

The COYOTE LOG

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Inside this issue:

“Space Available” is Available

Resiliency Training Helps Airmen

Curbing DUIs

Air Force Outstanding Unit 
2009 Distinguished Flying Unit

Strategic planning for the 190th ARW

By Col. Keith Lang
190th ARW Commander



I've served almost 18 months as your Wing Commander, and most of you have heard me speak on my initiatives for the Wing going forward.

We have worked to improve recognizing and awarding our Airmen, fighting the ancillary training requirements with telecommuting, increasing communications with at home CAC readers, expanding daycare, increasing our TSP participation and future missions for the 190th ARW.

I want to focus this column on future missions, but most importantly, "Strategic Planning" for the 190th and the state. This is the view from 50,000 feet. This is the discussion the senior leadership at the 190th has with Joint Force Headquarters, our elected officials and the city of Topeka.

Don't get me wrong. The tanker mission has been a great and rewarding mission for 31 years. We all hope the 190th is flying the KC-135 for the next 20 years, but if not, we must be ready for new missions that work for the 190th and complement Maj. Gen. Tod Bunting's vision for the state of Kansas.

In light of shrinking Department of Defense budgets and the loss of 250 fighters over the next couple of years, the 190th must be poised to move if the right opportunity presents itself. In Kansas, we are fortunate to have Brig. Gen. Ed Flora as our Commander of the Kansas Air National Guard. He was tasked to lead the ANG through the "Strategic Planning Process," and the state of Kansas wants to be ready for future opportunities.

At the 190th, we have been blessed to fly the same aircraft for the last 31 years. Not everyone has been so lucky. Our sister Wing in Wichita (184th), over approximately 20 years, went from F-4s to F-16s to the B-1 bomber to the KC-135 to an Intel Wing. The 184th has done a tremendous job embracing several important missions over the last few years, and the 190th wants to be prepared to do the same, if the opportunity is presented.

I know it can be difficult focusing on inspections, AEFs, and deployments with rumors flying overhead. Here are a few of the rumors I have heard at Forbes Field during my career. Twenty-five years ago, we were getting the B-747 aircraft. Fifteen years ago, we were getting the C-17. Five years ago, we were looking at

the C-130, and more recently I've heard talk of the new KC-X, C-27, AT-6/B and the UAV. That's a lot of rumors. Fortunately, we have continued to stay focused on the KC-135 mission.

Strategic planning for future missions is happening in every state today, but I think Kansas is at the tip of the spear when it comes to the strategic planning process. We are lucky to have Generals Bunting, Flora and Deborah Rose watching our back. As General Bunting says, "Kansas is a solution state!"

We will be ready! We all have the same goals in mind: keep jobs in Topeka, be in the fight, and be relevant for the next generation of Kansas Coyotes.

Remember, please stay informed, don't react to rumors, stay focused on our current mission, and be ready if the right opportunity comes our way.

Proud to be your Commander.

The Air Force legacy

By Senior Master Sgt. Chuck Gruver
190th Human Resource Advisor

As the youngest of America's five services, our battle traditions are relatively new. Nevertheless, we are heirs to a proud heritage.

Heroic visionaries built the Airman-warrior tradition by charging us to believe in and advocate the value of air power for the nation.

They left us a spirit that fosters initiative, innovation, and forward thinking. They left us an institutional belief in leading by example, from the front, and assuming the full measure of risk and responsibility. They left us a heritage of valor, honor, service and sacrifice.

This legacy - the contrails they left behind - defines who we are, shapes what

we do, and sets the vector for our future. We stand on the shoulders of giants.

As you look toward the future, don't forget the Airmen around you. Leverage your diversity.

Practice Loyalty. It is not enough to have a great recruiting team. Recruiters recruit, organization culture retains!

Value Airmen. They will, in return, respect our mission. Satisfied Airmen are innovative! They produce quality, and a variety of ideas.

Whether in adversity or success, your reaction to your circumstances empowers you to move or evolve toward your desires and create new, innovative ideas. Let's make sure the efforts and innovations of all Airmen are welcomed and appreciated. Your nation demands no less.

Coyote Log Staff

Col. Keith Lang
Commander, 190th Air Refueling Wing

Maj. Chris Hill
Wing Executive Staff Officer

Capt. Joe Blubaugh
Chief of Public Affairs

Tech. Sgt. Angela Brees
Public Affairs - Print NCOIC

Staff Sgt. Emily F. Alley
Public Affairs - Print

Master Sgt. Allen Pickert
Visual Information & Communications Mgr

Senior Master Sgt. Shawn Gamber
Visual Information & Communications

Tech. Sgt. Mandy Johnson
Photo Journalist

Staff Sgt. Erin Petersen
Photo Journalist

Senior Airman Jake Meyer
Visual Information Specialist

Airman First Class Chelsea Atkins
Public Affairs Admin. Support

190th Information Systems Branch
Printing / Distribution

190th Public Affairs/Coyote Log
coyotelog@kstopce.ang.af.mil
POC: Maj. Chris Hill
(785)861-4593
www.190arw.ang.af.mil

On the cover:

The 190th Kansas Coyotes refuel a member of the Navy Blue Angels during a refueling mission.
(photo by Master Sgt. Allen Pickert)

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Resiliency training comes to Kansas

By Staff Sgt. Emily F. Alley
190th Public Affairs office

In Afghanistan, Sgt. 1st Class Gordon Lamb became frustrated with his trainees. He was tasked to prepare Afghan soldiers for combat, but one in particular was driving him crazy. The Afghan found excuses- his rifle didn't work, his slightly bruised arm hurt too much, the assignments were too dangerous- to avoid training. Lamb spoke to the Afghan commander, who declared "Get two NCOs and beat that man until he is no longer a coward!"

As tempting as this leadership style may be sometimes, Lamb and the rest of the staff of the Kansas Adjutant General's Department Resiliency Center are tasked to explore more positive ways to approach subordinates under stress.

In 2006, Maj. Gen. Tod Bunting noticed a chilling statistic in deployment-related deaths. While four Kansas guardsmen died in combat that year, an additional four guardsmen committed suicide after returning home.

"Combat deaths are one thing," commented Lamb, but we had just as many suicides."

To combat this trend, the Resiliency Center was created to strengthen Guard members and their families to better handle life's challenges.

"The concept for the Resiliency Center is to better prepare Soldiers and Airmen, and disaster responders, for the challenges of a deployment well before they leave the comfort of home, and to ensure they and their families have the tools necessary to better manage stress as it arises," Bunting says.

"Sitting at home and brooding after a deployment is a very dangerous thing," added Steve Rexer, a retired KSANG Lt. Col. who now is the administrative program manager for the center.

Tonya Ricklefs, Family Resiliency Program Specialist, hopes Airmen and Soldiers will take advantage of the adjustment opportunities, although she says the two most common reasons for not seeking help are concerns about

cost of treatment and fear of career backlash.

Her first suggestion is that resources are available for those who need counseling. To answer the second concern, she uses the example of Command Sgt. Major Steve Rodina, the highest ranking enlisted guardsman in Kansas.

Rodina speaks frankly of his service in Vietnam and his battle with post-traumatic stress disorder afterward. He sought treatment and has a successful military career; now he makes an effort to remove the stigma associated with combat-related stress.

"Back then, they told you to suck it up and move on," Rodina remembered. "But it's not about being touchy-feely. It's just good leadership. Take care of it before it becomes a problem."

That frank expression, from experience, is what Rodina describes as what makes the resiliency program effective. Personal credibility from that experience is combined with years of research. Dr. Rick Selig, the program's director of Psychological Health, has counseled veterans, and worked with NATO leadership, the Marine Corps combat stress course, Walter Reed Army Medical Center, and other experts in stress.

Ricklefs emphasizes the tools taught in the class aren't limited to official deployments. Recognizing the stress in people around you is a universal skill.

"You wouldn't believe the stories I heard in my office after Katrina. They weren't ready for what they saw," she said.

"Some had to shoot dogs, a family pet that had turned into a crazy animal," described Rodina.

"Even in Greensburg, we were pulling bodies out of rubble," added Lamb.

"What's important is that eyeball-to-eyeball communication," said Rexer. "Working with someone on a daily basis, you know what's normal."



Army Maj. Paul Gonzales critiques a team building exercise during resiliency training at the Eisenhower Center for Homeland Security Studies. Guardsmen from Illinois, Indiana, Pennsylvania, Iowa and Washington D.C. were in Topeka to receive the training from the Resiliency Center.

(photo by Staff Sgt. Emily F. Alley)

Morale: 45 seats at a time

By Staff Sgt. Emily F. Alley

190th Public Affairs office

If you had a friend who handed you a free ticket to Hawaii, would you take it?

That friend is the Guard, and that ticket is space available, commonly referred to as “space A.” Whenever a military flight has open seating, usually up to 45 on the KC-135, military members, retirees and dependents have an opportunity for a free flight.

Space A is a morale builder - it improves the life of service members and maximizes efficiency and airlift capacity, according to scheduling directives.

“Certain trips lend themselves to space A,” said Lt. Col. Brad Hinkle, a 190th ARW pilot. “It’s a great opportunity, at no additional expense, to have a vacation or see family they haven’t seen in five or 10 years.”

Guardsmen, which include technicians, reservists, retirees and their dependents are all considered “category six,” the lowest priority.

“These rules were written about 40 ago when there really wasn’t a full-time guard,” said Senior Master Sgt. Regis Walsh, superintendent of the small air terminal that opened a few months ago at Forbes Field. “Now we’re as busy as any active service.”

Guardsmen and reservists are often also restricted to flying within the United States, Walsh said. “We can’t go to Europe or Japan for example.”

Dependents are also out of luck. Guard and reserve members cannot bring family members on space A flights. Retirees, with 20 good years of service and drawing a retirement paycheck, can bring dependents and fly on any space A trip. Walsh stresses, however, that those benefits are for full-retirees, not just veterans.

At mid priority, “category three” travel is reserved for active duty military and their dependents. Walsh has seen a marked increase in this group’s interest in space A. The majority of those are ac-

tive duty soldiers, mostly from Fort Riley. Since the Army lacks a comparative program, the 190th ARW absorbs their interest in the flights. Hawaii, by far the most popular space A destination, has attracted an overwhelming number of active duty soldiers.

“I think a lot of it is economically driven,” explained Walsh. “People are seeking space A more than in the past, so it’s getting tighter.”

The highest priority for those competitive spots is “category one,” reserved for active duty military members who need emergency travel. Also, that category includes Medal of Honor recipients.

Available space has generally been advertised through an email list that, Walsh bemoans, has become very cumbersome. He has more than 1,000 contacts and that list is growing. After updating a call-in number (785.861.4558), he has constructed a Web site that is accessible through the 190th public site, to answer some of the more common questions facing potential space A travelers. He repeats advice daily: the cargo limit is two 70-pound bags per person, he can’t guarantee a hotel or transportation once you’re off the plane, it’s space *available* so you might not find a space A flight back. All this information is included on the Web site to make sure travelers know what to expect.

“There is a risk you might shell out \$1,000 to fly back commercially,” said Hinkle, who has witnessed many space A flights as a pilot.

Hinkle appreciates the work the small air terminal has done to streamline space A at Forbes Field. In fact, since the terminal has become Walsh’s full-time responsibility, pilots have fewer distractions in flying and schedul-

ing. They can make a conscious effort to maximize space A.

“Now it’s not just an ‘additional’, additional duty for me,” said Hinkle. “The program has improved by light years.”

Both Hinkle and Walsh emphasize the difference between the Forbes Field terminal and active duty, which has more manning and location variety. “There is a misconception this is an AMC terminal facility. We don’t have flights every day. We don’t go anywhere regularly,” Walsh clarified. “I only track space A on our aircraft - that’s the only thing flying through here.”

Larger terminals maintain a constant flow of aircraft to various destinations, which is advantageous to retirees who have the time and resources to make space A a hobby. When those retirees enter the Forbes Field terminal, they might wait a week until the next available flight. Walsh said he tries to correct those misconceptions, which he suspects come from years of active duty experience. He doesn’t mind accommodating them, however, because space A is a privilege they have earned.

To access the public Space A site, visit www.190arw.ang.af.mil and click on “Space A travel” under the right-hand featured links tab.



The sun rises over the beach at Bellows Air Force Station in Hawaii. There have been dozens of space A trips to Hawaii from Forbes Field over the last two years.

(photo by Staff Sgt. Emily F. Alley)

Friends of Forbes; new program to curb DUIs —

By Staff Sgt. Emily F. Alley

190th Public Affairs office

This winter, it will be a long, cold walk from the front gate to your office, and it's one Staff Sgt. Stacy Whitlock doesn't want.

Several members of the 190th have been charged with DUIs over the last few months, an offense that can lead to a loss of driving privileges on base. "In the winter months, I don't want to be stuck walking," said Whitlock.

As president of the First Five Counsel, Whitlock has worked for several years on drunk driving programs. She has combined efforts with several organizations, including the Top Three Counsel.

Whitlock started by researching DUI programs from other bases. She was most inspired by McConnell. During Airman Leadership School, she noticed cards that were handed out at the front gate to promote cab rides home. They entitled the bearer to one free ride.

"It was like a get out of jail free card. No questions, they'll come pick you up."

McConnell's program inspired an initiative called Friends of Forbes, which leaves unit members one phone call away from a free cab ride home if they find themselves in a potentially troublesome situation.

"861-HOME. Catchy," she recites.

That is the number to the 190th ARW Command Post, which will then call a cab to take that member home. The Command Post will charge the cab fare to the unit and keep track of program usage. Although they ask for a name to validate the rider is a unit member, they do not record anything besides the number of calls.

Eventually, she and Senior Master Sgt. Robert Bolin, president of the Top Three Counsel, would like to focus on the number of DUI saves, instead of DUI charges. Some day, they suggest the sign at the front of the gate may read both.

Whitlock suggests emphasizing the number of saves, "Like, maybe we had one DUI, but we had nine DUI saves."

In the past, volunteers were available as designated drivers. Although the First

Five Counsel appreciated all the work of volunteers, many of whom were senior personnel, there was a reason some unit members may prefer a cab instead.

"No one wants to call their group commander and say, 'come pick me up!'" said Whitlock.

Although volunteers are still welcome, other support for the DUI program is possible. Friends of Forbes plans to create maps of bars and restaurants within walking distance of hotels. They also work entirely on donations, which is why the program is currently limited to Topeka.

There are many reasons why a DUI can be devastating to a career - losing your security clearance, thousands of dollars in fines and fees, and the privilege of driving on base. Whitlock hopes the new program will make the decision even clearer for Airmen.

In addition to safe ride options, Friends of Forbes also informs. They have drunk driving statistics and are planning videos, skits, speakers and a presentation on the stages of inebriation.

Operation Kids Camp fun for all

By Mr. Dan Fox

190th Civil Engineering Squadron

"Kids Camp Idol," M-16 simulators, massive inflatable climbing pyramid and obstacle courses, a disc jockey

party, "Human Sundaes," bowling and swimming are just some of the activities experienced at the 2009 Operation Kids Camp. In addition, there were paint ball and archery ranges, fire trucks, drug dogs, pizza and more.

The Kansas National Guard's Operation Kids Camp was held July 6-10. Approximately 120 kids from around the state converged on Salina for a week of jam-packed fun and made memories that will last a lifetime. Those of you in the past that have attended

know what I'm talking about.

Unfortunately, only six children from the 190th attended this year's event. That is one-half of one percent of the campers.

The good news is that there will be another camp next summer for children ages 8-12, and it promises to be bigger and better than ever.

To be eligible to attend, a child needs to have a parent or sibling associated with the military. Let's do a better job representing the 190th at next year's camp.

In addition to campers, a wide variety of support staff is always needed. This summer, one member and seven young people associated with the 190th volunteered for the camp. You might be amazed how good it feels to support these kids whose parents may be deployed for long absences.



Dan Fox (far left) and the campers and volunteers from the 190th Air Refueling Wing at the 2009 Operation Kids Camp.
(photo submitted)

—Portrait of an Airman

Senior Airman Olivia Kennedy



humanitarian assistance to some of the smaller villages. It was an exciting and rewarding experience.

Organization: 190th MDG

Job Title: Industrial Hygiene Technician

Main Responsibilities: Performing gas mask and respirator fits tests and conducting industrial hygiene shop surveys.

Civilian Career: I am a full-time technician with Bioenvironmental Engineering.

Education: Associates in Science.

Military Experience: Four and a half years.

Hobbies & Activities: Spending time with my husband and son, pretty much any outdoor activities, and running whenever I get the chance.

Goals & Ambitions: To complete my Bachelor's in Biochemistry. Would eventually like to commission as an officer.

Most Memorable 190th Moment: While working as an optometry technician we deployed to Armenia to provide

Answering our nation's call

By Lt. Col. Tony DeJesus

190th Maintenance Group Deputy Commander



By the time you read this article, many citizen-Airmen of the 190th Air Refueling Wing will have once again deployed to serve our country at an overseas location supporting the Global War on Terrorism.

Responding to the needs of our nation is not new to the National Guard. As a matter of fact, the National Guard is the oldest institution of the armed forces. For 373 years, the Guard has been in existence, protecting our colonies and states.

It was in 1636 the Massachusetts Bay Colony formed three regiments responding to threats from Native Americans. These three regiments still exist in some form or another in the Massachusetts National Guard 19 generations later.

The Air Force and the Air National

Guard will celebrate their 62nd birthday this month. It was Sept. 18, 1947, when the Air Force officially separated from the Army and formed as a separate branch of the military. The ANG has units in all 50 states, as well as the District of Columbia, Guam, Puerto Rico and the Virgin Islands.

As commanders, we appreciate and understand the sacrifices that are made when a member is tasked to deploy, supporting either our federal or state mission. We also need to make sure to thank civilian employers for their support when our nation calls us to duty.

America has relied on the National Guard to defend our soil from foreign enemies and respond to domestic threats. The events of Sept. 11, 2001, have drastically changed the way the National Guard is looked upon as a service. The model of a Guard member serving once a month and two weeks each year has long been replaced. We are an oper-

ational, all-volunteer force supporting the Global War on Terrorism and also responding to floods, fires, hurricanes and other domestic emergencies.

We serve with more than 450,000 other Army and Air Guard members from 54 states and territories. We are the 19th generation that is comprised of citizen Soldiers and Airmen that have raised their hand and volunteered to deploy, protecting and serving when our nation calls.



190th Airmen of the Quarter ~ 2nd quarter 2009

Airman Category: SrA Jeremiah Kvas

NCO Category: SSgt Cody Criqui

SNCO Category: SMSgt James Peterson

For Your Information

Officer Promotions

Col

Joel K. Darbro, OG



Maj

Bret A. Ulrich, CF
James L. Wehrli, HQ



Enlisted Promotions

SrA

Nicholas S. Johnson, MXS
Melinda O. Griffith, MSF



SSgt

Megan A. Hossain, AMXS
Colby A. Knox, MXS



MSgt

Robert W. Crain, MXS



Enlistments/Appointments

A1C Megan L. Touchton, LRS

Enlistment Date: 09 Jul 09

A1C Joshua M. Nixon, LRS

Enlistment Date: 17 Jul 09

A1C Aubree M. Weathers, LRS

Enlistment Date: 21 Jul 09

AB Jeni D. Douglas, MDG

Enlistment Date: 17 Jul 09

Retirements

Lt Col Brian Becker, 117 ARS

Retirement Date: 06 Jun 09

Lt Col William Hendricks, 117 ARS

Retirement Date: 31 Mar 09

190 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 Sept. 13, 2009.

Officer Package consists of:

- Resume
- College transcripts
- 3 letters of character reference
- Record rip (if currently in military)
- DD 214 or NGB 22 (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
timothy.stevens.1@ang.af.mil if
you have questions.

Boom Operators Wanted

The 117th Air Refueling Squadron is currently taking applications for traditional boom operator positions.

Applications can be acquired by contacting CMSgt Treinen at (785)861-4559 or SMSgt Spurlock at (785)861-4640.

Applications must be returned to CMSgt Treinen or SMSgt Spurlock by 19 October 2009. Interviews will be held during the November 2009 UTA.

All applicants must have or be able to obtain the following.

- Top secret security clearance
- ASVAB general score of 55
- Class "C" Flight Physical

There will be a Commander's Call at 0930 in Hangar 662 on Saturday, September 12. Friends and Family Day activities will follow. Family members are invited to attend.

Coyote Cafe September 21st Menu



Saturday, 12 Sept

Family Day - Chopped BBQ brisket, sliced pickles, baked beans, potato salad, potato chips, & assorted cookies.

Sunday, 13 Sept

Box Lunch

Hotel of the Month

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

Family Day: Saturday, Sept. 12, 2009

Civilian clothes authorized after 1030

Also, look for the Family Programs case lot sale the following drill!

Coyote Heritage



Col. Carl Boggs sees a new set of 190th recruits off to Lackland Air Force Base for basic training. Kansas Adjutant General Edward Fry is at the top of the stairs to welcome them to this new adventure.

For many years, the 190th had a support aircraft assigned to the unit. It was used for travel by Guardsmen from all over the state, but mostly by the adjutant general and other high-ranking military officials.

It was also used for the purpose shown, to get new recruits to basic training. This picture was taken sometime after the unit moved to Forbes Field, but we have accounts that earlier support aircraft, such as the C-47A, were also used to move recruits.

Recruiting in the late 60's wasn't all that difficult, as the Air National Guard was a very attractive alternative to being drafted for the war in Vietnam.



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



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Forbes Field (ANG)
Topeka, KS 66619-5370
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Retirees & Civilians: email coyotelog@kstopec.ang.af.mil
Please allow 2-3 months for updates to reflect on your log;**

To The Coyote Family of:

