

THE CARGO COURIER

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

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123rd remembers those lost in terrorist acts

By Staff Sgt. Amy Ziegler
Cargo Courier Editor

Nearly 120 members of the Kentucky Air Guard filled the Base Annex here Sept. 14 as part of the National Day of Prayer and Remembrance declared by President George W. Bush following the terrorist attacks on Sept. 11.

The gathering was meant to give KyANG members a time to mourn the country's loss, said 1st Lt. John Von Almen, the chaplain who led the service.

"We thought it was only fitting to follow the lead from our president and take some time to grieve," he said.

"Everyone seemed to need comfort following the recent events."

Although KyANG members were physically removed from the terrorist acts, Von Almen said individuals still felt their impact.

"I know even from a personal standpoint, I needed the time of prayer and remembrance," he said.

"The outcome of the service was wonderful. I believe everyone had a chance to spend time reflecting."

2nd Lt. Latonia Trowell of the 123rd Airlift Wing's Military Equal Opportunity Office described the service as extremely emotional.

"The feeling in the room was somber," she said.



Senior Master Sgt. Terry Lutz/KyANG

Chief Master Sgt. Mike Mitro, Tech. Sgt. Nora Abcede and Master Sgt. David Burba join nearly 120 unit members in remembering those lost at the hands of terrorism. The National Day of Prayer and Remembrance was observed around the world.

"Some people were crying, others just sitting quietly."

Trowell said she appreciated the opportunity to gather with others and share her sense of loss.

"We really just need some time to cope with the attacks," she said.

"This just isn't something any of us would've expected to happen here in our homeland."

44 Ky. Air Guard security forces mobilized

By 1st Lt. Dale Greer
Wing Public Affairs Officer

The Secretary of the Air Force directed the mobilization Sept. 29 of 44 members of the Kentucky Air Guard's 123rd Security Forces Squadron.

The personnel were mobilized to provide force protection either on base or wherever tasked.

"The 123rd Security Forces Squadron is trained, ready and committed to do whatever our commanders deem necessary to

support, protect and defend the nation," said Col. Michael Harden, 123rd Airlift Wing commander.

Unit members could be ordered to active duty for a period of up to 12 months

The mobilization was part of a nationwide call-up of Air National Guard and Air Force Reserve security forces personnel in response to the terrorist attacks of Sept. 11.

The action was separate and distinct from the federally supported National Guard Airport Security Operations being implemented by many governors.

KyANG must prepare to deal with those who awakened the sleeping giant

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s the surreal events of Sept. 11 sink indelibly into our national conscience, we begin to wonder to what extent the lessons learned

from past conflicts apply.

What "end state" will mark the culmination of our efforts?

Many of these questions and their most difficult answers will challenge our patience and will to persevere.

We are seeing the positioning of assets, the building of coalitions, and the collection of intelligence that will help us conquer a worldwide terrorist threat.

But I suspect there will not be an end state as has been the case in past conflicts.

I believe success will be measured by our ability to negate this chronic threat to our way of life by managing risk.

I believe we will construct a series of offensive and defensive programs that will dramatically increase our day-to-day security.

We will form a global coalition leveraging foreign intelligence and security forces to defeat these foreign terrorist organizations.

We will then take the gloves off and use integrated military power to locate and destroy these evil organizations.



Brig. Gen. Rick Ash
Assistant Adjutant General for Air

What does all this mean to us in the KyANG? It means we must be prepared, and we must prepare our families and employers.

We must be personally, psychologically and emotionally ready for the long-duration methodical efforts needed in this new kind of warfare.

The coming months and years may entail many personal hardships.

These hardships will likely include your military responsibilities, civilian re-

sponsibilities and your responsibilities as a citizen of this great country.

Talk these things through with your friends and family.

If events overwhelm you, take advantage of Chaplain Thomas Curry and his outstanding staff for guidance.

Following the attack on Pearl Harbor Japan's emperor remarked, "I fear we have awakened a sleeping giant."

We are among the best-equipped and trained units in the world.

For many years I have witnessed and served among the best and most highly motivated patriots of our country.

Col. Michael Harden's command efforts have ensured that the 123rd is ready meet any challenge.

I know that your faithful service, combined with many others of our nation's finest, will make those who struck at the heart of our country—and missed—regret the day they re-awakened this sleeping giant.

God bless all of you,
and God bless America.

Brig. Gen. Rick Ash, assistant adjutant general for Air, currently is serving a 30-day tour of duty at Andrews Air Force Base, Md., as senior director of the Air National Guard Crisis Action Team, providing general officer oversight on issues involving the Air National Guard and Operation Noble Eagle.

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If you have a story idea, photo or article to submit, stop by the public affairs office, room 2117 of the Wing Headquarters Building. Deadline for the next issue is Oct. 19.

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



Senior Airman Philip Speck/KyANG

CFC 2001 kicked off here Oct. 4 when Lt. Col. Rich Frymire, base CFC director, presented a check for \$10,000 to Mark Vogedes, chief operating officer of the American Red Cross, and Tina White, CFC manager. The money, raised from Bean Soup 2001, will go to WHAS Crusade for Children.

Local, national and international community to benefit from CFC

By Staff Sgt. Amy Ziegler
Cargo Courier Editor

The Combined Federal Campaign has been a local tradition since the 1960s, and once again KyANG members have the opportunity to make their community a better place to live.

The mission of the CFC program is to promote philanthropy, giving federal employees a chance to improve the quality of life for everyone, said Lt. Col. Rich Frymire, base CFC director.

"Whatever size gift unit members can make, they need to know that it can have a phenomenal impact on those around us," he said. "Their donations can go to organizations such as Special Olympics of Kentucky, Boy Scouts of America or the March of Dimes.

"It's a great opportunity to help those who are less fortunate."

At the kickoff here Oct. 4, CFC manager Tina White announced this year's theme, "Give the gift of hope."

Frymire said that's exactly what the dona-

tions mean to the community.

This year's basewide goal is \$48,000, or about \$2,000 higher than last year's final tally.

"Last year we raised a record-breaking \$46,070, which was an amazing 62 percent increase over the last two years," Frymire said.

He attributes much of the unit's success during recent campaigns to people who have participated in the Leadership Giving Program, under which unit members elect to make special gifts of \$750 or more.

The number of unit members who participated in this program jumped from two to 11 in 2000, Frymire said.

The KyANG has been recognized for its efforts by earning two consecutive Gold Star Awards for stellar contributions to CFC.

The wing also was ranked No. 1 per capita among all federal contributions in the Louisville area during the 2000 campaign.

For more information, contact Lt. Col. Rich Frymire at ext. 4589.

Dates announced for 2002 UTAs

Next year's unit training assembly dates for the Kentucky Air National Guard:

January	12-13
February	2-3
March	2-3
April	13-14
May	18-19
June	8-9
July	13-14
August	10-11
September	14-15
October	5-6
November	2-3
December	7-8

All KyANG members must participate in scheduled UTAs unless attending a split or rescheduled UTA as authorized by their commanders.

Family Day cancelled

Due to the terrorist attacks of Sept. 11 and recent changes in base security posture, tomorrow's Family Day activities have been cancelled.

Public Affairs seeks info manager

The wing Public Affairs Office is seeking a motivated airman with an interest in journalism to fill the position of Information Manager, AFSC 3AOX1. The position has a maximum rank of staff sergeant and requires attendance at an eight-week tech school in Biloxi, Miss.

Duties include responsibility for office communications, records maintenance, publications, files and forms. Additional PA duties require the information manager to write articles and take photographs for the award-winning base newspaper, The Cargo Courier.

For details, contact 1st Lt. Dale Greer at ext. 4431.

New physical fitness testing to begin on base in January

By Staff Sgt. Amy Ziegler
Cargo Courier Editor

Beginning in January, members of the Kentucky Air Guard will undergo new physical fitness testing composed of a 1 1/2-mile run followed by push-ups and sit-ups.

However, unit members who accomplish testing for fiscal year 2002 prior to January will be allowed to use the old standard, which requires no sit-ups or push-ups and gives participants the option of completing a three-mile walk in lieu of the 1 1/2-mile run.

The change is being made because the Department of Defense and Air Force have determined the three-mile brisk walk doesn't provide a quantifiable measure of cardiac fitness and muscular endurance.

"It was decided that present physical fitness testing didn't really test much," said Col. Michael Harden, commander of the 123rd Airlift Wing.

"It didn't allow for any testing of muscular strength."

The new format requires a 1 1/2-mile timed run, followed by a three-minute rest period. Participants then have two minutes to complete a prescribed number of push-

ups based on age and gender.

A second three-minute rest period follows the push-ups. Testing is then complete once participants execute a prescribed number of sit-ups during a two-minute period.

Both men and women will be required to perform full push-ups, as the Army and Navy already mandate.

A full push-up begins with the member in the up position.

To complete the push-up, the member must maintain straight form and bend at the elbows until the upper arm comes parallel with the floor. The member then returns to the up position.

The sit-up assessment requires the member to lie on the ground with knees bent at a 90-degree angle.

Arms must be crossed over the chest, and the heels must stay in contact with floor at all times.

A repetition begins when the member starts from the down position and raises the upper torso off the ground until the elbows touch the thighs.

The elbows may not rise to reach for the thighs, and the hands may not lose contact with the collarbone.

The repetition is complete when the shoulder blades touch the ground again.

Push-ups — Male	
AGE	QTY. (IN 2 MINS.)
> 24	42
25-29	40
30-34	36
35-39	34
40-44	30
45-49	25
50-54	20
55-59	18

Push-ups — Female	
AGE	QTY. (IN 2 MINS.)
> 24	19
25-29	17
30-34	15
35-39	13
40-44	12
45-49	10
50-54	9
55-59	8

Sit-ups — Both	
AGE	QTY. (IN 2 MINS.)
> 24	53
25-29	50
30-34	42
35-39	38
40-44	32
45-49	30
50-54	28
55-59	27

Signs are cropping up everywhere

Throughout our nation's crisis, signs are cropping up everywhere.

They express our nation's pride and pain. Some read, "God bless America."

Other's say, "United we stand."

One curious sign posted in my neighborhood in front of the pizza parlor reads, "Good night, Osama," accompanied by the American flag.

A sign I'd like to post comes from the scriptures at a time when Israel needed assurance that God was still in control of their destiny.

In Isaiah 40:1, the prophet spoke a word from God saying, "Comfort, O

comfort My people, says your God...her warfare has ended."

My sign would read: "God rules, terrorism drools."

I find comfort in knowing that God always supports justice, freedom and liberty for all.

One day this war on terrorism will come to a decisive end. In its place will be free people and free markets.

You and I serve that just cause and make sacrifices in hope for the children of tomorrow's world.

—Lt. Col. Tom Curry



Unit rewarded for low travel card delinquency rates

The 123rd Airlift Wing was rewarded with a \$5,000 check in September after averaging less than 1 percent delinquencies on unit members' travel card payments.

The rate was less than half the Air Force average of 3 percent, said Chief Master Sgt. Mark Grant, wing comptroller.

Grant attributes the success to the fact that KyANG unit commanders take a large measure of responsibility for monitoring travel card use.

The \$5,000 was used to buy aircraft parts and readiness items, Grant said.

Making Waves



Master Sgt. Charles Simpson/KyANG

WAMZ-FM radio hosts Bobby Jack and Sheila Ash talk Sept. 25 with Tech. Sgt. Wade Zinsmeister of the 123rd Logistics Squadron about serving in the Kentucky Air Guard. The disc jockey duo recorded the interview with Zinsmeister and eight other KyANG members for use as brief radio clips. The clips, which included a reading of the Pledge of allegiance, helped introduce patriotic songs and were broadcast in late September.

ORI scheduled for Sept. 2002

By Staff Sgt. Amy Ziegler
Cargo Courier Editor

The Kentucky Air Guard is scheduled to undergo an Initial Response Operational Readiness Inspection here in September.

The inspection will evaluate different functions than those examined during the Expeditionary Operational Readiness Inspection that took place in February at Ramstein Air Base, Germany, said Maj. Matt Stone, the 123rd's installation deployment officer.

"The focus of this inspection will be on a different part of the time line," he explained.

"During the EORI, we tested our ability to perform our AFSCs in a deployed environment."

This time, Stone said, the unit must dem-

onstrate its ability to get people and gear where they need to be—its personnel and cargo deployment functions.

"The ORI begins when we receive our first tasking and ends when the last wheels of an aircraft are in the air," he said.

"It focuses on our readiness to go to war and our ability to survive."

During the inspection, more than 300 KyANG members will participate as representatives of the base.

To prepare for the ORI, the unit will hold several exercises over the next 10 months, Stone said.

All unit members need to ensure their combat readiness training is up to date, including small arms qualification and self-aid and buddy care, Stone said.

Pilot selection board to meet in December

An Undergraduate Pilot Training Selection Board will be held on base Dec. 7.

Individuals who are interested in pilot slots must:

- Be a citizen of the United States
- Be able to attend training prior to 30th Birthday
- Possess a bachelor's degree or complete one by May 2002
- Pass an Air Force Flying Class I Physical (uncorrected distance vision of 20/70 but correctable to 20/20, and near vision of 20/20 uncorrected)
- Meet minimum scores on the Air Force Officer Qualification Test
- Meet moral and ethical standards as determined by regulations

Packages to meet the board must be submitted no later than Dec. 1 and include the following:

- Resumé with cover letter
- Consolidated Certified College Transcript
- Air Force Officer Qualification Test Scores
- Copy of private pilot's license (if applicable)
- Copy of Flying Training Log (if applicable)
- Personnel report (if military)
- Up to last five Officer Performance Reports (if military)
- Basic Attributes Test Score
- Air Force Flying Class I Physical results

For more information, contact Senior Master Sgt. Rose Farquhar at ext. 4645 or via email at rose.farquhar@kylou.ang.af.mil

Mitro named wing's command chief master sgt.

By Staff Sgt. Amy Ziegler
Cargo Courier Editor

Mike Mitro was a mere 18 years old when he decided college didn't really suit him, dropped out and soon after received his draft notice.

The Kewanee, Ill., native recalls having 48 hours to choose another service rather than be drafted into the Army.

So in 1968 he joined the Air Force and became an aircraft mechanic, beginning a lengthy military career that has culminated with Mitro being named the wing's newest command chief master sergeant.

During his active-duty years, Mitro worked on several different aircraft, including the C-124, C-123 and the EC-135.

He eventually moved into the Air Education and Training Command and became a training instructor on the KC/EC/RC-135 aircraft.

Feeling stuck in a position he no longer desired and considering the fact that his future wife, Judy, had just joined the Kentucky Air National Guard, Mitro chose to transfer into the 123rd Airlift Wing via Palace Chase in 1979.

"From the moment I first visited the base, I was made to feel like part of a family," Mitro said.

When he looks back now, he knows he made the right decision.

From 1979 to 1989, Mitro served as a



Senior Master Sgt. Terry Lutz/KyANG

Chief Master Sgt. Mike Mitro talks with Master Sgt. Mike Nagel and Tech. Sgt. Jeff Romig of the 123rd Aerial Port Squadron about a new mentoring program and plans to help improve basewide morale.

crew chief for the RF-4C Phantom II and the C-130B Hercules. He then held the position of chief of isochronal docks, and from 1996 to September 2001, Mitro served as KyANG line chief.

Now the wing's top enlisted member has big plans in his new job.

"I plan to help restore basewide camaraderie and bring more mentoring to the base," Mitro said.

"Since we don't really have annual field training as a wing, ops and maintenance can go totally different places and not even know what the other is doing," Mitro explained.

"That has really hurt our camaraderie."

As for the mentoring program, Mitro attributes much of his success to having had outstanding supervisors who helped guide his career.

He hopes a mentoring program will offer the same thing to today's junior enlisted members.

"We need to be there to listen to the junior enlisted and work with them to help them solve their problems.

"If we take an active role in this, it will ensure that the great tradition of the Kentucky Air National Guard stands," Mitro added.

Col. Michael Harden, wing commander, said Mitro is the right person for the job.

"He was selected because of his outstanding credentials as a worker and a leader," Harden said.

Mitro replaces Chief Master Sgt. David Orange, who retired from the unit in September.



Senior Airman Aleica Willis/KyANG

Backing the Troops

Lt. Gov. Steve Henry met with KyANG troops Sept. 15 to show support for unit members' efforts.

He and his wife, Heather French Henry, ate lunch at the Thoroughbred Dining Facility.

Secretary, chief of staff: A higher calling awaits

By Master Sgt. Rick Burnham
Air Force Print News

WASHINGTON—When he took the reins of the office of U.S. Air Force chief of staff Sept. 6, Gen. John Jumper hardly could have imagined what the future would hold.

That a ruthless band of terrorists would attack in less than a week...that he and wife, Ellen, would attend a stirring presidential address to the Congress, essentially declaring war on terrorists everywhere...that his Air Force would likely play a key role in that war.

Yet, those were the realities as the new chief of staff spoke before a group of more than 100 Air Staff officer and enlisted people Sept. 21 at the Pentagon. The general, formerly commander of Air Combat Command at Langley Air Force Base, Va., was introduced by Dr. James Roche, secretary of the Air Force.

"The events of last week opened up a period for us in the Air Force where we have to adapt what we do well to the circumstances and threats we face," said the secretary.

"I can tell you that we are blessed that we have a terrific team, and a terrific uniformed leader in John Jumper, to get the job done. I have the greatest confidence in him, and I think, together with you, he will serve our country very well in the years to come."

Following his introduction by the secretary, Jumper spoke of the events of the week before, saying that the world changed for everyone on Sept. 11.

"We're in a different mode," he said. "The president said it better than anyone else could—we are going to march forward in a very determined way."

The U.S. Air Force, he added, is ready for the challenge.

"We were on a very great path already," he said. "In 1997, General Ryan said we're going to take this AEF idea and make it work for the whole Air Force. So we've been in this period of transition for an extended period of time, and in doing so we've made ourselves ready for the events that confront us today."

It helps, he added, that the entire country is now once again behind the U.S. armed forces, with a single objective in mind: eradicate terrorism.

Sitting with the Joint Chiefs of Staff during President Bush's Sept. 20 address to Congress, he saw firsthand the solidarity behind this most important cause.

"If there is any one place where you can feel the power of the nation's work, it's in that body," he said. "And what you saw was a very diverse group of people come together behind the president."

The president's speech, he said, was extremely effective, for a very simple reason.

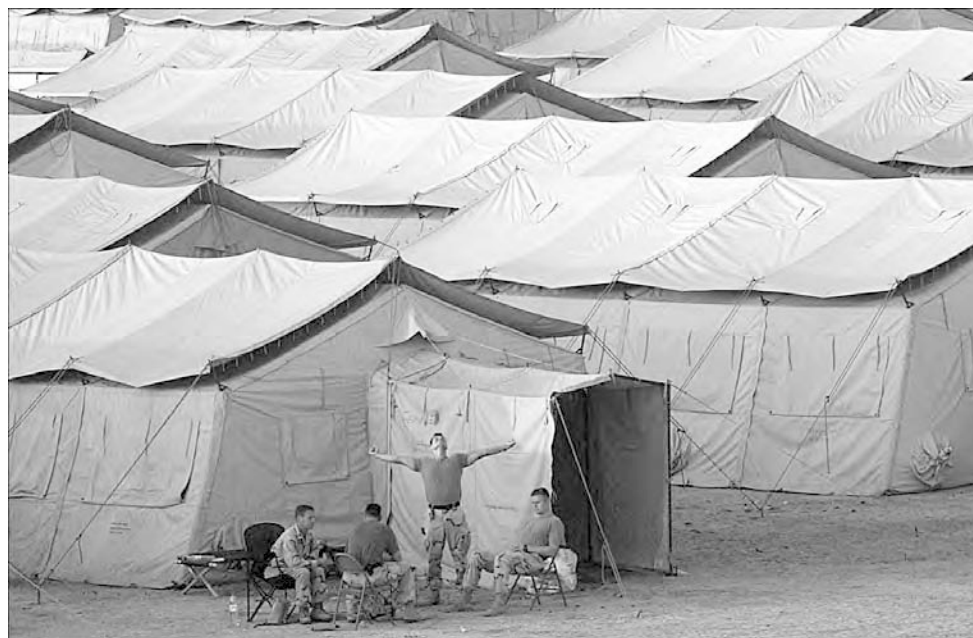
"His heart is in this," Jumper said. "You get the feeling there is a passion involved in this. There is nothing clinical about it. Of course, we're used to that. We do business on that basis all the time, or we would not be wearing the suit. But the nation has it now. You get this profound sense that we have just crossed this very difficult bridge. Civilians are now as much a target as people in uniform. It's frightening, but it's also galvanizing."

"The whole nation is looking at us in uniform to do the nation's business. Is there any higher calling than that? I don't think so."

Then, turning to Roche, "Mr. Secretary, I am proud to be a part of this team. We have before us today the greatest Air Force in the world. And we are soon going to be able to demonstrate that fact once again. We will soon have to go into harm's way once again, and the men and women of the U.S. Air Force are going to make it happen. It is going to be magnificent, because we're going to do it standing side-by-side."

Down the road, the general said, today's airmen are going to look back at this time with pride.

"The things you tend to look back on are the things most important to you," he said. "I can't remember every year I got a pay raise, but I remember the 11th of September."



Home Sweet Home

SOUTHWEST ASIA—Tents such as these will eventually house thousands of military members.

Several Air Force people from around the United States have deployed to this undisclosed location in support of Operation Enduring Freedom, the overseas U.S. response to terrorism.

Photo by
Staff Sgt. Cecilio Ricardo

Hail to the chief



Senior Airman Alecia Willis/KyANG

Lt. Col. Paul Rhodes, 123rd Airlift Wing vice commander, honors Chief Master Sgt. David Orange, wing command chief master sergeant, for his years of dedicated service during Orange's retirement dinner Sept. 15.

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OFFICIAL BUSINESS

Promotions

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:

AIRMAN 1ST CLASS (E-3)

- Andy Bingaman,
123rd Student Flt.
- Lucas Coffey,
123rd Student Flt.

STAFF SERGEANT (E-5)

- Amy Busch,
123rd Mission Support Flt.
- John Carey,
123rd Mission Support Flt.
- John Hourigan,
123rd Aircraft Generation Sq.
- Nicholas James,
123rd Aircraft Generation Sq.
- Joseph Youdell,
123rd Special Tactics Sq.

TECHNICAL SERGEANT (E-6)

- James Embry,
123rd Aircraft Generation Sq.