101 Critical Days of Summer approaching

Off-duty sports and recreation is another area where we see mishaps. Don’t let your desire to have fun interfere with sound judgment.

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

This also applies to all military personnel and DoD civilians in a duty status, on or off a DoD installation. It’s our intent that everyone has the opportunity for this valuable training within resource constraints.

My safety professionals will provide you with some materials to kick off your own campaign. I expect each and every one of our Guardsmen and their families to still be around on Labor Day.

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

Remember, “Mission First, Safety Always” — and have a great spring and summer.

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

Services returns from Aviano summer camp

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

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

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

Locally, the airmen get minimal exposure to some of these areas, the captain said. At a large base like Aviano, however, the Kentucky troops were given training opportunities that simply aren’t available here.

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

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

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

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

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

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

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

Photos by Tech. Sgt. Dennis Flora/KyANG

See FLIGHT, Page 3
Setbacks can be a learning experience for members of the Ky. Air Guard

I t’s always hard to set realistic goals, either for yourself or for an organization that you manage. The goals must appear to be achievable but challenging enough to improve the organization in its quest.

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

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

Ever had that feeling? It begins with tasking yourself and achieving those tasks. The same applies to an organization. Present the challenge and start working around doing nothing; it’s when you’ve the end. It’s not a day when you are supremely satisfied at high standards.

I know, maybe someday I’ll achieve those its quest.

The same applies to an organization. It begins with tasking yourself and achieving those tasks. The same applies to riding horses. Fall off and get back on.

We all have temporary setbacks. We fall, jump up and dust ourselves off. We can do that with style, forget the shock, learn from the situation and be a better person or organization for experiencing the setback.

That’s what’s important. We have a proud past in the Kentucky Air National Guard. We know that, and have the trophies to show just that.

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

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

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

In the flying world, an ejection in a fighter aircraft is an experience no one is ready for. What happens to that flyer immediately after the ejection? Does he or she get back in the airplane and go fly? Sure — and the sooner the better. The same applies to riding horses. Fall off and get back on.

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

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

Guard, Reserve leaders address Senate

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

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

The leaders discussed transformation goals and spending requirements.

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

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

He said the events of Sept. 11, 2001, and the war on terrorism has meant that one in 11, 2001, and the war on terror- rism has meant that one in three Air Force reservists has been mobil- ized.

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

“Likewise, as our active-duty partners, the men and women of the Air Force Reserve are very busy,” the general said.

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

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

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

He said more than 36,000 air guardmen were mobilized since Sept. 11, 2001, and that one-third of the Air Force aircraft in Opera-

tion Iraqi Freedom have been from the Guard.

The guardsmen will continue to defend the nation in the war on terrorism before the Senate Appropriations Committee’s defense subcommittee, the general said.

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

“The A-10s flew more combat missions in the Iraqi war than any other weapon sys-
tem,” he said.

Future needs will rely heavily on techno-

logical advances in space, command and control, intelligence and reconnaissance sys-
tems, information warfare and unmanned aerial vehicles, General James said.

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

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

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

“The men and women of the Air Guard are currently serving proudly in the far cor-

ners of the globe — and here at home — and will do so … to protect our freedoms.”
Managing anger appropriately may ease your peace of mind

Everybody gets angry. Anger is nothing more than a natural, adaptive response to threats. On a very basic level, we need anger to survive. It's normal to feel angry or frustrated when you've been let down or betrayed.

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

Here are some suggestions:

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

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

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— Try some relaxation techniques. For example, breathe deeply, from your diaphragm (breathing from your chest won't relax you). Picture your breath coming up from your "gut." Slowly repeat a calm word or phrase such as "relax" or "take it easy." Repeat it to yourself while breathing deeply.

— Use imagery. Visualize a relaxing experience.

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

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

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

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

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

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

— Maj. Fred Ehrman

Wing Chaplain

KyANG unit profile

123rd Logistics Readiness Squadron

Leadership


Mission

Support and management services includes the operation of the base supply account, fuels, traffic management, vehicle operations, and maintenance and wing readiness.

Personnel

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

Global engagement

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

Several members of the unit were mobilized immediately after the attacks to support the nation's homeland defense mission and were deployed to Texas and Kansas before returning to Kentucky to complete a yearlong assignment. In 2002 and 2003, additional members were activated and deployed to locations throughout the world in support of Aerospace Expeditionary Forces.

Tonini receives DSM at Pentagon

Cargo Courier Staff Report

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

Flight deploys to Aviano

Continued from Front Page

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

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

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

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

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

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

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

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

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

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


Photos by Tech. Sgt.
Dennis Flora/KyANG
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:

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

The following individuals have retired as members of the Kentucky Air National Guard:

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

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

- **Maj. John Soldner**, 165th Airlift Sq.
- **Master Sgt. Strandie Striegel**, 123rd Maintenance Sq.
- **Master Sgt. Jeffrey McDonald**, 123rd Aerial Port Sq.


Ash retires after 27 years of military service

**Cargo Courier Staff Report**


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

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

The Cargo Courier May 15, 2004
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**SENIOR AIRMAN (E-4)**
- Matthew Blevins, 123rd Aircraft Maintenance Sq.
- Marco Leques, 123rd Aerial Port Sq.
- Alicia Petty, 123rd Maintenance Sq.
- Marie Plaza, 123rd Medical Sq.
- Chad Rodgers, 123rd Aerial Port Sq.

**STAFF SERGEANT (E-5)**
- Karen Bishop, 123rd Special Tactics Sq.
- Brian Henry, 123rd Communications Flt.
- Robert Powers, 123rd Aircraft Maintenance Sq.
- Jason Thomas, 123rd Aircraft Maintenance Sq.

**TECHNICAL SERGEANT (E-6)**
- Ryan Russell, 123rd Aircraft Maintenance Sq.

The following individuals have retired as members of the Kentucky Air National Guard and reservists of the United States Air Force:
- Maj. Jason Arnold, 123rd Special Tactics Sq.
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- Staff Sgt. Terry Davis Jr., 123rd Aircraft Maintenance Sq.
- Maj. Marsha Beecham, 123rd Aerial Wing
- Master Sgt. Deborah Cox, 123rd Aerial Wing
- Master Sgt. Lotoya Fox, 123rd Aerial Wing
- Master Sgt. Jeffrey McDonald, 123rd Aircraft Maintenance Sq.
- Master Sgt. Sharon Robinson, 123rd Maintenance Grp.
- Maj. John Soldner, 165th Aircraft Wing
- Master Sgt. Robert Vanassen, 123rd Special Tactics Sq.
- Master Sgt. John Zeitz Jr., 123rd Special Tactics Sq.
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Brig. Gen. Richard W. Ash said farewell to the Kentucky Air National Guard during a retirement ceremony in the Base Annex March 6, marking the culmination of a 27-year career dedicated to military service.

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

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

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

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

The general then attended undergraduate navigator training at Mather Air Force Base, Calif., and served as an RF-4C weapons system officer until January 1983.

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

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

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

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

The unit completed 1,252 sorties delivering nearly 10,000 tons of humanitarian supplies into Bosnia-Herzegovina.

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


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

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

Ky. airmen deploy to Ramstein

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

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

While overseas, the Kentucky airmen will fly cargo from Germany to locations around the world. Last year, hundreds of members of the Kentucky Air Guard were deployed to Ramstein Air Base, where they flew missions in support of Operation Iraqi Freedom, the ongoing peacekeeping mission in Bosnia and U.S. military operations in Liberia.
Managing anger appropriately may ease your peace of mind

Everybody gets angry. Anger is nothing more than a natural, adaptive response to threats. On a very basic level, we need anger to survive. It’s normal to feel angry or frustrated when you’ve been let down or betrayed. What matters is not whether a person or situation makes us angry. What matters is what we do with our angry feelings. What do you do when you feel angry?

Here are some suggestions:

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Chaplain’s Column

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KyANG NEWS

KyANG unit profile

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The Cargo Courier
May 15, 2004
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An electronic version of the Cargo Courier is available at the Kentucky Air Guard’s Web site — www.kyoui.ang.af.mil
101 Critical Days of Summer approaching

Through the first half of fiscal year 2004, the Air Guard has had zero Class-A aviation mishaps. So far, so good! However, we’ve had too many close calls.

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

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

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

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

The 101 Critical Days of Summer are rapidly approaching.

This is the time of year when we all like to get out and enjoy the good weather with our families. It’s also a time when we see the most highest number of injuries and deaths due to vehicle accidents, both in 4-wheeled vehicles and especially motorcycles.

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

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

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

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By Tech. Sgt. Amy Mundell
Cargo Courier Editor

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