

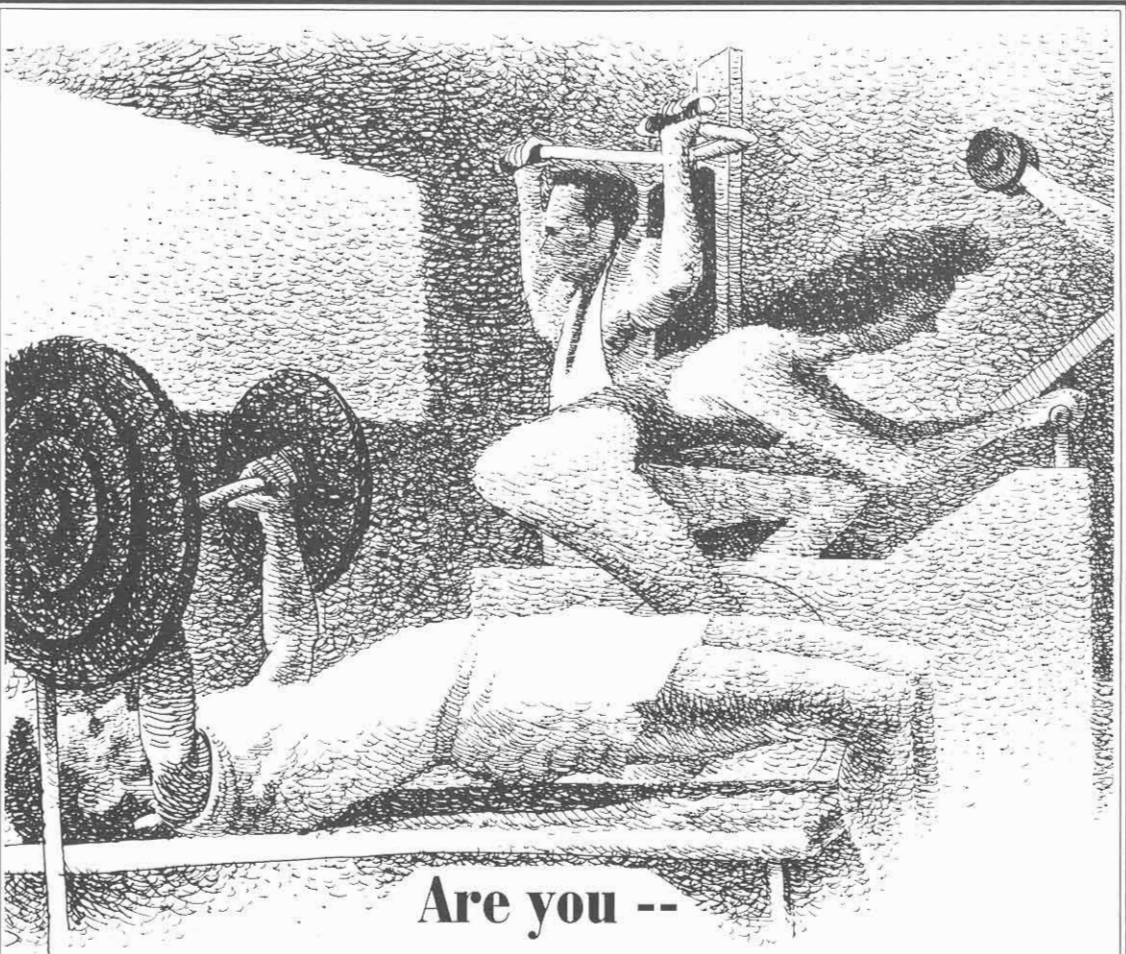


THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123d TAW Kentucky Air National Guard

Vol. 6, No. 3, March 10, 1990



Are you -- "Fit for Freedom?"

Test yourself with the Health Habits Inventory on Page 7

Inside:

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Commander's Column

(Editor's Note: The following is an interview with Colonel Joseph L. Kottak following his appointment as the Wing Commander by Maj. Jeff Butcher, public affairs officer.)

Q: Heavy emphasis is being placed on our people and their role in the conversion process. How do you perceive the current situation as you assume the command position?

A: Our personnel are somewhat fragmented as to team spirit and helping each other out due to the newness of the C-130 mission. We need to come together again -- as a family. Any conversion is a challenge, and, as in the past, we do have the right people to get the job done -- in a timely manner. It will be my responsibility to help the commanders evaluate our progress and how we gel together as a team.

Q: Will you have an open door policy during this period?

A: An open door policy is a catchy expression associated with "dynamic" management. Its abuse could destroy our unity of command. My policy is for the commanders, first sergeants, and first-line supervisors to have an open door policy. From time to time, I will be faced with issues for which only I can make the decision -- otherwise unit commanders have the responsibility to take care of their people. When a problem cannot be resolved at the unit or deputy level, my door is certainly open to ensure that a fair and equitable solution is rendered.

Q: What is our main mission right now and how can we measure our progress?

A: Our primary thrust is to obtain full combat ready posture -- which is why we exist. Under current conditions we should be there within a year. In April 1991 we will have the opportunity to show the Inspector General just who the Kentucky Air National Guard is.

Q: What will be your responsibility?

A: As the commander I hope to be visible to the people and see that we do business smartly. Our people are looking for strong leadership as they do the tough things needed to be Number 1. Who knows better than the people doing the job what is wrong and how it can be corrected? I will be there to provide the command support our people need.

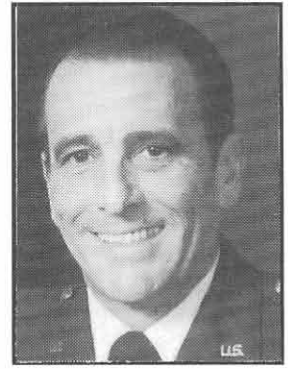
Q: Are there any changes needed in management procedures?

A: Each unit needs to establish two new "teams" for mobility and in-theatre operations.

For deployment, we need a unit "readiness action team." Our unit manning document is designed for individual skills but it doesn't put these skills together for a team effort. We need to establish an organizational structure whose primary responsibility is to mobilize, deploy and go to war. These teams and centers of responsibility are absolutely necessary

to get the job done, regardless of AFSC.

The second team, a "war action team," will take over in the conflict area. These teams are to make sure lines of communication flow up and down between their unit and the Wing Operations Center or controlling agency. The team will know what is going on in their unit -- as impacted by wartime conditions.



Col. Joseph L. Kottak
Wing Commander

Q: The military budget is under close watch of the Congress right now. What do you see our position to be today?

A: All service budgets have undergone modifications. We also can expect some funding changes. However, I do not see any grave mission impact because of such. Our unit will stay whole and have the money necessary to execute at a high performance level. With a little good luck we will have 12 new C-130H's in 1992 and be well into the process of building new base facilities.

Q: What is your advice to commanders, first sergeants and first-line supervisors in the area of management?

A: The conversion has created too much reaction management -- not our organized approach to problem solving. Some units have "copy catted" exactly what other C-130 units do -- without thinking through the entire equation. We have forgotten what worked in the RF-4C -- and once again are making the same mistakes, which we solved years ago. Required and important regulations, plans and schedules are not always produced on time -- because we are overwhelmed with insignificant details. We must streamline our methods and get back to basic organizational and simple ways of doing complex jobs. Time management and accomplishing an important task every day needs our attention. We must get combat ready and action oriented which is our top priority!

Q: How can we best approach ground and air safety at this time?

A: This has to be a command interest item. Different aircraft, assignments, and missions all present potential safety problems. I am looking at the supervisor and unit commander to keep a vigilant watch over safety in the work place. Again we need to adopt a common sense approach to safety on the job. Don't take chances or exceed your personal limits. If we kill someone or crash an airplane it is our own fault. If someone is in doubt about what to do, they need only ask themselves, "would Colonel Kottak be happy with this?"

Thank you for allowing me the opportunity to respond to your questions.

Airlifters bid for top missions

Col. Joseph L. Kottak, 123d TAW commander, welcomes participants in the semi-annual Airlift Scheduling Conference. More than 300 members gathered to coordinate upcoming airlift activities for Air National Guard units in the Military Airlift Command.

The KyANG was only in the airlift business for a little more than a year when it took on the challenge of hosting the conference. From comments made by participants, the conference was a complete success.



The ANG's role in Panama changing

By TSgt. Jeff Sansbury
Staff Writer

The Air National Guard has terminated its rotation duty for some flying units that once served in Panama.

The National Guard Bureau in Washington announced Feb. 1 that all A-7 attack aircraft assigned to Operation Coronet Cove would no longer serve this mission in Central America. However, the Kentucky Air National Guard and other C-130 transport units will continue their role in the Air Guard mission known as Volant Oak, according to Lt. Col. Jim Ragan, the NGB's chief of public affairs.

Air Guard units have performed real-world missions since December

1978, when the Air Guard assumed responsibility for air defense in the Panama Canal. The last unit to pull the alert duty was the 192nd Tactical Fighter Group of the Virginia Air Guard in Richmond. The 192nd's people and aircraft returned to home base Jan. 31, 1989, said Maj. Robert Dunlap, a spokesperson at the Pentagon's NGB office.

Kentucky's 165th Tactical Airlift Squadron was among 14-plus Air Guard units that participated in Volant Oak last year. The 20-member flight crew provided airlift support to the Southern Command region, which begins south of Mexico in Central America and stretches to the tip of Chile in South America.

During the United States' assault on Panama in December, known as Operation Just Cause, the 180th Tactical Fighter Group from Toledo, Ohio, was serving on Coronet Cove duty at Howard Air Force Base in Panama City, home of the USAF's Southern Air Division. That unit flew 76 close-air-support sorties and expended 2,715 rounds of ammunition in support of ground troops defense, the NGB said.

"Each of the Air Guard A-7 units that supported Coronet Cove over the last 12 years can take great pride," said Colonel Ragan. "Their achievements are a direct contribution to our overall defense."

THE CARGO COURIER

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Deadline for submission of articles for THE CARGO COURIER is the Friday after each UTA for publication the following UTA. Articles should be given to TSgt. Jenny Montgomery, Rm 123 of the O&T Bldg.

Change of Command

The wing formally said goodbye to one commander and welcomed in the new last UTA and welcomed in the new last UTA



Brig. Gen. John L. Smith watches as Col. Joseph L. Kottak assumes command of the 123d Tactical Airlift Wing in ceremonies last UTA.



Brig. Gen. Michael W. Davidson, the adjutant general of Kentucky, presents Brig. Gen. John L. Smith with a Kentucky Distinguished Service Medal. General Smith was wing commander for seven years.



Members of the 123d Security Police Flight present the colors.

**KyANG Photos by
TSgt. Charles Simpson**

Wing selects top airmen

A board of senior noncommissioned officers selected MSgt. David M. Orange Sr., 123d Tactical Airlift Wing, and SSgt. Terri L. Zeller, 123d Tactical Hospital, to represent the Kentucky Air National Guard in the 12 Outstanding Airmen of the Year Program for 1989. (As of the issue deadline the Air National Guard selections had not been made.)

The selection board nominated SMSgt. James F. Hall and Sgt. James C. Bishop, both of the 123d Consolidated Aircraft Maintenance Squadron as Kentucky's Outstanding Air Guardsmen of the Year for 1989.

MSgt. David M. Orange Sr.



Sergeant Orange joined the KyANG in 1978 and is currently a member of the unit's elite Combat Control Team, the only such unit in the Reserve forces. He was nominated for "his excellent performance, outstanding professional skill, knowledge, and leadership as Combat Control Supervisor for the Combat Control Team," stated his letter of recommendation.

During the past year, Sergeant Orange has spent much of his time voluntarily re-training into a career field unique to the Air National Guard, completing each phase of his training at the top of his class. He earned both the Honor Graduate Award and the Jerome Bennett Award for leadership at Combat Control School. School cadre

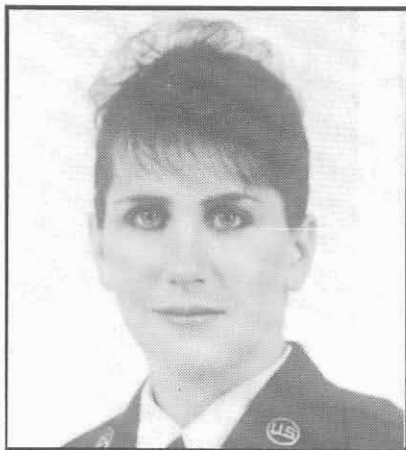
said that it was highly unusual, if not the first time, that one person was selected for both awards.

Because of his proven dedication and desire to succeed, Sergeant Orange was permitted to attend Jump Master School without the required minimum time on jump status. Once again Sergeant Orange proved himself a true leader, becoming the first Air National Guard Combat Control Team Member to complete the course.

He has the additional duty as the Training and Scheduling Noncommissioned Officer for the Combat Control Team organizing a complex schedule of required tasks necessary to maintain the team's readiness posture.

SSgt. Terri L. Zeller

Sergeant Zeller is a medical administrative specialist with the 123d Tactical Hospital. She joined the KyANG in



1986 and is a Traditional Guardsman. "Her enthusiasm and zeal permeated the entire 123d Tactical Hospital, making her an invaluable asset to the unit and to the 123d Tactical Airlift Wing," stated her nominating package.

During her time with the hospital, Sergeant Zeller has totally revamped the medical library, ensuring that all publications are current and readily accessible. She is looked upon as the resident expert in this fundamental area of hospital operations.

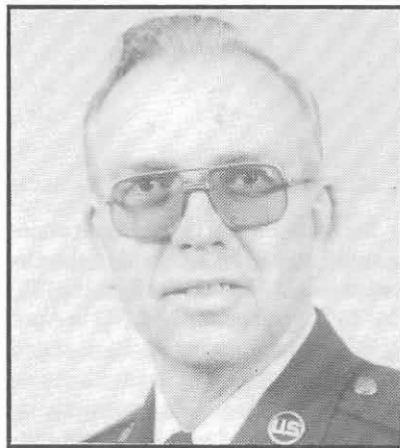
She has also been responsible for establishing a computer program that

enables the minutes from the hospital executive staff meetings to be input into the computer. She has initiated a training program to familiarize other unit members with the computer system.

Sergeant Zeller works full time as a paralegal clerk at a major law firm in the Louisville area. She began working for this firm as a receptionist and has worked her way from an accounts receivable clerk and secretary to her current position as a paralegal. She is a senior at the University of Louisville and intends to apply to law school once she has her Bachelors Degree.

SMSgt. James F. Hall

Sergeant Hall is a flightline supervisor assigned to the Organizational Maintenance Branch of the 123d CAMS.



His military career spans 26 years in the aircraft maintenance field. "He has provided outstanding support for several different combat missions, including the RF-101, RF-4C, and the C-130B," stated his nominating package. He was with the unit during its activation in 1968 in support of the Pueblo Crisis.

When the unit was challenged with the changing its mission from RF-4C to C-130B, Sergeant Hall's detailed knowledge of flightline operations allowed him to identify numerous training needs and obstacles associated with the new mission. In turn, he developed and implemented training programs and procedures to ensure a smooth and efficient transition. Sergeant Hall's knowledge and judgement in aircraft

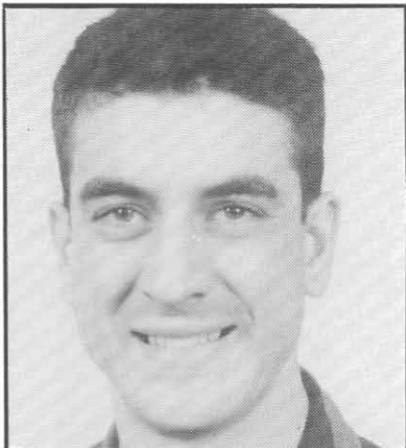
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Top airmen

Continued from previous page
maintenance is highly valued by senior level managers and he was chosen to go on several C-130B aircraft acceptance inspections.

Sergeant Hall was selected as the Outstanding Senior NCO in 1989 for the 123d CAM Squadron.

Sgt. James C. Bishop



Sergeant Bishop is an aircraft maintenance crew chief assigned to the Organizational Maintenance Branch, 123d CAMS. He joined the KyANG in April 1986. His nominating package stated that his "outstanding leadership and strong work ethic reflect positively on his support of the unit readiness mission and his personal commitment to excellence."

A Traditional Guardsman, Sergeant Bishop has advanced quickly in his field. Since the unit's conversion to its airlift mission, Sergeant Bishop has completed all C-130B aircraft maintenance academic courses in minimum time, quickly becoming an integral asset on the C-130B team.

While attending the KyANG NCO Preparatory Course, Sergeant Bishop received the John L. Levitow Award, given to the student who demonstrates the strongest leadership skills and highest academic abilities. He received his Bachelor of Arts Degree with a major in Broadcasting from Eastern Kentucky University in December. His articulate voice and communications skill resulted in his selection as narrator for all KyANG video productions.

Bean Soup Feast

It's time once again for the KyANG 20th Annual Bean Soup Feast and Open House. This year it will be held Thursday, April 5 from 11 a.m., to 7 p.m.

Guardsmen who wish to volunteer their time cooking the food or serving, should contact Maj. Glenn Adair at Ext. 419.

Everyone is encouraged to bring their

families and friends out to enjoy the traditional fare of bean soup, cornbread, cole slaw, dessert, soft drinks and coffee.

The cost is \$4 for adults and \$2 for children under 12. All money raised from the event will benefit underprivileged and handicapped children in the Louisville area.

Armed Forces Day Dinner

The 64th Annual Armed Forces Day Dinner will be hosted by the Louisville Armed Forces Committee on Friday, May 18 at the Executive West.

Undersecretary of the Army John W. Shannon, a Louisville native, will be the guest speaker. The cost is \$20 per person.

The evening begins at 6:30 with a social and then the opening ceremonies begin at 7:30 p.m. Dinner will be served at 8 p.m., followed by the guest speaker, awards presentations and dancing.

For more information contact Col. Ed Hornung at 364-9409.



Outstanding Guardsmen for 1988

Col. Joseph L. Kottak, 123d TAW commander, presents SMSgt. David F. Pope, 123d Security Police Flight, left, and Sgt. Cynthia Hasselback, 123d Consolidated Aircraft Maintenance Squadron, their plaques for being selected as the Wing's Outstanding Guardsmen for 1988. Sergeant Pope was also selected and recognized last year as Kentucky's Outstanding Guardsmen for his rank.

Health Habits Inventory

By Capt. David Granstrom
Health Promotion Coordinator

How well are you managing your health? Take just a few minutes to fill out the Health Habits Inventory from Air Force Publication 50-45, "Wellness Lifestyle Guide for Personal Readiness." Your score will help you determine your current level of health and fitness and serve as a guide for establishing goals for improvement.

If you have any questions or would like more information, contact your squadron health promotion representative or the 123d Tactical Hospital.

Health Habits Inventory

Answer each question Yes or No

1. Do you engage in vigorous exercise a minimum of 15 to 30 minutes at least three times a week? (example: jogging, swimming, brisk walking, cycling, etc.)
2. Do you perform flexibility stretching exercises at least three to four times a week?
3. Are strength-developing exercises (example: calisthenics, weight lifting) a part of your weekly program?
4. Are you free from lower back pain, neck and shoulder tightness, or leg stiffness?
5. Can you climb a flight of stairs or walk uphill without becoming light-headed or short of breath?
6. Do you eat a well-balanced variety of foods each day from all the food groups (fruits and vegetables, whole grains and cereals, dairy products and lean meats, beans, peas, and nuts)?
7. Do you make a conscious effort to limit the amount of fat, saturated fat, and cholesterol you eat (including limiting the amounts of eggs, shortenings, fat, dairy products, and red meats you eat)?
8. Do you avoid adding salt to your food at the table and limit your intake of highly salted foods?
9. Do you regularly attempt to eat adequate amounts of starch (complex carbohydrates) and fiber during the day (emphasizing whole grain breads and cereals, fruit, beans, greens and other vegetables)?

10. Do you eat no more than one between-meal-snack during the day?
11. Do you avoid eating too much sugar (by adding little or none to the foods you eat and by avoiding candy, soft drinks, and rich desserts)?
12. Do you avoid alcohol and caffeine or limit your consumption to one or two drinks a day?
13. Do you fall within the acceptable weight range for your height and body frame according to Air Force standards?
14. When you look in the mirror with a swim suit on, are you satisfied with the amount of fat you see?
15. Are you a nonsmoker?
16. Do you find it easy to handle challenges, responsibilities, and assignments that are not part of your daily routine?
17. Do you participate in any activities that promote relaxation and enjoyment (community activities, hobbies, church organizations, relaxation techniques)?
18. Are you able to remain patient and calm when you are driving in bad traffic or stand in a long line?
19. Can you go through a stressful situation without taking drugs, medications, or alcohol?
20. Is the majority of your time free from boredom?

Scoring: Score 1 point for each yes answer: Total _____

If you answered all of the above questions with a yes, for 20 points, you are already practicing a *superior* wellness lifestyle.

If you scored 15-19, you are practicing a *positive* wellness lifestyle and need only a few changes to be superior.

If you scored 10-14, you are practicing an *average* lifestyle and need to change a number of habits.

If you scored 5-9, you are practicing a *poor* lifestyle, and need to alter many habits to reach a positive level of wellness.

If you scored 1-4, your lifestyle practices are *very poor*, and you need to change your habits in most areas to achieve wellness.

If you answered *all* of the questions with a no, for a score of 0, get ready to call the *undertaker*!

AFSA meets here

By Sam Duncan
Air Force Sergeants Association

The Air Force Sergeants Association, Chapter 482, and Ladies Auxiliary, Chapter A-482, is now in its 7th year at the KyANG base.

Its field of membership includes folks in Kentucky from the following components: Air Force, ANG, Air Force Reserves, Retirees, DAF Civilians, and former enlisted members. New members are cordially invited to join from these components.

Come to any of the meetings and check us out. We normally have two meetings a month. They are on Thursday evenings at 7 p.m. The second Thursday of the month is a meeting of the Executive Council. All members are always welcome to attend this meeting. The fourth Thursday evening of the month is the General Membership meeting. We strongly urge all members and potential members to attend this meeting. Scheduled events for 1990 include such things as: Pot Luck Dinners; Breakfast at Shoney's and Bob Evans; Dinner at the Fifth

Quarter; parties at the George Rogers Clark Park and the ANG Dining Hall.

Several guest speakers are scheduled at various general membership meetings. Upcoming meetings:

March 8--Executive Council; March 17--Breakfast at Shoney's Eastern Parkway, 8 a.m., men; March 22--General Membership

April 12--Executive Council; April 26-29--Division 4 Conv., Sheffield, Ala.

May 5--Executive Council; April 24--General Membership

(For information contact Sam Duncan at 896-0490)

News Briefs

Historian needed

The 123d Tactical Airlift Wing is seeking applicants to serve as the wing historian of the Kentucky Air National Guard.

As the wing historian, the qualified member provides essential perspectives for planning and decision making at all levels of command. Through analysis of the past, military history contributes directly to current operations and policy making, and fosters morale.

Those interested should contact the base recruiting office at ext. 424. The position requires a 5-level AFSC and requires above-average English skills. Air National Guard historians collect, preserve and disseminate historical material for use in ANG and Air Force planning, operations, doctrine, education and training. They prepare accurate and analytical accounts of the ANG experience and concentrate on the mission to which they are assigned.



KyANG photo by SMSgt. Dave Tinsley

Formal pinning

Col. Edwin H. Hornung receives his official eagles and promotion from Col. Austin P. Synder, deputy commander for maintenance, left, and Col. Joseph L. Kottak, 123d TAW commander. Colonel Hornung is the deputy commander for support.

Conversion retraining

Did the conversion affect you?

Are you an overage? Do you know?

If the answer to any of these questions is yes, you need to first talk with your supervisor. After that, you can contact the Recruiting Office at Ext. 422, 423, or 424. They will assist you in finding another opening to cross train into.

TELL SOMEONE YOU LIKE ABOUT THE AIR GUARD.

One of the best things you can do for your friends is to tell them about the Air National Guard. Especially when you consider the benefits that the Guard offers. And the satisfaction that comes from Guarding America's Skies.

For more information about the Air Guard, and what it can mean to your friends, call the base recruiting office at 364-9422/423/424

Then tell someone you like about the Air National Guard.

AIR NATIONAL GUARD We Guard America's Skies.

HELP WANTED

AF 90-06/Accounting Tech, 123d RMS

Closes: 13 Mar 90

Open to all members of the KyANG

AF 90-07/Financial Asst., 123d RMS

Closes: 13 Mar 90

Open to all members of the KyANG

AGR 90-25/Air Traffic Control Spec,

KyANG Closes: 16 Mar 90

Open to current members of the KyANG

AGR 90-26/Supvr Air Traffic Control Spec, KyANG Closes: 16 Mar 90

Open to current members of the KyANG

GS-5 Operations Specialist, KyANG

Temporary Indefinite--To be posted

For additional information contact TSgt. Dianna Nelson, 364-9404 or 364-9668

Temporary Statutory Tour Positions

Military Pay Specialist -- National Guard Bureau, Andrews AFB, Md.

Closes: 30 Mar 90

Chief, Audiovisual Service -- NGB, Andrews AFB, Md. Closes: 13 Apr 90

Advisor for Reserve Forces, Weather -- Headquarters Air Weather Service, Scott AFB, Ill. Closes: 13 Apr 90

Chief, Inspection Branch -- NGB, Andrews AFB, Md. Closes: 16 Mar 90

ANG Advisor to TAC/CC -- Langley AFB, Va. Closes: 2 Apr 90

Air Operations Officer -- NGB, Andrews AFB, Md. Closes: 23 Mar 90

For more information check the CBPO bulletin board outside Room 121.