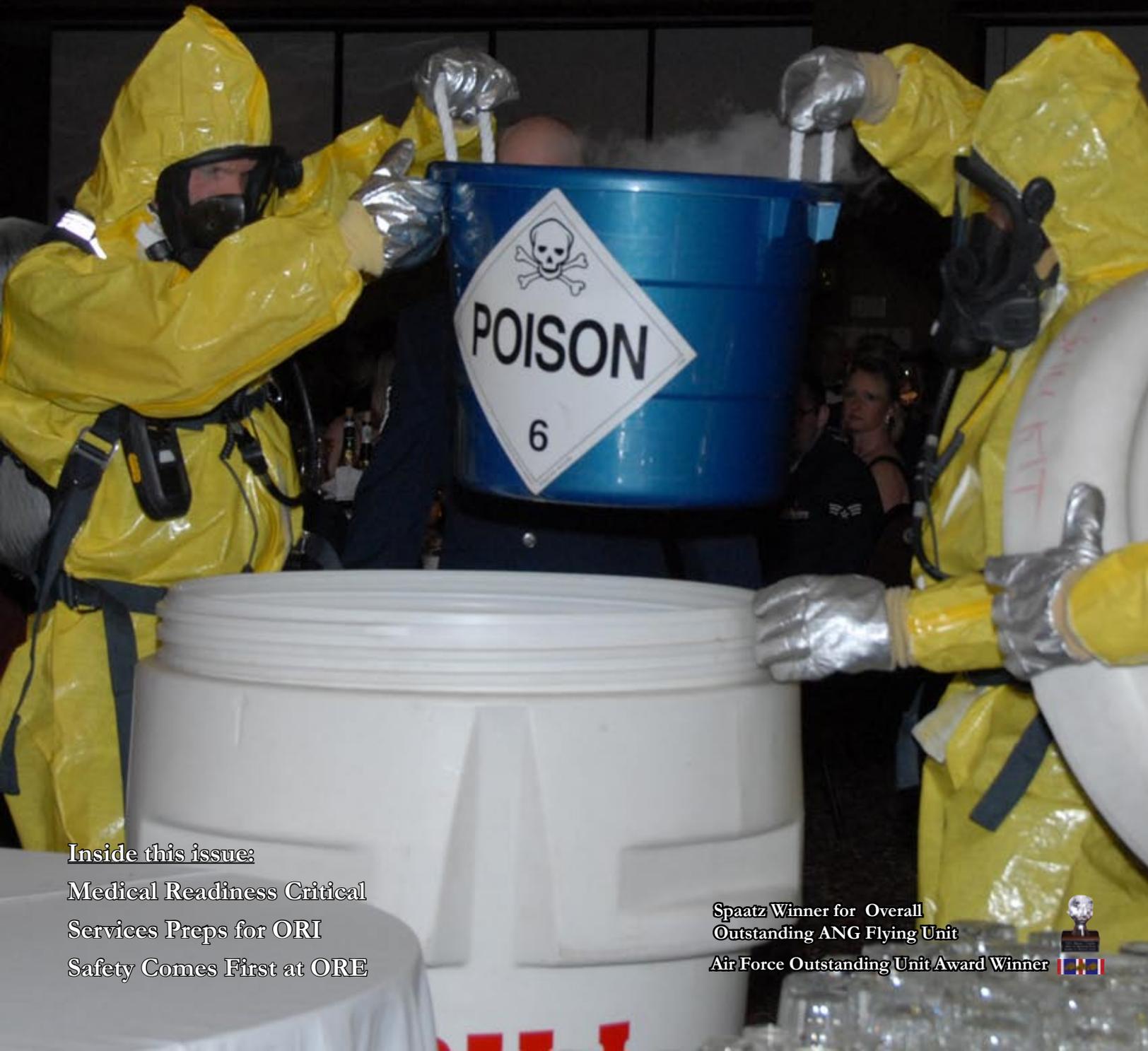


# The COYOTE LOG

March 2009

Volume 51, Number 3



Inside this issue:

Medical Readiness Critical  
Services Preps for ORI  
Safety Comes First at ORE

Spatz Winner for Overall  
Outstanding ANG Flying Unit  
Air Force Outstanding Unit Award Winner



# Medical readiness critical to Wing mission

**By Col. Janet Hanson**  
190<sup>th</sup> MDG Commander



OK, we're into the third month of the year.... everyone sticking to their New Year's resolution to eat healthier and exercise more?

In January, gyms were crowded and people were excitedly talking about what diet they were on. In February, it got a little easier to find an open piece of gym equipment and snacks began to creep back into the daily diet.

By March, New Year's resolutions melted away and old habits came back.

Besides the obvious reasons for exercising and healthy eating, for those of us in the military, being overweight or out of shape could affect deployability - and possibly even careers.

The Medical Group is very concerned about the health and well-being of all Wing members, and we are here to assist and advise. However, please remember that your healthcare is ultimately your responsibility.

Recently, we have had several 190th members come to the clinic for their annual health assessments and we were surprised to discover that they have had recent surgery, injuries or a medical condition that temporarily disqualifies them from world wide mobility. There is no documentation in their medical record to indicate the condition.

Some members are reporting to the providers (physicians) to request an exemption from the physical fitness test because of current medical issues or injuries, also without appropriate substantiating documentation.

If at any time you have ANY surgical procedure, including joint and spine injections or corneal refractive surgery (LASIK), or ANY new medical conditions including hypertension and diabetes, or an injury that limits your ability to perform your duties or participate in the PT test, you are required to bring a letter from your treating physician stating your diagnosis, treatment, and any limitations on your physical activity.

This documentation will become a part of your military medical record, and

you will then be placed on a temporary medical profile until you are fit to return to duty.

When you are medically cleared to return to duty without any limitations, you will need another letter from your provider clearly stating this. You will be taken off profile and become world wide qualified again.

You cannot be deployed, attend school or go TDY if you are on a profile or if the providers at the Medical Group find a condition that requires medical clearance from a civilian provider. This is not only for your safety, but for the safety and well being of your co-workers, who need to make arrangements to cover your duties while you are incapacitated.

Please make every effort to follow these guidelines so that we in the Medical Group can help keep our Wing healthy and fit for duty.

## Leaving a lasting legacy

**By Senior Master Sgt. Everett Gruver**  
190<sup>th</sup> Human Resources Advisor

As John Maxwell, author of numerous books on leadership, said, "There are two kinds of people in life: those who make things happen and those who wonder what happened."

Legacies aren't just wishful thinking, they're the result of determined doing. The legacy you leave is the life you lead. You just never know whose life you might touch - you can make a difference.

A legacy comes from the idea that everyone, regardless of rank or position, can make a difference. Legacies encompass the past, present and future, and force us to consider where we have been, where we are now and where we're going. A quest to leave a lasting legacy is a journey from success to significance.

How do you want to be remembered? By living each day as if we matter, we offer up our own unique legacy. We make the world we inhabit a better place than we found it. When we choose to lead every day, we choose aspirations of long-term significance over short-term measures of success. It takes courage to lead. It takes courage to make a life. Courage, like leadership, is a choice.

Our Air Force legacy is defined in how we defend America. It's the pride in our heritage, the recognition that our nation depends on us to dominate air, space and cyberspace, and our willing acceptance of the burden of those immense responsibilities. Our distinctive legacy could be, every day we are here, to leave the Air National Guard better than when we first started.

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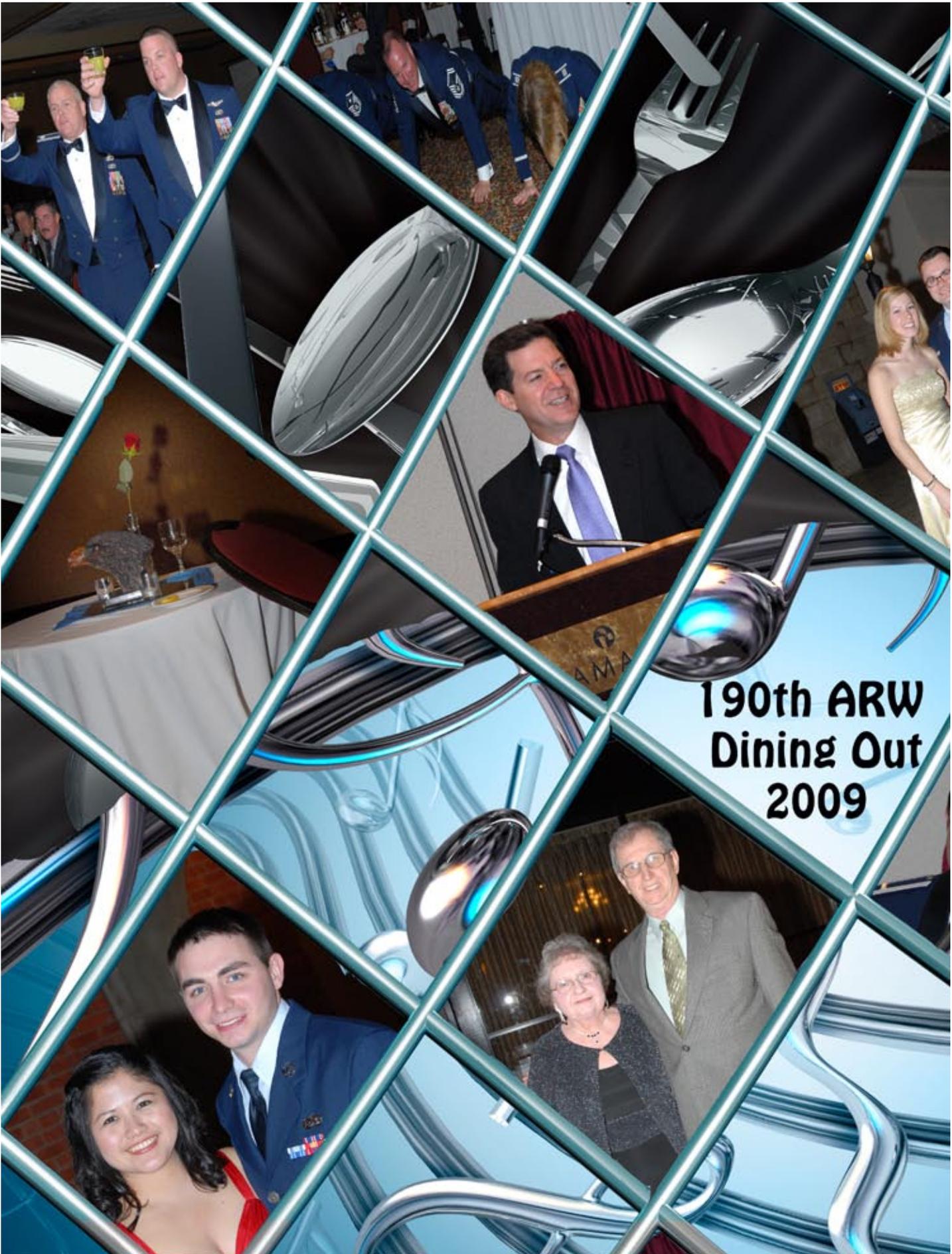
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### **On the cover:**

Members of the 190th Fire Department lower the "toxic" grog into place during the 2009 Dining Out. Many Coyotes were disciplined at the grog throughout the evening.

*(photo by TSgt. Mandy Johnson)*

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**190th ARW  
Dining Out  
2009**

# Coyotes get a taste of deployment

By **SSgt. Emily Alley**  
*190<sup>th</sup> Public Affairs*

Unit members got a taste of deployment in February; Services spent Sunday of the February UTA training and cooking outdoors.

Unit members were served a lunch of chicken, potatoes and corn from the counter of a tent-like kitchen.

The new kitchen, known as a Single Pallet Expeditionary Kitchen (SPEK) is a highly mobile, temporary kitchen for use in remote and undeveloped areas. Meals can be prepared within an hour and up to 315 personnel can be served within a meal period.

The entire kitchen can be set up by a minimum of 12 personnel in less than 2 hours.

TSgt. John Williams, Services Flight Readiness NCO, says the SPEK arrived about a week before February training and is larger than most of the staff expected. It was so new the freshly painted doors were sealed shut.

“We had to shoulder them open,” he recalled.

Prior to now, Services served meals in the field from a Mobile Kitchen Trailer (MKT), which was first used in Vietnam.

Now, both the kitchen unit and equipment are new. A staff of three can quickly and safely prepare food for an entire unit. Williams is pleased with the easy cleanup and extra space the modern equipment provides.

Cooking in the portable kitchen is fire-free. A large diesel powered boiler heats water, where packaged food can be heated. The cooking method can be compared to an MRE. SrA Brooke Cessna, a traditional cook, stresses the food is better than an MRE because it’s fresher, although the cooking process is the same.

“We can really cook anything,” she added.

Cans of vegetables or soup could be boiled for a meal, although traditional cooking options are mostly unavailable. For instance, chicken could be baked or steamed, but not fried.

Cessna said she felt more prepared for deployment after the training.



## The finishing touches

Tech. Sgt. Travis Schuler runs electricity to the SPEK prior to meal preparation.

*(Photo by Senior Airman Jake Meyer)*



## Lunch is served

Tech. Sgt. Sean Cochran serves lunch to “deployers” from the new Single Pallet Expeditionary Kitchen, or SPEK, during the February UTA.

*(Photo by Staff Sgt. Emily Alley)*

## 190th ARW Officer Vacancy Bioenvironmental Engineer

The **190th Medical Group** has a Traditional Officer vacancy for a *Bioenvironmental Engineer Officer, AFSC 43E3*. A baccalaureate degree or higher in engineering from an accredited institution is required.

If you are interested, submit your package to 190th MDG/SGA, Lt. Col. Tim Stevens by close of business on 3 May 2009.

### 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)
- AFOQT scores
- Current fitness report

Faxed packages will be accepted.

Fax Number: (785) 861-4491

Please contact Lt. Col. Stevens at (785) 861-4569 or [tim.stevens@kstoppe.ang.af.mil](mailto:tim.stevens@kstoppe.ang.af.mil) if you have questions.

# Don't forget about safety during ORE

**By Chief Master Sgt. Dena Swisher**  
*190<sup>th</sup> Safety Office*

As the ORE and ORI quickly approach, it is very easy to overlook safety in the hustle and bustle of preparation. However, every Airman must remember, whether deploying or not, that safety always takes precedence and must be considered at all times.

Throughout both the exercise this month and the ORI in June, we must concentrate on nighttime operations and ensure simple safety hazards are not overlooked. Last fall, during another wing's ORI, two workers were injured during the hours of darkness while wearing full MOPP gear. Both workers were walking in poorly lit areas and stepped in holes. One work-

er fractured an ankle and the other worker severely strained an ankle.

The first action upon arrival should be to conduct a thorough survey of the operating area. All personnel should become familiar with the location of exits, safety equipment, telephones and the proper procedures to summon help in an emergency. Complete a walk-through in and around the outside of your building during daylight hours. Look for holes, stumps or other trip hazards and mark them.

The lack of ramp lights and heavy nighttime pedestrian traffic increases the possibility of being struck while performing duties at deployed sites. To reduce the visibility problem, all personnel will wear reflective belts

or vests over outer garments at all times. Parking lights and/or emergency flashers should be left on when unattended vehicles are parked on the ramp during darkness or times of reduced visibility.

High activity levels will present opportunities for everyone to become a pedestrian. Unlike our home station, Alpena CRTC presents frequent pedestrian vehicle confrontations. All personnel must stay alert for vehicle traffic and practice a SEE AND BE SEEN policy.

There is no doubt that preparing for the ORI is very stressful and keeps us all extremely busy. However, safety must be factored into everything we do. Remember, safety is everybody's job.

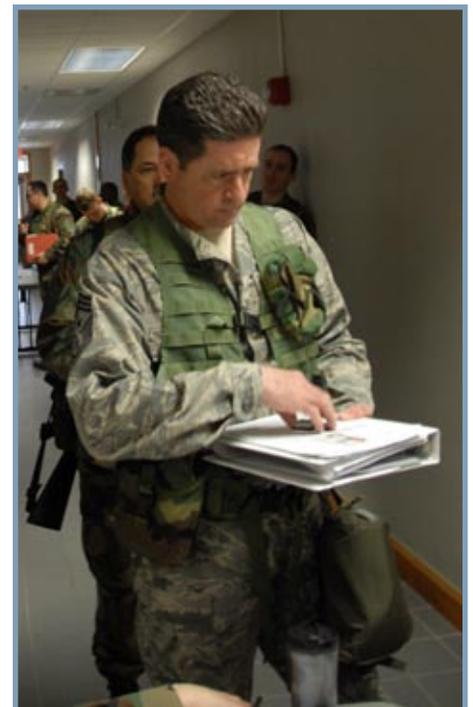
## Caught on film



### Cargo Prep

Tech. Sgt. Sarah Sell, 190th Security Forces, removes the plastic covering from cargo being inspected for the ORI. The 190th processed more than 70 tons of cargo during the cargo processing exercise in preparation for the ORI.

*(Photo by Staff Sgt. Emily Alley)*



### Deployment processing

Command Chief Master Sgt. Brian Saunders prepares to process through the deployment line during the February UTA. More than 100 Coyotes participated in the passenger processing exercise in preparation for the ORI.

*(Photo by Senior Airman Jake Meyer)*

### Preparing for the worst

Airman First Class Christine Kalivoda issues chemical gear to members of the 190th Medical Group. The mobility barn issued more than 100 chemical bags to ORI deployers during the passenger processing exercise.

*(Photo by Senior Airman Jake Meyer)*



# —Portrait of an Airman

## Senior Airman Shanna Finkemeier



**Organization:** 190th Logistics Readiness Squadron

**Job Title:** Heavy Equipment Mechanic

**Main Responsibilities:** I perform scheduled and emergency maintenance on heavy equipment and fleet vehicles.

**Civilian Career:** Machine maintenance at Southwest Publishing in Topeka.

**Education:** Graduate of Topeka High School.

**Military Experience:** 4 1/2 years with the 190th.

**Hobbies & Activities:** I like kite flying with my children and working on cars.

**Goals & Ambitions:** I want to obtain a college degree, complete ALS and get promoted to Staff Sergeant.

## Smith; Moser sweep national awards

**By Capt. Joe Blubaugh**

*190<sup>th</sup> Public Affairs*

Two Coyotes have completed a sweep of the national awards they were competing for. Master Sgt. Richard Smith and Master Sgt. Scott Moser were recently named as the Outstanding Unit Career Advisor and Outstanding Retention Office Manager in the Air National Guard.

“It is an exciting, yet humbling experience, to be honored by your peers,” said Moser, 190th Retention Office Manager. “But this says more about the

wing than it does about me. I am blessed by a phenomenal group of unit career advisors and wing leadership that allow me to have success at my job.”

Smith is one of those unit career advisors (UCA). Although it was the first time he had received a national award, he was more concerned that both he and Moser had won.

“When I reflected on the selection process for all categories, I thought there was a good chance one of us would win,” said Smith, 190th Budget Analyst. “I never would have thought they would select both of us.” The 190th was the only unit that had two award recipients this year out of the nine awards given.

Both Moser and Smith competed against the winners from all 91 ANG units in their respective categories. Each also won at several levels leading up to the national competition, first at the state level, then at one of five regional

levels. For Moser, that meant he beat out 91 fellow Retention Office Managers to win the award. However, there are several UCAs at each wing, meaning Smith was competing against an original pool of 1500 advisors.

“I was obviously very pleased and excited to be recognized by my peers,” said Smith. “It was very special for me to represent the 190th.”

Moser and Smith were presented their awards at the national ANG Recruiting and Retention Workshop in February.



Master Sgt. Scott Moser



Master Sgt. Rich Smith

# For Your Information

## Retirements

TSgt Andrew Adams, SFS  
Retirement Date: 6 Feb 09

TSgt Nels Espeseth, MXS  
Retirement Date: 9 Feb 09

TSgt Vic Vinson, CES  
Retirement Date: 20 Feb 09

SSgt Jeffrey Corlis, CES  
Retirement Date: 22 Feb 09

### UTA Dining Facility Schedule

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

**1100-LRF, JFHQ, SFS,  
CES, SG, WEA  
1130-MXG, LGS, OG,  
ARS, MPF  
1200-LGM, HQ, AMXS,  
MSG, MDG**

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

### 117th ARS to hold pilot board



The **117th Air Refueling Squadron** will be accepting pilot applicant packages for a **Pilot Selection Board** to be held in April 2009.

Application package required contents and a current copy of *Road to Wings 2009* are available on the 190th ARW Portal.

Contact Major Dan Skoda, 117th ARS (daniel.skoda@kstoppe.ang.af.mil) or (785)861-4670 for more information.

Applicant packages should be sent to: Maj Dan Skoda, 117th ARS, 5920 SE Coyote Dr, Topeka, KS 66619. The deadline for submitting packages is **Tuesday, 31 March 2009**.

## Promotions

**SSgt**  
Andrew J. Lee, MXS  
Grayden B. Tressler, AMXS



**TSgt**  
John I. Williams, SVF  
Noel J. Heyer, MXS  
Robert E. Jurgensmeier, MXS  
David A. Rehnblom, WEA  
Allen E. Ewell, JR, CES



**1LT**  
Mark D. Dixon, MDG



**-4 April 2009-  
Easter Egg Hunt at 1300  
in the grassy area near the  
Minute Man Statue**



**Mother's Day Crafts & Bake Sale**

Looking for an opportunity to learn more about the 190th - the past, present and future? PACK is for you!

The 2009 PACK meeting will be held on April 24th from 6:00 - 11:00 p.m. at the Kansas Historical Museum at 6425 SW 6<sup>th</sup> Street. The annual banquet will take place on April 25th from 6:00 - 10:30 p.m. at the Topeka Holiday Inn.

This organization is (as its name implies - Past & Active Coyotes of Kansas) a group of men and women associated with the 190th. Membership cost for PACK is \$3.00/year. Membership dues are included in the cost for those who attend the weekend activities.

For more information, please contact Wendy Schroeder at 785-862-0289 or Senior Master Sgt. Wendy Davis at 785-861-4212.



	Single	Couple
Entire weekend	\$35.00	\$60.00
Friday night only	\$20.00	\$25.00
Saturday night only	\$30.00	\$50.00

## Enlistments

AB James T. Reed, AMXS  
Enlistment Date: 24 Dec 08

SSgt Jason E. Williams, LRS  
Enlistment Date: 3 Jan 09

A1C Zachary Kinsey, WEA  
Enlistment Date: 8 Jan 09

A1C Blake R. Kutzke, MXS  
Enlistment Date: 14 Jan 09

SSgt Matthew Leisure, CF  
Enlistment Date: 15 Jan 09

A1C Collin J. Vaughn, AMXS  
Enlistment Date: 16 Jan 09

A1C Kyle J. Schmick, SFS  
Enlistment Date: 20 Jan 09

## Officer Appointments

1st Lt. Summer Schwindt, MDG  
Appointment Date: 10 Jan 09

2nd Lt. Susan Ahlstedt, HQ  
Appointment Date: 21 Nov 08

2nd Lt. Bryan Farthing, 117 ARS  
Appointment Date: 21 Nov 08



### Coyote Cafe March 21<sup>st</sup> A Menu

#### Saturday

Large chopped barbeque sandwiches, batter dipped fried fish, cajun au gratin potatoes, baked beans, chuck-wagon corn, salad bar, chips, dinner rolls, and strawberry sheet cake and brownies.

#### Sunday

Chicken fried chicken, swiss steak, mashed potatoes & gravy, baby carrots, fried okra, salad bar, texas toast, and peach cobbler and german chocolate cake.

#### Hotel of the Month

**Singles - Capital Plaza**  
**Singles Pay - Ramada Inn**  
**Doubles - Holidome**

# Coyote Heritage

## New Pay Scale

This is the new pay scale that went into effect 1 October 1978. The figures shown are for a regular weekend UTA. To figure the amount you receive for a single UTA, divide the amount shown by four.

PAY GRADE	YEARS OF SERVICE													
	2	2	3	4	6	8	10	12	14	16	18	20	22	26
<b>COMMISSIONED OFFICERS</b>														
O-6	217.40	238.92	254.48	254.48	254.48	254.48	254.48	254.48	263.12	304.80	320.40	327.32	346.32	375.60
O-5	173.92	204.24	218.32	218.32	218.32	218.32	224.96	237.00	252.84	271.80	287.44	296.08	306.44	--
O-4	146.60	178.44	190.40	190.40	193.88	202.52	216.28	228.48	238.92	249.32	256.28	--	--	--
O-3	136.24	152.28	162.78	180.12	188.72	195.56	206.04	216.28	221.60	--	--	--	--	--
O-2	118.76	129.72	155.84	161.08	164.40	--	--	--	--	--	--	--	--	--
O-1	103.08	107.32	129.72	--	--	--	--	--	--	--	--	--	--	--
<b>ENLISTED MEMBERS</b>														
E-9	--	--	--	--	--	--	157.64	161.24	164.82	168.72	172.44	175.80	185.08	203.04
E-8	--	--	--	--	--	132.28	139.96	139.60	143.28	147.00	150.40	154.12	163.16	181.36
E-7	92.36	99.68	103.40	106.96	110.68	114.16	117.80	121.48	126.96	130.56	134.24	135.96	145.12	163.16
E-6	79.76	86.96	90.60	94.40	97.92	101.52	105.24	110.68	114.16	117.80	119.60	--	--	--
E-5	70.04	76.20	79.92	83.40	88.84	92.48	96.16	99.68	101.52	--	--	--	--	--
E-4	67.32	71.08	75.24	81.12	84.32	--	--	--	--	--	--	--	--	--
E-3	64.72	68.28	71.04	73.84	--	--	--	--	--	--	--	--	--	--
E-2	62.32	--	--	--	--	--	--	--	--	--	--	--	--	--
E-1	55.92	--	--	--	--	--	--	--	--	--	--	--	--	--

With the state of the economy on everyone's mind, it stands to reason that we should be thankful for our present Guard paychecks. Being a part of the Air National Guard, and especially a part of the 190th Air Refueling Wing, with its proud history, goes a long way to offset some of our nation's present problems.

Taking into account the 3.9 percent pay raise received on January 1, an E-5 with 10 years experience makes \$374.80 for a drill weekend in 2009. Captains with the same experience make \$714.40.

Here's a look back 30 years, to compare to today's pay scale. This chart was in the *Kansas Coyote Log* in February 1979. The same E-5 would make \$96.16 while a captain would take home \$206.04.

An even older pay chart from Jan 1976, shows that a E-5 with 10 years would make \$82.84, while an O-3 with the same experience would make \$177.44. By going even further back to July 1958, that same E-5 would make an impressive \$32.00 for a drill weekend and the O-3 would garner just \$64.00. A brand new Airman 3rd Class would receive \$10.40 for an entire weekend. While prices were much lower then, it still took dedication and a sense of duty to be part of the Guard.



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.



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Retirees & Civilians: email coyotelog@kstopce.ang.af.mil  
Please allow 2-3 months for updates to reflect on your log.