

The

COYOTE

Volume 50, Number 5

LOG

February 2008



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Spatz Winner for Overall Outstanding ANG Flying Unit

Air Force Outstanding Unit Award Winner



Know your retirement benefits

By Lt. Col. Janet Hanson
190th Medical Group Commander



February--my anniversary month for joining the military. It's hard for me to believe that I've been in for 23 years. Like many people when they join, they think they'll be in for a few years and then see what happens. My career has taken me in different directions and places, but I feel fortunate to have ended up serving with the Kansas Air National Guard.

When I first started my career, I never thought about retirement. I was young and that was just too far off in the future. Now that I'm a few years older, the word "retirement" seems to come into my conversations more and more. I'm thankful for my ca-

reer and the benefits that will come with it. For a traditional guardsman, when you hit that marvelous age of 60, the benefits begin. Retirement benefits have been known to change over time, but the two I think are most important are the pay and medical coverage.

Just a refresher on how your military retirement pay is calculated: if you entered the military for the first time before 8 September 1980 your Reserve retired pay will be computed based on the highest pay grade in which you served satisfactorily and the pay scale in effect when you start drawing retirement pay.

If you entered the military for the first time on or after 8 September 1980 you will have your monthly retired pay computed on the average of the base monthly pay in effect for the 3 years just before you start receiving retired pay.

To compute estimated retired pay, on a pay chart you locate your point value (based on years in service and highest pay grade in which you served), multiply this point value by the number of

retirement points you have earned in your career.

In my civilian job, I'm the "Tricare lady." I truly enjoy assisting military members and their families in obtaining the health care they need and deserve. I especially enjoy helping members of the Guard and Reserve understand what Tricare benefits they are entitled to. Did you know that at age 60, a retired reservist/guardsman is entitled to Tricare Prime? And, at age 65, when you become Medicare eligible, you become eligible for Tricare For Life? I can't tell you how many times I've had a retiree come in and say they weren't aware that this was available.

You've heard many people who are about to retire say, "I can't believe how fast the time has gone by." You may just be starting your career or may have a few years under your belt, and if you're wondering if making a career of the military is worth it, just remember, we all reach retirement age sometime. For some of us, it is sooner than others.

Communication is the key

By Senior Master Sgt. Jeff Appenfeller
190th Maintenance Squadron



We have all heard the old adage that *change is inevitable*. While this may be the case, I think it may be better described as *change is constant*. If we were to look at all of the changes that have taken place here at the 190th ARW over the last 30 years, it is readily apparent that change has been a constant force throughout.

We have encountered aircraft model changes, MAJCOM changes, instituted our self-inspection program, BRAC, and the list goes on. Through it all we have proven our ability to perform and adapt which is evidenced by the many distinguished awards our wing has received throughout its history. This rich history of success also substantiates the quality of our personnel and the strong and effective leadership we continue to be provided with each and every day.

Though our proud history speaks for itself, we have a very daunting challenge in maintaining this "Standard of Excellence" as we continue to transform into the Air Force of the 21st Century. Even though strong and effective leadership and our outstanding personnel are integral to our

continued success, it is our ability to communicate with each other that will provide the catalyst in achieving our future successes.

According to the Merriam-Webster dictionary communication is – "A process by which information is exchanged between individuals through a common system of symbols, signs, or behavior." Sounds pretty simple doesn't it? But I think we can all agree that effective communication is actually not that simple, and in many cases it can be very awkward and uncomfortable to accomplish.

We all communicate in some form or another each and every day, but are we communicating effectively? Here are a few effective communication indicators for you to think about. Do you communicate your needs, expectations, and issues while taking into consideration the needs, expectations, issues, and situations of others? Do you actively listen when communicating and ensure you understand the issues before arriving at a decision? Are you able to communicate sensitive or negative issues with others without becoming defensive and close-minded? Are you communicating objectively or subjectively?

Regardless of where you stand in your effective communication skills, it is absolutely imperative that each and every one of us in the 190th ARW ensure we take the time to communi-

cate effectively with each other. Whether you are communicating up the chain of command, down the chain of command, or laterally peer to peer, always remember that we are only as good as our ability to effectively communicate.

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On the cover:

The Kansas Coyotes unload some gas for a member of the USAF Thunderbird Team.

(Photo submitted)

The Coyote Log, published monthly, is a US Air Force funded newspaper for members of the US Military Services. Contents of the Coyote Log are not necessarily the official view of, or endorsed by, the US Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the 190th ARW Public Affairs Office.

Coyotes make the ‘nice’ list

By Staff Sgt. Emily Alley

190th Public Affairs

“I’m a Jayhawk! I’m a Jayhawk!” the boy exclaimed as he pulled on the bright red hat and mittens, lined with blue. All around him other youngsters were eagerly tearing open the gift bags that Santa and Mrs. Claus had just delivered.

One week before Christmas, students at the Capper Foundation Easter Seals got to meet Santa and Mrs. Claus, who brought presents for each of them. The gifts were hand-knitted mittens and hats, made by the Topeka Knitters Club.

For almost twenty years, the 190th ARW has provided a volunteer Santa Claus to the Capper Foundation, which educates young children both with and without disabilities.

“Some of the kids are overwhelmed by the mall Santas. The sound and the

crowd are too much,” said Jeanette Waters, the volunteer coordinator for the Capper Foundation.

Staff Sgt. Chad Blow has served as the Capper Santa for the past nine years, and he has no plans on stopping. “Coming here and seeing the smiles make my entire year,” said Blow.



All I want for Christmas...

Staff Sgt. Chad Blow and a child from the Capper Foundation discuss deliveries expected on Christmas.

(photo by Staff Sgt. Emily Alley)



Christmas dream come true

A student at the Capper Foundation shows off his new gloves and hat.

(photo by Staff Sgt. Emily Alley)

He understands the unique needs of the children with disabilities and is not offended when they are hesitant to approach him.

“They generally warm up when they see the excitement of the rest of the group,” he said.

Usually, Santa brings one additional companion, a human-size Kansas Coyote mascot, which the children sometimes mistake for a reindeer.

“The Coyote was in Baghdad this year,” said Master Sgt. Dusty Nichols, who directs the Capper Foundation Santa program. Until the Coyote returns, Nichols found Mrs. Claus, Christi Tipton, to stand in.

The volunteers make Christmas brighter for the students, and none of them found coal in their stockings this year.

Christmas is a season of giving, and that holds true for the members of the 190th Force Sustainment Office. In past Christmases, the office has adopted a needy family to help provide gifts. This year, two families were adopted as honorary coyotes.

This was Tech. Sgt. Martha Ryan’s third year as the point of contact for the project. She selected the families through the Topeka Christmas Bureau, which maintains the list of needy families.

Ryan found one single mother with two daughters and a grandmother raising two teenagers. “Once we know the names, I contact the families and get to know them,” Ryan said.

She finds out clothes sizes and preferences of the family members, but generally the presents are for the kids. “It’s a really neat way for an organization to come together, during a season like this,” said Ryan. The office donated \$250 dollars worth of presents for the two adopted families.

— Guardsmen essential during storms

By Staff Sgt. Emily Alley

190th Public Affairs

Some Kansans lost power, heat and water when the ice storm hit. The swath of snow that followed didn't help boost morale, but Kansas Guardsmen did.

Several thousand Kansans lost power during the severe weather in mid-December, said Lt. Col. Rus Curtis. "That created other problems for obvious reasons."

The Joint Operations Center (JOC) coordinated efforts among all Kansas Guard units to help citizens who were affected by the hazardous conditions. Both the Army and Air National Guard aggressively pursued humanitarian missions, jointly, throughout the state.

"When this started, the JOC went to 24/7 operations," said Curtis. "We went to expanded operations as well, 0600 to 2400 daily through the weekend."

Volunteers from the 190th ARW and other Kansas Guard units served at the JOC, these units included Emergency Management, Ops, Communication Flight, Readiness Flight and the 127th Weather Flight.

Only about 30 weather units exist in the country, and the 127th Weather Flight is the only such organization in Kansas. The advantage of the office is the ability to analyze a specific area in detail, rather than a generic forecast for the region. Volunteers from the Weather Flight worked 24 hours a day for a week to provide continuous weather updates to the JOC.

"If we weren't here, they would have turned on the weather channel," said Tech. Sgt. Tony Snyder, a meteorological technician who coordinated forecasting

during the storms.

Unfortunately, most civilian broadcasts during that time were too general. Units within the state required precise details on how the storms would affect their missions.

The Weather Flight provided continuous updates to all levels of command within Kansas during the hazardous conditions. Snyder has continued providing updates to the JOC while emergency conditions are possible.

"Commanders were aware of the impending snow storm," said Snyder. "We played a really big role in forecasting."

The units' reaction to joint operations was to stay flexible. Representatives from FEMA arrived several days ahead of schedule; the 190ARW adapted to the new situation.

"We were able to blend together and didn't lose response

time," said Maj. Michael Robinson, 190th Logistics Readiness Operations Officer

Starting on Dec. 13, the 190th ARW was assigned missions, through the JOC, to maintain disaster relief. The base served as a FEMA staging point, storing and distributing cots, generators and water. Guardsmen worked jointly, both Army and Air Force members, to distribute and maintain support. Some volunteers cleared debris so utility crews could restore infrastructure. The Services Flight provided accommodations for Army guard troops while they waited for missions at Forbes Field.

The disaster gave the Medical Group an opportunity to use the Expeditionary Medical Support System, which was employed earlier in the year during missions in Greensburg.

"This falls squarely in that peg for state-duty," said Curtis.



Neither rain nor snow...

Members of the 190th Civil Engineering Squadron and the 190th Logistics Readiness Squadron load a 100KW generator to support the community health center in Holton, Kan..

(photo by Col. Chris Stratmann)



Coyote Family

ALWAYS MISSION READY AND FAMILY READY

The Family Program Office is conveniently located in Building 2005



Words from the new Family Programs Coordinator



Happy New Year! Yes it's a new year and if you're like everyone else you are thinking about your New Year's

resolution. Well, I have a suggestion! Have you thought about being more resilient or a resilient family? What is a resilient family? A resilient family is a family that can resist disruption in the face of change and cope effectively with crises. Now what if I told you, we at Family Readiness can assist you in becoming more resilient. Wow that's different, actually accomplishing a New Year's resolution. Well read on and you will be on your Way!

With the New Year upon us we often look into the future and sometimes that can be a little intimidating and uncertain. Your family may be looking at a deployment soon and you know it will be difficult to leave. There will be missed holidays, birthdays, weddings and little league games, but you still want your family to be okay (resilient), while you're away. Then you can focus on your mission, safety and not worry about your family when you are training or engaged in a real-world mission.

We stated earlier that a resilient family can resist disruption, face change and are able to cope effectively with crises. Well I don't know about you, but when my spouse is gone crises seem to find me. I don't know of anything more difficult than leaving a loved one

behind or being the loved one left behind. You can ease the uncertainties and give yourself a sense of control and be that resilient family by follow the next few steps.

1. Remember Family "Readiness" – Just the word readiness implies to be ready. Don't wait until the last minute to begin to make your plan. Look ahead and anticipate the likelihood of a deployment.

2. You and your family should make an appointment to visit with Family Program. We can assist you in making your plan. We have an endless amount of resources for you and we can answer any questions you might have.

3. Review the terms with your spouse. Learn more about deployment and stay informed. Knowledge is power; the more you know the less you stress!

4. Gather important documents (deeds, titles, insurance policies, birth certificates, immunization records, tax and banking information). Review all of these documents and keep them update as needed.

5. You will want to create a will.

6. Design a budget. The #1 problem for AF Guardsmen during deployment is finances. You might want to start a special savings account to help cover any additional expenses.

7. See an attorney: you may need to consider estate planning, guardianship or power of attorney.

8. Discuss home and auto maintenance. Make a list of people to contact in case of an emergency. Have a show and tell day, explaining how to operate house hold equipment or appliances.

9. Complete a Dependent Care Plan, if needed.

10. Understand your ben-

efits. Find out about military benefits and what is available to you and your family members.

11. Communicate – Discuss your deployment with your family. Explain your mission if you can. Plan family activities, it can sometimes spur questions. Express your feelings and encourage your loved ones to share theirs also. During deployment keep in touch. You can help encourage the feeling of togetherness during deployment by keeping the lines of communication open.

12. Last but not least- ask for help, it's not a sign of weakness. It shows that you are willing to take action to solve any problems.

Boy, that's a lot of information to remember. That's why we at Family Readiness are dedicated to providing our members and their families with quality service to make it as painless as possible. With the information and resources we can provide, we can make the experience a positive one for you and your family. Deployment is an important part of military life. You and your family can meet the challenges of deployment and become a Resilient Family; one that can resist disruption in the face of change and cope effectively with crises.

THANK YOU!

Thanks from the bottom of my heart to all of the volunteers that helped out at the holiday party.

It was a great success because of all of you!

Thank you,
Denise

—Portrait of an Airman

SENIOR AIRMAN JOHN D. GABER



Organization: 190th Maintenance Squadron

Job Title: Aircraft Hydraulic Systems Journeyman

Main Responsibility: Troubleshoot and repair the hydraulic, in-flight refueling, landing gear and flight control systems

Civilian Career: Goodyear Corp maintenance program

Education: Graduate of Jefferson West High School

Military Experience: 2 years military service

Goals and Ambitions: Complete 5-level and earn rank of SSgt

Hobbies and Activities: Riding sports bikes and playing sports

Most Memorable 190th Moment: Deploying to Arizona for Operation Jump Start and participating in Greensburg with the cleanup.

Achievements: Receiving the State Emergency Duty Service Ribbon

— ESOHCAMP prep underway

By Lt Col Chris Gnagi

190th Safety / ESOHCAMP Team Member

The 190th ARW is gearing up for its next external Environmental, Safety and Occupational Health Compliance Assessment, currently scheduled from March 17 – 21, 2008. ESOHCAMP is a management tool to assist base leadership in managing their environmental, safety and occupational health programs more effectively by helping to identify and correct deficiencies before they result in violations.

The ESOHCAMP program relies on both internal and external evaluations. Internal evaluations are the foundation of an ESOHCAMP and are normally conducted by installation personnel annually, except during years when external evaluations are conducted. AMC/ANG conducts external evaluations at least once every three years, and the inspection teams are usually composed of personnel from the headquarters and

from other bases with some specialized support from contractors.

This compliance assessment consists of record searches, interviews and evaluations of various work centers. Deficiencies are written up as findings, and then the team must prepare root cause analysis and management action plans for the findings. The ESOHCAMP team will then provide constructive feedback to applicable work centers so all findings can be corrected as soon as possible. Additionally, the team will identify best management practices and will recognize units with excellent compliance programs.

As with most compliance assessments, there are several keys to a successful internal and external ESOHCAMP. First, the offices of responsibility, EM, Public Health, BIO and SE will review previous internal and external inspection reports. We will work directly with you to ensure that previous inspection write-ups are and will remain

closed. Next, we are reviewing the latest inspection reports from other installations to see inspection trends and focus areas. With that information, with your assistance, we will focus on our most vulnerable areas, as determined from the current regulatory climate. Finally, if interviewed during the inspection, we hope that you will proudly acknowledge the efforts and programs EM, Public Health, BIO and SE have tirelessly worked on to ensure your health and safety. Ultimately, the measure of merit for a successful ESOHCAMP is having an environment-friendly, safe and healthy workplace.



For Your Information

Promotions

SrA

Daniel J. Berends, MXS



SSgt

Joshua J. Hill, MXS
Christopher A. Overfelt, AMXS
Colby C. D. Kloepper, 117th
Michael A. Tremblay, AMXS



Outstanding Performers

SSgt John Medrano - CDC course
ARFF Driver/Operator - 93%

SSgt Zachary Washington - Distinguished Graduate - Informational Management Apprentice

SrA Ana Tavares - Distinguished Graduate - Surgical Service Apprentice

A1C Christopher Berroth - Honor Graduate - Structural Apprentice

The Virtual Personnel Center-Guard Reserve (vPC-GR) is a secure Web site which enables members of the ANG to access many personnel services from anywhere with Internet access, 24-7. Please register today.



<http://arpc.afrc.af.mil>

1-800-525-0102

Why wait in line?

First Sgt Vacancy Maintenance Sq

Submit application packet to CMSgt Ivan Perez (MSF) by COB 10 February 2008.

Application package must include a current RIP, resume and cover letter.

Individuals submitting a packet for consideration must be a Master Sergeant or promotable Tech. Sergeant.

Officer Appointments

LtCol

John R. Ginzel, JFHQ



AWC Graduates

Congratulations to our recent Air War College graduates:

Lt. Col. Joel K. Darbro
Lt. Col. Tony A. Dejesus
Lt. Col. Jarrod K. Frantz
Lt. Col. Christopher L. Gnagi
Lt. Col. William F. Hefner
Lt. Col. Scott D. Mcgregor
Lt. Col. Kimberly L. Smith

UTA Dining Hall Schedule

The following list below is the Coyote Cafe meal schedule for units assigned to the 190th Air Refueling Wing and Joint Forces Headquarters:

1100 - 190th MXG, LGS, OG, MPF, & 117th ARS

1130 - 190th LGM, HQ, AMXS & MSG

1200 - 190th SG, CES, SFS, LSF, 127th WEA & State HQ

Dining Facility hours of operation are 1100-1300. Please ensure you adhere to the above schedule to minimize wait time.

Coyote Cafe February UTA Menu

Saturday

Pork Chops, Stuffed Bell Peppers, Macaroni & Cheese, Au Gratin Potatoes, Green Beans, Mixed Veggies, Corn Bread, Banana Cream Pie, Oatmeal Raisin Cookies

Sunday

Veal Parmesan, Meat Ball Sandwiches, French Fries, Mashed Potatoes, Brussel Sprouts, Corn, Dinner Rolls, Cheese Cake, Rice Crispy Treats

Hotel of the Month

Capital Plaza

Members must check in prior to 1800 hours or your room reservation will be canceled.

Enlistments

MSgt Daniel P. Larson, 127th ARS
Enlistment Date: 1 Dec 07

SrA Celestina S. Johnson, MSF
Enlistment Date: 13 Dec 07

A1C Robert L. Lenhart, AMXS
Enlistment Date: 19 Dec 07

190th Chapel Services

The Base Chapel is located on the 3rd floor of Hangar 662.

Protestant:
0800 - 0830 Sun

Catholic:
1345 - 1415 Sun



Latter Day Saints:

1100 - 1130 Sun

Have News to Share?

Unit members are encouraged to submit ideas or stories to the Public Affairs office. Please contact us at 785-861-4197 or via email at pa.190arw@kstopeng.af.mil.

There will be a Battle Dress Wing Commander's Call on Saturday 9 February at 0800 in Bldg 662



Good news! 2008 has started with zero seatbelt violations! Unfortunately we did have one cell phone while driving violation: **TSgt Joseph S. Ulmer, AMXS.**

Remember, we have directives for cell phone use while driving. Members may refer to the Traffic Safety Wing Instruction 91-207 for guidance.

In short, while on the installation, if you are using a hand-held phone and want to talk, PARK the vehicle. (POV and GOV). If you are using a Hands Free device it is authorized in a POV on and off base, but if you are in a government vehicle and want to talk you must still park the vehicle.



Coyote Heritage



CHANGING ADDRESSES — Members of the 190th Tactical Reconnaissance Squadron from the Hutchinson Air National Guard Base load classroom equipment into trucks for shipment to their new location at Forbes Air Force Base, Topeka. Members of the squadron are spending the second week of their annual two-week summer field training by moving to their new home.

Last month we told the story about why the 190th Tactical Reconnaissance Group came to Forbes Air Force Base in 1967. Now, here's the rest of the story. It seems the move to Forbes was going to present some formidable problems, especially considering the cost of the move. That's when Col Boggs came up with the idea of using summer camp to accomplish the move, in other words, the 190th would move itself. The RB-57s were the easy part, just fly them to Forbes and park them. It was all of the other things that the unit needed to make it possible to support the flying mission that presented the problem. So the weekenders and technicians of the unit took the place of professional movers and transported everything, the machine shop and tools, supply, parts and storage bins, engine shop and stands, all of the fuel trucks and equipment, fire department and trucks, AGE equipment, CE and equipment, Air Police and all of their gear and weapons, CBPO and their files, Dining Hall down to the knives and forks, all of the group's regulations, all the office equipment from the whole base, including the Colonel's desk.

To make the best use of the time allotted, the unit divided into shifts. Vehicles were on the road, 24 hours a day, and by the end of summer camp, over 100,000 miles had been logged, with some of the drivers reportedly making the 350 mile round trip up to 18 times each week. Not one major accident occurred, with the most serious mishap being a blown tire on a M-51 truck that sent it into the oncoming lane, back into its own lane, stopping within 50 feet of concrete pillars of an overpass.

By the end of summer camp, the 190th was functioning at its new home at Forbes. In 21 days, start to finish, the Airmen of the 190th had moved \$6,000,000 worth of supplies and equipment without any assistance or advice, and without any special equipment other than a few rented trucks. Even today, those who took part in the "Great Move," shake their heads with amazement at what they had accomplished.



Please record your story and send it to the historian's office at: 190th Historian, 5920 SE Coyote Dr., Topeka, KS 66619-5370.



The Coyote Log
190th ARW Public Affairs
5920 SE Coyote Drive
Forbes Field (ANG)
Topeka, KS 66619-5370
OFFICIAL BUSINESS

PRSRST STD
Permit 171
Topeka Ks

To The Coyote Family of:

Moving? Don't forget to update your address:
Military Members: visit vMPF to update your address
Retirees & Civilians: email coyotelog@kstope.ang.af.mil

