

# The COYOTE LOG

November 2008

Volume 50, Number 11

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Your TSP

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Security Forces return from Iraq

Spatz Winner for Overall  
Outstanding ANG Flying Unit

Air Force Outstanding Unit Award Winner



# Your pension...your 401(k)..your TSP

By Col. Keith Lang

190<sup>th</sup> Air Refueling Wing Commander



The Thrift Savings Plan (TSP) might be the only retirement pension you get! Let's make the most of it.

Now a short history lesson on the 401(k) and Thrift Savings Plan (TSP). In the late 70's, some corporations asked the government if they could put aside retirement money, tax-free for their executives.

Officials gave permission, provided the companies offered the opportunity to all workers, never expecting the plan to take-off. But as companies sought to hold down costs, more and more put a freeze on the old-fashioned, defined-benefit retirement (pension) plans and went solely with a 401(k).

What the government did not anticipate was the erosion of defined-benefit plans. They never conceived that the 401(k) would be the only retirement plan that companies provided.

Then in the mid-80's the government offered a version of the 401(k) to employees, covered by the Civil Service Retirement System and the Federal Employees Retirement System. This was the start of the TSP.

In 1998 President Clinton signed into law further expansion of the TSP to include the National Guard, Reserves and Active Duty members. Following the passage of the Pension Protection Act of 2006 more enhancements came to the traditional 401(k). These enhancements are being studied by the Department of Defense and should be available to the

TSP soon.

The TSP is the largest defined contribution retirement plan on the planet. There are 3.9 million federal employees, members of the uniformed services, and retirees. Currently, more than 538,000 service members contribute to the TSP from the Guard, Reserves and Active Duty. As of June 30<sup>th</sup>, the TSP totaled approximately \$226 billion in retirement savings. Over the last 10 years, the TSP has improved its website and enhanced their services while keeping costs as low as possible.

The TSP is a "defined contribution" plan. Employee contributions are made on a pre-tax basis and reduce a participant's income subject to federal and most state taxes. These contributions and their related earnings are then taxed as ordinary income when withdrawn for retirement.

The TSP is NOT in the business of turning a profit. It was established with the sole objective of helping you save for your future. Thanks to the miracle of dollar cost averaging, compounding earnings and extremely low administrative costs, your earnings potential remains strong. The TSP has the lowest administrative cost of any plan of its kind. For 2007 the expenses for the TSP came to only .015%, or \$.15 per \$1000.00 in your account.

We are all busy juggling two professional careers, family and friends. Investing is overwhelming and time consuming. A lot of us don't have time or have an interest in investing and feel lost making decisions in our TSP investment selections. That's why I endorse the Life Cycle Funds (L Funds).

According to the TSP Website, "The L funds provide you with a convenient way to diversify your account among the G, F, C, S and I Funds, using professionally determined investment mixes that are tailored to different time horizons. Your time horizon is the date that you think you will need the money in your TSP account. Your time horizon may be later than your retirement date. Then, each quarter, the investments in each L Fund will shift to a slightly more

conservative mix. In addition, experts will review the investment mixes periodically to be sure they are still appropriate."

I know that a lot of the traditionals feel that they don't make much money in the Air National Guard, and that 5% will not amount to much. Over a 40 year investment horizon this will make a big difference. I'm also looking to encourage a more educated work force that will filter over to your civilian career and those investment decisions.

My goals as your Wing Commander are to: 1) Have our new recruits sign-up for the TSP when they in-process into our unit. 2) Have our full time force increase their contribution levels. 3) Encourage our traditionals to use their yearly pay increase (this year 3.9%) to increase their TSP contribution level.

Remember [www.tsp.gov](http://www.tsp.gov). Like a fine wine, your TSP account gets better with age. I want you and your family to be able to enjoy it for years to come!

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On the cover:

An Air Force Captain accepts fuel from the Kansas Coyotes into his F-22 during a training mission.

(photo by Master Sgt. Allen Pickert)

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# Coyotes define state fitness

By Staff Sgt. Emily Alley

190<sup>th</sup> Public Affairs

Senior Airman Celestina Johnson was preparing for her fitness test last August when she suddenly found extra motivation to score 100 percent – the Adjutant General’s 12<sup>th</sup> Annual Physical Fitness Competition, on Sept. 19 in Salina. It was hosted by the SG Battalion of the 235<sup>th</sup> Regiment, Army National Guard. The competition challenges participants to meet the Army’s Fitness standards. She along with Senior Airman Edmund Gutierrez inspired 7 other members from the 190<sup>th</sup> ARW to do the same.

“I took the opportunity as motivation to help me max my PT test,” said Johnson.

Army standards vary per sex and age group, but for a 17 to 21-year-old male to max the test, it includes running two miles in 13 minutes, doing 78 situps in two minutes and 71 pushups in another two minutes.

The overall military individual winner of the competition was Airman 1st Class Matthew Dillon, 190<sup>th</sup> ARW Student Flight, who earned a 299 out of 300 points. Dillon finished the two mile run in 13.03.

“I was three seconds over the time limit,” said Dillon. Otherwise, he would have earned a perfect score on the Army fitness test.

Dillon is currently training for basic training, which he will attend in March 2009. He will be assigned to maintenance after returning and plans to compete again next year. Dillon chose to compete after several people encouraged him, including his father, Senior Master Sgt. Brian Dillon, from Ops.

In the statewide competition, which included Army and Air Force, the 190<sup>th</sup> ARW earned 3<sup>rd</sup> place in the team competition. The team members were Dillon, Gutierrez, Johnson, Airman 1st Class Heath Hillrichs and Tech. Sgt. Maggie Large.



## Team Coyote

Members of the 190<sup>th</sup> ARW Fitness Team display their winnings following the Adjutant General’s Annual Fitness Competition.

*(photo submitted)*

They also earned the top three places in two age groups.

The top three finishers in the the 17 - 21 age group were Dillon, Hillrichs and Airman 1st Class Austin Bowman.

The top three finishers in the 22 - 26 age group were Gutierrez, Staff Sgt. Cameron Carlson and Senior Airman Keith Hill.

Johnson finished second in the 37 - 41 age group while Large finished first in the 42 - 46 age group.

Johnson was impressed by the support and participation she received from the unit. Student Flight competitors were given Air Force PT uniforms.

Some commanders, such as Lt. Col. Tony Dejesus, even chose to put personnel on orders to ensure the unit was represented. “I’m excited we had a good response,” he said.

This was the 190<sup>th</sup> ARW’s first year to participate in the TAG Fitness Competition.

“Everybody’s been really cooperative,” said Johnson. “We are definitely motivated to compete next year. I am so proud of everyone...I could tell they did their best!”

Johnson expects even better results at next year’s competition. “We anticipate more participation in the 190<sup>th</sup> and our quest to bring home the 1<sup>st</sup> place trophy,” said Johnson.



## **Kansas Air Guard Credit Union** **Announces Patriot CD - 3.60%!**

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# Do you have your CAC reader yet?

**By Master Sgt. Rich Hines**

*190<sup>th</sup> Communications Flight*

If you don't yet have a CAC reader for home...get one! It is the easiest way to check your email and complete ancillary CBT's away from the base.

To get a CAC reader, you must first fill out the CAC reader home use agreement, located on the 190<sup>th</sup> Portal. To get there, open the 190<sup>th</sup> Portal, click on Mission Support Group in the left links bar, and click on CAC reader home use agreement in the right links bar.

Type your initials in the blanks to the left of the form and then select your Group. To sign the form, click on the signature button and then click on the sign button on the new window.

Select your appropriate electronic

signature and select ok. Finally, click on the button to submit to comm and [Your Group] POC. After that, your Group POC will contact you to pick up a CAC reader.

Once you have your CAC reader, you still need software.

To get your CAC software, go to our public homepage, <http://www.190arw.ang.af.mil/> and scroll down until you find the link, "Air Force Outlook Web Home Use Software." Download the zip file, HomeUseSW.zip, unzip the file and run the executable.

Once you have run the software, you can plug in your CAC Reader and use it.



Keeping up with base email at home is not only the best way to keep informed, it is also the best way to keep your email account within the size limits allowed. Make sure you pick yours up as soon as possible.

## Boom Operators Wanted!



The 117th Air Refueling Squadron is accepting applications for two (2) Traditional Boom Operator positions. If you are interested, please contact Chief Master Sgt. Tim Treinen at (785) 861-4559 or Senior Master Sgt James Spurlock at (785) 861-4640 for an application.

All applications must be submitted by close of business on 14 December 2008.



## Top-3 Fundraiser

Suggested donation of \$1.00 per ticket or six tickets for \$5.00

### Prizes Include:

- Pair of 2009 Dining Out tickets
- Pair of movie passes to the Hollywood 14
- Target gift card valued at \$50.00
- BP gas card valued at \$50.00
- Dinner for 2 at the Row House Restaurant

(Limit one prize per person.)

Prizes will be drawn at the 190th Holiday Party on 6 December 2008 (need not be present to win)

For more information contact your Top 3 Representative or SMSgt Bolin ext. 861-4649.

**All proceeds benefit the 2009 Dining Out!!**

# 190th ARW Christmas Party

## Saturday, December 6th

### 1900-2300

Hors d'oeuvres, Beer, Wine, Soda provided

## Kansas Museum

6425 SW 6th Ave  
Menninger Hill

## Tickets are \$5

Contact Denise Winton at 4940

Contact MSgt Tammy Wells at 4153



# Security Forces return from the desert

By Staff Sgt. Emily Alley

190<sup>th</sup> Public Affairs

In the midst of preparing for the ORI, Security Forces took six months to get real world experience. Twenty-seven members recently returned from Iraq.

Security Forces personnel were responsible for flight line security and entry control in and around Baghdad International Airport.

The tasking was similar to their responsibilities at home, except they were working in a combat zone. Security Forces worked in partnership with other guard units to protect traveling aircraft and Army helicopters and had to work under the threat of rocket attacks and other hazards.

Staff Sgt. Paul Cross described one of his major responsibilities as inspecting vehicles and working with Iraqi nationals. This was Cross' second tour in Iraq. His first was as an active duty Marine.

"It's fun to do what you're trained to do, day in and day out," said Cross. "Sometimes as a traditional, you miss the small nuances of the job."

Another Security Forces' tasking was weapons training with Iraqi special forces. The training was mostly with AK-47's.

"It's good for them," said Chief Master Sgt. James Steele, of the Iraqis

learning how to use their own weapons to provide security.

Staff Sgt. Adam Rees said the occasional rocket and mortar attacks kept them on their toes. "We didn't have many, but when they would go off, it would give you a pucker factor."

The Coyotes also had to deal with the Iraqi heat, which easily topped 110 degrees and even reached 120 on a few occasions.

Rees said there were also quite a few dust storms. "It was like driving through fog," said Rees. "You had to take precautions to keep dust out of your lungs, but it got everywhere...there was no stopping it."

Members of the SFS also ran into a former Coyote. Master Sgt. (Ret) Rees, a former member of the 190th SFS, was working as a contractor for the Department of Defense providing small arms repairs.

With eight of his full-time Security Forces personnel gone, Steele brought in several traditional guardsmen as replacements. Since 27 total members were deployed, drills were uneventful during the six-month deployment due to reduced personnel.

"We've had a massive influx in Security Forces," said Steele, describing the changes since his personnel were first deployed. "When they return they'll be shocked."

After six months overseas, the members were given downtime before they return and prepare for the ORI. November will be their first month back.



## Close call

MSgt. Steve Tremblay, center, discusses the aftermath of a 105 mm rocket with an Air Force Ordnance Disposal team member at Sather Air Base in Baghdad, Iraq.

*(photo submitted)*



## Weapons training

One of the Security Forces taskings was weapons training with the Iraqi military.

*(photo submitted)*

## 190th Security Forces Benefit Society Fundraiser

For a suggested donation of \$1 per ticket, you could win a certificate from OMB Guns good for one Glock handgun, three magazines, a glass display case and engraving of your choice.

The drawing will be held during the 190th Holiday Party December 6th. You must be 21 to participate.

OMB Guns will comply with all Federal Regulations regarding the sale of hand guns. Certificate must be redeemed at OMB Guns in Lenexa, KS.

Contact Brett Higginbotham for more details or to make a donation.

*The 190th Security Forces Benefit Society is a private organization. It is not part of the Department of Defense or any of its components and it has no governmental status.*

# —Portrait of an Airman

## Senior Airman Daniel Snyder



**Organization:** 190th MXMG

**Job Title:** Aerospace Ground Equipment Technician

**Main Responsibilities:** Maintain, service and ensure the safety of AGE equipment.

**Civilian Career:** Part-time employee with the Kansas Department of Wildlife and Parks.

**Education:** Currently attending college at Emporia State University.

**Military Experience:** Served 4 years active duty Navy and 2 years in the 190th.

**Goals & Ambitions:** Graduate from college.

**Hobbies & Activities:** Hunting, fishing and camping.

**Most memorable 190th moment:** My enlistment.

# —Protecting your home from theft

**By Lt. Col. Kim Smith**  
*190<sup>th</sup> Mission Support Flight*

How many people know someone who has been a victim of a home robbery? You all probably do and think that it will never happen to me. Unfortunately, several members of the 190th have become a victim and had their lives changed because it can happen.

In the month of September 2008, there were 47 home burglaries in northern Shawnee County alone, most accomplished during daylight hours. Unfortunately, I was one of those statistics. The purpose of this article is to inform you of how to be better prepared in case you become a statistic.

First and foremost, make sure you have enough insurance coverage for the items you have. Review your insurance policy on a regular basis and

make sure you are covered. Many renters do not have insurance that covers theft.

Be sure you take pictures of your valuable items and record the serial numbers, make and model and date of purchase. Keep this information in a safe place, preferably outside of your home such as a family member's home or a safety deposit box.

There is also a special pen that is available through the police department and Topeka Safe Streets Coalition to mark your items. It is invisible except under a black light. Please check with your local law enforcement agency to see if the pen is available if you don't live in Topeka.

These items alone won't prevent you from a theft, but it is making life more difficult for those who have a habit of picking up things that don't belong to them. Having your items

properly recorded and marked can make it easier to identify your items if recovered. It might also help lead to an arrest if a thief tries to pawn your items.

Believe me, I never thought it would happen to me and I was always going to do the above items... but I didn't. Our ops tempo doesn't appear to be slowing down, so be sure you are taking care of your family and property prior to leaving town.

### Aviation Honor Award

The 190th ARW was pleased to learn that former 190th member **Michael A. Armour** was selected as a recipient of the **Kansas Governor's Aviation Honor Award for 2008**.

The award will be presented as the 2008 Kansas Aviation Gala on 15 November at the Hyatt Regency Hotel in Wichita. For more information please contact the Kansas Aviation Museum at (316) 683-9242.

# For Your Information

## Officer Appointments

Maj Shawn C. Manley, CES  
Appointment Date: 7 Sept 08



2Lt Caroline A. Williams, WF  
Appointment Date: 19 Sept 08



## Retirements

Lt Col Craig Hansen, CES  
Retirement Date: 31 Aug 08

Lt Col Ruston Curtis, MSG  
Retirement Date: 31 Aug 08

MSgt Mark Adwell, CES  
Retirement Date: 27 Aug 08

MSgt Lois Hodges, Wing HQ  
Retirement Date: 30 Aug 08

MSgt Larry Brozdin, LRS  
Retirement Date: 6 Sept 08

MSgt Keith Fulton, OG  
Retirement Date: 29 Sept 08

MSgt Warren Ingram, III, CES  
Retirement Date: 4 Sept 08

MSgt Lee Perry, 117th ARS  
Retirement Date: 29 Sept 08

TSgt Charles Williams, MXS  
Retirement Date: 24 Sept 08



## Upcoming Events

**Officer Prof Development ~ Bldg 2005**  
Friday 5 December 2008 ~ 0830

**Holiday Party ~ KS History Museum**  
Saturday 6 December 2008 ~ 1800

**190th ARW Dining Out ~ Ramada Inn**  
Saturday 7 February 2009 ~ 1800

## CDC Accomplishments

SSgt Justina Call, OSF  
Received 90% +

SSgt Chris Hargrave, CEF  
Received 90% +

## 190th Chapel Services

Protestant: The Base Chapel is located on the 3rd floor of Hangar 662.  
1330 - 1400 Sat  
Latter Day Saints: Please feel free to contact Chaplain Arvelo on his cell at (785) 806-1254.  
1100 - 1130 Sun  
Catholic: 1345 - 1415 Sun

## Promotions

### SrA

Drew A. Janhke, CES  
Jeremiah J. Kvas, SVF



### SSgt

Michael A. Mitchell, AMXS  
Daniel Bagwell, CF



### TSgt

Troy D. Manz, MDG  
Stacie M. Lancaster-Kitts, MDG  
Levi B. Vincent, Wing HQ  
Raymond J. Billings, CF



### SMSgt

Everett Gruver, Wing HQ



### Capt

Jorge Arvelo, Wing HQ  
Joe Blubaugh, Wing HQ  
Jeffrey Dickman, ARS  
Eric Webb, Wing HQ



### Lt Col

Mark Green, CES



## 190th ARW Officer Vacancies

### Executive Officer

The 190th Maintenance Group has a Traditional Officer vacancy for an *Executive Officer*. If you are interested, submit your package to 190th MSF/DPMA, MSgt. Martha Ryan by close of business on 2 November 2008.

### Civil Engineering Officer

The 190th Civil Engineering Squadron has a Traditional Officer vacancy for a *Civil Engineering Officer*. If you are interested, submit your package to 190th MSF/DPMA, MSgt. Martha Ryan by close of business on 7 December 2008.

#### Officer Package consists of:

- Resume
- College transcripts
- 3 letters of character reference
- Record review rip (if currently in military)
- DD 214 or NGB 22 (if prior service)
- Copies of all fitness reports (if currently or previously in the military)

Faxed packages will be accepted.  
Fax Number: (785) 861-4491

If you have an officer package currently on file at 190 MSF/DPMA, please ensure that it is accurate and up to date.

## Enlistments

AB Garrett Tennison, LRS  
Enlistment Date: 28 Aug 08

AB Cody Trevino, MDG  
Enlistment Date: 30 Sept 08

A1C John A Unrein, CES  
Enlistment Date: 26 Aug 08

A1C Kyle M. DeBerg, SFS  
Enlistment Date: 5 Sept 08

A1C Andrew J. Ginzel, OSF  
Enlistment Date: 15 Sept 08

A1C Bryan M. Tripp, MXS  
Enlistment Date: 25 Sept 08

SrA Justin Prather, CES  
Enlistment Date: 5 Sept 08

SSgt Matthew L. Escher, Comm  
Enlistment Date: 30 Sept 08



## Coyote Cafe November 21st Menu

### Saturday

Spaghetti, Meat sauce, Veal Parmesan, Rice Pilaf, Green Beans, Corn, Dinner Rolls, Potato Bar, Salad Bar, Cherry Crisp, Peanut Butter Cookies, Pop/Milk

### Vegetarian Menu

Fettuccine Alfredo

### Sunday

BBQ Ribs, Hamburgers, Onion Rings, French Fries, Sweet Corn, Broccoli, Potato Bar, Salad Bar, Pineapple Upside Down Cake, Rice Crispy Treats

### Vegetarian Menu

Grilled Cheese

## Hotel of the Month

### Ramada

190th Services Flight requests that room reservations be submitted the UTA prior to the requirement. You must check in prior to 1800 hours or your reservation will be canceled.

# Coyote Heritage



Pictured here is Chief Master Sergeant Kenneth Horner shortly before he retired in January of 1979, with 35 years of service. He was one of 13 men who came to Hutchinson from the 127th at Wichita, and thus, one of the original members of the 117th. These 13 were to be the core of the new unit, with enough experience to help with the establishment of the brand new unit, and provide background for the many new recruits that would make up the untested unit.

Chief Horner had originally enlisted in the Army Air Corp in 1943 and was a veteran of World War II. He joined the Kansas Air National Guard in 1946, when the 127th Fighter Squadron became part of the National Guard.

By the time he made the move to the 117th at Hutchinson, he was already a Master Sergeant with more than ten years experience in the Guard and several more in the Army Air Corp. He would go on to become the 1st E-8, and later the 1st E-9 in the Kansas Air National Guard once those grades were established. He had served as crew chief, flight chief, line chief, field maintenance chief, and was chief of quality control at the time of his retirement.



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



The Coyote Log  
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**Moving? Don't forget to update your address:  
Military Members: visit vMPF to update your address  
Retirees & Civilians: email coyotelog@kstope.ang.af.mil  
Please allow 2-3 months for updates to reflect on your log.**

**To The Coyote Family of:**

