

# THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123d TAW Kentucky Air National Guard

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## Commander's Column



Brig. Gen. John L. Smith  
Wing Commander

## A year of change, a promising future

1990 Will most certainly be a year we will all remember for many reasons. A year of change, a year of accomplishments, a year when the KyANG became of age in the airlift mission. Each of you has in some way molded the future of the unit and its direction in the coming years.

I want very much to thank all the units for their participation in this year's Dare to Care program. It was a great effort. Although the final amount donated will not be done until after this UTA, reports show that the unit has exceeded and possibly doubled last year's donations.

My congratulations to the Hospital on their recent inspection. You have surely demonstrated your ability to accomplish your mission and this is attributed to quality people and their dedication. Your achievements enhance the unit and we are proud to have each of you as a part of the team.

It is now official -- the ORI has been postponed due to our impending Desert Shield involvement. It has been slipped at present to October.

The best to each of you and your families in 1991 and in the coming years.

## Chaplain's Column

### Insight to leisure

By Chaplain (Capt.) Thomas Curry

Drill weekends have a sneaky way of hampering an otherwise leisurely weekend. How often have you heard someone wish they were relaxing at home instead of serving at the Air Guard?

Perhaps a new understanding of leisure can help. "Leisure is not a time to be spent, but an attitude out of which to live life," says Dr. William

L. Hendricks. Leisure is not necessarily time spent away from work or responsibilities. Such times are rare for many. A leisure attitude is not a lazy attitude. It is the effort to pace oneself, to weigh events so that each crisis is not a major crisis, to take advantage of rest and renewal opportunities at work, home or church.

Whenever you feel the need for leisure, remember the following story originally told by Abraham Lincoln:

Two woodcutters had an all-day job to do. One of the choppers

worked all day without stopping. The other chopper worked 50 minutes and took a 10 minute break. He worked calmly and steadily. At the end of the day the one who took breaks had a larger pile of logs than the worker who didn't.

"How can this be possible?" asked the no-break chopper in disbelief. "It's simple," responded the more leisurely chopper, "when I stopped to rest, I also sharpened my axe!"

Leisure is an attitude out of which to live life and not a time to be spent.

#### THE CARGO COURIER

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# News

## Operation Volant Oak Panama mission supports Total Force

By Sgt. Eric Wedeking  
139th Public Affairs Detachment  
Illinois Army National Guard

**HOWARD AIR FORCE BASE, Panama** -- Like any foundation to a successful relationship, hard work and perseverance spells "success."

Airmen of the Kentucky Air National Guard's 123rd Tactical Airlift Wing are continuing to strengthen their ties with their active Air Force counterparts here, the 61st Military Airlift Group.

Normally headquartered at Stanford Field in Louisville, the Air Guard members are flying a variety of transport missions throughout Central and South America as part of their annual training during Operation Volant Oak.

For more than 13 years, National Guard and Reserve units have been working together with the active armed forces on Volant Oak and supporting the U.S. Total Force policy.

"This is a very smooth operation," said Mission Commander Col. John Greene, deputy commander for operations of the 123rd TAW. More than 50 Air National Guard airmen cruised in with six C-130 Hercules transport planes from their base in Kentucky to tropical Panama.

But even though 123rd members could be considered greenhorns oper-

ating under the auspices of U.S. Southern Command, Colonel Greene said his members have been working effectively flying missions for their active counterparts in the Air Force, Navy, Marines and Army.

Because many of their tasks involve flying to Latin American countries, Colonel Greene noted their training is invaluable and can seldom be recreated in the continental United States.

Sgt. Alan McDaniel, a ground support equipment mechanic, said his job in the Air National Guard sometimes proves challenging.

"We've been working to start up these large aircraft so they can do their missions," McDaniel said. "It's been pretty hectic."

Away from family, friends and cool fall weather in southern Indiana, McDaniel is getting a taste of Panama's balmy temperatures and tropical downpours. "I think it's nice. The weather is great -- when it's not raining."

Because the unit received their C-130s and tactical airlift capabilities a little more than a year ago, Colonel Greene said flying missions assigned by U.S. Southern Command provide invaluable experience for crews and support personnel. There are no simulated missions here.



Col. John Greene, deputy commander of operations, talks about Operation Volant Oak at Howard AFB, Panama.

"It's kind of unique to us...from hauling the cargo and doing the airlifts. It's stuff we normally don't do at home," Colonel Greene said. "It's an opportunity to get hands-on experience. Morale is good and the unit looks forward to coming."

Besides the flying of cargo, 123rd members take part in some other exciting military operations. Some flights included transporting the elite Navy SEAL (Sea Air and Land) teams, providing emergency medical transportation and being on-call for search and air rescue missions throughout South and Central America.

With two weeks of experience to take back to their homes in Kentucky, airmen in the 123rd will undoubtedly use the word "success" in their stories describing their stay in Panama.



Photos by Warrant Officer Bud Roberts, IILANG

Sgt. Alan McDaniel, 123d CAM, checks an auxillary power generator.

# News

## MAC cancels unit inspection; reschedules for October

By TSgt Jeff Sansbury  
Staff Writer

Detailed inspections don't come much tougher than an ORI. That's one reason the KyANG has invested a tremendous effort the last 12 months in evaluating its wartime capability.

But on Dec. 1, the wing commander here announced that the Operational Readiness Inspection set for April had been postponed, catching many here off guard and anxious. The Persian Gulf crisis has left the 123d Tactical Airlift Wing untested by the Military Airlift Command, which took control of the unit nearly two years ago.

Brig. Gen. John L. Smith, wing commander, briefed unit leaders during the December UTA, alerting that Operation Desert Shield has changed some priorities within the MAC structure for now. Presently, the new ORI date is set for late October 1991, according to General Smith.

What a long and hard trip it's been, as Kentucky shed its reconnaissance image and took on the tactical airlift mission with relative ease.

Lt. Col. William Thornton, deputy commander for resources, said there's no real setback over the ORI postponement.

"We have no intention of changing anything, not our attitudes or our efforts. We'll continue with our own unit exercises and evaluation, regardless," he said.

"Perhaps the Desert Shield situation could benefit us all, especially in the way we evaluate our readiness posture," the colonel added.

The ORI would have been a first at the 123d TAW since its mission change, but does not change the responsibility or obligation of Kentucky's Air Guard force.

Phase 1 of the inspection, which usually takes a week, would have tested

the unit's deployment capability. Phase 2, conducted at a later date, is focused on the "employment" aspect, meaning the arrival and stationing of troops and equipment into a combat theater.

Colonel Thornton said last month that all MAC-gained units within the KyANG are subject to an ORI. The inspection, which essentially tests the mobilization of troops, takes a keen look at processing the men and women for health status, eligibility, personnel data and equipment.

Capt. Johnny Jones, who became the wing's mobility officer last August, said the ORI postponement also has caused a scrap of the full-blown "recall" scenario that was planned for next month.

"We'll still continue a serious effort, despite the change," he said. "With more time on our hands, there's a good chance that some in-house training programs can ensure our proficiency in combat readiness."

"In light of recent events overseas, it's crucial that we adapt on a strict schedule now," Colonel Thornton said.

Because a team from Pope AFB completed a mobility assistance visit here last summer, Captain Jones admits he feels some disappointment over the recent switch.

"Everyone was ready, 100 percent ready. We've made a lot of progress, especially over the last three months," he said. "We've been dedicated, and it was truly a challenge, considering that our personnel are somewhat new at the air transport mission."

## Health services team commends hospital staff

The 123d Tactical Hospital successfully completed their annual Health Services Readiness Inspection during the December UTA.

The hospital staff and their commander, Lt. Col. Patricia Horsey, were all commended by the inspection team from Norton AFB, Calif., for their superb performance in all areas.

Similar to an Operational Readiness Inspection for a wing, the HSRI scrutinized the hospital's day-to-day operational capabilities, its management procedures and how well it services the units assigned to the KyANG. Many unit members were personally praised by the inspection team for their outstanding work performance.

(Note: Inspection report results cannot be released in whole or in part to members outside the Air Force.)



### Retirement

Maj. Glenn Adair, commander 123d Mission Support Squadron, presents MSgt. George Pearl, squadron first sergeant, a plaque upon his retirement. Sergeant Pearl retired in December after 25 years of service.

## A Season of Giving



KyANG Photo by TSgt. Jenny L. Montgomery

SSgt. Elke Adams, president of the local NCO Academy Graduates Association, left, and SMSgt. James Kessler look on as Santa delivers a special present to a young girl in Kosair Children's Hospital. The NCOAGA donated approximately \$500 in toys to the hospital just before Christmas. Santa, played by MSgt. Bobbie Brawner, 123d Consolidated Aircraft Maintenance Squadron, brought much joy into the hearts of the many children who were spending their holidays in the hospital. Fortunately, the young girl pictured here was able to leave the day Santa visited her.

MSgt. Karen Renn, from base operations, along with members of the Salvation Army's Angel Tree program have their arms full of Christmas presents. During a three day period KyANG members assigned to base operations donated \$267 to buy clothing for needy children. They clothed 17 children ranging in age from 3 months to 17 years. The money was collected by Sergeant Renn and MSgt. John Hourigan. Operations also adopted three local families and donated money to provide them with food, clothing and toys for the holidays. This money was collected by SSgt. Yvette Gibson.



# BLACK HISTORY

M · O · N · T · H

## Highlights of King's life

Following are highlights of Martin Luther King Jr's life:

**Jan. 15, 1929**

Born to Rev. and Mrs. Martin Luther King Sr., in Atlanta, Ga.

**Feb. 25, 1948**

Ordained a Baptist minister, and later installed by his father as pastor of Dexter Avenue Church, Montgomery, Ala., on Oct. 31, 1954.

**Dec. 5, 1955**

Led historic bus boycott in Montgomery, Ala., following the Dec. 1 arrest of Rosa Parks, a 42-year-old black seamstress who refused to give up her seat on a city bus so a white man could sit. Elected president of the boycott organization, the Montgomery Improvement Association. Bus service to black neighborhoods suspended on Dec. 10. On June 4, 1956, U.S. district court rules that racial segregation on city bus lines is unconstitutional.

**February 1957**

Elected president of the newly founded Southern Christian Leadership Conference.

**Sept. 20, 1958**

Stabbed in the chest while autographing his book, *Stride Toward Freedom: The Montgomery Story*, in a Harlem, N.Y., department store.

**Feb. 2 - March 10, 1959**

Guest of Indian Prime Minister Jawaharlal Nehru; studied Gandhi's techniques of non-violence.

**March-April 1963**

Arrested for leading sit-in demonstrations to protest segregated restaurants in Birmingham, Ala. Wrote famous "Letter from Birmingham Jail" while imprisoned. Book, *Strength to Love*, published that June.

**Aug. 28, 1963**

Led march on Washington, D.C., the first large integrated protest march, and delivered "I Have a Dream" speech on the steps of the Lincoln Memorial. Afterward, met with President John F. Kennedy in the White House.

**July 2, 1964**

Attended President Lyndon B. Johnson's White House signing of the Public Accommodations Bill, part of the Civil Rights Act of 1964.

**Dec. 10, 1964**

Received the Nobel Peace Prize in Oslo, Norway.

**March 21, 1965**

Active duty Army and federalized Alabama National Guardsman protected King and thousands of marchers on the first leg of a march from Selma, Ala., to Montgomery.

**April 3, 1968**

Delivered last speech, "I've Been to the Mountain Top," at the Memphis (Tenn.) Masonic Temple. Assassinated next day by James Earl Ray. Riots erupted in more than 100 cities across America.

**Jan. 15, 1969**

The first march to start a campaign to create a national holiday honoring King held in Atlanta.

**1981**

Entertainer Stevie Wonder started annual march in Washington, D.C., to lobby for a King holiday.

**Jan. 15, 1982**

The Freedom Hall Complex, Martin Luther King Jr. Center for Non-violent Social Change, officially opened in Atlanta.

**Nov. 2, 1983**

President Ronald Reagan signed Martin Luther King Jr. holiday legislation.

**Make A Difference . . .  
Start With Yourself!**



# Health

## Regular exercise improves your life

### Doctor provides prescription for better health

By Col. (Dr.) Donald W. Butts  
Headquarters TAC  
Health Promotions Program Manager

There is no doubt that a personal exercise program can improve your life. Regular exercise has many benefits. It can:

- increase the efficiency and capacity of your lungs, heart and other organs,
- give you more energy,
- improve your ability to cope with stress,

- increase your resistance to fatigue, tone and strengthen your muscles,
- promote flexibility of your joints,
- improve your self-image and self-esteem,

- help control your appetite
- burn off calories to help you lose or maintain weight.

Almost everyone should exercise; however, men over 45 and women over 50 who are not accustomed to regular exercise should see their doctors first. Regardless of age, you should consult your doctor before starting vigorous exercise if you:

- \* have heart trouble,
- \* have high blood pressure or don't know your blood pressure,
- \* experience pain or pressure in the chest, neck, shoulder or arm after exercise,
- \* experience extreme breathlessness after mild exertion,
- \* have bone or joint problems,
- \* often feel faint or have spells of severe dizziness, or
- \* have a medical condition that might need special attention such as insulin-dependent diabetes.

Cardiovascular fitness should be the most important objective of an exercise program. Improving muscular strength or muscular endurance, changing body composition, improving speed of move-

ment and flexibility also may be important to you and should be included in your program if you have time.

To improve cardiovascular fitness the type of exercise selected must meet certain minimum frequency, duration and intensity criteria. Unless you are training for competition, it also is recommended that optimum frequency and duration times not be exceeded because that increases your chances of injury. At a minimum, you should exercise three times a week but not more than four to six times. Each session should last at least 20 minutes but not more than 30 to 40 minutes.

Intensity is how hard you work, and heart rate is the best indicator. The chart lists recommended heart rate target zones.

With court sports it is very difficult to maintain a heart rate in the target

range for 10 consecutive minutes. Swimming, jogging, cycling and cross-country skiing are better choices.

Other considerations are choosing a time of day, finding a place and choosing an exercise partner. These choices are entirely up to you, but it is very important that you make exercise as convenient enjoyable as possible. It should become a habit.

Age	Target Zone (beats per min)	Avg Max
20	120-150	200
25	117-146	195
30	114-142	190
35	111-138	185
40	108-135	185
45	105-131	175
50	102-127	170
55	99-123	165
60	96-120	160
65	93-116	155
70	90-113	150

## Not just another dental exam, but a valuable detection tool

"Why do these Air Force dentists want to look at my teeth again? I just had this dental exam last year!"

All KyANG members shared some of those same thoughts while standing in line and waiting for x-rays and a dental exam.

Why does the Air Force invest so much time and money in an activity that could irritate even the most patient airman?

Teeth, and such restorative materials as fillings, crowns and bridges, are perhaps the hardest materials in the body, and certainly the least destructible. Therefore, in cases of mass disaster, often the only way to identify the remains is through the use of dental records.

Because of the very nature of their work, dentists are often the only medi-

cal personnel able to positively identify human remains. This method is called forensic odontology.

Ever since the 1983 destruction of the Marine barracks in Beirut and the 1985 crash of the Arrow charter flight at Gander, Newfoundland, the DoD has required that all members of the armed forces receive an initial dental processing.

This includes two panoramic x-rays and a dental screening examination for detection of pathological condition, and for forensic odontological identification. The periodic dental exam not only updates dental charts and x-rays, but also insures that they are all in order.

# Feature

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## Regional Veterans Celebration

More than 50 members of the Kentucky Air National Guard joined thousands of Jefferson Countians in a Jefferson County Regional Veterans Day Celebration on Veteran's Day, Nov. 10.

The celebration included a rededication ceremony of the Jefferson County World War Monument at the County Courthouse, a Veterans Parade and a rededication of the Vietnam Veterans Memorial at the Southwest Government Center.

KyANG members marched in the parade and were available to talk to the public and answer questions at static displays of various unit

equipment. The wing also provided a flyover of C-130 aircraft during the ceremonies.

Col. Edwin H. Hornung, deputy commander for support, SSgt. Elke Adams, president of the KyANG NCO Academy Graduates Association, and SMSgt. James Kessler, past president of the NCOAGA, each served on the Veterans Day Celebration Policy Committee.

The wing received a certificate of appreciation from David L. Armstrong, Jefferson County Judge/Executive. "Your hard work and dedication made it all possible," he stated in a letter to the unit.



Members of the 123d SPFlt present the colors.



KyANG members march in Veterans Parade.



TSgt. Philip Puckett, 223 CommSq, and his family enjoy celebration.



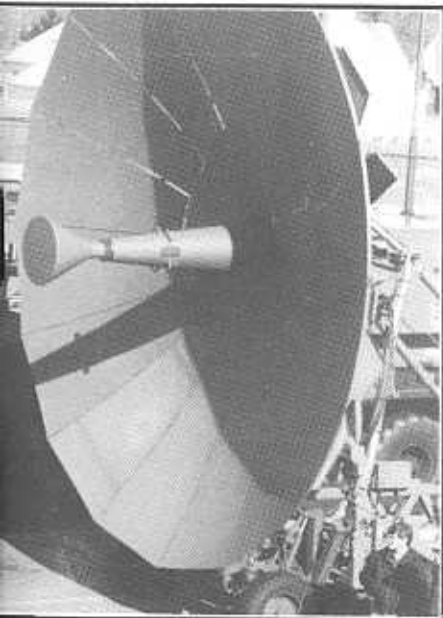
Unit members stand by their equipment, ready to





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TSgt. Robert A. Vanassen, Combat Control Team, rides one of the unit's all-terrain vehicles as Maj. Robert L. Jordan, 123d MAPS commander, leads the wing formation in the parade.



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**'To honor those  
who died to defend  
our freedom'**

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Photographs courtesy the city of Louisville

answer any questions.

# Editorial

## Why are we there?

### A presidential commentary

By George Bush

It is now more than 15 weeks since Iraqi tanks, with little warning and even less mercy, rolled across the border dividing Iraq from Kuwait. Within three days, 100,000 Iraqi troops controlled the streets of Kuwait City and massed at the borders of Kuwait's neighbor Saudi Arabia. A second invasion, or at the very least, military intimidation, appeared imminent.

Iraq's occupation of Kuwait has been a nightmare. Hundreds of thousands of Kuwaiti men, women and children have been driven from their country; Saddam has brought in tens of thousands of Iraqis and other foreigners to resettle Kuwait in their place. Homes, buildings and factories have been looted. Babies have been torn from incubators; children shot in front of their parents. Disappearances and graphic accounts of torture are widespread.

Iraq's leader Saddam Hussein has not been content with violence against Kuwaiti. Thousands of foreigners are being denied the freedom to leave, in violation of the most basic norms of civilized conduct. embassies and diplomatic residences are being violated, and their diplomatic personnel are being starved out.

The response of the international community to this cruelty has been immediate and unwavering. The United Nations Security Council has passed ten resolutions condemning Iraq's invasion and occupation, rejecting its annexation of Kuwait, and calling upon Saddam to allow all who wish to leave to do so. To back up these calls for action, the international community has put into place mandatory, comprehensive economic sanctions designed to ensure that Iraq reverses, and does not benefit from, its aggression. I am proud to say that the United States played a key role in

building the coalition of nations that forged this response; American leadership remains a positive and constructive force in this changing world.

Now, as I write this, more than 200,000 men and women wearing the uniforms of the U.S. armed forces stand guard on the sand and along the shores of the Arabian peninsula, together with the armed forces of more than 25 other countries. Over the next few months, they will be joined by thousands of additional troops.

But why are we there? Why should we be there?

First, the world must not reward aggression. Iraq's invasion and occupation of Kuwait is not just a case of petty aggression. We stand now at a singular moment. The civilized world is now in the process of fashioning the rules that will govern the new world order beginning to emerge in the aftermath of the Cold War. The history of this century shows clearly that rewarding aggression encourages more aggression. If the world looks the other way in this first crisis of the Post Cold War era, other would-be Saddams will conclude, correctly, that aggression pays. We must either be prepared to respond now or face a much greater set of challenges down the road.

Second, our national security is at stake. Can the world afford to allow Saddam Hussein a stranglehold around the world's economic lifeline? That is exactly what would happen if we failed. Armed with thousands of tanks and aircraft, not to mention chemical, biological and perhaps even nuclear weapons, Saddam would dominate the Gulf and the bulk of the world's petroleum reserves. Even now, without an actual shortage of oil, Saddam's aggression has almost doubled oil prices. Fledgling democracies are at particular risk; the

poorest nations are hit hardest. The potential for much greater suffering is real. We cannot allow any tyrant to practice economic blackmail. Energy security is national security, and we must be prepared to act accordingly.

Last, innocent lives are at stake. I want to see a world in which Americans and others can live free from fear. The cynical use of innocent civilians, as bargaining chips or as pawns to deter attack, is an affront to civilized behavior. This blackmail will not succeed. At the same time, our citizens and our diplomats must be free.

Many, understandably, counsel prolonged patience. Yet, it is grim reality that with each passing day the consequences of Saddam's aggression grow. Remember, Saddam has not hesitated to use his most terrible weapons -- not merely in time of war, but against his own people. The fact that Saddam is developing the most sophisticated weapons of mass destruction known to man -- nuclear and biological weapons -- is ominous indeed. Those who are in hiding or inside our embassy in Kuwait risk capture or surrender. Saddam has callously refused to comply with the U.N. Resolution that calls for the replenishment of foreign embassies. The potential cost in human lives of what would be needed to break Saddam's grip on Kuwait mounts as do the global economic costs of his aggression.

Our goals have not changed since I first outlined them to the American people last August. First, the immediate and unconditional withdrawal of all Iraqi forces from Kuwait. Second, the restoration of Kuwait's legitimate government. Third, security and stability for the Gulf -- an important national interest of the United States since the time of Harry Truman. And fourth, the protection of American citizens abroad.

Let me make one more thing clear. As I work to realize these goals, I will use every means at my disposal to reach a peaceful solution. We will

continue the effective implementation of the United Nations sanctions. There already has been enough violence, suffering and sacrifice.

Lasting and meaningful peace must be founded upon principle. Iraq cannot be rewarded for its blatant aggression. Kuwait must be sovereign; its territory intact. The hostages must be set free. Iraq can never again be in a position to threaten the survival of its neighbors or our vital interests.

With unity and determination, and yes, patience, I am confident that these objectives are within reach. When we succeed, we will have returned a country to its people. We will have shown that aggression will not be tolerated. We will have invigorated a United Nations that contributes as its founders dreamed. We will have established principles for acceptable international conduct and the means to enforce them. In

short, we will have taken a major step toward a community of nations bound by a common commitment to peace and restraint. This is something Americans and peace-loving peoples have long sought. Out of this difficult time of testing, we have the extraordinary opportunity to make this dream a reality. (The president's article is reprinted from the Nov. 26 issue of Newsweek magazine. Used with permission.)

## Safety

### Winter driving tips

#### American Forces Information Service

Control and common sense are the keys to safer winter driving, according to the National Highway Traffic Safety Administration.

Kent Milton of the highway safety agency suggests keeping the following points in mind when heading toward wintry climates and conditions.

First, make sure the car is equipped to handle the colder weather. This includes getting a tune-up, checking the antifreeze and ensuring the heating system and wiper system work, he said.

The car's traction on ice and snow is also important. But Mr. Milton suggests checking local laws before putting on snow, all-weather or studded tires, or throwing chains in the trunk. "For example, various jurisdictions prohibit studded tires, while others require both snow tires and chains," Mr. Milton said.

Every driver should consider having a winter survival kit -- easily put together in the car during cold weather.

Mr. Milton said items for the kit could include a shovel, whisk broom, ice scraper, sand or other abrasive material to provide traction, blanket, first aid kit, flashlight, safety triangles for the road, lock antifreeze, booster cables and warm, dry clothes.

The traffic safety official added that drivers might also want to put some high-energy snacks, such as peanuts and granola bars, in their glove compartments in case they become stopped or stuck in the snow or ice.

During winter, people tend to drive as they normally do the rest of the year, he said. Last-minute stops and lane changes, and driving the speed limit are all common mistakes during the snowy season, he added.

Slow down, use common sense and don't overdrive will help prevent accidents. Allow more time for traffic-control devices, stops and lane changes, and anticipate the other driver's actions, he added.

"Remember that bridges and overpasses ice up first, so drivers should

slow down as they approach them," Mr. Milton said.

Skids can occur by going too fast for conditions, sudden braking or other quick movements. "You have to know how to handle your car in a skid," he noted. "It's not an instinctive action. You want to slam on the brakes, but that's the worst thing you can do."

"A simple way to explain it is to steer the car in the direction of the skid until you find traction, easing up on the accelerator. Don't use the brakes. Once you've got traction, steer the car in the direction that you want to go.

"Don't jam on the brakes, and stay cool and calm," he said.

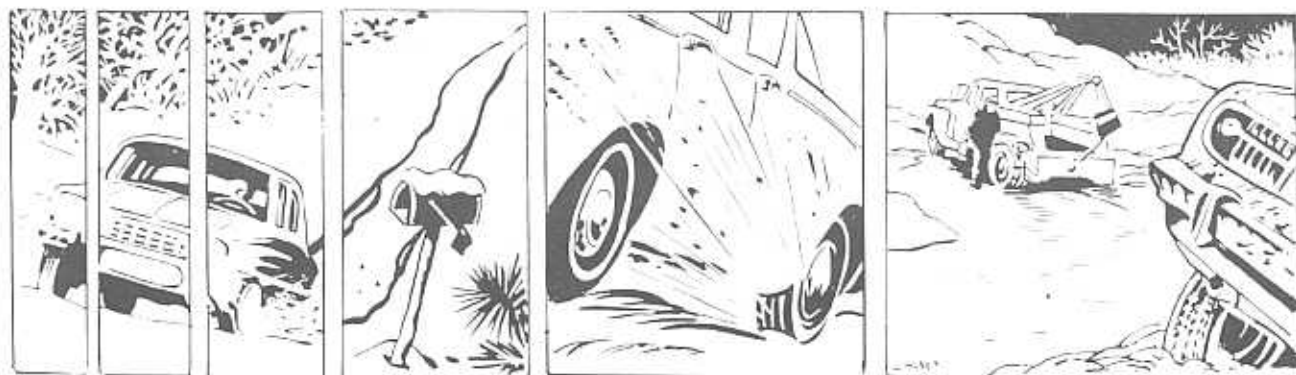
Other tips for safe winter driving:

Don't park on a snow route during a snowfall or the car may be towed away or buried.

Clean all snow and ice from the car's windows, hood, roof and rear deck.

Make sure all outside rearview mirrors are clear.

Be sure to wear seat belts.



# News Updates

## Uniform board proposes changes

WASHINGTON (AFNS) -- Approval to wear the polyester and wool lightweight blue jacket on commercial transportation is just one of the dress and appearance policy changes approved by the Air Force chief of staff at the 88th Air Force Uniform Board.

Results of the board will be effective once applicable regulations have been updated.

Other recommendations approved by Gen. Merrill A. McPeak include:

- Remove the loop and tab from the collar of the lightweight blue jacket.
- Require major commands to adopt sew-on rank and accouterments on desert battle dress uniforms.
- Authorize chrome studs and cuff links for men's mess dress uniforms. Air Force Regulation 35-10 will be revised to say chrome-finished or satin-finished badges, cuff links and studs will be worn together as a set. Mixing of chrome and satin finish won't be authorized.
- Change the parachutist badge designation from a mandatory aerospace badge to an optional badge. Then the badge can be worn at the member's option and it will provide an alternative

to other specialty qualification badges. The current restriction on the number of badges that may be worn at one time remains in effect.

- Reword AFR 35-10 to authorize MAJCOMS to determine acceptable off-base wear of flight clothing.
- Authorize qualifying 275XU people to temporarily wear the Army Pathfinder Badge while assigned to Army units.
- Distinguish the Civil Air Patrol uniform from the Air Force uniform. Authorize CAP members to wear a maroon-colored full shoulder mark with embossed rank on all uniforms.
- Let women use a patent leather or high-gloss material purse with any authorized footwear. AFR 35-10 will provide the dimensions of the purse for purchase from commercial sources.
- Give MAJCOM commanders the option to let people wear a black or brown turtleneck t-shirt with utility uniforms.

Items also briefed at the board were:

- The cotton poplin lightweight blue jacket will be phased out Sept. 30.
- Only green or brown under-

shirts are authorized for wear with the BDU.

- The enhanced security police jacket is authorized for wear by missile crew members with the duty uniform when they are not wearing the service dress coat.
- The women's semi-box service dress coat will be phased out March 31. People may wear a name tag on their ceremonial dress uniform at functions where they need to be identified in their official capacity.
- Men may wear the blue knit tie. It will be available through the Army and Air Force Exchange Service.

Several new women's clothing items are scheduled for wear testing.

Two styles of optional tuck-in blouses without pockets will be tested and a neck button vs. elastic closure will be included in the test.

A wear test will also be conducted on two styles of skirts. They'll feature side pockets, front pleats and rear kick pleats.

Two styles of maternity jumpers will be wear tested at Wright-Patterson AFB, Ohio.

## Employer must continue health care coverage for activated reservists

The Internal Revenue Service announced Sept. 14 that employers can't stop health care coverage for reservists called to active duty, or their families, without their consent.

Under the Consolidated Omnibus Budget Reconciliation Act of 1985, employees leaving their jobs for any reason can continue to be covered by their former employer's health plan, at

their own expense, for up to 18 months. Former employers can end coverage if the person and his or her family begin coverage under another group health plan.

The IRS said that military health benefits, including CHAMPUS, are not a "group health plan" as the IRS code defines.

## Government to cover federal employee's health benefit premiums

WASHINGTON (AFNS) -- The government is covering a federal employee's share of health benefit premiums while the person is performing active military service for Operation Desert Shield.

A recent Office of Personnel Management regulation waives employees' premiums for those who continue their coverage under the Federal Employees Health Benefits Program while in a leave without pay status.

The regulation applies to employees who are reservists and ordered to active duty under selected sections of Title 10, United States Code.

Reservists who volunteer must serve in support of Operation Desert Shield to qualify for this benefit. They can show proof of eligibility by having a statement such as "active-duty in support of Operation Desert Shield," included in their orders.

# State Headquarters & You

## Background and mission

By Brig. Gen. Donald J. Ryan  
Chief of Staff

The editorial staff of the "Cargo Courier" has invited State Headquarters to participate in the publication by providing articles regularly, in an effort to broaden the base of information available to each of you.

We are excited by this opportunity. The "Courier" is an outstanding publication. We hope to add to its content with ongoing articles. In upcoming months, we plan to increase general awareness as to what your State Headquarters is all about, and address particular topics we feel would be of interest to you, the Air Guardsman.

The headquarters staff consists mainly of senior members of the KyANG. These individuals have many years experience as member of the wing, working in most of the functional areas. This provides a good depth of knowledge in most areas of wing operations.

The headquarters staff includes two general officers, the state air surgeon and the senior enlisted advisor. A staff judge advocate provides support on legal issues and advice to this staff and to the adjutant general, Brig. Gen. Michael W. Davidson. The remaining staff positions encompass operations, personnel and services, recruiting, public affairs, disaster preparedness, and resource management. In the upcoming months you will be addressed by articles from all staff functions.

The State Air National Guard Headquarters acts on behalf of the adjutant general, providing air infor-

mation and evaluation, issue resolution, and action recommendations. In addition to these more generic responsibilities, this staff is responsible for selective retention activities for both officer and enlisted.

We conduct all Senior Enlisted Promotion Boards, process Officer Promotion and Awards and Decorations packages. Staff members participate actively on most Administrative Action Boards held at wing level.

One of our most pleasant tasks comes with the semi-annual publishing of the "Retirees Newsletter." This product provides articles aimed at keeping our retired members informed on what is taking place within the KyANG, and updates them on regulation changes which may impact their retired benefits or status.

We schedule and accomplish staff assistance visits to units of the wing. These visits, called Unit Effectiveness Visits, are used as a preparation for higher headquarters planned visits and as follow-ups to inspections.

Our plan is to visit each unit in the wing on an annual basis. Members of this staff also support the wing exercise evaluation team during all locally initiated exercises.

Although this headquarters normally operates from offices at Boone National Guard Center in Frankfort, staff



Brig. Gen. Donald J. Ryan

representatives can be found in Louisville each UTA weekend. Feel free to contact any member of the headquarters staff, at any time, should you have an inquiry we may be able to help you with.

Our mission is SERVICE to the Kentucky Guardsman! We are dedicated to this mission!

# 1991 Pay Schedules

## National Guard/Reserve Four Days of Drill Pay (Weekend Pay)

Effective Jan. 1, 1991

### Years of Service

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22	26
<b>Commissioned Officers</b>														
O-10	821.20	850.08	850.08	850.08	850.08	882.68	882.68	931.60	931.60	998.24	998.24	1065.08	1065.08	1131.44*
O-9	727.80	746.84	762.76	762.76	762.76	782.16	782.16	814.72	814.72	882.68	882.68	931.60	931.60	998.24
O-8	659.20	678.96	695.04	695.04	695.04	746.84	746.84	782.16	782.16	814.72	850.08	882.68	904.44	904.44
O-7	547.72	584.96	584.96	584.96	611.20	611.20	646.64	646.64	678.96	746.84	798.24	798.24	798.24	798.24
O-6	406.00	446.04	475.28	475.28	475.28	475.28	475.28	475.28	491.40	569.08	598.16	611.20	646.64	701.32
O-5	324.68	381.24	407.60	407.60	407.60	407.60	419.92	442.52	472.20	507.56	536.64	552.88	572.20	572.20
O-4	273.68	333.28	355.52	355.52	352.12	378.08	403.88	426.56	446.04	465.60	478.48	478.48	478.48	478.48
O-3	254.32	284.36	304.00	336.36	352.44	365.08	384.84	403.88	413.80	413.80	413.80	413.80	413.80	413.80
O-2	221.76	242.20	291.00	300.76	307.04	307.04	307.04	307.04	307.04	307.04	307.04	307.04	307.04	307.04
O-1	192.56	200.44	242.20	242.20	242.20	242.20	242.20	242.20	242.20	242.20	242.20	242.20	242.20	242.20
<b>Commissioned Officers With Over Four Years Active Duty As An Enlisted Member Or Warrant Officer</b>														
O-3E	—	—	—	336.36	352.44	365.08	384.84	403.88	419.92	419.92	419.92	419.92	419.92	419.92
O-2E	—	—	—	300.76	307.04	316.76	333.28	346.04	355.52	355.52	355.52	355.52	355.52	355.52
O-1E	—	—	—	242.20	258.76	268.28	278.00	287.68	300.76	300.76	300.76	300.76	300.76	300.76
<b>Warrant Officers</b>														
W-4	259.12	278.00	278.00	284.36	297.28	310.40	323.40	346.04	362.12	374.80	384.84	397.28	410.56	442.52
W-3	235.52	255.48	255.48	258.76	261.76	280.92	297.28	307.04	316.76	326.20	336.36	349.44	362.12	374.80
W-2	206.24	223.16	223.16	229.68	242.20	255.48	265.16	274.88	284.36	294.36	304.00	313.60	326.20	326.20
W-1	171.84	197.04	197.04	213.48	223.16	232.76	242.20	252.20	261.76	271.52	280.92	291.00	291.00	291.00
<b>Enlisted Members</b>														
E-9	—	—	—	—	—	—	301.44	308.20	315.20	322.40	329.64	336.04	353.68	388.08
E-8	—	—	—	—	—	252.80	260.00	266.88	273.80	281.04	287.48	294.56	311.84	346.56
E-7	176.48	190.52	197.60	204.48	211.44	218.20	225.20	232.20	242.72	249.60	256.56	259.88	277.32	311.84
E-6	151.88	165.48	172.40	179.72	186.44	193.16	200.28	210.60	217.20	224.24	227.64	227.64	227.64	227.64
E-5	133.24	145.04	152.08	158.68	169.12	176.00	183.00	189.72	193.16	193.16	193.16	193.16	193.16	193.16
E-4	124.28	131.24	138.96	149.72	155.64	155.64	155.64	155.64	155.64	155.64	155.64	155.64	155.64	155.64
E-3	117.08	123.52	128.44	133.52	133.52	133.52	133.52	133.52	133.52	133.52	133.52	133.52	133.52	133.52
E-2	112.68	112.68	112.68	112.68	112.68	112.68	112.68	112.68	112.68	112.68	112.68	112.68	112.68	112.68
E-1**	100.52	100.52	100.52	100.52	100.52	100.52	100.52	100.52	100.52	100.52	100.52	100.52	100.52	100.52
E-1***	92.96	—	—	—	—	—	—	—	—	—	—	—	—	—

\*Basic pay is limited to \$1,125.56 by Level V of the Executive Schedule.

\*\*More than four months

\*\*\*Less than four months

OASD/FM&P/IMM&PPIC

**Active Duty**  
Monthly Basic Pay Table  
Effective Jan. 1, 1991

**Years of Service**

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22	26
<b>Commissioned Officers</b>														
O-10	6159.00	6375.60	6375.60	6375.60	6375.60	6620.10	6620.10	6987.00	6987.00	7486.80	7486.80	7988.10	7988.10	8485.80*
O-9	5458.50	5601.30	5720.70	5720.70	5720.70	5866.20	5866.20	6110.40	6110.40	6620.10	6620.10	6987.00	6987.00	7486.80
O-8	4944.00	5092.20	5212.80	5212.80	5212.80	5601.30	5601.30	5866.20	5866.20	6110.40	6375.60	6620.10	6783.30	6783.30
O-7	4107.90	4387.20	4387.20	4387.20	4584.00	4584.00	4849.80	4849.80	5092.20	5601.30	5986.80	5986.80	5986.80	5986.80
O-6	3045.00	3345.30	3564.60	3564.60	3564.60	3564.60	3564.60	3564.60	3685.50	4268.10	4485.20	4584.00	4849.80	5259.90
O-5	2435.10	2859.30	3057.00	3057.00	3057.00	3057.00	3149.40	3318.90	3541.50	3806.70	4024.80	4146.60	4291.50	4291.50
O-4	2052.60	2499.60	2666.40	2666.40	2715.90	2835.60	3029.10	3199.20	3345.30	3492.00	3588.60	3588.60	3588.60	3588.60
O-3	1907.40	2132.70	2280.00	2522.70	2643.30	2738.10	2886.30	3029.10	3103.50	3103.50	3103.50	3103.50	3103.50	3103.50
O-2	1663.20	1816.50	2182.50	2255.70	2302.80	2302.80	2302.80	2302.80	2302.80	2302.80	2302.80	2302.80	2302.80	2302.80
O-1	1444.20	1503.30	1816.50	1816.50	1816.50	1816.50	1816.50	1816.50	1816.50	1816.50	1816.50	1816.50	1816.50	1816.50
<b>Commissioned Officers With Over Four Years Active Duty As An Enlisted Member Or Warrant Officer</b>														
O-3E	—	—	—	2522.70	2643.30	2738.10	2886.30	3029.10	3149.40	3149.40	3149.40	3149.40	3149.40	3149.40
O-2E	—	—	—	2255.70	2302.80	2375.70	2499.60	2595.30	2666.40	2666.40	2666.40	2666.40	2666.40	2666.40
O-1E	—	—	—	1816.50	1940.70	2012.10	2085.00	2157.60	2255.70	2255.70	2255.70	2255.70	2255.70	2255.70
<b>Warrant Officers</b>														
W-4	1943.40	2085.00	2085.00	2132.70	2229.60	2328.00	2425.50	2595.30	2715.90	2811.00	2886.30	2979.60	3079.20	3318.90
W-3	1766.40	1916.10	1916.10	1940.70	1963.20	2106.90	2229.60	2302.80	2375.70	2446.50	2522.70	2620.80	2715.90	2811.00
W-2	1546.80	1673.70	1673.70	1722.60	1816.50	1916.10	1988.70	2061.80	2132.70	2207.70	2280.00	2352.00	2446.50	2446.50
W-1	1288.80	1477.80	1477.80	1601.10	1673.70	1745.70	1816.50	1891.50	1963.20	2036.40	2106.90	2182.50	2182.50	2182.50
<b>Enlisted Members</b>														
E-9	—	—	—	—	—	—	2260.80	2311.50	2364.00	2418.00	2472.30	2520.30	2652.60	2910.60
E-8	—	—	—	—	—	1896.00	1950.00	2001.60	2053.50	2107.80	2156.10	2209.20	2338.80	2599.20
E-7	1323.60	1428.90	1482.00	1533.60	1585.80	1636.50	1689.00	1741.50	1820.40	1872.00	1924.20	1949.10	2079.90	2338.80
E-6	1139.10	1241.10	1293.00	1347.90	1398.30	1448.70	1502.10	1579.50	1629.00	1681.80	1707.30	1707.30	1707.30	1707.30
E-5	999.30	1087.80	1140.60	1190.10	1268.40	1320.00	1372.50	1422.90	1448.70	1448.70	1448.70	1448.70	1448.70	1448.70
E-4	932.10	984.30	1042.20	1122.90	1167.30	1167.30	1167.30	1167.30	1167.30	1167.30	1167.30	1167.30	1167.30	1167.30
E-3	878.10	926.40	963.30	1001.40	1001.40	1001.40	1001.40	1001.40	1001.40	1001.40	1001.40	1001.40	1001.40	1001.40
E-2	845.10	845.10	845.10	845.10	845.10	845.10	845.10	845.10	845.10	845.10	845.10	845.10	845.10	845.10
E-1**	753.90	753.90	753.90	753.90	753.90	753.90	753.90	753.90	753.90	753.90	753.90	753.90	753.90	753.90
E-1***	697.20	—	—	—	—	—	—	—	—	—	—	—	—	—

\*Basic pay is limited to \$8,441.70 by Level V of the Executive Schedule.  
\*\*More than four months  
\*\*\*Less than four months  
OASD(FM&P)MM&PP(C)

**Monthly Basic Allowance for Quarters Rates**

Pay Grade	Without Dependents	With Dependents	Pay Grade	Without Dependents	With Dependents
O-10	661.50	813.90	O-2E	398.40	499.80
O-9	661.50	813.90	O-1E	342.60	461.70
O-8	661.50	813.90	E-9	401.40	528.90
O-7	661.50	813.90	E-8	368.70	487.50
O-6	606.90	733.20	E-7	314.70	453.00
O-5	584.40	706.50	E-6	284.70	418.50
O-4	541.50	623.10	E-5	262.50	376.20
O-3	434.10	515.70	E-4	228.60	327.30
O-2	344.40	440.10	E-3	224.40	304.50
O-1	289.80	393.30	E-2	182.40	289.80
O-3E	468.60	553.80	E-1	162.00	289.80

# News Briefs

## Promotions

### To CMSgt:

John F. Hall, 123d CAM

### To MSgt:

Ronald L. Ernst, 123d TAW

David A. Pollard, 223d CommSq

### To SSgt:

Terry E. Tate, 123d CES

### To Sgt:

Christopher Lally, 123d RMS

Anthony D. Long, 123d CES

James M. Long, 123d RMS

### To SrA:

Paul M. Thompson, 123d CES

### To AIC:

Richard A. Heck, 123d CES



### Security Police Flight earns national recognition

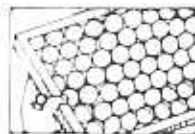
Brig. Gen. John L. Smith, wing commander, left, presents the 1990 Military Airlift Command Security Police Internal Defense Readiness Award trophy to SMSgt. David F. Pope, deputy chief of security police, center, and SrA Samuel N. Rose Jr. The 123d SPFlt earned their recognition for having the best score of the Reserve component security police units during Volant Scorpion, a training evaluation field exercise.

## 1991 UTA Schedule

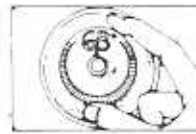
12 and 13 Jan 91  
9 and 10 Feb 91  
2 and 3 Mar 91\*  
13 and 14 Apr 91  
18 and 19 May 91  
8 and 9 Jun 91\*  
13 and 14 Jul 91  
3 and 4 Aug 91  
14 and 15 Sep 91  
5 and 6 Oct 91  
2 and 3 Nov 91  
7 and 8 Dec 91

\* Denotes change from previously announced UTA dates.

## Be Sure You're Getting the Most for Your Energy Dollars



If you use a flame fuel, have your heating plant cleaned and serviced. If you have a ducted system, install clean air filters.

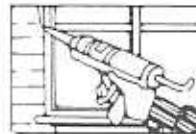


Reset your thermostat to 68 degrees Fahrenheit or lower for daytime operation. Remember to set it back 5 to 10 degrees at night.

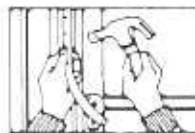
Heat pump owners should not set thermostats back at night, since the recovery time in the morning probably will increase heating costs.



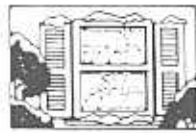
\* Install the proper insulation recommended for your area.



\* Caulk draft cracks around doors and windows.



\* Add weatherstripping to doors and windows.



\* Install storm windows and doors, even temporary plastic covers will help.

\* Get permission from your landlord.