Under the policy change, a traveler may keep payments from a carrier for vacating a seat; however, no additional expenses, such as per diem, may be paid as a result of the traveler's delay.

When life gives you lemons, make lemonade

I grew up in Georgia, and I laugh when people talk about how little equipment they have "down there" to remove snow from the roadways.

I tell them that down in the "Bible Belt" there is the strongly held belief that since "God put it there, God can take it away," or, as the Bible might put it, "The Lord giveth and the Lord taketh away, blessed be the name of the Lord" (Job 1:21)

Fortunately for those in the Deep South, when God does "giveth" the snow, it is usually very soon that God "taketh" it away!

As I contemplate the gray days of winter, however, I begin to consider these words of Job.

They are some of the most profound words in the Bible.

All too often we look to religion to be a source of blessings and joys, but life isn't always filled with blessings, nor do we always experience joy.

We all have bad days from time to time, and as is our human nature, we tend to grumble and gripe about them.

Still, it's not too often that we have days such as the one Job experienced when he gave us these uplifting words.

On that day he'd lost everything—oxen, donkeys and camels stolen, sheep burned up in a cataclysm, servants killed by raiders or natural calamity, and all his children killed in a windstorm.

In spite of it all, Job replies, "Blessed be the name of the Lord."

Sometimes it is difficult to see each day as a gift, but even in our misery hope remains because there is a God who is with us even in the worst of times.

We want to receive happiness in our lives and so often feel cheated when it doesn't happen.

The truth is that happiness is seldom something we passively receive; instead it is usually an active choice.

It's our choice whether we will be miserable (and, by the way, make others miserable, too), or whether we will rejoice and be glad in the day that we are given.

I encourage you to choose to rejoice.

It's a trite, tired old saying, but it's true, "When life gives you lemons, make lemonade."

This will be my last opportunity to write the chaplain's column for the Cargo Courier, as I will be leaving soon to pursue a career with the active-duty Air Force.

Before leaving I want to say thank you to everyone here for all the support and challenges I have received.

It has been a rewarding experience. God bless you all.

Shalom, —1st Lt. John Von Almen, chaplain

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