

# THE CARGO COURIER

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

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## KyANG state headquarters honored with fifth AF organizational excellence award



Senior Airman Alecia Willis/KyANG

By Tech. Sgt. Amy Mundell  
Cargo Courier Editor

The Kentucky Air Guard's state headquarters has again been awarded the Air Force Organizational Excellence Award for exceptional accomplishment, making this the unit's fifth such honor.

The award, which is given annually to the top 10 percent of all headquarters units, recognizes the KyANG for its performance from May 1, 2000 to April 30, 2002.

Brig. Gen. Richard Ash, assistant adju-

**See EXCELLENCE, Page 3**

Members of the Kentucky Air Guard, shown in formation earlier this year, received countless hours of administrative and technical support from state headquarters during deployments and inspections in 2001 and 2002.

## Return from BAGHDAD

Brig. Gen. Richard Ash, the assistant adjutant general for Air and commander of the Kentucky Air Guard, and Brig. Gen. Norman Arflack, assistant adjutant general for Army, greet Senior Master Sgt. Glen Bellou and 12 other security forces troops as they return June 5 from a two-month deployment to Baghdad International Airport in support of Operation Iraqi Freedom.

The Guard members were among the first troops to arrive at the airport while the fight for Baghdad was still underway. The group also was the first Air Force unit of its kind to enter the city.



1st Lt. David Page/KyArNG

# Take pride in wing's performance thus far, but stay prepared — there's much to be done

**A**

s I write this, I am sitting in a tent in the middle of the desert, deployed as a member of the 486th Air Expeditionary Wing along

with folks from the Thoroughbred Express, people from three or four other Guard and Reserve units, and a smattering of active duty Air Force members.

While we might come from different units, we all have the same values and the same reason for being here.

Just like our unit members who are deployed in Germany, the folks we have at other desert locations, and all of our people who had to stay back home to support us, we share a common sense of patriotism, duty and honor.

When our country was attacked on Sept. 11, 2001, our president told the members of the military to "get ready."

For the 123rd, it didn't take long since we pride ourselves on always being ready.

From that time until this very day, we have been fully engaged in our nation's endeavor to rid the world of all of those evil forces who would seek to destroy us.

Our folks have been, and continue to be, at the forefront of this war, whether deployed or at home.



**Col. Michael Harden**  
123rd Airlift Wing Commander

Your performance has been wonderful, and in the finest tradition of the Thoroughbred Express and all the patriots who have come before us.

What we are doing is important, but what is more important is that we stay the course and finish the job so that our children and grandchildren can live in safety and prosperity.

The success we have enjoyed in Iraq is just one "battle" in the war against murderous and evil forces intent upon destroying us. There are many battles yet to be fought, and the end of the war is a long way off.

Take pride in your performance thus far—but be prepared for the future because there are still much to be done.

It is my hope that all members of the 123rd will be able to read this at home during the July drill.

Whether you are at home or still deployed, take pride in what you have done and what you have yet to do.

We will do it together, and with the same sense of duty and honor that our fathers and grandfathers displayed during World War II, Korea and Vietnam.

They, like you, fought so that our country would continue to be the beacon of freedom it has always been.

We are ensuring that our future, and our children's futures, are filled with freedom, safety, security and prosperity. You are doing a dynamite job, and I can't tell you how proud I am to serve with you in this struggle for our nation's survival.

Thanks Loads!

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Our office is located in room 2118 of the Wing Headquarters Building. Deadline for the next issue is July 28.

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An electronic version of the Cargo Courier is available at the Kentucky Air Guard's Web site — [www.kyloui.ang.af.mil](http://www.kyloui.ang.af.mil)

## Military pay info available online

Leave and earnings statements now are available 24 hours a day on the Internet.

The MyPay web site, located at [Mypay.dfas.mil](http://Mypay.dfas.mil), was established to allow pay issues to be handled online. The site recently was redesigned so that information is easier to access.

MyPay allows KyANG members to change home addresses, request W-2s, and print and view travel vouchers, to name just a few of the services.

The site is accessible from any computer with an Internet connection and a browser capable of encrypting data.

In order to use the site, airmen will need a personal identification number to access pay information. A PIN may be requested online at the site or by calling (800) 390-2348.

The PIN then will be mailed to the requestor's home address of record.

## Retirees can stay in touch via e-mail

Retired members of the Kentucky Air Guard who wish to receive information about base events can now do so via e-mail.

Command Chief Master Sgt. Mike Mitro of the 123rd Airlift Wing is compiling a list of e-mail addresses and plans to send regular updates to the group.

"This is a great way to keep people in touch to what's going on out here," Mitro said.

Retirees who are interested in receiving the information may contact the command chief by e-mail at [michael.mitro@kyloui.ang.af.mil](mailto:michael.mitro@kyloui.ang.af.mil) or by phone at 364-9465.

## Recruit & retain



Senior Airman Philip Speck/KyANG

**Master Sgt. Scott Crimm, the 123rd Airlift Wing's new recruiting and retention superintendent, talks with recruiter Master Sgt. Terry Moore. Crimm, who is a 10-year member of the unit, previously worked as the wing's retention office manager for more than two years.**

## Excellence

Continued from Front Page

tant general for Air and commander of the KyANG, said the award is a tribute to the men and women of state headquarters.

"It's indeed an honor to once again be recognized as an excellent organization," Ash said. "As with all good units, such excellence is due to the dedication and hard work of our members," whom Ash said were among the very best in the nation.

"Of course I don't need an award to know that, but the confirmation sure is nice," he added. "More than that, many of the personnel in the headquarters previously served in the wing, which is why I feel confident in saying that the Kentucky Air Guard overall is composed of the best and brightest in the Air Guard."

During the latest award period, KyANG state headquarters personnel successfully developed innovative programs and initiatives of national importance while continuing to support units involved in airlift, peacekeep-

ing and combat missions.

"Although no one particular accomplishment was deemed award-winning in itself, it is the sum of many accomplishments and the culture that wins awards," Ash said.

"If I had to summarize the accomplishments, it would be that in addition to setting the course for the Kentucky Air Guard, our headquarters staff is among the most engaged of any in the Air Guard."

Major accomplishments that helped secure the award include the creation of the Your Guardians of Freedom community relations campaign, which was embraced at the national level; development of the state Seismic Disaster Emergency Plan; and serving as the pilot unit for the formal mentoring program.

Headquarters personnel also devoted countless hours of administrative and technical assistance to the wing, which was heavily tasked with deployments and inspections.

"We strive to add value to and provide assistance for the wing," Ash said. "State headquarters personnel live up to very high standards, and I've never been disappointed."

# New fitness test in effect for Air Guard members

By Capt. Kristin Knuteson  
Wing Fitness Program Manager

The Air Guard recently unveiled a new fitness testing program that offers a more comprehensive evaluation of each member's health.

The program, which kicked off at the Kentucky Air Guard on June 8, now assesses fitness components other than cardiovascular health.

The program uses a quick set of tests to assess physical fitness by evaluating five physical components: body composition, cardiovascular fitness, flexibility, upper-torso muscular strength and endurance, and mid-sectional muscular strength and endurance.

Body composition will be evaluated using a member's gender, age, weight, height and waist measurement. The minimum standard body fat range for men is 16.5 to 24 percent, and the minimum range for a women is 24 to 30.5 percent. Specific minimum standards are age-dependent.

Body composition is an important criterion because more and more people have excess body fat in addition to being overweight.

The cardiovascular portion of the test will be measured with a stepping exercise. After three minutes of stepping up and down on an 11.75-inch-high step, each member's pulse will be measured for one complete minute to get what is called a recovery heart rate.

The faster the heart recovers to a normal rate, the more likely it will be able to handle physical exertion.

The flexibility portion of the test, which also is referred to as the sit-and-reach test, evaluates your mid-section, including hips, hamstrings, lower back and groin area, for extended motion.

It essentially is a "touch-your-toes" test undertaken while sitting on the ground with legs extended in front. The farther an individual can reach, the better his or her flexibility.

The muscular strength and endurance test is evaluated by sit-ups and push-ups.

An individual's muscular strength is a measurement of the greatest amount of force that can be produced in a single maximal effort, while muscular endurance measures one's ability to exert sub-maximal force over a period of time.

Both are considered essential ingredients to optimal health, facilitating participation in everyday activities.

The first of both is a one-minute sit-up test, using the correct method of a full sit-up.



Tech. Sgt. Dennis Flora/KyANG

**Senior Airman Wendy Haight, from the wing's services flight, administers the flexibility portion of the test to Senior Airman Ann Brasseur, also from services, at the Base Annex June 8.**

Each individual will start by lying on his or her back with legs bent at right angles. Feet will be held down by a buddy, and arms will be crossed over the chest.

The member then will curl up and forward until his or her elbows touch any part of the thigh or knees before returning to the start position with the shoulders on the mat. This is one repetition.

Following sit-ups, each individual must complete the push-up test. Members will complete as many push-ups as possible without causing any injury.

The form must be correct with, flat, straight backs. Repetitions will be continuous without locking of the arms or pausing for rest.

Men will be required to perform the standard military push-up while women are to perform the modified knee push-up.

The correct motion is to lower your upper body until your upper arm is at least parallel to the floor and then return to the start position.

**See FITNESS TEST, Next Page**

## Examples of minimum standards

Age	Sex	Body Fat %	Recovery Rate	Sit & Reach	Sit-ups	Push-ups
25	M	18.6	98	0.5	33	33
40	M	21.5	104	-1.0	24	24
25	F	25.6	107	3.5	25	20
40	F	27.7	113	2.0	19	13

# Plans office named best of its kind in NGB

By Staff Sgt. Mark Flener  
Cargo Courier Staff Writer

The 123rd Airlift Wing Plans and Programs Office recently received the National Guard Bureau 2002 Logistics Plans Award for their efforts in managing the activation and deployment of hundreds of KyANG troops during Operations Noble Eagle and Enduring Freedom.

During the same time frame, the team also managed to successfully accomplish an Air Mobility Command Initial Response Operational Readiness Inspection and a Unit Compliance Inspection combined.

In addition, Maj. Matt Stone, the logistic plans officer, was named field-grade officer of the year.

Maj. Sae Na, operations plans officer, said this marks the first time that the wing plans division has received the accolade.

"It's a very prestigious award, and I'm very honored," he said. "It's well deserved for the shop, and I'm extremely proud of being part of the team."



Senior Airman Alecia Willis/KyANG

Senior Master Sgt. Elke Adams, Maj. Matt Stone, Master Sgt. Scott Andrews, Maj. Sae Na and Senior Airman Stacy Bensing of the wing plans office smoothly managed the activation and deployment of hundreds of troops for Operations Noble Eagle and Enduring Freedom.

## Fitness test

Continued from Page 4

tion. This test is not timed to encourage slow, controlled motion.

The results of all five tests are to be entered into a secure Air Guard web site, and a "fitness age" (or physiological age) will be determined for each component, as well as a total weighted average.

This enables an individual to easily grasp his or her level of fitness and have a benchmark on which to improve.

In order to meet minimum standards, a member's fitness age can be no more than seven years over his or her chronological age.

If a member is found to be out of standard, he or she must enter an overall fitness enhancement program. All members must be tested once per calendar year beginning with 2003.

Prior to testing, each member will complete a fitness assessment questionnaire.

If an individual answers "yes" to any question on the questionnaire, it must be reviewed by a medical liaison officer before the member can proceed with the tests.

After each member completes the test

cycle, the fitness program manager enters the assessment findings and provides the individual with a copy of the fitness age results.

The fitness program manager is appointed by the wing commander.

In addition, unit commanders appoint a unit fitness program manager and at least one fitness assessment monitor. These individuals help administer minister the assessments.

*For more information on the Air Guard fitness program, contact Knuteson at ext. 4033 or your unit fitness program manager.*



Tech. Sgt. Dennis Flora/KyANG

As part of the new standard, Air Guard members will be required to complete a three-minute step test using the 11.75-inch step shown above.

## Emergenetics to be held on base Aug. 8

The Kentucky Air Guard will be offering Emergenetics assessments on base Aug. 8.

The testing helps evaluate the different ways people think and operate, said Chief Master Sgt. Bob Wagner, human resource advisor in state headquarters.

"Emergenetics shows us our differences and identifies our strengths," he said. "When we can see this, we can put together teams of people who get the job done better and more effectively."

The assessment identifies four different ways people think: analytical, conceptual, structural and social. It also measures behavior traits such as expressiveness, assertiveness and flexibility.

*For additional information, contact Wagner at ext. 4409.*

# National Guard to combine HQ

By Kathleen T. Rhem  
American Forces Press Service

WASHINGTON — Each state National Guard soon will be combining its top three headquarters into one “joint force headquarters,” according to Army Lt. Gen. H. Steven Blum, head of the National Guard Bureau here.

There are 162 headquarters units in the 54 state and territory National Guard entities.

By Oct. 1, 108 of these will no longer exist, the general said in a Pentagon briefing with the state adjutants general May 18.

Each state, the District of Columbia and other territories currently have a state-wide National Guard headquarters in addition to separate Army and Air Guard headquarters.

“That is just too excessive, and it’s not in keeping with the direction the Department of Defense needs to go to deal with emerging realities and the way we will fight in the future,” Blum said.

“We fight jointly, (so) we need to train and operate on a daily basis in a joint environment so we can make that transition (to active duty) very quickly.”

The general plans to put resources saved in this consolidation toward shortages in operational units.

The general said the National Guard’s symbol is the Revolutionary War minuteman.

“The minuteman is to symbolize the transition from a citizen to a soldier in minutes,” he said.

Currently, 147,000 National Guardsmen are deployed in 44 different countries.

“The National Guard must transform for future threats and current realities,” Blum said.

“The world will not sit still, so the National Guard cannot sit still. We must adjust to those realities and those new and emerging threats.”

Real transformation does not mean updating weapons and equipment.

“Most real transformation happens right here,” he said, pointing to his forehead.

“It’s about how you think. And we need to change the way we think.”

# Ramstein Delta Squadron continues relief in Algeria

By Staff Sgt. M. Davis  
86th Airlift Wing Public Affairs

RAMSTEIN AIR BASE, Germany — More humanitarian relief supplies were in the sky June 5 as three C-130 Hercules aircraft flew from Ramstein to earthquake-stricken Algeria.

This is the second humanitarian mission bringing eight pallets containing more than 6 tons of much-needed supplies to the people in the areas surrounding Algiers.

The aid came in the wake of a magnitude 6.8 earthquake May 21, which killed more than 2,300 people, leaving many without shelter, running water or food.

For Master Sgt. Tom Sullivan, an Air National Guardsman from the 123rd Airlift Wing based in Louisville, Ky., providing aid is the greatest part of his job.

“Anytime you can help people in need is great,” said Sullivan, a C-130 loadmaster.

“We are proud to be a part of helping them get back on their feet.”

His unit, part of Ramstein’s Delta Squadron, has been here for three months and expects to be here for possibly three more.

Although this is Sullivan’s first time deploying to Algeria in his 21 years of Guard duty, he has traveled extensively around the U.S. Air Forces in Europe theater of operations supporting missions to Bosnia, Kosovo and most recently, Iraq.

“It’s great to travel around the world to provide help wherever we can,” he said.

The aircraft delivered 1,800 tents, 17,000 sleeping bags, electrical and water purification equipment and medical kits.

A critical part of the shipment was portable kitchens that can feed more than 3,000 people per day.

The items came from U.S. European



Master Sgt. John Lasky/USAF

**ALGIERS, Algeria—Airmen of the 910th Airlift Wing, an Air Force Reserve unit from Youngstown, Ohio, unload humanitarian relief supplies from a C-130 Hercules aircraft in earthquake-stricken Algeria.**

**In addition, two C-130s from the 123rd Airlift Wing flew supplies from Ramstein Air Base, Germany.**

**The three aircraft delivered more than six tons of supplies, including tents, sleeping bags and medical supplies.**

Command’s humanitarian assistance excess property program, which takes serviceable items from Defense Reutilization Marketing Offices to support 63 countries in Europe and Africa.

Mohamed Bouarfetina, a fireman at Algiers Boumediene Airport, expressed his country’s appreciation.

“We are very happy for the humanitarian assistance we have received from the American people and extremely grateful,” he said.

# Blue, silver AEFs get rotations back on track

By Staff Sgt. A.J. Bosker  
Air Force Print News

WASHINGTON — The Air Force is establishing two transitional air and space expeditionary forces, blue and silver, to put the deployment schedule back on track by March 2004 and to bring home deployed airmen as quickly as possible.

“We envision these two 120-day rotations filling the requirements of combatant commanders through spring when we can once again implement the normal steady-state AEF rotation,” said Maj. Gen. Timothy A. Peppe, special assistant for AEF matters at the Pentagon. “Additionally, we can expect some aircraft, aircrew and associated maintenance rotations outside these two transitional AEFs as we attempt to get them back to the normal schedule next spring.”

The blue AEF will be on call to fulfill mission requirements between July and November, Peppe said. Silver will be on call from November through March.

“The magnitude of the various combatant commanders’ continuing requirements throughout the world will dictate the num-

ber of airmen that we will have to deploy,” he said.

According to the general, airmen in AEFs 9/10 and 1/2 who were identified to support Operation Iraqi Freedom but did not deploy will likely be the most vulnerable to deploy with the blue or silver AEFs.

“Ideally, as we go through the process (of matching people to these AEFs), those that have been home the longest from a previous deployment will be matched to deploy first,” he said. “There may be some exceptions but I certainly hope not many. We will start with AEFs 9/10 and reach forward, as needed, to fill requirements.

“Most of the major command deployment taskings will be made by June 10 and airmen should receive their notifications soon after,” he said. “However, if a (major command) cannot fill a particular tasking, the AEF Center (at Langley Air Force Base, Va.) will have to source it to another (major command), which may delay some individual notifications.”

These transitional AEFs will allow the Air Force to get currently deployed airmen back home to their families, he said.

The combatant commanders are already releasing forces that were deployed, but those forces may need to remain in theater until the Air Force can fill those requirements and get enough assets in theater to bring them home, he explained.

“We would like to rotate people home more quickly but the bottom line is that it takes time to make this happen,” Peppe said. “But we are working the issue as hard and as fast as we can.”

“Airmen need to understand that the AEF is operating ‘as advertised,’” he said. “It was designed, from the start, to ‘flex,’ as necessary, to meet the widest range of combatant commander requirements. A transition period like the one we are experiencing now is normal as we move from one AEF operating environment—crisis action—to another—steady state.”

“Since it’s beginning, I think the AEF has been a great success,” he said. “I don’t believe it was ever designed to handle a situation the size of the one we just had but I think it worked well. We were able to use it to timely ... identify people to meet the combatant commanders’ requirements.”

## Split disbursement now mandatory for travelers

By Staff Sgt. A.J. Bosker  
Air Force Print News

WASHINGTON — All military travelers must now select the split disbursement option on their travel voucher claims to directly pay their government travel card expenses, according to finance officials.

Split disbursement requires travelers to tally up their GTC expenses and authorize enough funds to be sent automatically to Bank of America to pay off their charges, said Michael G. Weber, Air Force travel card program manager at the Pentagon. Any remaining travel settlement will still be sent to the traveler’s personal account.

“Although this change was mandated by the 2003 National Defense Authorization Act to reduce the number of delinquent travel card accounts, split disbursement really is a win-win for everyone,” Weber said.

“It simplifies the payment process for travelers, gets the bank their money more quickly and reduces the number of delinquent accounts.”

Nearly half of all Air Force travelers already use split disbursement on a regular basis when filing their vouchers because it simplifies the process for them, Weber said.

“Airmen no longer have to wait for their travel money to be

credited to their personal accounts before they can mail a check to the bank,” he said.

“It saves them the cost of a stamp or a trip to a bank branch and gets the money to the bank within two or three days.”

By having all travelers pay off their travel card bills automatically, the Air Force should see a decrease in the number of delinquent accounts, he said.

This is especially true if a traveler returns from a TDY as a billing cycle is about to turn over, because they can pay off the card before their account becomes 30 days past due.

If a traveler charges more to their GTC than they were authorized, they still must select split disbursement and also reimburse the bank any additional charges, he added.

“Selecting split disbursement on a travel voucher, whether done manually or on an automated travel system, is easy and requires only a few clicks of the mouse or one block to be checked on a form,” Weber said.

Supervisors and approving officials are required to verify travelers selected split disbursement before signing off on any voucher, he said.

“If split disbursement is not selected on a voucher, it will be returned to the traveler to be redone,” he said.

“This may delay the processing of the claim and potentially put the traveler’s GTC account into a past-due status.”

# Promotions, retirements & separations



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

## **STAFF SERGEANT (E-5)**

•**Margaret Bennett**,  
165th Airlift Sq.  
•**Kevin Gaud**,  
123rd Maintenance Sq.

## **TECHNICAL SERGEANT (E-6)**

•**Timothy Kenney**,  
123rd Maintenance Sq.  
•**Leslie Kirgan**,  
165th Airlift Sq.  
•**Christopher Phebus**,  
123rd Special Tactics Sq.  
•**Michael Phillips**,  
123rd Airlift Wing  
•**Robert Risen**,  
123rd Medical Sq.  
•**John Wardrip**,  
123rd Maintenance Sq.

## **MASTER SERGEANT (E-7)**

•**Michael Cunningham**,  
123rd Maintenance Sq.  
•**Paul Greene**,  
123rd Airlift Control Flt.  
•**Raymond Johnson**,  
123rd Services Flt.  
•**Kevin Pitchford**,  
123rd Maintenance Sq.  
•**Tony Sizemore**,  
123rd Maintenance Sq.

## **SENIOR MASTER SERGEANT (E-8)**

•**Douglas Walls**,  
123rd Logistics Sq.

*The following individuals have retired as members of the Kentucky Air National Guard and reservists of the United States Air Force:*

•**Master Sgt. Richard Furman**,  
165th Weather Flt.  
•**Master Sgt. Gary Wathen**,  
123rd Airlift Control Flt.

•**Lt. Col. John Wheeler**,  
165th Airlift Sq.  
•**Chief Master Sgt. Walter Tinsley**,  
123rd Communications Flt.

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

•**Staff Sgt. William Ciarlante**,  
123rd Aerial Port Sq.  
•**Airman 1st Class Christopher Fulmer**,  
123rd Student Flt.  
•**Senior Airman Valerie Gholson**,  
123rd Communications Flt.  
•**Tech. Sgt. Michelle Holcomb**,  
123rd Maintenance Sq.  
•**Staff Sgt. Daniel Marks**,  
123rd Weather Flt.  
•**Master Sgt. Jerry Perkins**,  
123rd Maintenance Sq.  
•**Airman 1st Class Kimberly Powers**,  
123rd Student Flt.  
•**Tech. Sgt. Patrick Vanmeter**,  
123rd Special Tactics Sq.  
•**Airman 1st Class Philip Wiles**,  
123rd Student Flt.

## **Cargo Courier places second in national contest**

The Cargo Courier has once again been named one of the top newspapers of its kind in the National Guard, placing second in the National Guard Bureau's 2002 Media Contest.

The honor marks the seventh time in the past eight years that the paper has placed in the top two.

Tech. Sgt. Amy Mundell was the newspaper's editor and primary contributor during the contest evaluation period. Significant contributors were Capt. Dale Greer, Senior Airman Mark Flener, Tech. Sgt. Mark Rines, Staff Sgt. Tommy Downs and Senior Airman Philip Speck.

Mundell also placed third in the feature-writing contest, earning her second national writing award.

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