



# THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123d TAW Kentucky Air National Guard

Vol. 6, No. 9, Oct. 13, 1990

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## KyANG responds to Desert Shield

### General Smith discusses unit's role and its future

Maj. Toby Harrell, public affairs officer, conducted the following interview with Brig. Gen. John L. Smith, 123d Tactical Airlift Wing commander, during the September Unit Training Assembly.

**CARGO COURIER:** How has the 123d TAW responded to Operation Desert Shield?

**GENERAL SMITH:** I think that today, when I look at a snapshot picture, we're probably doing as much or more than the average C-130 unit in the Air National Guard. I've talked with other commanders around the country in the last week and I find that their participation has been decreasing in some cases because they're running out of volunteers, which is the theme of what Desert Shield is about now in the Air National Guard. We're trying to do it in a volunteer status. I'd say we're at least equal or exceeding most units in the C-130 community right now.

**CARGO COURIER:** Has the increased flying in support of Operation Desert Shield adversely affected the conversion training for the 165th Tactical Airlift Squadron, the Aerial Port Squadron or the ALCE?

**GENERAL SMITH:** No, just to the contrary. I think it has been great. I think we can look at the people who have participated in the MAPS squadron.

We've got people in Europe who are working four days on, four days off, 12 hour shifts and are probably experiencing training opportunities that would have taken them a couple of years in the Air Guard system to have achieved. Unfortunately, they are not all being able to participate in that.

Now, we are going to be coming up on a period where they are going to be asking for rotation. Those people cannot stay there indefinitely on a volunteer status. Hopefully, we will be able to replace those people with additional people for 30 or 60 days or whatever the case may be and they (the new people) will be exposed to that training also.

From the flying squadron standpoint, for the most part, everyone has participated. There has been a rare exception that someone has not participated in a Desert Shield opportunity. While it may not be "in theater" type operations, we are picking up a lot of channel missions and airlift missions that MAC normally did. Crews are going out for a week and coming back with 30 or 40 hours flying time.

We're going into some real interesting places and we're participating in Central and South America, Iceland, Sondstrom, Greenland and Newfoundland. The crews are going to a lot of different things. The missions are not Fort Campbell out-and-backs.

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# Commander's Column



**Brig. Gen. John L. Smith**  
Wing Commander

## Dependent care responsibilities not to be taken lightly

The recent Middle East crisis has surfaced a number of problems across the nation in regards to readiness. One such problem has renewed Congressional interest concerning the dependent care program and its effect on readiness.

The number of military couples with dependents and single member spouses continues to rise steadily. These individuals, regardless of marital status, serve in their own right and must fulfill the obligation inherent to all members of the Armed Forces. They are expected to be available at all times to perform a full range of military duties and assignments and are not excused solely

because they have dependents incapable of self care.

Those who cannot, will not or have not made and maintained their dependent care arrangements are subject to disciplinary action under the UCMJ and involuntary separation.

It is each of your responsibilities to ensure that your orderly room has a current AF Form 357, Dependent Care Certification, on file for all single member sponsors, military couples with dependents, and members with civilian spouses who have unique dependent situations.

If in doubt, contact your orderly room.

## Veteran's Parade & Rededication of Vietnam Veterans Memorial

As part of the Jefferson County Regional Veterans Day Celebrations 1990, members of the KyANG are being asked to volunteer to march in the Veteran's Day Parade and staff displays highlighting KyANG units.

The Parade begins at 10 a.m. at the Southwest Government Center at 7219 Dixie Highway. The rededication of the Memorial will take place at 2 p.m.

Contact SMSgt. Jim Kessler at ext. 436 or SSgt. Elke Adams at ext. 648 if you would like to volunteer for this special event.

### THE CARGO COURIER

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The editorial content is edited, prepared and provided by the Public Affairs Office of the 123d Tactical Airlift Wing, KyANG, Standiford Field (ANG) Louisville, Kentucky, 40213-2678.

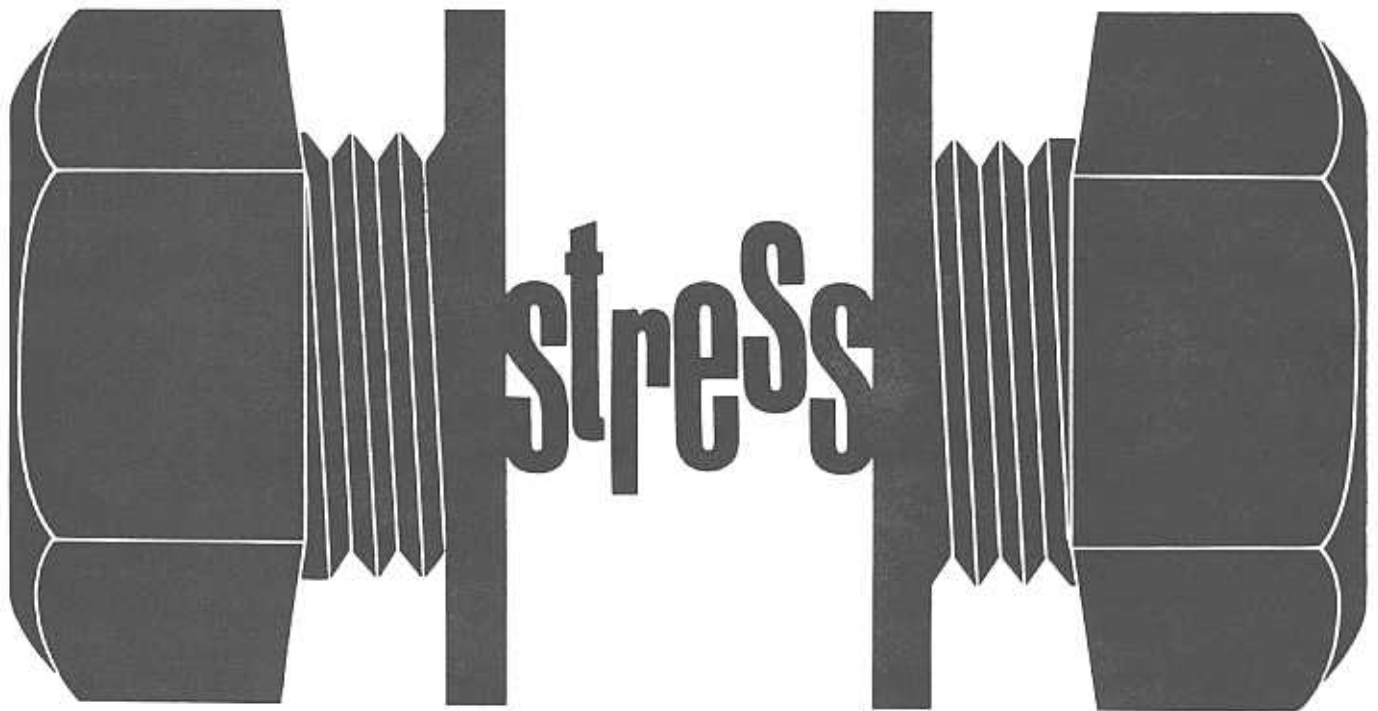
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Deadline for submission of articles is the Friday after each UTA for publication the following UTA. Articles should be given to TSgt. Montgomery, Room 132 of the O&T Bldg.

# Health Update

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## How stress can work for you, not against you

Submitted by Capt. David Granstrom  
Health Promotions Coordinator

You've heard it all -- stress is bad for you, stress can be good for you, too much is distressing, a little is a blessing -- what does it all mean? The right amount of stress is good for you -- but what's the right amount?

First, it helps to know that stress is just our bodies' reaction to a new situation. Our bodies react in the same way whether the situation is welcome or unwelcome. Our hearts beat faster, our bodies produce a natural stimulant called adrenaline, we breathe more rapidly, we are more alert, and we may perspire more. All of these responses can be good for you when followed by period of relaxation. They can give you the "competitive edge" in sports, keep you alert and concentrated for a test, or can literally save your life in an emergency. But, when your body is constantly wound up and can't relax, these same responses can lead to increased blood pressure,

anxiety attacks, and a wide range of physical disorders.

There's no set formula for figuring out how much stress is too much -- one person's stress may be another's "motivation." However, if you experience stress-related symptoms such as insomnia, appetite changes, excessive fatigue, depression, headaches, stomach ailments, or muscle tension, you may be feeling the effects of an overly stressed lifestyle -- all stress and no relaxation. The key to bringing the stress in your life to a manageable level is to try to avoid or eliminate unnecessary stressful situations. And, when you can't avoid them, to be sure to balance stressful experiences with periods of relaxation.

Some stressful situations can be eliminated by creative problem-solving. For instance, if long lines at the shopping mall drive you up the wall, consider shopping from catalogues, over the phone, or during "off" hours. You might even consider turning "wasted" time

standing in line (or sitting in traffic) into extra leisure time -- bring along a book, a magazine, a crossword, or even your knitting. Listen to the radio or bring along a cassette player and a favorite tape. Or, take along a pad and pencil and try your hand at sketching. You may not be able to avoid all stressful situations, but you can turn many into positive experiences.

There will always be minor hassles (and major ones, too) that can't be avoided, eliminated, or changed. But they can be balanced by periods of relaxation. You can break the cycle of continuous stress by planning time for relaxation. Five minutes of stretching, deep breathing, a warm bath, uninterrupted silence, may be all you need to break the pattern of tension and fatigue. When you set aside time to relax, you'll feel refreshed, revived, and better able to handle the situations and challenges you face each day.

# Safety

## Winter fire safety tips

By Sgt. Lennie Wheeler  
Base Fire Department

Cooler weather has arrived. The trees are already showing signs of fall as their leaves turn red, orange, and yellow. Cooler weather brings the snow, the holidays, and far too many unwanted fires caused by home and office heating equipment.

Now is the time to double check your fire safety around the home and workplace. Follow these tips for a fire safe winter.

\*\* Always allow adequate clearance around any type of heating equipment or appliance. Whether it's the steam pipes that provide heat here on base, or a space heater at home, never stack any combustibles on or near them. Radiant

heat can start a fire almost as quickly as direct flame contact.

\*\* When using a fireplace or wood stove always use caution and always ensure that it has a door or screen on it. This will prevent logs from rolling out or sparks from leaping out.

\*\* Space heaters of all varieties are prohibited on base without the approval of the base civil engineer and the base fire chief. If you use them in your home, always keep combustibles away from them. Surface temperatures from these heaters can reach over 500 degrees. Also you should ensure that you are operating the space heater on an electrical circuit that is sufficient for such uses.

\*\* Kerosene heaters should be checked by a professional before use to

### CHANGE YOUR CLOCK



### CHANGE YOUR BATTERY

ensure correct operation and all excess Kerosene should be stored out of doors.

The cooler weather also means that it's soon going to be time to set our clocks back. The base fire department asks that you also take this opportunity to check the batteries in your smoke alarms and flashlights.

Remember, use common sense and practice good fire safety and you will have a fire free winter.

## Briefs

### Life insurance policies change

Randolph AFB, Texas (AFNS) -- During this period of heightened U.S. military involvement in the Middle East, some insurance companies are evaluating liabilities and changing their procedures for accepting life insurance and disability income policy applications on military people.

This is being done to limit insurance company risks and does not affect policies already in force, Air Force Military Personnel Center officials said.

Officials advise people planning to upgrade their insurance coverage or buy a new policy to be sure to check the provisions of the policy carefully before purchasing.

Some policies contain a "war clause," and while this kind of policy may be less expensive and very easy to buy during this period of increased military threat,

proceeds are not paid if death or disability is a result of hostile fire.

Policies without a war clause are preferred, and these are the policies that are now starting to become limited. They are usually available through major insurance companies and service associations.

People should be comfortable with and knowledgeable of all provisions of any insurance policy they purchase, AFMPC officials said.

### Transcripts free from CCAF

The Community College of the Air Force is the largest community college in the nation, and transcripts are free, unlike other colleges.

CCAF mails out 2,000 transcripts a week, and the college offers 72 associate in applied science degree programs in five broad areas.

CCAF is accredited by the Southern Association of Colleges and Schools.

The degree must be complete while serving one's enlistment (officers are not eligible for the CCAF).

More than 9,000 Air Force, ANG and Reserve members received their degrees in 1989. For more information on enrolling in CCAF, contact MSgt. Larry Farr at on-base ext. 497.

### Letters from Santa

This year, with your help, the men and women of a small weather unit near North Pole, Alaska, will see that your child receives a letter from Santa.

For it to happen, you must send your child's letter, along with a response to it and a stamped envelope addressed to your child, to: Det. 2, 11th Weather Squadron, Eielson AFB, AK, 99702-5000, by Dec. 10. A return letter, with a special postmark, will then be sent to your child.

## KyANG broadening its horizons

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**CARGO COURIER:** Do we have personnel from the 123d TAW overseas now? Are some people in the Middle East or Saudi Arabia?

**GENERAL SMITH:** Yes. We have some disaster preparedness personnel over there. They've been there for a period of about five weeks.

### Focus on mobility

**CARGO COURIER:** On the local front, what is in the near-term future for the KyANG -- over the next six months?

**GENERAL SMITH:** I think our focus is probably going to be in the area of mobility. We still are on the books for an Operational Readiness Inspection in the Spring. As Desert Shield continues, the ORI may or may not happen. We have to, at the moment, say that yes, we'll still get an Operational Readiness Inspection in the Spring, in April, so we are planning toward that. If Desert Shield continues in the same light that it is today, possibly that (the ORI) could be changed.

**CARGO COURIER:** What about the

long term? Are there new aircraft or perhaps different models of the C-130 in the KyANG's future?

**GENERAL SMITH:** I think we're talking about the C-130H models. They were added to the budget in the summer. They have survived two cuts as of last Wednesday when the Defense Authorization Bill was voted on. When it was approved, the C-130H models for Kentucky were still there.

**CARGO COURIER:** Are there new missions in the future for the KyANG, in addition to supporting Desert Shield?

**GENERAL SMITH:** We're picking up some new missions as a portion of Desert Shield. We're also picking up additional Panama rotations and East Coast channel missions.

### Drug interdiction

**CARGO COURIER:** Are drug interdiction missions in the future of the KyANG?

**GENERAL SMITH:** Drug interdiction is going to become more of a part of our every day mission, and that's not just

because we're Kentucky. All guard units throughout the country will be very involved in drug interdiction. We're in the process now of forming a drug interdiction program that the KyANG will be very actively involved in. I can't at this time talk about that in great detail. It's just in a formulating stage.

### Airport expansion

**CARGO COURIER:** How is the airport expansion going? How much longer can we expect to remain at our present location?

**GENERAL SMITH:** Everything is on schedule. They have been preparing for our new ramp which is programmed to be poured in the next June or July time frame. During that time, there will be some temporary facilities that will go up. Contracts for the hangars, supply building, the new wing headquarters building and the operations and training building will be let right after the first of the year. Everything is on schedule.

**CARGO COURIER:** Thank you General Smith.

## Desert Shield donations

WASHINGTON (AFNS) -- The Defense Logistics Agency released a list of recreational items that can be accepted as donations for troops supporting Operation Desert Shield.

Proposed donations first have to be cleared through DLA's Donations Hotline, at (703) 274-3561. Donors are responsible for shipping expenses of the items to a collection point on the east or west coast.

The donations list can also be used as a guide for those needing ideas of what to include in "Any Servicemember" mail. The Defense Department asks that those wishing to donate single items mail them directly to the "Any Servicemember" addresses.

Information on donating multiple items is available through the Hotline.

The list of suggested items is:

-- Games: hand-held computer games; portable electronic games; board and table games; cards; darts; chess; cribbage; checkers; Bingo; Risk; Uno; Battleship; Pictionary; bumper pool; Scrabble; Scruples; air hockey; mini ping pong; Trivial Pursuit; Skittles; Abalone; Backgammon; and Monopoly.

-- Music-Audio: music videos and cassettes; blank video and audio tapes; sports video tapes; instruments; video cameras; Arab language tapes; batteries; radios; battery operated televisions; portable VCRs.

-- Reading Material: USA Today; comics; current magazines; books. Officials caution that there are some restrictions on women's clothing in magazines and books.

-- Hobby: remote control model kits; painting and drawing supplies; kite-

making kits; string art; leathercraft; macrame; model kits; needlecraft kits; film; disposable 35MM cameras.

-- Writing Supplies: stationary; pens; holiday/Christmas greeting cards.

-- Fitness Equipment: exercise bikes; rowing machines; weight benches; weight belts; weight plates; free weights; jump ropes; cross-country ski-machines; stair climbing machines.

-- Sports: baseballs and related equipment; portable basketball games; softball equipment; soccer balls; free-standing goals; rubber footballs; volleyballs and related equipment; basketballs and related equipment; rubber kickballs; horseshoes and stakes; air pumps; gear bags.

Other items accepted include squirt guns, Nerf balls, whiffle balls, sponge balls, Frisbees, indoor golf equipment, rubber balls, personal sun visors, insect repellent and sun block.

# Bits n Pieces

## Promotions

### To TSgt:

Sammy Reid Jr., 223 Comm

### To SSgt:

Gregory J. Bean, 123d RMS

Michael R. Brown, 123d RMS

Jerome E. Davis, 123d MSFlt

Jeffrey T. Harper, 123d TAW

William T. Lewis, 223 Comm

Robert J. Martion, 123dMAPS

John W. Perry III, Wea Flt

Gregg A. Romans, 123d RMS

Damon Williams, 123d MAPS

### To SrA:

Kristina S. Abel, Tac Hosp

James E. Anderson, WeaFlt

Angela C. Conner, Tac Hosp

Marc C. Davis, 165th TAS

Wesley R. Kammerer, MAPS

Joseph P. Knight, 123d CAMS

James C. Rigdon, 123d MAPS

Samuel N. Rose, 123d SPFlt

Daniel W. Schnieder, CAMS

### To AIC:

David W. Brown, 223 Comm

Mark L. Hamilton, MAPS

Ralph N. Lindop, 223 Comm

Troy D. Maddox, 123d MAPS



## Halloween party

A Halloween Party, sponsored by the Association of Civilian Technicians (ACT), will be held Oct. 26 from 8 p.m. to 1 a.m., at the Buechel Guard Armory across from General Electric.

Wear your favorite and ghouldest costume for a chance to win the costume contest grand prize of \$100. The cost is \$5 per person and all set-ups will be provided. Everyone is invited.

For tickets or more information contact Sheila Atwell, ext. 488; Mark Shirley, ext. 455; or Nancy Tudor, ext. 486.

## Ice hockey tickets

Discount tickets are now available for the Louisville IceHawks hockey team.

The special KyANG ticket price is \$6 per game or \$163 for season tickets. Coupon books are also available for \$105.

For more information on how to get these tickets contact the recruiter's office at ext. 422.

## Social Actions NCO position available

The KyANG Social Actions Office is looking for a highly motivated NCO to take over the Drug/Alcohol NCO position.

The AFSC is 73470B and the position authorizes a technical sergeant. The social actions office will conduct interviews for prospective candidates during the December UTA and fill the position tentatively in February.

This will give the person selected approximately one year of overlap with the present Drug/Alcohol NCO before his retirement next year.

Please contact the social actions office at ext. 509 if you are interested.

## Honor graduates

Two members of the 123d Services Flight were recently honored as Honor Graduates from their technical school.

SrA Sonya E. Floyd and AIC Kathleen M. Gregg both graduated in the top of their class from the Apprentice Services Specialist Course at Lowry AFB, Colo.