

THE CARGO COURIER

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

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Kentucky airmen deploy to Germany for 3rd Joint Forge rotation this year

By Capt. Dale Greer
Wing Public Affairs Officer

Seventy-two members of the 123rd Airlift Wing deployed overseas June 25 aboard two Kentucky C-130s in support of Operation Joint Forge.

The steady-state mission, which has existed in various forms under a variety of names since the mid-1990s, provides airlift services for U.S. military forces in Bosnia-Herzegovina and other locations across Europe.

The Kentucky airmen, who include pilots, navigators, flight engineers, loadmasters, maintenance personnel and other support troops, will be based at Ramstein Air Base, Germany, through July 24.

The deployment marks the third major rotation of Kentucky airmen to support Operation Joint Forge this year.

Two Kentucky C-130s and about 70 Kentucky Air Guard members were based in Germany for various lengths of time between April 15 and June 6 as part of earlier rotations in support of the ongoing mission.

Joint Forge highlights the wing's continuing role in military operations around the globe despite the fact that most Kentucky Air Guardsmen are no longer serving on active duty, said Col. Mark Kraus, commander of the 123rd Airlift Wing.

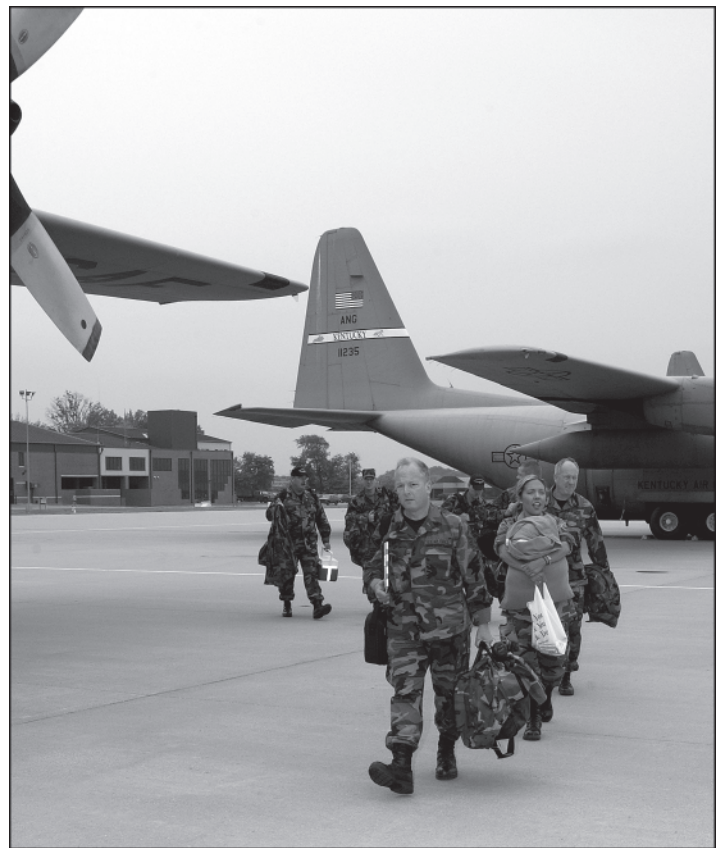
In the wake of Sept. 11, 2001, the U.S. Air Force called 637 members of the Kentucky Air Guard to federal active duty to support missions ranging from homeland defense and the Global War

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TOP RIGHT: Master Sgt. Rich Martin walks a familiar path toward a Kentucky C-130 Hercules aircraft as he prepares to leave for his second deployment to Ramstein Air Base, Germany, this year. Martin and 71 other Kentucky airmen are scheduled to return to Louisville on July 24 after completing the wing's third Joint Forge rotation for 2004.

BOTTOM RIGHT: Members of the 123rd Airlift Wing drop off their gear at the aerial port squadron for palletizing and on-loading to the aircraft.

Photos by Senior Airmen Diane Stinnett/KyANG



Recent awards provide validation of your service to the nation and the world

A

ffirmation is a wonderful thing!

At our May UTA awards ceremony, I

had the opportunity to address the wing.

In my remarks, I shared some of my experiences as commander of the 386th Air Expeditionary Wing while deployed to Kuwait, and I talked about the chance I had to work closely with elements of a dozen other Guard and Reserve airlift units that comprised the two squadrons there.

I told you those folks had performed in a magnificent fashion, stepping forward to meet every tasking.

At the same time, without taking away from their considerable accomplishments, I said that no unit does airlift better than the 123rd.

You have rallied to the call of our nation in a time of war, with a sense of purpose that has inspired awe and admiration.

I stand by my statement, and now I have more to offer than my opinion.

Lt. Gen. Daniel James III, director of the Air National Guard, announced June 17 that the 123rd Airlift Wing has been selected as the Air National



Col. Mark Kraus
123rd Airlift Wing Commander

Guard's Outstanding Flying Unit for 2004.

The honor is given annually by the Air Force Association in recognition of the nation's top Air National Guard flying unit.

Inclusive dates for the award — from Jan. 1, 2003 to Dec. 31, 2003 — mark a time of extraordinary global engagement for members of the Kentucky Air National Guard.

Hundreds of you deployed overseas and operated from multiple sites around the world during this time, including three forward-located air bases in Southwest Asia in support of Operation Iraqi Freedom.

Others deployed directly to Baghdad and other locations in Iraq or supported USAFE airlift missions from Ramstein Air Base, Germany, including Operation Joint Forge sorties into Bosnia-Herzegovina.

Affirmation is a wonderful thing — but validation is even better.

You have earned top honors judged against every other flying wing in the Air National Guard, and the fact that this award encompasses your wartime service is an even greater recognition of your contribution to the Global War on Terror.

Congratulations to all on this outstanding achievement.

Folks, we should savor these moments and celebrate our successes — but let's also take it in stride and keep rolling. We still have a job to do every day, and it takes the entire wing working as a team to be successful.

I'll say it again: You're simply the best!

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

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An electronic version of the Cargo Courier is available at the Kentucky Air Guard's Web site — www.kyloui.ang.af.mil

Girl Scout generosity



Photo courtesy of Senior Airmen Diane Stinnett

Girl Scout Troop Four of Jeffersonville, Ind., donated nearly 85 boxes of Girl Scout cookies to the Kentucky Air Guard on May 24 to express their appreciation for the unit's role in the Global War on Terror. Troop Four includes Elizabeth Marcum, the daughter of KyANG Senior Airmen Diane and Clint Stinnett.

The wing has received more than 1,000 boxes of Girl Scout cookies since its troops began deploying in the wake of Sept. 11, 2001. Many of the cookies were sent to Kentucky troops who were serving overseas while others were given to family members left behind.

Kentucky airmen deploy to Germany

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on Terror to Operation Iraqi Freedom.

Of the 637 Kentucky airmen who were federally activated, 454 deployed overseas for U.S. military operations in dozens of countries, including Iraq, Afghanistan, Oman, Pakistan, Qatar, Saudi Arabia, the United Arab Emirates, Algeria, Bosnia, Croatia, Romania, Senegal, Serbia and the Ukraine.

Most of the wing's federalized troops were taken off active duty earlier this year,

but about 150 continue to serve on federal active duty at home station and various locations around the world.

Additional overseas deployments are expected later this year as the wing supports airlift missions in Central and South America.

Other unit members will deploy as needed this fall to support the Air Force's global Aerospace Expeditionary Forces missions.

"I'm extremely proud of the dedication of our people, who selflessly continue to answer the call for service wherever they're needed around the world," Col. Kraus said.

Annual ANG softball tourney to be held in August

The 139th Airlift Wing will host the 39th Annual Air National Guard Softball Tournament Aug. 11-15 at Heritage Park in St. Joseph, Mo.

The Amateur Softball Association-sanctioned tournament will feature women's co-ed, modified fast pitch, men's open, men's over-35 and men's over-45 divisions with a three-game guarantee.

Members of the Kentucky Air Guard who are interested in participating in the tournament should contact Master Sgt. Ralph Barney on base at ext. 4326.

TCGOC encourages new membership

The Thoroughbred Company Grade Officer Council encourages new KyANG officers to attend its meetings each drill weekend.

The group focuses on leadership development and was formed in part to help lieutenants and captains understand the new responsibilities of officership.

The council meets every UTA Sunday from 11:30 a.m. to 12:30 p.m. For more information, contact Capt. Joseph Clements on base at ext. 4351.

Cargo Courier editor honored

Cargo Courier Editor Tech. Sgt. Amy Mundell recently was honored with four writing awards in the 2003 National Guard Bureau Media Contest — second-place print journalist of the year, second-place feature article, third-place news article and third-place sports article.

Sergeant Mundell has won 12 such national awards since 1999.

Honoring *the* **FLAG**



The flag is honored at the Kentucky Air Guard base with a retreat ceremony held each day at 4 p.m. The ceremony is carried out by members the 123rd Security Forces Squadron on weekdays, while airmen from alternating squadrons perform the solemn ritual during drill weekends.

TOP LEFT: Staff Sgt. Ed McCormick, a security forces augmentee, removes the flag from the pole.

TOP RIGHT: The flag is raised to the top while the National Anthem is played basewide.

RIGHT: Staff Sgt. Ron Gamble, who also is a security forces augmentee, and Sergeant McCormick prepare to fold the flag.

Photos by Master Sgt. Mark Rines/KyANG



ABOVE: The flag is carefully folded into a triangle with its red and white stripes hidden from view.

Wing members complete IGX

By Tech. Sgt. Amy Mundell
Cargo Courier Editor

Fourteen members of the 123rd Airlift Squadron successfully completed an Inspectors General Exercise in May at the Combat Readiness Training Center in Savannah, Ga.

The squadron served as the lead unit during the six-day exercise, which was designed to test the war-fighting capability of troops from about 40 participating units, according to Maj. Matt Stone, logistics plans officer for the 123rd Airlift Wing.

During the exercise, the consolidated wing was evaluated on its ability to perform in a simulated chemical-warfare environment, he said.

Maj. Guy Baum, a pilot in the 165th Airlift Squadron who served as the lead logistical planner for the exercise commander, Col.

Michael Harden, called the event logistically complicated.

"It's not just fighting the battle, but it's getting everyone there and home again," he said.

The exercise, which brought together about 575 airmen from the active duty, Guard and Reserves, got underway after 16 aircraft arrived with participants.

Another challenge, Major Baum said, was the fact that the exercise employed C-17 Globemaster III aircraft, which Kentucky airmen are not accustomed to.

"Everyone did an outstanding job," Major Baum said. "It was a great performance considering what we were given, with a large number of people and with an airframe we aren't familiar with."

Areas of evaluation included command and control, airlift capability and safety.

Tips for enjoying safe summer activities

By Senior Master Sgt. Barry Wright
Ground Safety Manager

For many Americans, summer means fun in the sun. However, summer also is the time of year when adults and children are most likely to be injured.

To avoid becoming a statistic, the wing safety office advises everyone to enjoy summer activities with safety in mind. Here are 10 tips to help keep your summer accident-free.

1. Barbecues — Adults should be reminded to leave space on all sides of the barbecue to keep radiant heat from spreading to siding or other combustibles. Grilling in enclosed areas such as garages should be avoided.

2. Fireworks — The safest suggestion for fireworks is to leave them in the hands of professionals. Enjoy a public fireworks display from a distance of at least 500 feet. Never let children handle or light fireworks, not even sparklers.

3. Camping — Use a flame-retardant tent, which should be set up away from the campfire. The fire should be completely extinguished when going to bed or leaving the campsite.

4. Bicycling — Bright-colored clothing shows up best when riding, and a properly fitted bike helmet can reduce the chance of

serious head injuries by 85 percent.

5. Vehicles — Safety belts, booster seats and child seats should be used as necessary. Adults should get their child seats checked by a technician to see if they've been installed properly.

6. Lawn mowers — Dress the part when cutting the grass. This includes long pants and heavy-duty shoes. Daytime is best for the chore, and dry grass makes the job go better.

7. Pools — Always swim with a buddy, and make sure a telephone is nearby in case an emergency call must be made. Many groups offer swimming classes, and children should be encouraged to learn to swim proficiently.

8. Boating — Simply put, when going on a boat, wear your "boat coat" — a properly fitted life preserver! Plan for emergencies in advance by taking along a radio, cellular telephone, first-aid kit and fire extinguisher.

9. Sunny weather — When the mercury rises, we must take extra precautions before going outside. Sunblock with a rating of at least SPF 15 should be used on children going out in the sun.

10. Lightning — Two-thirds of all lightning strikes happen during the summer months. If you hear thunder while outdoors, take shelter. Avoid water, open spaces, hill-tops, tall trees and wire fences.

Anheuser-Busch parks offer military free admission

Anheuser-Busch Adventure Parks is extending a tribute program for U.S. and coalition military personnel and their families that last year saw more than 800,000 people visit SeaWorld, Busch Gardens and Sesame Place free of charge.

"Operation Homecoming" will honor those members of U.S. and coalition armed forces who served overseas and unable to take advantage of free theme park admissions offered as part of last year's "Operation Salute" program.

"We recognize that many of the men and women who have sacrificed so much during our military operations in the Middle East and elsewhere were unable to take advantage of last year's program," said Keith M. Kasen, Chairman of the Board and President of Busch Entertainment Corporation.

"As the initial tours for those service members draw to a close and they begin returning home, we hope they and their families will honor us with a visit."

The program will be offered to service members who served overseas between Memorial Day 2003 and Veterans Day 2003.

The offer, which began on Memorial Day 2004, will run through Veterans Day 2004.

It includes one free admission to any one of the company's three SeaWorld and two Busch Gardens parks or Sesame Place.

Qualified military personnel can register on-line, print the form and bring it on the date of their visit to expedite the admission process.

Registration forms can be found at www.seaworld.com, www.sesameplace.com and www.buschgardens.com.

ANG officials stress physical fitness for airmen

By Army Master Sgt. Bob Haskell
National Guard Bureau

KEYSTONE, Colo. — Qatar is not as hot in November and December as it is in July and August, but the 80- to 90-degree days and the 40-degree nights in that small desert land between Saudi Arabia and the Persian Gulf can raise havoc with people who are not physically fit.

That is a lesson some airmen of the New York Air National Guard at Syracuse learned for themselves in Qatar during the last two months of 2003, said Col. (Dr.) Reid Muller, commander of the 174th Fighter Wing's medical group and a practicing cardiologist.

"There was a period of adjustment, and it would have been a little easier for some of the people if they had been paying better attention to their physical fitness," said Dr. Muller, who is an advocate for the Air National Guard's new fitness program.

Dr. Muller helped prepare the program that Col. Sylvia Nye is administering for 108,000 Air National Guardsmen.

Colonel Nye is a nurse and fitness advocate who said good physical fitness enhances people's overall health and quality of life.

The Air Guard program, started last year, focuses on five areas — body composition, cardio-respiratory health, flexibility, muscular strength and endurance, Colonel Nye said during the Air Guard's Readiness Frontiers

Medical Conference here.

"This isn't just about taking an annual physical fitness test," she said. "This is about enhancing our Guard members' lifestyles. We can help people ... improve their diets and exercise programs so they will feel better about themselves and perform better in their everyday activities, thus improving their test scores."

The more pressing objective, however, is to improve the physical fitness of guardsmen who are being deployed to harsh terrain during the war on terrorism.

"Physical fitness is a command program, because commanders need to know the fitness of their people as well as their airplanes and other equipment," Colonel Nye said.

Col. (Dr.) Randall Falk, the National Guard Bureau's air surgeon, said Air National Guardsmen "have to become a more fit force."

"We are deploying to rugged and remote areas. We're serving under austere conditions. We're not going just to Ramstein Air Base in Germany or to Andrews Air Force Base in Maryland that have all of the creature comforts, advanced medical support and neighborhood pharmacies," Dr. Falk noted. "A fit force suffers fewer occupational injuries and illnesses."

Air Force Chief of Staff Gen. John P. Jumper is emphasizing improved fitness for

all airmen in active and reserve components, so they are ready to deploy, Colonel Nye said. This message led to a standard physical-fitness test for all airmen, as well as the idea that everyone should develop a workout schedule for at least three times each week, Colonel Nye said.

The test includes running or a three-minute step test, abdominal circumference measurements, push-ups, sit-ups and stretching.

Guardsmen go a step further with the fitness age program, she said.

The program is a way to determine how each airman's fitness score compares with his or her chronological age.

The average age for the 67,000 people tested last year was 36, Colonel Nye said. The average fitness age also was 36, she said.

This is a pretty good sign that, overall, guardsmen are in good physical condition, but fitness is a personal matter, and some people are in considerably better shape than others, Colonel Nye said.

Those who are not physically fit may find the adjustment harder in hot, cold or high-altitude environments than those who are, officials said.

"If you want to thrive and make your life a lot more enjoyable, it's better to be in shape and stay in shape," Dr. Muller said. "There is no excuse for not being fit. If you are not in shape, you will be mission ineffective."

Air Guard experiencing transformation process

By Master Sgt. Bob Haskell
National Guard Bureau Public Affairs

ARLINGTON, Va. — The Air National Guard has developed its own way of transforming its forces to meet "The Way Ahead" initiatives of Army Lt. Gen. Steven Blum, chief of the National Guard Bureau, and to remain relevant to the active-duty Air Force.

Air National Guard officials call it "Vanguard," a long-range transformation program to downsize its fleet of airplanes at the same pace as the Air Force while taking on other missions.

The Air Guard will lose, for example, about one-third of its fighters over the coming years.

The reason: One B-2 Spirit bomber can drop the same number of bombs on a target as 12 to 18 F-16 Fighting Falcons, Guard Bureau spokesman Dan Donohue said. Similarly, six new F-22 Raptors can deliver the same

amount of ordnance as nine F-16s.

Considering it will have fewer planes to fly and maintain, the Air Guard is exploring other ways to serve the country, Mr. Donohue said.

These include increasing the size of home station defense forces, so Army Guard Soldiers no longer need to guard bases in this country, and devoting more assets to information warfare, intelligence and unmanned reconnaissance aircraft.

General Blum said "The Way Ahead" will do what is right for America as it moves 460,000 guardsmen and Guard units in the 54 states and territories into the 21st century.

The general said he believes the Guard has to change from a strategic reserve that stood by during the Cold War into an operational force that is already actively engaged in the war against terrorism in the United States, Iraq and Afghanistan.

Jumper shares view on AEF cycle length extension

By Tech. Sgt. Matt Summers
Utah Beach Joint Information Bureau

STE. MERE EGLISE, France — The Air Force chief of staff announced an extension on the baseline for deployments from 90 to 120 days and the change of the air and space expeditionary force cycle from 15 months to 20 months.

The changes will take place beginning with AEF Cycle 5 in September, said Gen. John P. Jumper in his Chief's Sight Picture here June 4.

The general said the Air Force intends to stick with 90-day deployments for those airmen already deployed in AEFs 7 and 8 and those deploying in AEFs 9 and 10 (June to August).

Airmen deploying in AEFs 1 and 2, however, should prepare for a four-month tour.

The general said one reason for the change is that the Air Force component commander for the Central Command area of operations needed airmen to deploy for longer tours.

The extension allows greater continuity for expeditionary commanders supporting global contingency requirements.

"Make no mistake about it — Osama bin Laden killed 3,000 of our citizens on Sept. 11, 2001, and if he could have killed 30,000, 300,000 or 3 million he would have done the same thing without one ounce of re-

morse," General Jumper said.

"We who wear the uniform are entrusted by our nation to deal with this situation, and we should all be very proud of that," he said.

"We are the symbol of the pride and strength of this nation, and our citizens look to us to make sure that we don't get visited by the Osama bin Ladens of the world again."

The general said the demands on deployable forces have not diminished and are not expected to decline in the near future.

"We've said from the beginning that we're going to have to let (AEF) mature," he said.

"We've gone through four cycles now, including two major combat cycles ... and it's been proven to us that the 120-day cycle will serve us better.

"Many people in the stressed and critical fields are staying 120 days, and some of them more," he said.

"It's going to help us overall with our tempo ... and quite frankly, I think it's going to make it easier on families rather than harder."

The general said he is aware that the 20-month cycle will present challenges to reserve units, possibly affecting the number of volunteers, and leaders will monitor the situation closely to ensure fairness across the total force.

General Jumper said the Air Force has a rotational requirement of nearly 20,000 air-

men — three times the demand before Sept. 11, 2001.

He said he plans to expand the current number of 272,000 airmen eligible to deploy.

The general has asked all major command officials to aggressively review situations where airmen are excluded from AEF pairs.

He also asked them to take immediate steps to maximize manpower authorizations in standard tasking codes and, if required, create new ones to provide additional expeditionary capabilities.

"If you're wearing the uniform of the United States Air Force, you're part of the AEF," General Jumper said in his sight picture.

"This evolution of the AEF is not a temporary adjustment. More appropriately, it is recognition of new demands around the world for air and space power."

The basic composition of each AEF, including five air expeditionary wings and six air expeditionary groups of airpower and combat support capability, will not change.

Low-density and high-demand units will continue to follow Department of Defense-approved deployment guidelines.

Mobility aviation units will be postured in multiple AEFs to support the U.S. Transportation Command mission and other combatant commander needs.

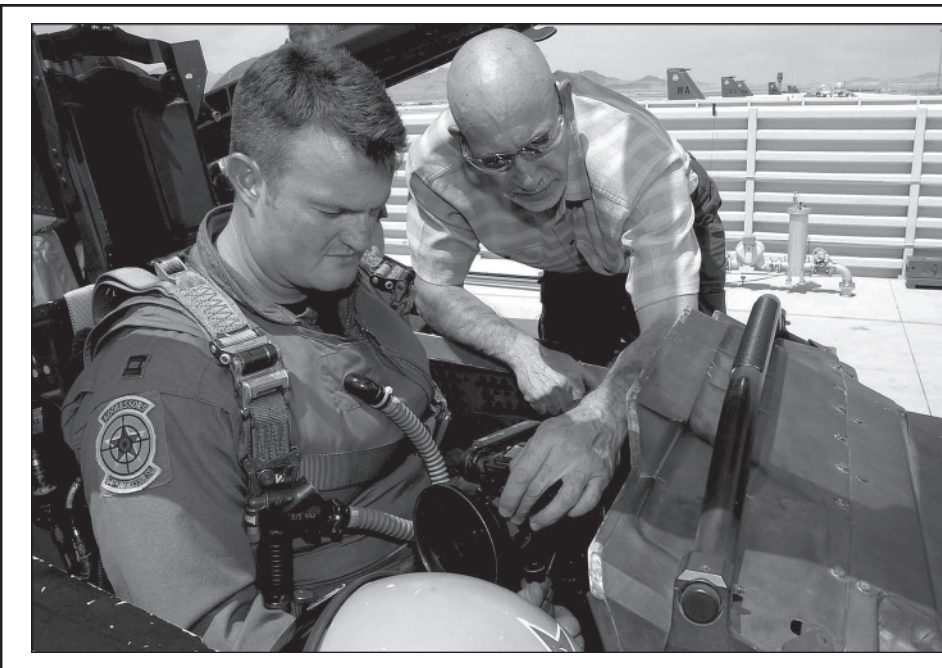
That's **A WRAP**

NELLIS AIR FORCE BASE, Nev. — Filming of an IMAX documentary about Red Flag exercises took place here June 14 to 18.

Bill Reeve, IMAX director of photography, shows Capt. Randy Cason how to operate an in-cockpit camera.

Captain Cason is an F-16 Fighting Falcon pilot with the 64th Aggressor Squadron.

Photo by Airman 1st Class Daniel DeCook/USAF



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)

•**Paul Corcoran**,
123rd Aerial Port Sq.
•**Desiree Farquhar**,
123rd Civil Engineers Sq.
•**Steven Smith**,
123rd Civil Engineers Sq.
•**Bridget Swann**,
123rd Services Flt.

STAFF SERGEANT (E-5)

•**Candace Bradley**,
123rd Operations Support Flt.

•**Joshua Hammons**,
123rd Maintenance Sq.
•**Billy Lain**,
123rd Airlift Wing

TECHNICAL SERGEANT (E-6)

•**David Crane**,
123rd Maintenance Sq.
•**Charles Gossett**,
123rd Aircraft Maintenance Sq.
•**Michael Ferguson**,
123rd Communications Flt.
•**Charles Rodgers**,
123rd Maintenance Sq.
•**Leslie Stivers**,
123rd Services Flt.

LIEUTENANT COLONEL (O-5)

•**Warren Hurst**,
165th Airlift Sq.

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

•**Tech. Sgt. William Deal**,
123rd Aerial Port Sq.
•**Tech. Sgt. Clyde Henderson**,
123rd Maintenance Sq.
•**Staff Sgt. Duane Parisek**,
123rd Communications Flt.
•**Master Sgt. Everett Timberlake**,
123rd Civil Engineers Sq.
•**Tech. Sgt. Bruce Wilson**,
123rd Maintenance Sq.

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

•**Staff Sgt. Bernard Adkins**,
123rd Maintenance Sq.

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