


THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123rd TAW, Kentucky Air National Guard

Vol. 7, No. 5, May 18, 1991

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finds
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A General Appearance



KyANG photo by SMSgt. Dave Tinsley

Gen. Norman Schwarzkopf, the Allied commander who led us to victory in Operation Desert Storm, made Louisville his first public stop after returning from the Middle East. The general was honored this month as grand marshal of the Kentucky Derby Parade. The Kentucky Air National Guard and Derby festival organizers received General Schwarzkopf at Standiford Field, as Secret Service agents accompanied him during the weekend stay. More photos appear inside the Cargo Courier.

Commander's Column



Spring cleaning could help as inspections draws near

As we get closer to inspection time we must take a careful look at a number of things - - one of which is our Operating Instructions, or OIs.

Functional? Are there eight pages crammed into a single document protector? Are they really being used or just placed in the "Pretty Boy Floyd" binders only to impress our inspector? Accurate? Do they say how we really do our jobs or do they merely restate a regulation?

With an OI in hand watch your

people work. If the two don't match, then you need to rewrite...which is it? Complete? Are they vague or do they provide step-by-step procedures? Practical? Are they written with the current regulation in mind? Do they provide references for additional information? Are there sample forms provided with instructions for completing each one? Current? When was the last time they were reviewed? Annually? Have they been approved by the person responsible for the section? Coordinated? If



Brig. Gen. John L. Smith
Wing Commander

they affect other areas, have they been coordinated? The time we invest in improving our OIs will pay dividends for each operation and benefit us all.

Chaplain's Column

By Capt. Charles Smith Jr.
KyANG Protestant Chaplain

We learned the expression, "Fall back, Spring ahead" to remind us to set our clocks each spring and fall. For some this changing of the clocks is an inconvenience that's tolerated twice a year. The saying can also summarize our life as it seems we are on a journey of going ahead and stepping back. How to keep things in perspective, namely the highs and lows, is an age old question.

One helpful guide as we face the falling back and springing ahead along life's path is the often-quoted Serenity Prayer, "God grant me the serenity to accept the things I cannot change, and the courage to change the things I can and the wisdom to know the difference."

As we "Fall back and Spring ahead" through life, perhaps good advice would be simply "to go with the flow." Accepting and learning from the lows while rejoicing and

giving thanks for the mountain top experience, "Fall back, Spring ahead."



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Deadline for submission of articles is the Friday after each UTA, for publication in the following month's newspaper. Articles can be delivered to the Public Affair Office, Room 143 of the O&T Building.

Local News

Webb named NCO of the Quarter by 123rd MSS

Staff Sgt. Julie D. Webb has been selected as the 123rd Mission Support Squadron's NCO of the Quarter for January - March 1991, announced Maj. Daniel G. Wells, the squadron commander.

An eight-year veteran of the Kentucky Air National Guard, Sergeant Webb was chosen after meeting a selection board comprised of the unit commander and four senior NCOs. She and other nominees were evaluated on duty performance, knowledge of military and national-international events, protocol and personal appearance.

Capt. Richard L. Frymire III, the unit's executive officer, stated "Sergeant Webb's outstanding administrative skill and commitment to excellence has greatly influenced the tremendous progress made by the unit during the past six months. She's made the unit orderly room a dynamic



KyANG photo by MSgt. Terry Lutz

Maj. Glenn Adair, former commander of the 123rd MSS, honored SSgt. Julie Webb as the squadron's new NCO of the Quarter. Sergeant Webb works in the CBPO records department.

work center through her high work ethic." Sergeant Webb was nominated because of her stellar performance as NCOIC of the unit orderly room. Her remarkably well organized publications library and superbly managed records files system achieved outstanding ratings during unit staff assistance visits.

Additionally, she developed an immunization audit system which ensured her unit maintained 100 percent mobility readiness level, along with a 100 percent completion rate on all security clearances processed for her unit and the 123rd Student Flight.

Sergeant Webb's outstanding duty performance earned her the Air Force Commendation Medal and the honor of representing her unit in the Outstanding Kentucky Guardsman of the Year competition.

The 123rd MSS wishes to acknowledge the Tumbleweed Mexican Restaurant and Ms. Margaret Tucker for contributing dinner for two as part of the awards package for all unit winners. In addition, Sergeant Webb received a handsome plaque and a certificate of commendation.

Loadmasters needed here

Applications are being accepted for Loadmaster vacancies within the Kentucky Air National Guard. These positions require the traditional Guardsman commitment for UTA duty only, and are not full-time slots.

Loadmasters are responsible for the management of aircraft cargo and the monitoring of in-flight systems.

The AFSC is 114XX and those members interested should submit their resumes to Lt. Col. Mike Hardin at the attention of the 165th TAS/CC as soon as possible.

MAC tests new 767 aeromed for combat

Greenville, Texas (AFNS) -- The Air Force recently flew an operational test and evaluation of an aeromedically-configured Delta Airlines 767, a wide-body jet converted to a flying hospital ward complete with litter patients and several pieces of emergency medical equipment. The 767 flew from the E-Systems Greenville facility to McGuire AFB, N.J., then back to Greenville. The Air Force has a contract with E-Systems of Greenville to provide a number of aeromedical evacuation ship sets.

The operational test and evaluation was flown to identify any bugs that need to be corrected before the ship sets are built. Officials from the Military Airlift

Command, Scott AFB, Ill., and the Air Force Center, Pope AFB, N.C., checked to ensure proper equipment functioning and operational requirements fulfillment.

During wartime or national emergencies, E-Systems would install the sets in designated civil reserve air fleet aircraft to give the Air Force additional aeromedical evacuation capabilities. The Air Force could use the aeromedically-configured 767s to fly patients in time of crisis back to the United States. Eventually, McDonald Douglas MD-80s will also be fitted with aeromedical equipment under CRAF Agreements. Plans call for the MD-80s to be used to transport patients within the United States.

New chaplain finds peace with vets, VA & KyANG

After criss-crossing the Southeast, 4-year search for minister finally ends

By TSgt. Jeff Sansbury
Cargo Courier Editor

To some Guard members, there's no sanctuary more soothing than the base chaplain's office. That's where you'll find Charles Smith Jr., the new friend here at the Kentucky Air National Guard.

Since January, he's been talking with unit members, leading the Sunday worship services and, above all, lending a good ear.

"We all have our specialties, and this happens to be mine. I like what I do, and I feel good about my role. So does my family," said Chaplain Smith, who holds the rank of captain.

With an extensive past in helping others, this rolling stone of a minister has served Air Guard units in Florida and Virginia before arriving in the Bluegrass State. Currently he serves as chief of chaplain services for the Veterans Administration Medical Center in Cincinnati.

Chaplain Smith has served the VA for nearly eight years and has virtually toured the Southeast United States with his family. "And God intended for me to rest in Cincinnati," he joked.

The KyANG has needed an additional chaplain since Father Herbert Lattis returned to active duty in 1987. Chaplain Smith, who is an ordained Lutheran minister, came to the 123rd Tactical Airlift Wing after moving to Ohio last year. Together with Chaplain (Capt.) Thomas Curry, the two guardsmen "do real well together." "I'm a lot like Tom," speaking of his Baptist counterpart. "We're gentle, and we both have a great sense of humor."

Anyone who knows either chaplain can easily confirm the allegation.

Married and the father of two, Chaplain Smith considers the Air National Guard as a favorite hobby, aside from his attempts with Chinese cuisine.

"I've been close to the military community for 27 years, even as a civilian chaplain," he said. "And I see this continuing with my family," referring to his 18-year-old son, who just completed the USAF weather school at Chanute AFB in Illinois.

The chaplain now laughs about returning to the Air Force uniform. After discovering his battle with sleep walking, the service denied him entrance in the mid-1960s because his habit was not compatible with military duty. But the Army showed no prejudice, and in 1967 he was accepted at Fort Knox where he celebrated his 21st birthday. His next three years were spent as a chaplain's assistant in Mannheim, West Germany.

And by the way, he eventually kicked the sleep-walking habit.

Following the Army, Chaplain Smith entered College on the GI Bill, where he majored in sociology at Gilford College in his hometown of Greensboro, N.C. He continued his studies in 1973 and, after receiving his Master's in Divinity, he accepted his first chaplain assignment at the Marine Air Station at Cherry Point, N.C.

Today he's skilled in the area of "crisis ministry," which could bring him to a commercial airline disaster site, or counseling war casualty victims or their surviving family members. In 1989 the chaplain traveled to Seymour Johnson AFB in North Carolina to complete his training in post traumatic stress disorder, or PTSD.

If you get confused over his Air Guard role and the VA Medical Center, Chaplain Smith says not to worry.



KyANG file photo
Chaplain (Capt.) Smith has literally toured the Southeast United States while serving his country. For nearly 27 years he's made a career out of helping service members and government employees reshape their lives.

He simply wants to affiliate with state and federal government service. Since graduating from Indiana's Concordia Seminary in 1977, he has catered to American service members of all ages. He frequently mixes his minister's collar with the Air Force blues, and he meets with an array of people from 17-year-old inductees to 90-year-old veterans of World War I.

At the 300-bed Cincinnati VA Center, substance abuse is the leading concern there, next to service-related injuries and the homeless American veterans.

"We're still trying to bring them back home," he explained. "For some, they've been out of society since 1920...others since 1970. I've had a lot of experience in dealing with emotions, perhaps too much at one time," he said.

"Though warfare has changed and years have gone by, people are still people, and human emotions do not change. War hurts."

And to this we add, Amen.

In History

George Bush visits Derby, pilot lost in air crash

By SSgt. John Martin
Wing Historian

A pilot from the Michigan Air National Guard crashed his RF-84 jetplane into a hayfield on May 18, 1966, near a farm in Middletown, Ky. The pilot, Capt. Kermit Eberly, died in the crash. He was enroute from Mobile, Ala., to Detroit when he disappeared from long-range radar, and a search-and-rescue team from the KyANG was dispatched to the crash site.

On May 21, 1967, the KyANG sponsored Armed Forces Day at Standiford Field.

On May 5, 1967, the Pentagon announced that Louisville's Standiford Field was in serious consideration for the future use of the CS-A, pending runway extension of the existing facilities.

May 17, 1983, was the day that the KyANG was notified that the unit had just been awarded an unprecedented overall "OUTSTANDING" rating for the initial response of an Operational

Readiness Inspection. Just nine days earlier, Vice President George Bush arrived in Louisville to attend the Kentucky Derby. He was greeted upon his arrival at the KyANG by then-wing commander Brig. Gen. Carl D. Black.

On Saturday, May 14, 1984, the KyANG received its fourth AFOUA, the highest in-service recognition given by the U.S. Air Force to active duty, Guard and Reserve units. Lt. Gen. Jack Gregory, commander of the 12th Air Force, presented the red, white and blue streamer to the unit, signifying military excellence.

On the same day, the Department of the Air Force announced that HQ KyANG had been selected to receive the Air Force Organizational Excellence Award, or AFOEA.

Flying units from the KyANG participated in AMALAGAM WARRIOR, a two-week NORAD air defense exercise held at Elmendorf AFB, Alaska, for the period of April 19 - May 2, 1988. The exercise engaged flying units from all over the United States and Canada in realistic intercept training.

In May of 1989, members from the 123rd CES placed first in several events in the Readiness Challenge '89 competition at Eglin AFB, Fla. This competition was to test the CE unit's overall effectiveness with its Prime BEEF and Prime RIBS in such areas as engineering and service, tent construction, mobile kitchen trailer set-up and search and rescue. This was the best showing of any ANG unit in the history.

May 30 is observed as Memorial Day, sacred to the memory of those men and women who died in all American wars to protect our freedom.

National Scouting Museum invites Guardsmen for free

As a token of gratitude and appreciation, the Board of Trustees and staff of the National Scouting Museum in Murray Ky., is extending an invitation for all National Guard members and their families to visit the museum free of charge the weekend of May 25-26.

Although the museum is affiliated with the Boy Scouts of America, it is not just for scouts and scouters. There's a variety of exhibits, including interactive, state-of-the-art video and electronic displays, in-gallery story

telling and outdoor rope courses.

The hours on Saturday, May 25, are 9 a.m. to 4 p.m. Admission is free with military identification at the admissions desk.

Although the obstacle course is booked fairly solid for Saturday, they have set aside Gateway Park exclusively for National Guard families on Sunday, May 26. Of course, the museum will be free and the hours for Sunday will be 12:30 to 4:30 p.m..

Although reservations for individual families are not necessary, it would be helpful to have reservations for large groups. Personnel interested in taking advantage of this opportunity should call (502) 762-3383 for further information.

VA urges vets to refinance now

The Department of Veteran Affairs is urging veterans to look into refinancing their VA-guaranteed home loans, to see if they can have a lower interest loan while the current rate is 9 percent, at the time of publication.

Veterans may be especially interested if they are paying interest rates two points or more higher than the market rate. (For Commanders: Questions on eligibility can be answered by the nearest VA regional office, which will have a toll-free number). Consult your CBPO for more information.

Kentucky Kingdom gives out free ride

Military members and their families who participated in Operation Desert Storm through actual activation or through home-station support, are invited to attend The Great American Picnic at Kentucky Kingdom Amusement Park on Memorial Day weekend.

The USO, the American Legion and the Veterans of Foreign Wars, along with local businesses, are hosting this free event to honor the military personnel and their families based at Fort Knox, Fort Campbell and all Kentucky reservists.

The KyANG has 400 tickets for May 26 and 400 tickets for May 27. Tickets are offered on a first-come, first-serve basis with priority given to members who were activated or deployed to Desert Storm. To place your order call 364-9604. The tickets are for KyANG members and their families only.



KyANG photo by MSgt. Terry Lutz



KyANG photo by SMSgt. Dave Tinsley

America's No. 1 gulf war hero has first stop at Standiford Field

Gen. Norman Schwarzkopf, accompanied by his wife and daughter, made his way down Broadway in Louisville this month as part of the Kentucky Derby festival's Pegasus Parade. He arrived at Standiford Field and was greeted by commanders of the 123rd Tactical Airlift Wing. During his three-day visit, the KyANG's 123rd Security Police Flight provided safe-keeping of the government aircraft which brought General Schwarzkopf and his crew from the U.S. Central Command headquarters at McDill AFB in Tampa, Fla.

AMERICAN PROLOGUE



Halt! Who Goes There?

On paper, American Revolution troops had great rations. Unfortunately, paper isn't edible, rations were seldom received, and food became scarce.

As a result, many an "intruder" was shot by vigilant sentries who later were "surprised" to learn it was only a stray chicken or pig. Since the intruder was already dead, it was often cooked and served up on the spot.

P.S. Local farmers weren't very happy with this imaginative foraging.

Commentary

A time to celebrate & remember

By Lt. Gen. Charles A. Horner
Commander, U.S. Central
Command Air Forces

By the time you read this, a lot of our Air Force people will finally be home.

There have been a lot of stories about the heroes of this war, highlighting what our warriors have gone through.

While we salute our best, we can't forget some other heroes of this war -- the families left behind. Their belief in our just war, and their support of our warriors gave us the winning edge.

We must especially applaud our military families. Their courage and selfless sacrifice deserve the same recognition as given the returning heroes.

I also thank the American people

for the courage, dedication and support they showed throughout our long deployment. Their backing on the home front made this war easier to fight and win. The sheer volume of "any service-member mail" showered on our troops is a great testament to the backing of our troops shown by people across America.

This is a war that won't soon be forgotten. Friendships were forged in the sands of the Arabian Gulf that will last a lifetime. Now is the time for all of us to celebrate and remember.

Let's celebrate a short conclusion that saved American and Coalition lives. But let's not forget the sacrifices of those who served, even died for, their country. (Courtesy CENTAF News)

High blood pressure has sneaky way of touching us

Submitted by Capt. David Granstrom, Base Health Promotion Coordinator

If you have high blood pressure, usually you won't have any symptoms. You can look and feel great, but have high blood pressure without knowing it.

Over time, uncontrolled high blood pressure can damage your heart, kidneys and brain. The possibility of stroke (a blockage of the blood supply to a part of the brain which results in the death of brain cells) is increased if you have high blood pressure.

Damage resulting from high blood pressure can be prevented or reduced if it's discovered and treated early, and if treatment is continued for the rest of your life. The only way to know if your blood pressure is high is to have it checked at least once a year by a doctor, school nurse, or at a local health clinic.

WHAT CAN BE DONE ABOUT HIGH BLOOD PRESSURE?

Primary high blood pressure can't be cured, but it can be controlled. Here are some ways it can be controlled:

Being overweight can contribute to high blood pressure. In some cases, people who lose excess weight automatically lower their blood pressure. Any changes in diet should be gradual, never drastic. Staying fit through regular exercise also is important in controlling weight and blood pressure.

Eating a large amount of salt also contributes to high blood pressure. If you use a lot of salt in cooking or in seasoning your food, try to cut down.



ANXIETY

You Can't Hide the War From A Five-Year-Old

By Jerilyn Ross, MA/LICSW
Anxiety Disorders Association

(NU) - Q: My five-year-old son has been watching battle scenes on television and has had some bad dreams about the war in the Persian Gulf. My husband told him it was all make-believe just like cartoons. Is that a good idea?

A: There is a real difference between reassurance and false assurance. We all have a natural desire to protect our children from unpleasant things, but sometimes it is impossible to do so. You can't hide a war. Telling him that it's all make-believe could undermine his sense of security and trust in his parents once he finds out the truth.

It is better to tell him in very simple, age-appropriate fashion that the war is real. The best way to deal with fear and anxiety is to encourage your son to discuss his feelings in a safe environment. You should tell him it's OK to be frightened, ask what his fears are and respond to them seriously. You should also reassure him that you and he are not in any danger because the war is happening very far away.

Behavior Silly?

Q: My 19-year-old son is in the Marine Corps in the Persian Gulf and I am very frightened for him. Lately, I've spent a lot of time cleaning and arranging his room. It makes me feel better to do this, but my husband thinks my behavior is silly.

A: We all have different ways of coping when a loved one is in danger. Some people find it comforting to be near the things of the person they are worried about. It is likely that spending time in your son's room is your way of dealing with anxiety over a situation you cannot control. I would not be too concerned so long as this behavior lessens over time and is not interfering with your normal activities.

However, if the cleaning begins to disrupt your regular routine and you cannot stop it, you may be developing an obsessive-compulsive disorder (OCD). Individuals with OCD become so obsessed with certain thoughts or worries that they engage in ritual behavior to ease their anxiety. They spend so much time performing their rituals that they do not have enough time for normal activities. Most people with OCD know their behavior is illogical, but they are unable to stop performing the rituals.

OCD responds well to therapy. If your behavior begins to disrupt your life, consider visiting a mental health professional.

Questions for Ms. Ross or requests for information about anxiety disorders should be sent to the Anxiety Disorders Association of America (ADAA), P.O. Box 42514, Washington, DC 20015. Ross is president of ADAA and associate director of the Roundhouse Square Psychiatric Center in Alexandria, Va.

In some cases, medications may be prescribed to lower blood pressure. Some of these medications remove excess fluid and sodium in the bloodstream; others open up narrowed blood vessels, while others prevent the arteries from constricting and narrowing.

Any medication to lower blood pressure must be prescribed and regulated by a doctor or other health professional, and must be taken exactly as instructed.



KyANG photo by SMSgt. Dave Tinsley

SrA. Coszetta Johnson, left, and SrA. Angela Conner of the 123rd Tactical Hospital were reunited with family members upon returning home in March. The two women were among nearly 150 KyANG members activated during Operation Desert Storm, in which many remain on active duty at military bases in the United States, Europe and the Middle East.

SP flight lands 2 honor grads from same USAF tech school

Amn. Keith Bailey and AB Rhett Perdue were selected as honor graduates while attending the security specialists course last month at Lackland AFB in Texas.

Col. Michael McInerney, commander of the USAF Security Police Academy there in San Antonio, announced the prestigious honors April 26 just prior to the airmens' return to the Bluegrass.

As members of the Kentucky Air National Guard, Amns. Bailey and Perdue with join fellow specialists of the 123rd Security Police Flight here, under the command of Capt. Kenneth Peters.

"Your two members possess the ability to make an outstanding contribution to your unit and the entire security police

career field," said Colonel McInerney in a recent memo to Brig. Gen. John Smith, the 123rd TAW commander. "The academy wants to advise you of their demonstrated hard work and attitudes that consistently was displayed."

It is believed to be the first time that two KyANG members were bestowed the honor graduate designation while training together at a technical school.

The achievement is recognized to those members who maintain outstanding academic and performance goals in all areas of the course. Colonel McInerney said that both airmen actively contributed to the 3293rd Student Squadron in a manner worthy of emulation, professionalism and integrity.

SLGI gets big boost

Washington (AFNS) -- A increase to \$100,000 as the maximum coverage for the servicemen's group life insurance plan and a hike in imminent danger pay from \$110 to \$150 per month are just two of the provisions of an act signed by the president April 6.

President Bush approved the increased SGLI coverage from \$50,000 when he signed the 1991 Persian Gulf Supplement Authorization and Personnel Benefits Act, Public Law 102-25.

Effective April 6, all members of the Armed Forces eligible for SGLI will automatically be covered at the maximum level of \$100,000. The increased coverage means members will also have increased premiums deducted from their pay.

Members who don't want SGLI coverage, or who want less than the maximum, can elect lower amounts in increments of \$10,000, Department of Defense officials said. DOD is working on implementation guidance which will be available to the services soon.

Other provisions include:

-- A raise in family separation allowance of \$75 for each month beginning Jan. 15 and ending on the first day of the first month falling 180 days after the Persian Gulf War officially ends.

-- Authorization for basic allowance for quarters for reservists without dependents who were called to duty effective Aug. 2 in connection with the war.

-- Variable housing allowance will be paid to mobilized reservists at a rate applicable to their place of residence, rather than the duty station in which they serve. VHA was also extended to reservists who came on active duty in connection with the war for less than 140 days.