



COYOTE LOG

Coyote Cafe open for business!

By Maj. Chris Hill

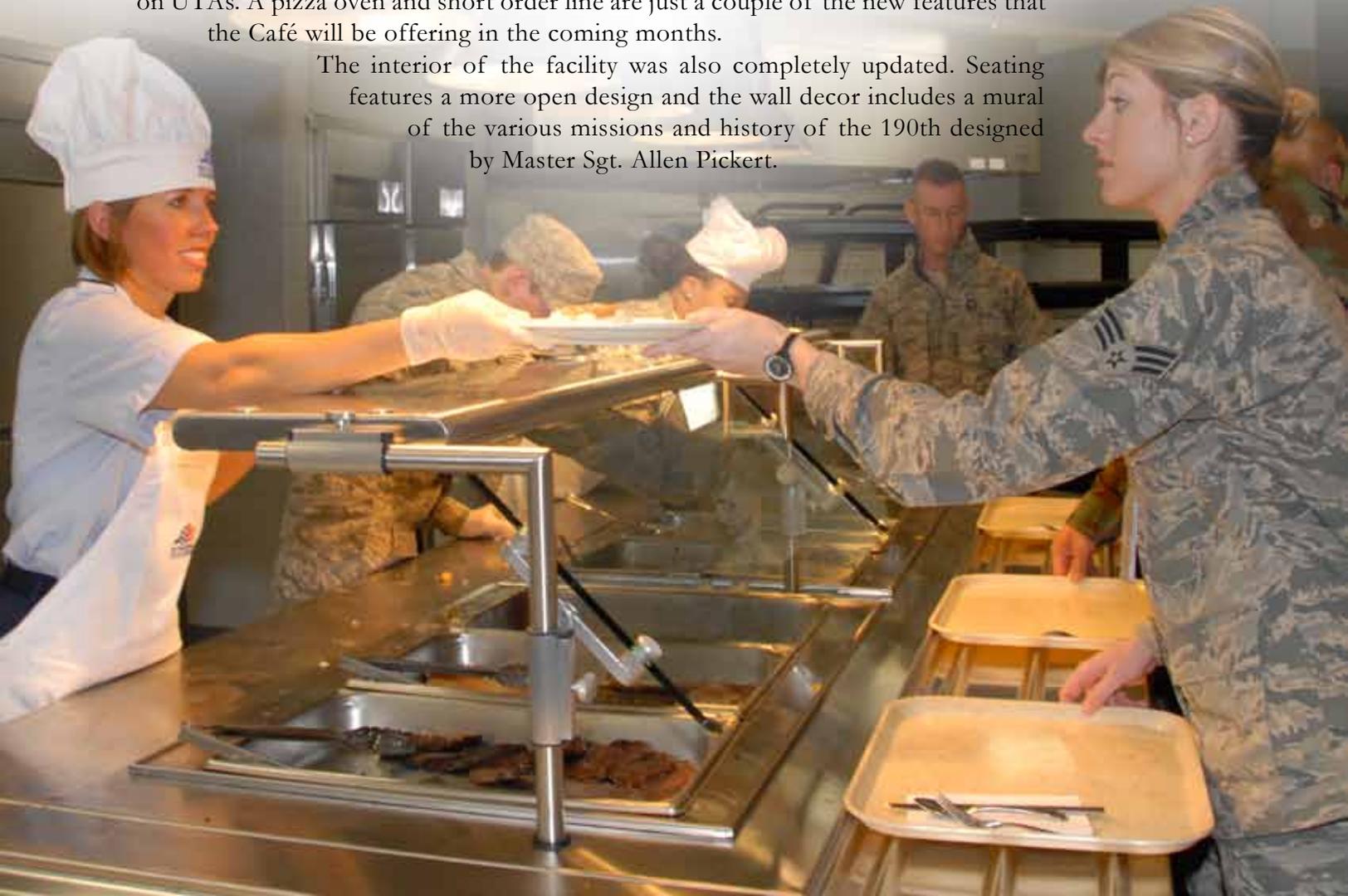
After a long hiatus from food service the 190th Services Sustainment Flight is once again in the food service business.

The newly renovated Coyote Café opened for its first meal in over 18 months on Saturday Nov. 6, 2010. The inaugural meal was the annual holiday meal consisting of prime rib, ham and turkey along with a variety of side dishes and salads.

“A great meal – I missed having the opportunity to see everyone on UTAs over lunch,” said Chief Master Sgt. Rick Meador, Wing First Sergeant. Others were also happy to have the base’s lunchtime location back up and running, “I have been looking forward to having lunch on base again – this meal was fantastic,” said Wing Historian Bill Gilliland.

One of the highlights of the newly renovated Coyote Café is the food service options that will be available on UTAs. A pizza oven and short order line are just a couple of the new features that the Café will be offering in the coming months.

The interior of the facility was also completely updated. Seating features a more open design and the wall decor includes a mural of the various missions and history of the 190th designed by Master Sgt. Allen Pickert.



—Thanks for a great 2010!

By Col Keith Lang

190th Wing Commander



Happy holidays! After a long and challenging year we are finally at a point where we can take a short sigh of relief! As you know, a short sigh is just about all the time we'll have before we start all over again in

2011. Before we get to that point I wanted to take a few minutes to reflect on the long list of accomplishments of this wing over the past 12 months.

The year began with the return of more than 150 Coyotes from their Air Expeditionary Force deployment to Incirlik Air Base, Turkey. While deployed, the 190th flew 138 combat support sorties comprising 393 flying hours and off-loaded more than 12 million pounds of fuel - a great testament to our Ops, Maintenance and Support personnel.

As our AEF deployers were returning home, our Civil Engineering Squadron was training in Guantanamo Bay, Cuba. What was supposed to have been a routine "summer camp" turned into a major deployment as our coyote engineers received word that they would be forward deployed to Haiti in response to the earthquake. According to our deployment managers, this is the first time the 190th has deployed personnel from an annual training to a contingency environment. Our Civil Engineers did outstanding work while in Haiti - setting up bed-down locations and EMEDS in support of the disaster relief. Our unit was the first civil engineering organization on the island

and we all should be proud of the work they did representing the 190th!

As Wing Commander I believe it is my job to ensure the health and welfare of this organization. I feel we made great progress in that direction through our multiple presentations on fitness this year - I truly believe that fitness is not just a means to passing the annual fitness test, but a lifestyle that we must all embrace in order to be healthy and ready to conduct the mission of the 190th Air Refueling Wing.

While the members of the 190th were busy getting themselves in shape, the base was also undergoing quite a workout! Early in 2010 there were six major construction, renovation and expansion projects underway, and a handful of smaller upgrades and remodels as well. While 2011 will be a tough year for those displaced by the construction projects, I believe it will be well worth a little inconvenience once these projects are complete. This base will be a showcase for the Air National Guard. The Squadron Operations facility along with Building 2005 will be the first buildings our guests see as they enter our front gate - these showcases along with the newly renovated Coyote Café, Fire Department and Civil Engineering are a testament to this base's long-term future. In addition to these outstanding new or newly remodeled facilities we should all be proud to be home of one of the largest hangars and longest runways in the Air National Guard!

This organization also continued to prove why it is known as the Standard of Excellence! The Maintenance Group brought home the Air

National Guard Maintenance Effectiveness Award - honoring them as the best Maintenance Organization in the Air National Guard! Our inspection results this past summer also proved The Standard of Excellence point as well. The Maintenance Group and Logistics Readiness Squadron scored outstanding ratings on the Logistics Compliance Assessment Program. The Wing as a whole was validated in its ability to conduct the mission and comply with regulations and instructions during the Air Mobility Command Compliance Inspection and Airfield Management received very high marks on their programs. These inspections are more than just a moment in time in terms of what the inspectors see - I firmly believe that the results are a true indication of the high level of professionalism of this Wing.

As we celebrate this holiday season, I want to personally thank the members of the 190th who have deployed, are currently deployed and those about to go. I would also be remiss to not thank the family members as well - due to their sacrifices and support we were able to maintain our focus this past year and the results have paid off. I have no doubt that 2011 will be an even better year for the 190th.

Pieschl receives Chief Thomas Barnes Award

By Tech. Sgt. Angela Brees

190th Public Affairs

Little did Senior Airman Dustin Pieschl know that when he graduated from Airman Leadership School in October, he would receive an award named after an Air Force legend.

Pieschl, 190th Maintenance Group, received the Chief Master Sgt. of the Air Force Thomas N. Barnes Award for assisting in the overall success of his ALS class. Pieschl had stayed after mandatory study sessions to help his classmates. He also ran with slower runners during PT to make sure they did well.

"The award itself, that doesn't make a good leader," said Pieschl. "What it gives you

is confidence since someone else has looked at you and seen qualities of a good leader."

Tech. Sgt. Norman Foster, hydraulics craftsman and Pieschl's supervisor thought the award was well deserved. "I think it's quite fitting."

"He has a great attitude, steps up, and makes sure things get done," added Foster.

The award is named for retired Chief Master Sergeant of the Air Force Thomas N. Barnes. Barnes was the fourth to serve in that position and the first and only African American in the position. Several of his policies on professional military education are still in place today, more than 30 years after their creation.

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On the cover:

The Coyote Cafe officially opened its doors for food service on Saturday Nov. 6. The holiday meal was enjoyed by over 500 190th and JFHQ personnel. (photo by Tech. Sgt. Mandy Johnson)

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Yellow ribbon event included Air and Army

By Tech. Sgt. Emily Alley
190th Public Affairs

Public speaking is one of the most common phobias in the world, but on the Thursday before November's drill several speakers spent the day addressing a roomful of deployers - several of whom happened to be armed.

"That's how you speed up briefings!" joked Master Sgt. Brett Higinbotham, from security forces, who carried a handgun as part of his duties while attending the training.

No one was harmed, however, and attendees seemed pleased with the Yellow Ribbon training, which is mandatory pre and post deployment training for Guardsmen. Speakers often come from finance, legal and chaplains' offices as well as general services such as the psychological health, finance advisors, health care and Military OneSource.

Buddy Mason, husband of Security Forces Squadron commander Capt. Wendi Mason, found the training helpful. He has never been in the military, but it seemed, he said, to make the deployment more real. Rather than a date on the calendar, his family accepts it as

an event.

"It's a reality check," said Mason, "It was what we need to hear."

The training was also practical. The Masons updated a will that was about 10 years old. Buddy Mason also thought the Tricare speaker was helpful, since the family will be changing their health care. He also appreciated the chaplains' office, which spoke about the value of communication during deployment-suggesting people should make the most of the time they do have to speak.

The deployment will be a unique experience for both of them.

"Wendi deployed before I met her, during the Gulf War," described Buddy Mason. "Of course, back then she wasn't married with kids."

"I was a college student," recalled Captain Mason, who said that now she has a larger family to worry about.

As one Airman offered in a feedback form, "Are there any resources for pet care while deployed? For some, pets are their family."

As a result of this event 190th members are now aware of the options members have for their pets during their deployment.

Capt. Penny



The Army's here!

Col. Keith Lang welcomed Soldiers along with 190th Airmen to the Yellow Ribbon event.

(Photo by Tech. Sgt. Emily F. Alley)

Jamvold, who coordinated the event, was pleased with the turn out. She received excellent feedback from attendees, who felt it was a good experience.

Captain Mason appreciates the unique challenges for single Airmen. One of her younger Airmen brought her parents to the Yellow Ribbon training.

"Her parents, for them, meeting me put them at ease about her going," Captain Mason recalled. "As a commander, it's nice to have the family members of your deployers get the same information you get and to meet them."

Security forces' Yellow Ribbon event was open to any deployers on the base - even a soldier from an Army reserve unit in Gardener, Sgt. Brandon Williams, attended. Since the training is joint, similar in both the Army and Air Force, he chose the 190th's event rather than his own unit's because the timing was more convenient.

190th Wing Commander Col. Keith Lang welcomed the Soldier along with the other deployers.

"You're deploying more often, which means we have to do more for you," said Lang.



Service with a smile

Capt. Penny Jamvold and Ms. Mary Nesbitt, state family programs director, welcome deployers to the 190th SFS Yellow Ribbon Event.

(Photo by Tech. Sgt. Emily F. Alley)

Coyotes exercise ATSO during Nov UTA

By Tech. Sgt. Emily Alley

190th Public Affairs

During November's four-day drill, the wing worked through several exercises.

In addition to what Lt. Col. Fran Oleen described as a mini Operational Readiness Exercise, the base also conducted an aircraft generation exercise.

"It was the first time for several of the members on the alert team to experience an aircraft generation and they all performed exceptionally well," concluded 1st Lt. Steven Stonestreet, from Maintenance.

Oleen found a similar experience as she managed the Emergency Operations Center (EOC) in the earlier

exercise.

Several members of the EOC were new this time. "A lot of junior Airmen did a good job," described Oleen.

She commended the mobility barn personnel for working under additional pressure from demands for chemical suits, while they conducted their own training.

Training, however, should be thought of as an opportunity to improve.

"No one is grading you, timing you putting on your gas mask. It's practice," she described. "Learn. Do better next time."



When should you seek professional help?

By Denise Winton

190th Family Readiness

Part of being a resilient person, family and military member is knowing when to seek professional help.

Sometimes our problems are more than we alone can or should cope with. Maybe you are dealing with a serious crisis or you're having trouble accomplishing the goals that are important to you in your life. You have realized that you are feeling too sad, too down, for too long – and are possibly depressed. Perhaps things just aren't going right for you - you're dealing with the illness or death of a loved one. Prolonged unemployment, substance abuse -- the bottom line is that unfortunately there are no shortages of problems in life.

Maybe you've talked with friends about your problems and you have read some books and tried some remedies – but so far your issues remain unresolved and are still troubling you. You start thinking that you may need professional help. The first thing to understand is that there is no shame in seeking professional help for your problems. If you were physically ill, would you hesitate to get help from a doctor?

EVERYBODY'S GOT PROBLEMS

When these problems become serious or overwhelming or too distressing, it's time to seek professional help.

Just acknowledging that your problem; or problems are bigger than you – more than you can cope with successfully on your own, is the first step towards healthy functioning. You're attempting to view things realistically and constructively – that is with a view towards helping yourself towards a successful resolution.

Congratulations for taking such a positive step, a very important, constructive step and the beginning of turning things around for yourself. So where do you go next?

OUR RESOURCES

Being part of the military family affords you many opportunities your friends and neighbors don't have. In addition, being part of the military family we sometime have issues that are unique. Because of that we also have resources just for us and our families. When you're ready to reach out, the Airmen and Family Readiness Office (located in building 2005 room A100, phone 785-861-4940 or email denise.winton@ang.af.mil) stands prepared to guide you to the proper resources available to you and your family. The military has provided these professionals with the required certifications to assist you. They are well aware of the challenges to military life.

Life is challenging - sometime too challenging. The good news is we have resources and you know where to go to get started.

October case lot sale earns big

By Tech. Sgt. Angela Brees
190th Public Affairs

Hangar 662 underwent a transformation Saturday, Oct. 17, to become a grocery store ... for one day at least.

All day Saturday of the October Unit Training Assembly, wing members and their families trickled in and out of the hangar to peruse the offerings courtesy of the Fort Leavenworth Commissary.

Fenced in by aircraft maintenance ramps, tool boxes and firefighting equipment, the pallet rows of cereal, canned goods, detergent and boxed food filled a portion of the hangar floor.

The mobile grocery store even came complete with shopping carts and bag-

gers, many of the baggers being the children of wing members.

Master Sgt. Bradley Herron, 190th Civil Engineering Squadron, spent more than \$100 at the makeshift grocery store.

"It's like going to Costco but inside a hangar," he said. "I noticed a lot of Thanksgiving stuff, a lot of toiletries. It worked out pretty nicely."

This is third year that the Leavenworth Commissary has traveled to Forbes Field to open up shop.

"We have members all over the geographic region, so it's not convenient for some to go hundreds of miles to use the commissary," said Denise Winton, 190th Airman and Family Readiness



program manager and organizer of the event. "Use of a commissary is one benefit of a Guardsman that doesn't travel with you. But this program allows us to bring that benefit to them."

About 247 people went through the checkout line Saturday, spending \$18,144.96 in one day.

Some advice to keep you on target

By Lt. Col. Brian Riniker
190th Inspector General



Here are a few things I've learned that have kept me on the right track in life; hopefully this advice can help you stay on the right track as well.

-Keep sane, you only get one mind, and it has to last your entire life. Hang out with people you respect, not with just whoever is handy. If the people you respect give you advice, listen, as they are trying to help you. It also helps to have some friends that are from diversified backgrounds. Thus, you will have advisors with a variety of skills and experience to draw from.

-Keep in shape, you only get one body, and it has to last you for your entire life. Unfortunately, it isn't guaranteed. So treat it right and your chances of keeping it going are greatly improved. Eat healthy, exercise and use common safety sense.

-Keep adapting to new environments. Remember the dinosaurs? They didn't adapt, and you saw what happened to them. The world, your relationships, your job and everything else will always change. Adapting is often controlling some aspects of the changes, instead of letting the changes control you. In other words, adapt to the new environment, or say hi to T-Rex.

-Keep learning. Always try to learn new things all the time, this is critical to adapting. Your brain is like a muscle, work it or lose it.

-Keep healthy relationships. Over time a relationship changes due to the environment around both of you. You both must adapt if you want the relationship to be healthy.

-Keep a healthy financial outlook. Here is the great secret: live within your means, keep track of your money, have a financial plan and try to keep out of debt. Enhance your career options by achieving an education, accreditations and having a reputation for doing your job well. Avoid debt and always save for a rainy day, because it will eventually rain.

Remember good luck is often made by you, not by random chance. Create your own luck by keeping yourself sane, healthy, adaptable, knowledgeable, loved and financially stable. If you need help or advice to stay on track, or you need to seek help, there are options on base. They are your guard peers, first sergeants, supervisors, chain of command and the help agencies such as Family Programs, Chaplain, Equal Opportunity, Sexual Assault Prevention and Response, Legal Office and Inspector General. Any of the help agencies or your chain of command can help you.

If they cannot, they can at least refer you to those who can. Remember, you're a valued member of the unit, and we desire to keep you.

—Portrait of an Airman

Airman 1st Class Jacob McCaffrey

Organization: 190th Maintenance Operations Flight

Job Title: Personalist

Main Responsibilities: Advise people on military programs and personnel issues. Perform personnel actions and oversee personnel functions.

Education: Working toward a degree in education with an emphasis in history.

Military Experience: I have been a traditional guardsmen in the unit for a little over 2 years.

Hobbies/Activities: Spending time with family and friends, watching and playing sports, also listening to music.

Goals/Ambitions: Continue to pursue my degree in education, and the military side, just continuing to do the best and make myself promotable through Professional Military Education and continue to be a member in the 190th.

Most Memorable Moments: Going to UTAs and continuing to learn and grow with the unit. Looking forward to my first deployment in the near future.



(Photo by Master Sgt. Allen Pickert)

—Recycling program successful at the 190th

By Tech. Sgt. Emily Alley
190th Public Affairs

Each year, the 190th makes about \$3,000 from recycling in addition to reusing paper, metal and cardboard that would otherwise have landed in the trash.

Sr. Airman Jarrod Brunkow, the new environmental officer selectee, is building a new base recycling program.

A recycling program has been in place for years, but Brunkow is helping to restructure it using examples and guidance from other successful wings.

Recycling has already begun to benefit the 190th by simply reducing the amount of money spent on trash. In the Maintenance Squadron, old crushed oil filters used to cost the base \$1,500 per ton in disposal costs. Now the wing makes \$50 by recycling the filters.

"It's not just about how much

money you generate," considered Brunkow. "It's how much you can save."

On base, he explained, dumpsters consume 66 yards of physical space. That amount could be cut by one third.

Base recycling affects the local community. A local battery store collects our used batteries and another business recycles our waste paper. The company used to receive raw materials from Oregon but they now save money by working with the 190th.

Brunkow has studied the programs used by other units, such as the 131st Bomb Wing at Whiteman Air Force Base, Mo. which are self-sustaining. He describes it as a role model, more than a goal, to be able to take the money from recycling and apply it to projects on the base.

Half of the money made from recycling will be used for sustaining the program. The other half, similar to the recycling program in place before Brunkow, will be used for recreational

projects. He suggests lighting for the base jogging trail, more fitness equipment and perhaps a racquetball court. Any project would be labeled with a plaque to remind everyone who uses it that recycling funded it.

"Don't think of it as an extra chore," explains Brunkow. "It's a value-adding asset."

Some wings, he's found, have made enough money from recycling that they are able to hire personnel with the full-time job of managing recycling.

To grow the program, Brunkow suggests making recycling not just a priority at work, but also at home. He would like to make recycling available at the base - people could bring cans or paper from home. Another avenue for base recycling came from the newly refurbished Coyote Cafe. Parts from old equipment were recycled when they were removed, said Senior Master Sgt. Mike Akers.



For Your Information

Promotions

SrA

Mitchell L. Powledge, OSF



MSGT

Mark A. Peterson, SFS



Capt

Summer H. Schwindt, MDG



Wear it or Walk!

Please wear your seat belts at all times! It is not only an Air Force and DOD directive – it's Kansas law.



First Sergeant Vacancy Medical Group

Submit application packet to Chief Master Sgt Ivan Perez (FSS) on behalf of CCM Saunders by COB 20 Dec. 2010.

Application package must include a current RIP, resume and cover letter. Applicants must have a passing fitness assessment and have a 41 administrative or 62 general ASVAB score.

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



NO UTA IN DECEMBER!

No December UTA!!

See you on January 8th!

190th ARW Holiday Party:

Cash Bar, Hors d'oeuvres, DJ
Saturday January 8 ~ 6-11 pm
Topeka Performing Arts Center
Contact Family Programs to purchase tickets (\$5.00 each)

Appointments/Enlistments

AB Cole D. Frederick, SF
Enlistment/Assignment Date: 15 Oct 2010

A1C Levi A. Sack, SF
Enlistment/Assignment Date: 14 Oct 2010

A1C Andrea R. Lopez, MDG
Enlistment/Assignment Date: 15 Oct 2010

A1C Lisa M Wagner, FSS
Enlistment/Assignment Date: 30 Sep 2010

A1C Lyle E. Johnson, CES
Enlistment/Assignment Date: 19 Sep 2010

SSgt Joseph D. Bogie, MDG
Enlistment/Assignment Date: 15 Sep 2010

SSgt Alyshia C. Leisure, CF
Enlistment/Assignment Date: 1 Sep 2010

AB Jacob A. Masters, MXS
Enlistment/Assignment Date: 31 Aug 2010

CMSgt Danny R. Walker, JFHQ
Enlistment/Assignment Date: 1 Oct 2010

Capt Summer H. Schwindt, MDG
Enlistment/Assignment Date: 1 Oct 2010

Maj Kevin W. Hopkins, Wing HQ
Enlistment/Assignment Date: 1 Oct 2010

Retirements

CMSgt Les Money
Retirement Date: August 15, 2010

Lt Col Joe Knowles
Retirement Date: August 31, 2010

CMSgt Phil Mahan
Retirement Date: September 12, 2010

TSgt Patrick Weissbeck
Retirement Date: September 19, 2010

SMSgt Gary Cox
Retirement Date: October 1, 2010

Col Kerry Taylor
Retirement Date: October 1, 2010

MSgt Steve Tremblay
Retirement Date: October 1, 2010

SMSgt Gary Cox
Retirement Date: October 1, 2010

SSgt Lea Horton
Retirement Date: October 1, 2010

TSgt Sandy Foster
Retirement Date: November 11, 2010

SSgt Greg Bates
Retirement Date: December 2, 2010



Dining Facility Schedule

The following list is the Dining Facility meal schedule for units assigned to the 190th ARW & JFHQ:

1100 - Wing HQ, SFS, MSG

1120 - MXG(A), JFHQ

1140 - LRS, FSS

1200 - MXG(B), MDG

1240 - OG, WF

Hotel of the Month

Singles - Capitol Plaza

Singles pay - Ramada Inn

Doubles - Holidome/Comfort Inn

Friday night - Hyatt Place

All reservation requests must be submitted to FSS by 1000 on Saturday of the UTA.

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 190arw.pa@ang.af.mil.

Another reason to be a member of the Kansas Air Guard Credit Union ...

Congratulations to Olivia Handley - she was awarded our \$500 Fall Scholarship!

Applications are available in the credit union or online at ksagcu.com. To apply you must be a credit union member in good standing - applications for the Spring Scholarship are due January 15, 2011.

Application package includes the application form, letters of recommendation and an essay written by the student.



It's easy to set up an allotment or direct deposit - Routing #301179753. A \$50 balance is required to earn a dividend and every June you'll earn a BONUS dividend!

Kansas Air Guard Credit Union

5920 SE Coyote Drive | Forbes Field ANGB, Bldg 662
Topeka, KS 66619

Phone: 785-861-4093 | Fax: 785-861-4096

ksagcu@yahoo.com | www.ksagcu.com

Have a safe holiday season!



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Retirees & Civilians: email 190ARW.PA.CoyoteLog@
ang.af.mil. Please allow 2-3 months for updates to
reflect on your log.**

To The Coyote Family of:

