

THE

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Air Force Outstanding Unit

2011 Distinguished Flying Unit



COYOTE LOG

Volunteer opportunities to serve

By Chief Master Sgt. Brian Saunders

190th Command Chief Master Sergeant

It is in our very nature to volunteer, most of us volunteered to serve our country by raising our right hand and repeating the oath. No one forced us; we took the initiative on our own.

As "Minutemen" serving in the Air National Guard, we are required to drop whatever we are doing to serve others at a moment's notice. Our service has direct benefits to our bank accounts through pay and retirement. There are however, opportunities to volunteer within our community on behalf of the Air National Guard that have non-monetary benefits.

Volunteering your time, money, talents and skills, whether in or out of uniform, will portray to the public the type of people we are in the Air National Guard.

The following are just a few of the volunteer opportunities available to you.

Habitat for Humanity - Use your skills in home repair to help those who do not have the means to do so themselves. www.habitat.org

Church - Most churches have volunteer opportunities already established.

Recruiting - Volunteer your time to work with our 190th recruiters by helping or speaking at functions in the community. Contact Master Sgt. Pam Lewis. Pamela.lewis@ang.af.mil

Department of VA - The VA has an ongoing need for transportation of veterans to and from doctor appointments. www.volunteer.va.gov

Junior Achievement - Help empower young people to own their own economic success. www.Kansasja.org

Local school system - Read to children at your local school.

Donations of clothing and money - There are many local organizations that feed a growing number of people through donations of food. www.Harvesters.org

Coaching - What a great way for someone who likes sports to volunteer.

Bikers for Babies - Have fun riding your motorcycle and raise money for the little ones in need. www.bikersforbabies.org

Airman and Family Programs - Contact Adrienne Dickey

for upcoming opportunities here at Forbes.

Create your own volunteer activity that complements your interests. I recently spoke with Airman 1st Class Steven Sweeny in Civil Engineering who has an interest in skateboarding. He is organizing an effort to rebuild a skateboard park in Lawrence.

You might hesitate to volunteer because of the time that it takes away from your family. The solution to this is to involve your family in your volunteer activities. Take your family with you. In doing so, you will instill in them the endearing quality of volunteering.

Never be critical of the amount of time or money that you have to spend on volunteering. Even the smallest amount of effort will make a difference.



Are you a “good value?”

By Lt. Col. David Williams

Commander, 190th Aircraft Maintenance Squadron



Are You a “Good Value?”

When we as the Air National Guard get the opportunity to deploy, we invariably are compared to our active duty counterparts concerning what we bring to the fight. In today’s world of dwindling fiscal resources, getting a “good value” is just as important in what we do as it is in the corporate or government world.

Here are some facts, courtesy of the Director of the Air National Guard, that highlight why we should be proud to be the “best value” there is in military effectiveness:

We are 35 percent of U.S. Air Force capabilities for 6 percent of the budget.

A reserve component retirement costs 10 percent of an active duty retirement.

An average of 30 percent of all deployed Air Force aircraft are filled by ANG units.

Due to dual use airfields and community basing, \$4 million in taxpayer money gains \$12 billion in airfield facilities.

The ANG operates 90 percent of the U.S. air defense alert sites.

The director isn’t the only one noticing our value to the nation. Here are some quotes from others on what we bring to the table though our efficiency and ability:

“... We find that the total amount budgeted is approximately \$51,000 for each reserve component reserve member and \$223,000 for each active component service member.”- Office of the Under Secretary of Defense (Comptroller).

“When ... personnel appropriations are compared, it is striking to note that Air Reserve Component members use about 14 percent of appropriated

personnel funds, but perform over half of all Air Force missions.”- The Heritage Foundation.

Many of you may be asking why this information is important to the individual member of the 190th. All of these facts are related to value and effectiveness and were not developed overnight. It took many years of training, effort and experience to become the model of efficiency that the Guard often is.

The way you do your duty both here

and while deployed has a direct impact on the future viability and success of the Air National Guard. Without

quality units in the Guard, none of the information cited in this article can be maintained. The current members of the 190th and every other Guard unit inherited units that were developed by a long line of predecessors that believed in the Guard way of business.

Remember, as members of the Air Guard, we can’t individually control how much we get funded, but each one of us has a direct role in maintaining the historical effectiveness and value that the ANG brings to the table.

With the shift of missions and the

“The Guard is the best value going, and we should strive to remain that way in the future.”

reduction of aircraft and resources in the military, every member of the 190th should be willing and prepared to not only maintain efficiency and flexibility, but to share the story of what we can do. The Guard is the best value going, and we should strive to remain that way in the future.

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On the cover:

Master Sgt. Doug Hickman of the Communications Flight competes in the Tough Mudder in Colorado in 2011. The event challenged the physical endurance of the competitors while raising money for the Wounded Warrior Project.

(photo by Master Sgt. Allen Pickert)

(graphic design by Staff Sgt. Jake Meyer)

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190 LRS Officer Vacancy



The 190th Logistics Readiness Squadron has a traditional Logistics Readiness Officer position open to O-1 through O-4 and enlisted members eligible for commissioning. If you are interested, submit your package to Maj. Mike Robinson by COB May 1, 2012.

Officer Package consists of:

- Resume with cover letter
- AFOQT Scores
- Last OPR (if applicable)
- Current passing fitness assessment
- Current RIP

Operation Kids Camp needs you

By Tech. Sgt. Angela Brees
190th Public Affairs

Love camping? How about water parks and bowling? If so, now is your chance to sign up as a volunteer for Operation Kids Camp in Salina, Kan., July 9-13.

Daniel Fox, the 190th Air Refueling Wing's environmental compliance coordinator, is the camp's first sergeant and is looking for volunteers to serve as squad leaders and help with safety and security, logistics, administrative and medical duties. The kids age from 8-12 years old and are the siblings and children of Kansas Army and Air National Guard members.

"Last year, over half the campers had someone deployed at the time of the camp," Fox said. "It gives those campers a chance to forget about their worries and just be a kid. Most volunteers are military or retired military and know what it is like leave family

members behind."

If you are worried about having to rough it for five days, you need not worry. Volunteers and the kids will be staying in the Nickell Hall dormitories at Kansas Army National Guard, Salina Airport – which are air conditioned of course! And your meals will be free. What you will need: sleeping bag, pillow, swim suits, and odds and ends to survive five days and four nights.

Activities will include two visits to water park, weapons simulators, bowling, a visit to the zoo and more.

The camp is a benefit to both serving members and the kids, Fox said.

"We become those kids' grandpa, grandma, mom or dad, big brother or sister during this time. It's an awesome



experience," he said. "It lets the kids know that the Guard is one big family, and someone is always there for them."

Sign-up runs from April to mid-May. For more information, contact Daniel Fox at Daniel.fox.1@ang.af.mil or Darcy Seitz at darcy.1.seitz.ctr@us.army.mil. Volunteers will undergo a background check. CPR training will be provided the first day of camp for those not currently qualified.

Smaller AF will concentrate on key capabilities

By Jim Garamone
American Forces Press Service

As the Air Force gets smaller in the years to come, it will have to emphasize the areas that will be the most relevant to defense, the Air Force chief of staff said recently.

General Norton A. Schwartz told the Defense Writers Group that as budgets drop, the Air Force must concentrate on four basic areas: control of air and space, global mobility, global surveillance and reconnaissance, and global strike.

"Those areas clearly remain relevant to the strategy that focuses on the Asia-Pacific and the (Persian) Gulf region," Schwartz said.

Because the service will be smaller, Air Force officials must encourage more versatility in the force structure that remains, entailing both surge requirements and overseas rotations. "That's part of the rationale for the adjustments in the force mix that we proposed in the (fiscal 2013) budget," the general said.

Operations and maintenance funding will become a key aspect of this smaller force, Schwartz said, and will become more important to maintain quality.

The Air Force is cutting some air mobility assets, but Schwartz said the service still can handle its mobility requirements. The Army and Marine Corps are cutting personnel, he noted, and that will carry a corresponding decline in mobility requirements. The most recent study showed the Air Force has had to transport 32.7 million ton-miles per day, Schwartz said.

"The analysis that we have done indicates the requirement given the new strategy formulation and force size that flows

from that is about 29.4 million ton-miles per day," he added.

Even with the cuts, the general said, the Air Force will have 275 large transport aircraft and 318 small-lift aircraft, representing about 30.5 million ton-miles of capability.

"We are comfortable that we have a level of capability that is suited to the force structure the new strategy envisions," he said.

Schwartz said he wants the active Air Force, Air National Guard and Air Force Reserve mix to be balanced "for the long haul." Ideally, he said, he wants a deployment rotation of one year deployed to two years at home station for active duty airmen and a 1-to-4 or greater ratio for reserve-component personnel.

"This is a question of trying to design the force for the long term in a way that active duty, Guard and Reserve can see themselves in these jobs for the long term," he said.

Though Air Force officials have made their recommendations, Schwartz said, Congress can block these changes -- especially those pertaining to Air National Guard units.

"If the Congress decides to not proceed with some or all of our recommendations, it is a zero-sum game," he said. "The thing I lose sleep over is getting some of this back to us saying, 'You can't do this, you can't do that, and I'm not going to give you the money, either.'"

That formula, he said, is the quickest way to get to a hollow force.

"As convincingly as (Air Force Secretary) Mike Donley and I can, we will do our best to make the case that if it's not what we've proposed, it needs to be something that's equivalent in terms of capability and cost," he said.

190th ARW Spring Military Formal



Medical Group earns 96% in HSI

By Tech. Sgt. Angela Brees
190th Public Affairs

The test came back positive: The 190th Medical Group earned a 96 percent on their recent Health Services Inspection.

“The results of the inspection represent months of planning, training and hard work by Medical Group personnel,” wrote 190th Air Refueling Wing Commander Col. Ron Krueger in a letter to the wing. “Thank you for your professionalism and positive attitudes throughout the inspection process, and congratulations for a job extremely well done.”

Four inspectors from the Air Force Inspection Agency spent the March unit training assembly reviewing programs and processes, with the mission of providing independent and timely assessments to senior leadership of the Air Force.

Colonel Gerald Wiest from Kirt-

land Air Force Base, New Mexico, led the four-person inspection team. During the in-brief Friday before the UTA, Wiest praised the mission of the Air National Guard and Air Force Reserve.

“It’s awesome to think about what you do. We expect so much from you. The same requirements as active duty, but you accomplish it in a lot shorter time frame,” Wiest said.

“Time management is always a challenge,” said Col. Janet Hanson, 190th Medical Group commander. “The medical team dedicated a lot of hours here and on their own time – that willingness is one of several keys to our success.”

The Medical Group spent the last 18 months preparing for the inspection, reviewing programs and resources and evaluating each section in detail.

“I knew going into the inspection that we had put our best effort forward,” Hanson said. “Our team did a

wonderful job, and it’s nice to have the inspection team validate that.”

Hanson is also grateful for the support given by the wing, from the wing commander to the plans team.

“It’s a Medical Group inspection, but it takes the effort of the whole wing to perform well.”



Volunteer to be physically fit

By Tech. Sgt. Emily Alley
190th Public Affairs

The idea behind volunteerism is to become closer to the people around you and, often, to challenge yourself to accomplish something new. With that in mind, the First Sergeants' Counsel is planning a team fitness challenge scheduled for the May UTA, to coincide with Family Day. The challenge is not a conventional volunteer opportunity, but Master Sgt. Shad England, 190th Maintenance Squadron, thinks the idea is the same.

"You're volunteering to go out and represent, compete and that's the whole concept behind the Spartan Race or the Tough Mudder. You walk away with your head held high knowing you achieved something," said England.

As a first sergeant, he is helping to plan the race, which is a modification of the Commander's Fitness Challenge. Previous challenges were structured off the annual fitness test, which included pushups, sit-ups and a run. Some participants found it bland. The first sergeants embraced suggestions to give the challenge variety, and they have designed five obstacles to break up the two-mile run.

"We're starting small," said England. "We're not building big, monstrous obstacles."

Each obstacle has a theme and a name, like the pig pen, which is a mud challenge. Other obstacles include a low crawl with simulated M-16 fire; a course called flipping burgers, where participants flip tires; an Unexploded Ordnance identification challenge,

which mentally tests participants; and finally a clear water rinse. England hinted that there may be additional surprises in the course.

The Warrior Dash is open to members of the 190th Air Refueling Wing and Airmen from Joint Forces Headquarters. Uniforms are optional, but members are encouraged to use their best judgment. Teams can be submitted to any first sergeant.

Technical Sgt. Ryan Miller, from Avionics, plans to try submitting a team from his shop. He's completed similar challenges in the past.

"Fitness is a priority," Miller said. "It's something to motivate myself toward."

The only thing that would stop him, he said, was a deployment.

Volunteer for achievement

By Tech. Sgt. Emily Alley
190th Public Affairs

Junior Achievement, which places positive role models in elementary schools, is looking for military members who can talk about their jobs and how they've become successful members of the National Guard.

"We want strong speakers, or people who are willing to learn," said Tech. Sgt. Glenn King, from the Logistics and Readiness Squadron, who took a moment to consider what it means to be a positive role model. "Our volunteers are positive and trustworthy, which encompasses a lot."

The program encourages children to think about how their education, the work they do in school, influences their future. Volunteers are given teaching aids, provided by Junior Achievement, which they can use when they can use. Junior Achievement provides their volunteers with lesson plans to use.

When she teaches third graders, for example, Airman 1st Class Laura Kendrick discusses how a city is designed and the differences between homes and factories. Later, she will teach about the concept of money and how monetary value is created. Some students may learn practical skills like how to balance a checkbook. By the eighth grade, students learn about job skills through activities like playing a manager who has to select a new hire. The students look at resumes and determine how to match required skills to qualifications.

King and Kendrick were chosen by Lt. Col. Chris Gnagi, who usually coordinates volunteer efforts, to replace him during a deployment.

"He needed help, some strong volunteers. We're happy to stand in his boots," said King. "We're focused on ownership, having a great relationship with those schools."

He and Kendrick represent the 190th Air Refueling Wing to two local Topeka schools in an effort to focus on the immediate community. They run classes for volunteers, in addition to teaching classes for kindergarteners through eighth graders. They stress, though, that Junior Achievement is just one of the opportunities for volunteers.

Please contact King or Kendrick to sign up or to learn more.

PACK reunion April 14, 15

Join us for the annual PACK (Past and Active Coyotes of Kansas) reunion April 14 and 15 and meet some of the actual people who took part in one of the most memorable moments in 190th history - the Desert Storm Homecoming.

Friday night is an informal get together at the Kansas Museum of History, starting at about 6 p.m., and Saturday is a more formal dinner at the Ramada Inn, also starting at 6 p.m. There will be a Hospitality Room at the Ramada from 2 to 4 p.m. on Friday and also from 9 a.m. to 2 p.m. Saturday.

For more information about PACK or to be placed on the mailing or email list, please contact Karen Morrow at (785) 267-3950 or mrandmsduh@cox.net, or Keith Fulton at (785) 862-5506 or keithteri@cox.net.

—Portrait of an Airman

Senior Airman Derek L. Wallisch

Organization: 190th Aircraft Maintenance Squadron

Job Title: KC-135 Crew Chief

Main Responsibilities: Learn about aircraft components & increase proficiency in the various inspections, ground handling & servicing of jets.

Military Experience: 2 years Air National Guard.

Civilian Career: College & small summer jobs.

Education: 2 years at Fort Hays State University.

Hobbies/Activities: Playing guitar, enjoying fishing and outdoor activities and spending time with my family, friends and fiancée.

Goals/Ambitions: Finish college and get a private pilots license.

Most Memorable 190th Moment: While on an orientation flight refueling the Thunder Birds, an inflight problem occurred with the other KC-135 which grounded us in Alabama. With the help of A1Cs Zach McGhee, Aaron Gardiner, and Alec Wroten, we serviced, refueled and inspected the aircraft and successfully brought both aircraft back to Kansas.

Achievements: Graduating basic & tech school and getting promoted to Senior Airman.



Beyond Family Care Plans

By Chief Master Sgt. Ivan Perez
190th Mission Support Group

Due to the fact that we must always be prepared to deploy, all Guard members with families are required to have a plan that ensures their family's needs are met during the Airman's absence.

It is the unit commander's and first sergeant's responsibility to make sure this is not an afterthought. They are required to counsel all personnel with dependents on family care responsibilities during in-processing and annually. They are tasked with the responsibility to guarantee single parents, dual military couples with family members and a member with a civilian spouse, who has a unique family situation, complete an AF Form 357, Family Care Certification.

The intent of the FCP is to guarantee a guardian has authorization to take action on any legal, medical, logistical, educational, monetary, and religious arrangement during the Airman's absence due to military duty.

Keep in mind, any time a Guard

member's family situation changes, they may need to update their Defense Enrollment Eligibility Reporting System (DEERS) information. This is something no one wants to worry about as they are preparing to deploy, or in a worst case situation, leave undone for the family to figure out.

Just as important as properly maintaining a FCP and keeping a dependent's ID current is confirming the accuracy of Service members' Group Life Insurance (SGLI) information, if applicable. Are our Airmen updating their beneficiary designations as they experience life changing events?

Unfortunately, it can become one of those minor life details which are easily overlooked as years goes by. However, military members need to understand a beneficiary designation will remain in effect until properly changed by the insured member.

Please note, state divorce decrees, separation agreements or other state or municipal court documents are NOT

binding on the determination of a beneficiary and CAN NOT effectively change an insured's beneficiary designation. Members should also verify the correctness of their coverage and premiums by reviewing their leave and earning statement. Please note if DEERS does not properly reflect a unit member's dependent status, it could cause a situation that may affect your SGLI premium and your pay.

The one person who can confirm the accuracy of their records the best is the member themselves. Please consider making the time to review your FCP, DEERS and SGLI annually.

There will be a ribbon cutting ceremony at the newly remodeled Squadron Operations Building on Saturday, April 14, at 1 p.m.

Lt. Col. Tim Stevens will be presented the Bronze Star immediately following the ribbon cutting ceremony.

Current and past Coyotes are invited to attend.

For Your Information

Enlisted Promotions

AIRMAN

Aaron W. Aschenbrenner, SFS



AIRMAN 1ST CLASS

Cody M. Stallbaumer, AMXS



SENIOR AIRMAN

Austin D. Lee, ARW



STAFF SERGEANT

Nathan S. Bryant, LRS



TECHNICAL SERGEANT

Glenn F. King, Jr., LRS



MASTER SERGEANT

Kelly E. Loftus, MDG



2ND LIEUTENANT

Daniel D. Arnold, Jr., JFHQ



CAPTAIN

Eric J. Tincher, LRS



B Gate open mornings during UTA

Just a reminder: The B Gate is open every Unit Training Assembly weekend from 6:30 a.m. to 7:30 a.m.

Church Services

All services are in building 662, third floor next to the Starbase classroom on Sundays of the UTA.

Protestant @ 8 a.m.

Church of Latter Day Saints @ 11 a.m.

Catholic confession @ 1:30 p.m.

Catholic mass @ 1:45 p.m.

Coyote Den website now live

Coyote Den just made shopping for 190th-branded gear a little easier.

Shop online and track your shipments through their new website at www.cswebstore.net/190coyote.

Expect to see new items added soon, such as coffee mugs, hats and more.

Appointments/Enlistments

AB Elena Burg, AMXS

Enlistment/Assignment Date: January 31

A1C John Haller, SFS

Enlistment/Assignment Date: February 6

SSGT Sean Patrick Ireland, 127th WF

Enlistment/Assignment Date: February 4

Distinguished Graduate

Technical Sgt. David Salinas, 190th Maintenance Group, completed the Small Arms Master Gunner course Feb. 17, 2012 at the top of the class, receiving the Distinguished Honor Graduate Award.



Outstanding Performers

Airman 1st Class Colby Swaim, 190th Maintenance Group, received Honor Graduate from Basic Military Training on Nov. 11, 2011, and the Fitness Excellence Award (Thunderbolt level) on Nov. 9, 2011.

Airman 1st Class Alec Wroten, 190th Aircraft Maintenance Squadron, scored 90 percent on his CDC.

Staff Sgt. John Gaber, 190th Aircraft Maintenance Squadron, scored 90 percent on his CDC.

Friends of Forbes Update

The Friends of Forbes program continues to be a success. Five DUIs were prevented in the month of February while having one DUI in February. Remember if you have had one or one too many call 861-HOME (4663) for a safe FREE ride home.

Don't forget anyone can make donations to the Friends of Forbes account at the KS Air Guard Credit Union. Help keep this program going strong for the safety of our Coyotes and the community.

Dining Facility Schedule

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

1030 - MXG (B)/MDG

1100 - CE/CF/WF

1130 - LRS, OG

1200 - MXG (A)/JFHQ

1230 - Wing HQ/SFS/MSG

Coyote Grill April 21st A Menu



Saturday, April 14

Pot roast, baked fish, brown gravy, steamed rice, oven-brown potatoes, green beans, breaded cauliflower, succotash, apple cobbler, brownies, grilled chicken, vegetables

Sunday, April 15

Teriyaki chicken, meat loaf, mushroom gravy, au gratin potatoes, wild rice, peas and carrots, corn, succotash, carrot cake, cookies, grilled fish, vegetables

STARBASE Summer Schedule

STARBASE is glad to announce that we have our summer academy schedule set for Summer 2012. The following are our four summer academies:

June 11-15 – STEM Career Academy

June 18-22 – Robotics Academy

July 9-13 – All about Flight Academy

July 16-20 – Traditional Academy

Students are eligible to attend STARBASE if they have completed the 4th grade and have not yet been in the 7th grade. Please visit the site: kansasstarbase.org to find the current release/permission form.

Coyote Heritage



Lt. Col. William F. "Buck" Lyle sits at the navigator's station during a mission in support of Operation Restore Hope. Always able to make lite of any situation, during roll call in Ops on UTA weekend, Buck kept everyone entertained.

Buck is one of the many heros in the 190th's history. Raised amongst the coal mines of West Virginia, he attended the Air Force Academy, and then became a navigator on B-52's flying into Vietnam. Finishing his tour there, he came to Kansas to study law, and found the 190th.

A judge in his civilian career, and serving as a traditional guardsman, he none the less devoted many hours to the unit. Always there when called, he rose thru the ranks to become commander of the 117th Air Refueling Squadron. He was instrumental in the 190th outstanding effort in support Operation Desert Shield/Storm.

Come meet Buck at this year's annual PACK meeting April 14 - 15 in Topeka. You won't be sorry.



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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**Moving? Don't forget to update your address:
Military Members: visit vMPF to update your address.
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:

