



THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123d TAW Kentucky Air National Guard

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Commander's Column

Within the Air National Guard, there are 92 flying units, 102,000 enlisted personnel and over 14,000 officers. Among these 92 units -- there is but one which can be acclaimed as the best of the best. Throughout my military career, I have had the privilege to serve in many different units and MAJCOMs and in doing so, came to learn the ingredients which make for a great unit. First and foremost, for a unit to be the best -- the people must make a commitment to excellence and strive everyday to make things better in every aspect of their job and in dealing with others. Wishing without action is of no use!

The best unit is a team -- in which all of its members are unselfish and totally dedicated to the safe and successful accomplishment of the mission. The best unit is made up of people who do outstanding things -- because of their desire, credibility, confidence, knowledge and trust in their leadership. The people in the best unit have firm

discipline and perseverance -- who never give up or falter when things get rough and tough. The best unit doesn't say why they can't do a job -- they just go out and do it with determination and pride.

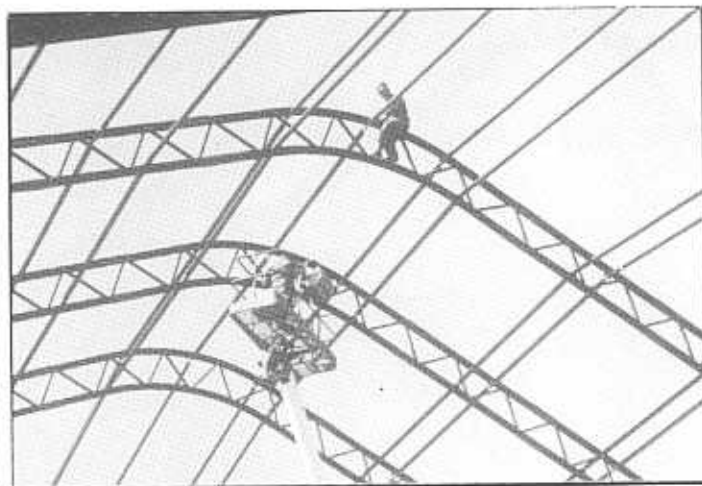
So who is the best unit in the Air National Guard?

It is that unit that we in the Kentucky Air National Guard are going to take and replace. We have the right ingredients -- we have the sense of purpose and we have each other to make it happen. Let's get on with it and do it!



Col. Joseph L. Kottak
Wing Commander

Cover



Roller coaster ride?

Members of the 123d Civil Engineering Squadron work on a Tension Fabric Structure --- Clam Shell -- that will serve as a hangar for maintenance on the C-130s. For more information see page 4.

KyANG photo by SMSgt. Dave Tinsley

THE CARGO COURIER

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

Sentry Rodeo

KyANG competes for first time in airlift environment

By TSgt. Jenny Montgomery
Editor

Although looked upon as the "new kids on the block" in the tactical airlift arena, members of the 123d Tactical Airlift Wing performed as professionals placing eighth out of 14 units competing in Sentry Rodeo this month.

Sentry Rodeo is a tactical airlift competition between all Air National Guard C-130 units. The best unit from each wing earns the right to represent the Air National Guard at the annual Military Airlift Command World-Wide Airlift Rodeo.

"It was very gratifying from my standpoint," said Lt. Col. Gary M. Burge, team commander. "People jumped in and revived that number one spirit our unit has been known for." Not only did the team place an unexpected eighth overall, they came in second in the Engine Running On/Off Load event, only nine

points behind the first place team.

The overall winners of the competition were the 145th Tactical Airlift Group from Charlotte AFB, N.C., a subordinate unit of the 123d Tactical Airlift Wing. They will represent the 123d TAW at the MAC rodeo.

The competition included air drops of both equipment and personnel, short airfield landings, an evaluation of low-level navigational skills, and an evaluation of the aircraft maintenance crew.

"We were able to do well because we had total support from people not on the team such as the air commander and wing commander on down to the people in each section," said Colonel Burge.

"Everybody worked together to get the best score we could get," he said of the team. "I don't have any doubt that we have lost the element of surprise for our dedication and I have no doubt that

we have what it takes to win next year."

Other team members were:

165th TAS

Maj. Larry A. Ortkiese, aircraft commander
Capt. Mark A. Sutherland, co-pilot
Maj. John W. Amshoff Jr., navigator
MSgt. John M. Hourigan, flight engineer
SMSgt. Daniel A. Spradling, loadmaster
TSgt. William F. Logsdon, loadmaster

123d CAM

Lt. Col. John R. Pearl, maintenance officer
MSgt. Michael G. Mitro, crew chief
TSgt. Donald M. Overstreet, crew chief
TSgt. David L. Jones Jr., crew chief
TSgt. Donald B. Fox, crew chief
SSgt. Gary L. Dunlap, engine/prop
SSgt. Stephen D. Hatfield, electrician
TSgt. Leon R. Allen, pneudraulics
SrA Robert M. Crosier, inst/autopilot
TSgt. William H. Willis Jr., comm/nav

123d MAPS

TSgt. Jeffery D. Brown, joint airdrop inspector
SSgt. Thomas W. Sullivan, JAI
Sgt. Douglas D. Curtis, engine running on/off load
TSgt. Thomas G. Downs Jr., ERO
TSgt. Ralph C. Davies, ERO
AIC Wesley R. Kammerer, ERO

ANG selects MSgt. David Orange as Outstanding Airman of the Year

The best of the best -- MSgt. David M. Orange Sr., combat control team supervisor. Sergeant Orange has more than earned this description for being recognized as one of eight Air National Guardsmen to be named Outstanding Airman of the Year for 1990.

He and his wife Kathy, along with the other outstanding airmen and their families, were recognized at a week-long celebration in Washington, D.C., in April. The next step for these airmen is the selection of the 12 Air Force Outstanding Airman of the Year.

A quiet, unassuming person, Sergeant Orange is taking the extra attention in stride. He says he never tries to win awards; his success comes from just giving everything he does his all.



KyANG Photo by SMSgt. Dave Tinsley
Col. Joseph L. Kottak, wing commander, congratulates MSgt. David M. Orange Sr., on his selection as the Outstanding Airman of the Year.

Clam Shell provides cover for maintenance

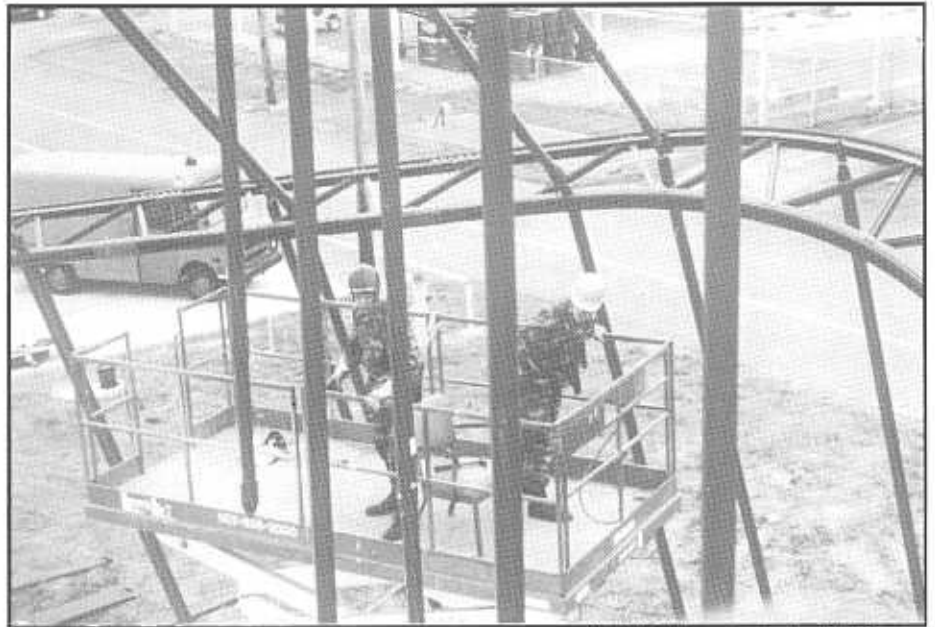
By TSgt. Jenny Montgomery
Editor

For a few days in March and April, workers and visitors to the Kentucky Air National Guard could see what looked like a roller coaster being built next to the aircraft parking ramp.

The monstrous metal structure isn't a roller coaster, but the first Tension Fabric Structure Building of its type in the Air Force, said Maj. Thomas J. Marks Jr., commander 123d Civil Engineering Squadron. It is also the first clam shell structure of its size -- 162 feet by 150 feet -- to be built. Designed by Clam Shell Incorporated in Santa Barbara, Calif., the shell was constructed by members of the civil engineering squadron directed by a representative from the company.

The clam shell will serve as a hangar for members of the 123d Consolidated Aircraft Maintenance Squadron to perform maintenance on the unit's C-130s. It's of great value to maintenance crews primarily because of the Isochronal Inspections that have to be accomplished on the C-130 approximately every 303 days, said CMSgt. William F. Pierce, NCOIC organizational maintenance.

An ISO inspection takes about 36 days and is an extensive inspection of every component, over every inch of the aircraft. Because of the way the aircraft is taken apart, it is



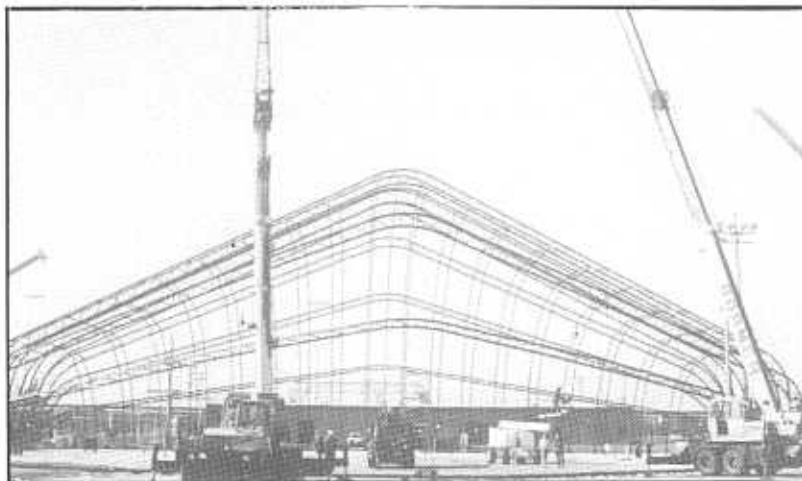
KyANG Photo by 1st Lt. Phil Howard

impossible to accomplish an ISO in inclement weather. Without the required ISO inspection, an aircraft is grounded. During the winter months the wing's aircraft have been sent to other C-130 units for the ISO inspection. These trips are very costly. Typically, a C-130 unit has one aircraft in ISO all the time, explained Chief Pierce.

The unit's current hangar was built to house smaller, reconnaissance jets, not the unit's current C-130s. The clam shell structure costs about \$460,000, but will pay for itself in six months, said Major Marks.

With a 160-foot clear span, the structure's metal is made entirely of aluminum. Each arch weighs approximately 4,000 pounds. The clam shell can withstand winds of up to 80 miles per hour. The structure is considered equipment, not a building, because it can be disassembled, placed in two, 20 foot by 8 foot by 8 foot containers and shipped on a C-130, said Major Marks.

Construction on the clam shell began March 26 and is expected to be finished this weekend if all the materials arrive. For the first two weeks the construction crew averaged 15 people and now it is down to 10 people to complete the project.



KyANG Photo by SMSgt. Dave Tinsley

News

President names Kentuckian chief of the Guard Bureau

By TSgt. Jeff Sansbury
Staff Writer

A former Kentuckian has been named by President George Bush to serve as chief of the National Guard Bureau.

Maj. Gen. John B. Conaway, who once commanded the Kentucky Air National Guard and served 14 years with the 123d Tactical Reconnaissance Wing here, is awaiting Senate confirmation to the new positions, which would include the rank of lieutenant general. General Conaway left the KyANG in 1977 to become deputy director of the Air National Guard and in 1981 he was appointed its director.

During the past year he has served as the NGB's first vice chief, a newly created position under Lt. Gen. Herbert R. Temple, who retired Jan. 31 last year. General Temple served more than 40 years in the reserve and active services, and he was an enlisted combat veteran of the Korean War.

As vice chief, General Conaway has been responsible for the day-to-day operations of the NGB's headquarters, located at the Pentagon in Washington, D.C. He and the NGB joint staff worked closely to manage the affairs of the Army and Air Guard directorates.

"This great achievement and honor attained by General Conaway is richly deserved and only appropriate for the man who has done so much for the Air

National Guard," said Col. Joseph L. Kottak, 123d Tactical Airlift Wing commander. "I had the privilege to serve under the command of General Conaway for over seven years and can best describe him as a gentleman and a man of honest fiber and dignity."

"We in the Kentucky Air National Guard have the greatest respect and affections for this man -- the Number One Soldier -- and pledge our continuing support to him and the profession of arms."

Born in Henderson, Ky., in 1934, the general graduated from the University of Evansville (Indiana), where he was commissioned a second lieutenant by the Air Force ROTC program there. He later attended the University of Kentucky and the University of Louisville, and he earned his master's degree in management and human relations from Webster College in St. Louis, Mo.

Following his tour as a fighter pilot, General Conaway left the active service in 1960 and arrived at the West Virginia Air National Guard, where he was an SA-16 pilot with the special forces unit there.

He returned to his native Kentucky in 1963 and flew the RB-57 Canberra reconnaissance jets with Louisville's 123d TRW. In 1972 he was appointed air commander here and in 1974 he was appointed vice commander. He held that position until his promotion to the Pentagon as a brigadier general in 1977.



Maj. Gen. John B. Conaway

During his tenure as vice chief of the NGB, General Conaway was charged with overseeing the Guard's role in counternarcotics and domestic emergencies in the United States. He and General Temple coordinated several state operations during Hurricane Hugo, the San Francisco earthquake, the Exxon oil spill in Alaska and the commercial air disaster in Sioux City, Iowa.

The general is a command pilot with more than 5,800 hours of flying time, and he is qualified in 20 aircraft. He is married to the former Linda K. Narcavage of Mount Carmel, Pa., and they have four children. The oldest son, David, is a Marine Corps captain.

General Conaway's appointment to NGB chief is a four-year assignment. He is expected to select a new vice chief, pending the Senate's confirmation of his appointment.

Senior Enlisted Conference

(Editor's Note: Sergeant Lowe attended the Senior Enlisted Conference in March and submitted this report.)

By SMSgt. Jay P. Lowe
NCOIC CBPO

I had the honor of attending the Senior Enlisted Conference in Knoxville, Tenn., on March 20, 21 and 22. There were several high points

during the conference, but having the opportunity to hear Maj. Gen. Phillip Killey, director of the Air National Guard, Maj. Gen. John B. Conaway, chief of the National Guard Bureau, CMSgt. Richard Green, senior enlisted advisor for the ANG, and Col. Hubbard, a prisoner of war, was an inspiring experience.

General Killey and General Conaway talked about the changes

the military is going through because it appears that we are winning the "Cold War." Now we are in an undeclared war to improve education, save the environment and stop drugs.

They discussed how much more the taxpayer gets for his dollar from the Guard versus the active forces and how important it is we keep our training and education programs at the highest level possible.

News

Kentucky engineers build school, community center in Costa Rica

By Capt. Phil Blahut
National Guard Bureau

Florencia, Costa Rica -- Where's the Air National Guard BEEF?

You could find 42 members of Kentucky's Air National Guard, 123d Civil Engineering Squadron, in Costa Rica, their home for two weeks in March.

These guardsmen are better known as prime BEEF (Base Emergency Engineering Force). They are here to build two school houses and to complete inside construction of a community center, in and about the tiny village of Florencia, CR.

The Kentuckians arrived and found both the people and the climate very warm. Sometimes this is not always the case.

Flown in by a Minnesota Air National Guard C-130, the 123d was greeted by

Air National Guard liaison personnel and the 46th Engineering Battalion (Combat Heavy) soldiers, Fort Rucker, Ala., at the San Jose airport. From there the guardsmen cleared immigration and customs and were transported to their new home, Base Camp "Derby," near Florencia.

The engineers brought tools and equipment, not weapons to this peaceful country. The 123d CES is one of three Prime BEEF teams that will deploy to Costa Rica during March and April of this year. Following the Kentucky unit will be the 141st and 140th CES from Washington and Colorado, respectively.

These three teams and other BEEF units deploy annually to other locations, some in the U.S., others overseas, such as the country of Costa Rica, to gain valuable readiness and mobilization

training. This type of overseas training allows Guard engineers to experience new environments, some more austere than others, to allow for realistic training. Adaptability is the key to their success.

"It takes months of coordination, funding and patience in preparing sites for construction, and a base camp to live in," said MSgt. Bill Nixon, liaison NCOIC from the National Guard Bureau, but assigned to the 189th Civil Engineering Squadron, Little Rock, Ark.

Joining Sergeant Nixon as coordinating staff are TSgt. Ricardo Leacock, 123d CES material control NCO, CMSgt. William Byrum, 123d CES forward liaison coordinator, and SSgt. Lawrence B. Froman, a 123d CES carpenter. Sergeant Leacock assisted Sergeant Nixon with his bilingual skills in procuring supplies and coordinating with the Costa Rican government officials, while Sergeant Froman created supply lists and began initial construction of the base camp.

Health Update

Nutrition and cancer

Submitted by Capt. David Granstrom
Health Promotion Coordinator

Most of us are concerned, curious and sometimes confused over reports associating nutrition with cancer. This relationship is a complex issue and easy to misunderstand. What should you and your family eat? What foods should you avoid?

The best recipe for health is a simple one: everything in moderation. If you eat a well-balanced diet, there is usually no need to use vitamin or mineral supplements.

Extensive research is under way to evaluate and clarify the role diet plays in the development of cancer. So far no direct cause-effect relationship has been proved, though we do not know that some things you eat may increase or decrease your risks for certain types of cancer. Based on evidence at hand, you might lessen your chances of getting cancer by following these simple guidelines.

1. Avoid obesity

Sensible eating habits and regular

exercise will help you avoid excessive weight gain. Your physician can work with you to determine your best body weight since it depends on your medical condition and body build and an appropriate diet to maintain this weight. If you are 40 percent overweight, your risk increases for colon, breast, gall bladder and uterine cancers.

2. Cut down on total fat intake

A diet high in fat may be a factor in the development of certain cancers like breast, colon and prostate. If you eat less fatty foods, you will be able to control your body weight more easily.

3. Eat more high fiber foods

Regular consumption of cereals, fresh fruits and vegetables is recommended. Studies suggest that diets high in fiber may help to reduce the risk of colon cancer. And even if not, high fiber-containing foods are a wholesome substitute for foods high in fat.

4. Include foods rich in vitamins A and C in your daily diet

Choose dark green and deep yellow fresh vegetables and fruits as sources of vitamin A, such as carrots, spinach, sweet potatoes, peaches, apricots; and oranges,

grapefruit, strawberries, green and red peppers for vitamin C. These foods may help lower risk for cancers of the larynx, esophagus and the lung.

5. Include cruciferous vegetables

Certain vegetables in this family -- cabbage, broccoli, brussels sprouts, kohlrabi and cauliflower -- may help prevent certain cancers from developing. Research is in progress to determine what is in these foods that may protect against cancer.

6. Eat moderately of salt-cured, smoke and nitrite-cured foods.

In areas of the world where salt-cured and smoked foods are eaten frequently, there is higher incidence of cancer of the esophagus and stomach. The American food industry has changed to new processes thought to be less hazardous.

7. Keep alcohol consumption moderate, if you do drink

The heavy use of alcohol, especially when accompanied by cigarette smoking or chewing tobacco, increases risk of cancers of the mouth, larynx, throat and esophagus.

(Reprinted from the American Cancer Society.)

Air National Guard Travel Entitlements

R U L E	Type of Duty Authority	Transportation is payable			Per Diem is payable			
		From HOR to Home Unit to Await Trans.	From HOR to Home Unit to Perform Duty	From HOR to Duty Location Away From Home Unit	At Home Station		Away From Home Station	
					Lives within Commuting Distance	Lives outside Commuting Distance	Gov't Qtrs & Meals are Available	Gov't Qtrs & Meals are not Available
1	Annual Tng--32 USC503	NO	NO	YES ¹	NO ⁶	YES	NO ⁷	YES
2	School Tng 32USC505	YES	YES ²	YES	NO ⁶	YES	YES	YES
3	Special Tng 32USC505	YES	YES ²	YES	NO ⁶	YES	YES	YES
4	AGR TDY 32USC 502(f)	YES ³ NO ⁴	NO	YES	NO	NO	YES	YES
5	INACTIVE DUTY 32USC 502(a)	NO	NO	YES ⁵	NO	NO	YES	YES
6	TECH- NICIAN JTR VOL2	YES ³ NO ⁴	NO	YES	NO	NO	YES	YES

1. Unless military transportation is directed.
2. One round trip only if member resides within the commuting distance.
3. Only if TDY requires at least one night lodging away from PDS,
4. Not payable to full-time aircrew members performing aircrew duties.
5. Not to exceed the distance from the home unit to the TDY point.
6. If nature of duty prevents member from commuting, occasional qtrs/meals are authorized, except the meal the member would normally be required to procure is not reimbursable.
7. Unless both government quarters and messing are available.
8. Per diem may be payable on travel days when group travel is not prescribed and member DOES NOT utilize available government meals.

New Commissary Hours

SUNDAY . . . 11 to 4

MONDAY . . . CLOSED

TUESDAY . . . 10 to 6

WEDNESDAY . . . noon to 8

THURSDAY . . . 10 to 8

FRIDAY . . . 10 to 6

SATURDAY . . . 9 to 4

(Closed holidays. If holiday is on Monday then the store will be closed Tuesday.)

TELL SOMEONE YOU LIKE ABOUT THE AIR GUARD.

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

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

Then tell someone you like about the Air National Guard.



**We Guard
America's Skies.**

News Briefs

Physical fitness standards

It's amazing how rumors seem to take on a life of their own.

One of the most persistent, and false, rumors concerns Air National Guard fitness standards.

The Air Force recently changed its fitness standards, but officials stress the new requirements are not applicable to the Guard.

The Air National Guard has been working on its own set of standards, but no final decision has been reached, according to a recent memo from the Armed Force News Service, and no new standards have been published.

Note: This UTA there will be a physical fitness run today at 3p.m.

Promotions

To SMSgt:

Daniel A. Spradling, 123d TAW

To MSgt:

Darrell Minton, 123d CAM

To TSgt:

Randall L. Anderson, 223d Comm



KyANG Photo by MSgt. James Mull

ROTC Scholarship

Lt. Col. Verna Fairchild, hospital commander, presents TSgt. Carol Campbell, medical services technician with lieutenant bars. Sergeant Campbell has been selected for an ROTC Scholarship at the University of Louisville Medical School.

Edward B. Davis, 223d Comm
Phillip D. Puckett, 223d Comm

To SSgt:

Eric P. Barnett, 223d Comm
Kendrick T. Cooksey, 223d Comm
Christophehr A. Lambert, 123d MAPS

To Sgt:

Gregory A. Allen, 123d CES
Nathan O. Anthony, 123d CAM
Robert L. Beyer, 123d CAM
Robert L. Brown Sr, 123d RMS
David A. Floyd, 223d Comm
Thomas N. Gibson, 123d CES
Frederick L. Goller Jr, 123d RMS
Robert L. Hatfield Jr, 123d CES
Karen L. Hendrickson, 123d CAM
Jeffrey S. Hogue, 123d CES
Patricia A. Kerschner, 123d CES
George H. Krebs Jr, 123d CES
Darrell L. McCollum Jr, 123d MAPS
Bennry R. Price Jr, 123d CES
Desiree L. Schladand, 123d RMS

To SrA:

Richard L. Leslie, 165th TAS



KyANG Photo by SMSgt. Dave Tinsley

Federal recognition

Col. Joseph L. Kottak, wing commander, presents Maj. Mitchell L. Perry, commander 223rd Communications Squadron, with the squadron's federal recognition order.

Help Wanted

Military Vacancy 90-22

Communication-Computer Program Manager; Max Grade: MSgt; National Guard Bureau, Andrews AFB, Md. Closes: 18 May 90

Military Vacancy 90-20

Chief Current Operations Branch; Max Grade: LtCol; National Guard Bureau, Andrews AFB, Md. Closes: 4 May 90

Military Vacancy 90-21

Chief Systems Implementation; Max Grade: LtCol; National Guard Bureau, Andrews AFB, Md. Closes 18 May 90

Military Vacancy TST-7

IMPS Project Officer; Max Grade: MSgt; National Guard Bureau, Andrews AFB, Md. Closes: 18 May 90

Military Vacancy TST-8

Civilian Pay Specialist; Max Grade: MSgt; National Guard Bureau, Andrews AFB, Md. Closes: 18 May 90

Conversion retraining

Did the conversion affect you? Are you an overage? Do you know?

Contact the Recruiting Office at Ext. 422, 423, or 424 for help in answering these questions. They will assist you in finding another opening to train into.