

THE CARGO COURIER

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

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ABOVE: Senior Airmen Wendy Haight, left, and Ashlee Richards, right, receive training in base lodging from an active-duty troop stationed at Aviano. The airmen deployed to the base for a summer camp with 12 other members of 123rd Services Flight.

RIGHT: KyANG Senior Airman Anne Brasseaux joins a Michigan Air Guard services troop in preparing meals at the Aviano Air Base Dining Facility.

Services returns from Aviano summer camp

By Tech. Sgt. Amy Mundell
Cargo Courier Editor

Fourteen members of the Kentucky Air Guard's 123rd Services Flight recently returned from Aviano Air Base, Italy, where they completed a two-week summer camp full of hands-on, real-world experiences.

During the deployment, which ran from March 31 to April 16, the airmen were given numerous taskings to enhance their knowledge of different areas in this broad career field, said Capt. Rodney Boyd, flight commander.

Services personnel are responsible for managing dining facilities, fitness centers, mortuary affairs and billeting, as well as morale, welfare and recreation programs.

Locally, the airmen get minimal exposure to some of these areas, the captain said.

At a large base like Aviano, however, the Kentucky troops were given training opportunities that simply aren't available here.

Besides valuable experience in food preparation, lodging and fitness center operations, the deployed airmen received training in such home-station requirements as search and recovery operations.

The deployment also gave Capt. Boyd an opportunity to hone his leadership skills and learn more about active duty operations.

"I was able to serve as the troop commander of a hybrid unit and gain experience from an active duty perspective," he said.

The flight's airmen agreed that the deployment offered excellent training and development opportunities.

"We were able to work in the fitness center and in lodging," said Senior Airman Rachel Cowley, who normally works in the



Photos by Tech. Sgt. Dennis Flora/KyANG

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Setbacks can be a learning experience for members of the Ky. Air Guard

I

t's always hard to set realistic goals, either for yourself or for an organization that you manage.

The goals must appear to be achievable but challenging enough to improve the organization in its quest.

I often will set seemingly unachievable goals just for the challenge; and you know, maybe someday I'll achieve those high standards.

Margaret Thatcher said, "Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do and you've done it."

Ever had that feeling?

It begins with tasking yourself and achieving those tasks.

The same applies to an organization. Present the challenge and start working at it, and when the day is done and the tasks are achieved, sit back and enjoy the results.

Nothing feels better.

One of the most severe mistakes we can make is thinking that we think we are much better than we actually are.

Overinflated egos present a false feel-



Brig. Gen. Hank Morrow
Assistant Adjutant General For Air

ing that everything is fine, nobody can touch us and we can conquer anything.

Have you ever had that feeling and then got knocked off your horse?

That's very hard to deal with.

You're shocked and dismayed to find out that everything wasn't so outstanding and that you're struggling.

Have we been there before?

I think everyone has experienced that once in a lifetime, maybe more. What's important is how we deal with it.

In the flying world, an ejection in a fighter aircraft is an experience no one is ready for.

What happens to that flyer immediately after the ejection? Does he or she get back in the airplane and go fly?

Sure — and the sooner the better.

The same applies to riding horses. Fall off and get back on.

We all have temporary setbacks. We fall, jump up and dust ourselves off.

We can do that with style, forget the shock, learn from the situation and be a better person or organization for experiencing the setback.

That's what's important.

We have a proud past in the Kentucky Air National Guard.

We know that, and have the trophies to show just that.

I ask that we keep our goals extremely high (maybe even unachievable), work extremely hard, show the class to dust ourselves off, hold our heads up and continue the superb tradition that is standard with the Kentucky Air Guard.

It is an organization that I'm personally proud to be a part of.

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Our office is located in room 2118 of the Wing Headquarters Building. Deadline for the next issue is May 31.

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Flight deploys to Aviano

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dining hall store room at the Kentucky Air Guard base. Such opportunities, she said, aren't available at home station.

Senior Airman Jessica Martin, who has worked in food services at the Kentucky Air Guard for three years, was equally pleased to learn something new.

"I was really excited to work in a different area — lodging," she said.

One highlight, both agreed, was being tasked with setting up contingency lodging for United States Air Forces-Europe basketball players who were visiting Aviano for a tournament.

The Kentucky troops joined with members of the Michigan Air Guard to turn empty dorms into livable space in about an hour.

"We had to clean, move furniture and make beds," Airman Cowley said.

Teamwork, she added, got them through the process of setting up the dorms from scratch.

The Aviano trip was not the first time the two college students have mobilized together.

Both were deployed to the Persian Gulf region last year for more than four months, along with 16 other Kentucky Air Guard services troops.

Surprisingly, both agreed that the two-week trip to Aviano was more stressful than being deployed to the desert, where they were responsible for setting up and taking down tents and providing food service.

After being in the desert awhile, Airman Cowley explained, "you begin to get adjusted to the environment." With the Aviano deployment, however, "you're not there long enough to get adjusted," she said.



ABOVE: Senior Airman Brandon Boggs, a member of the wing's 123rd Services Flight, prepares a steam kettle in the dining hall at Aviano. Airman Boggs and other flight members had the opportunity to train in a variety of areas during the deployment.



LEFT: Airman 1st Class Brittany Ingram of the 123rd Services Flight assists with landscaping at Aviano in preparation for the arrival of Air Force Chief of Staff Gen. John Jumper.

*Photos by Tech. Sgt.
Dennis Floral/KyANG*



Senior Airman Philip Speck/KyANG

Patriotic Parade

Twenty-five members of the 123rd Airlift Wing marched in the city's Pegasus Parade on April 29, winning "best specialty unit" in the process.

The Kentucky Derby Festival event, which is held each year in downtown Louisville, marked the public debut of the wing's "Mini C-130," a self-propelled, scale replica. The wing also trotted out its recent Gallopalooza entry, "Thoroughbred Express."

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:

SENIOR AIRMAN (E-4)

- Matthew Blevins**,
123rd Maintenance Sq.
- Marco Leques**,
123rd Aerial Port Sq.
- Alicia Petty**,
123rd Maintenance Sq.
- Marie Plaza**,
123rd Medical Sq.
- Chad Rodger**,
123rd Aerial Port Sq.

STAFF SERGEANT (E-5)

- Karen Bishop**,
123rd Special Tactics Sq.
- Brian Henry**,
123rd Communications Ft.
- Robert Powers**,
123rd Aircraft Maintenance Sq.

- Jason Thomas**,
123rd Aircraft Maintenance Sq.

TECHNICAL SERGEANT (E-6)

- Ryan Russell**,
123rd Aircraft Maintenance Sq.

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

- Maj. Marsha Beecham**,
123rd Airlift Wing
- Master Sgt. Deborah Cox**,
123rd Airlift Wing
- Lt. Col. Greg Hamilton**,
123rd Operations Support Ft.
- Master Sgt. Jeffrey McDonald**,
123rd Aircraft Maintenance Sq.
- Master Sgt. Sharon Robison**,
123rd Maintenance Grp.
- Maj. John Soldner**,
165th Airlift Sq.
- Master Sgt. Reed Striegel**,
123rd Maintenance Sq.

- Master Sgt. Robert Vanassen**,
123rd Special Tactics Sq.
- Master Sgt. John Zeitz Jr.**,
123rd Special Tactics Sq.

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

- Maj. Jason Arnold**,
165th Airlift Wing
- Staff Sgt. Jason Bogiel**,
123rd Student Ft.
- Staff Sgt. Terry Davis Jr.**,
123rd Student Ft.
- Senior Airman Lotoya Fox**,
123rd Medical Sq.
- Staff Sgt. Randy Holmes**,
123rd Special Tactics Sq.
- Tech. Sgt. Leslie Kirgan**,
165th Airlift Sq.
- Senior Airman Michael Lewis**,
123rd Aerial Port Sq.
- Senior Airman Larry Massey**,
123rd Security Forces Sq.
- Maj. Nathan Mellman**,
123rd Airlift Wing
- Senior Airman Lesley Pocker**,
165th Airlift Sq.
- Senior Airman Alecia Willis**,
123rd Communications Ft.

Ash retires after 27 years of military service

Cargo Courier Staff Report

Brig. Gen. Richard W. Ash said farewell to the Kentucky Air National Guard during a retirement ceremony in the Base Annex March 6, marking the culmination of a 27-year career dedicated to military service.

General Ash, who served as the assistant to the adjutant general for Air from Feb. 1, 1999 to Dec. 1, 2003, was responsible for command and control of all Air Guard units in the state.

During his tenure, the Kentucky Air Guard's 123rd Airlift Wing won numerous national awards, including the Distinguished Flying Unit Plaque, which is presented annually to the top five Air Guard flying units; and the Solano Trophy, which is presented each year to the top Air Guard unit in the 15th Air Force.

State Headquarters also won several honors during the general's tenure, including two Air Force Organizational Excellence awards.

General Ash began his military career with a commission as a second lieutenant from the Reserve Officer Training Corps in 1976. After an initial active duty tour under the Palace Option program, he entered the Kentucky Air National Guard and served for approximately two years as a civil engineering officer.

The general then attended undergraduate navigator training at Mather Air Force Base, Calif., and served as an RF-4C weapons system officer until January 1981.

His next assignment was Vance Air Force Base, Okla., where the general completed undergraduate pilot training before returning to Louisville to pilot RF-4Cs until August 1988.

When the unit converted to C-130 aircraft, General Ash made the same transition, and he continued to pilot Hercules aircraft until being assigned to state headquarters in September 1995.

General Ash holds the distinction of being the first Air National Guard officer to command Delta Squadron at Rhein-Mein Air Base, Germany.

Organized in 1994 as a fast-response airlift unit, the squadron was composed of active duty Air Force, Air Guard and Air Force Reserve personnel and aircraft.

The unit completed 1,252 sorties delivering nearly 10,000 tons of humanitarian



Tech. Sgt. Dennis Flora/KyANG

Army Maj. Gen. Donald Storm, Kentucky's adjutant general, congratulates Brig. Gen. Richard W. Ash, former assistant to the adjutant general for Air, at his retirement ceremony in the Base Annex on March 6. General Ash served in the post from Feb. 1, 1999 to Dec. 1, 2003. He had been a member of the Kentucky Air Guard since 1976.

supplies into Bosnia-Herzegovina.

Throughout the four-month-long Operation Provide Promise, 15 C-130 crews under General Ash's command flew daily sorties into hostile territory, often sustaining damage from ground fire while successfully accomplishing their mission without loss of life or aircraft.

The general's awards and decorations include the Legion of Merit, the Meritorious Service Medal, the Air Medal and the Kentucky Distinguished service medal with one oak leaf cluster.

General Ash is a pilot for American airlines with more than 7,000 hours of military and civilian flight time.

Ky. airmen deploy to Ramstein

Cargo Courier Staff Report

About 70 members of the Kentucky Air Guard's 123rd Airlift Wing departed for a 45-day deployment to Ramstein Air Base, Germany, in April.

The deployed members include pilots, navigators, aircraft maintenance personnel and other support troops.

While overseas, the Kentucky aircrews will fly cargo from Germany to locations around the world.

Last year, hundreds of members of the Kentucky Air Guard were deployed to Ramstein Air Base, where they flew missions in support of Operation Iraqi Freedom, the ongoing peacekeeping mission in Bosnia and U.S. military operations in Liberia.

Managing anger appropriately may ease your peace of mind

Everybody gets angry. Anger is nothing more than a natural, adaptive response to threats.

On a very basic level, we need anger to survive. It's normal to feel angry or frustrated when you've been let down or betrayed.

What matters is not whether a person or situation makes us angry. What matters is what we do with our angry feelings. What do you do when you feel angry?

Here are some suggestions:

- Learn to talk about your feelings. If you're afraid to talk or if you can't find the right words to describe what you're going through, find a trusted friend to help you one-on-one.

- Express yourself calmly. Express criticism, disappointment, anger or displeasure without losing your temper or fighting. Ask yourself if your response is safe and reasonable.

- Listen to others. Listen carefully and respond without getting upset when someone gives you negative feedback. Ask yourself if you can really see the other person's point of view.

- Try some relaxation techniques. For example, breathe deeply, from your diaphragm (breathing from your chest won't relax you). Picture your breath

coming up from your "gut."

- Slowly repeat a calm word or phrase such as "relax" or "take it easy." Repeat it to yourself while breathing deeply.

- Use imagery. Visualize a relaxing experience.

- Try nonstrenuous, slow yoga-like exercises, which can relax your muscles and make you feel much calmer.

- Engage in problem solving. Work out your problems with someone else by looking at alternatives.

- Use humor. Nothing diffuses anger more quickly than a good joke, especially if you're taking yourself too seriously. Anger is a serious emotion, but it's often accompanied by ideas that, if examined, can

make you laugh.

Remember, you can't eliminate anger — and it wouldn't be a good idea if you could. In spite of all your efforts, things will happen that will cause you anger — and sometimes it will be justifiable anger.

Life will be filled with frustration, pain, loss and the unpredictable actions of others. You can't change that; but you can change the way you let such events affect you.

Managing your anger appropriately can keep you happy and healthy in the long run.

—Maj. Fred Ehrman
Wing Chaplain

Chaplain's Column

KyANG unit profile

123rd Logistics Readiness Squadron

Leadership

Lt. Col. Johnny Jones has commanded the unit since July 1998.



Mission

To provide for the overall direct support of all units assigned to the Kentucky Air Guard. Support and management services includes the operation of the base supply account, fuels, traffic management, vehicle operations, and maintenance and wing readiness.

Personnel

The flight has approximately 90 members, about 35 of whom are full time. The remainder are traditional, part-time reservists.

Global engagement

Since Sept. 11, 2001, the squadron has been activated on multiple occasions in support of Operations Noble Eagle, Joint Forge, Enduring Freedom and Iraqi Freedom.

Several members of the unit were mobilized immediately after the attacks to support the nation's homeland defense mission and were deployed to Texas and Kansas before returning to Kentucky to complete a yearlong assignment.

In 2002 and 2003, additional members were activated and deployed to locations throughout the world in support of Aerospace Expeditionary Forces.

Tonini receives DSM at Pentagon

Cargo Courier Staff Report

Ret. Brig. Gen. Edward Tonini, former Kentucky Air Guard chief of staff, received the Distinguished Service Medal from Michael L. Dominguez, assistant secretary of the Air Force for manpower and Reserve affairs, during a ceremony at the Pentagon on March 15.

Called to active duty shortly after the September 11, 2001, terrorist attacks, General Tonini

fathered what has become a unique grassroots outreach program in the Department of Defense, serving the total Air Force.

The program, "Your Guardians of Freedom," allows unit commanders to communicate directly with community members who are affected by the deployment of military personnel, giving Air Force leaders a means to express appreciation for the support provided by family members, civilian employers and other key groups.

Guard, Reserve leaders address Senate

**By Army Sgt. 1st Class Doug Sample
American Forces Press Service**

WASHINGTON — Reserve component leaders from the Air Force, Army and Marine Corps met before a Senate subcommittee reviewing the fiscal 2005 military budget here April 7.

The leaders discussed transformation goals and spending requirements.

They also touched on issues such as deployments, stress on the force and the war on terrorism before the Senate Appropriations Committee's defense subcommittee.

Lt. Gen. James E. Sherrard III, chief of Air Force Reserve, addressed modernization efforts of several aircraft.

He said the events of Sept. 11, 2001, and the war on terrorism has meant that one in three Air Force reservists has been mobilized during that time.

He said that such reliance has meant a change in how the Reserve uses its forces.

"Like our active-duty partners, the men and women of the Air Force Reserve are very busy," the general said.

During fiscal 2003, Air Force Reserve Command Airmen made major air and space expeditionary force contributions and still met practically all aviation and support com-

mitments, including deploying more than 23,350 reservists, he said.

Lt. Gen. Daniel James III, director of the Air National Guard, highlighted his service's accomplishment in the war on terrorism.

He said more than 36,000 air guardsmen were mobilized since Sept. 11, 2001, and that one-third of the Air Force aircraft in Operation Iraqi Freedom have been from the Guard.

aerial vehicles, General James said.

Air Guard officials are also looking at the ability to conduct high-volume and highly accurate attacks with significantly fewer types of aircraft, he said.

For the Guard to remain part of the total force, "it has to expand its capabilities as joint warfighters and make the changes to integrate seamlessly into the joint-warfighting force," he said.

"Now is the time for us to lead the way by considering, selecting and implementing new concepts and missions that leverage our unique strengths to improve total force capabilities in support of expeditionary roles and defense of the homeland," he said.

"This can only be accomplished by involving all Air National Guard stakeholders."

The guardsmen will continue to defend the nation in the war on terrorism while transforming for the future, General James said.

"We will do this across the full spectrum of operations in both the expeditionary and homeland defense missions," he said.

"The men and women of the Air Guard are currently serving proudly in the far corners of the globe — and here at home — and will do so ... to protect our freedoms."

“ The men and women of the Air Guard are currently serving proudly in the far corners of the globe — and here at home — and will do so ... to protect our freedoms. ”

—Lt. Gen. Daniel James III
Director of the Air National Guard

"We flew 100 percent of the Operation Enduring Freedom A-10 (Thunderbolt II) missions and 66 percent of the Iraqi Freedom A-10 tasking," he said.

"The A-10s flew more combat missions in the Iraqi war than any other weapon system."

Future needs will rely heavily on technological advances in space, command and control, intelligence and reconnaissance systems, information warfare and unmanned

Senior enlisted course improves joint education

**By Army Sgt. Jon Cupp
U.S. Joint Forces Command Public Affairs**

NORFOLK, Va. — U.S. Joint Forces Command officials will take a first step in kicking off the Command Senior-Enlisted Leader Capstone Joint Operations Module course at the Joint Warfighting Center here April 27 to 28.

The course provides command senior enlisted airmen, soldiers, Marines, sailors and Coast Guardsmen the tools they will need in a world where no service goes to war by itself, course organizers said. It is for senior enlisted leaders who serve in service headquarters that are joint capable.

"Up until this point, we haven't done anything to provide them with any joint education," said Army Command Sgt. Maj. Mark Ripka of USJFCOM. "Today's command senior enlisted leaders

are more operationally focused leaders. They must understand joint command and control and joint planning to be more effective at the joint-force headquarters level."

The program gives senior enlisted leaders a chance to immediately affect a joint task force or functional component headquarters staff, Sergeant Major Ripka said.

"Our command senior-enlisted leaders typically have more boots on the ground, deck plate and flightline experience than most of our officers," he said. "When that experience is coupled with a joint-educational experience, the combination results in (greater) command senior enlisted leadership."

During the course, the enlisted leaders will learn many topics based on the life cycle of a JTF headquarters. Those topics include forming the JTF, manning document development, joint command and control, basing and the integration of special-operations forces.

101 Critical Days of Summer approaching

Through the first half of fiscal year 2004, the Air Guard has had zero Class-A aviation mishaps.

So far, so good! However, we've had too many close calls.

There are few new lessons, only reminders of the fundamentals — airmanship, fuel management and supervision.

Additionally, inattention in the workplace resulted in the loss of valuable resources and lost workdays.

On the active duty side, we've lost aircraft and lives due to mid-air collisions, powerplant failures and controlled flight into terrain.

We need to emphasize once more the basics and work together — aircrew, wingmen, and supervisors — to get the mission done safely.

The 101 Critical Days of Summer are rapidly approaching.

This is the time of year when we all like to get out and enjoy the good weather with our families.

It's also a time when we see the most highest number of injuries and deaths due to vehicle accidents, both in 4-wheeled vehicles and especially motorcycles.

Again, the factors are the familiar — alcohol, excessive speed, darkness and lack of proficiency on motorcycles.

Off-duty sports and recreation is another area where we see mishaps.

Don't let your desire to have fun interfere with sound judgment.

Air Force Instruction 91-207 and Department of Defense Instruction 6055.4 require that all persons operating a motorcycle at any time on a DoD installation must complete a Motorcycle Safety Foundation course.

This also applies to all military personnel and DoD civilians in a duty status, on or off a DoD installation.

It's our intent that everyone has the opportunity for this valuable training within resource constraints.

My safety professionals will provide you with some materials to kick off your own campaign.

I expect each and every one of our Guardsmen and their families to still be around on Labor Day.

Commanders and supervisors — know your people, get involved with them, and demand that they approach their job and their lives in a safe, professional manner.

Remember, "*Mission First, Safety Always*" — and have a great spring and summer.

*—Lt. Gen. Daniel James III
Director, Air National Guard*

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