



COYOTE LOG

PULL OVER & PARK

Hit the road safely this summer

By the 190th Safety Office

190th Air Refueling Wing

(Note: this is the third part of a multi-edition feature on summer safety.)

Motor vehicle mishaps are a serious danger to our safety. In the Air Force, reckless behavior includes excessive speed, alcohol use, no seat belt use or extreme maneuvers (surfing, racing, etc.); in 2011, it was reported that 86 percent of fatality mishaps were attributable to these factors. It is this behavior that continues to be a threat to our Airmen.

Speed is involved in about one out of three fatal crashes, according to the National Highway Traffic Safety Administration. It is the third leading contributing factor to traffic crashes. But while injuries and fatalities due to other dangerous behaviors, such as driving while impaired and not wearing seatbelts, have been significantly reduced, speeding is still a challenge.

Drivers speed because:

- They're in a hurry.
- They're inattentive to their driving.
- They don't take traffic laws seriously; they don't think the laws apply to them.
- They don't view their driving behavior as dangerous.
- They don't expect to get caught.
- Some or all of the above.

Speeding results in:

- Lives lost – more than 13,000 each year.
- Work zone crashes and fatalities – speed was a factor in 27 percent of fatal crashes in construction and maintenance zones in 2005.
- Unsafe school zones – compliance with lower speed limits is poor.
- Economic costs – speed-related crashes cost society over \$40 billion annually, according to NHTSA. Every minute

“gained” by speeding to a destination costs U.S. society over \$76,000.

Aggressive driving is also of great concern. Most of us know it when we see it, but NHTSA, after discussions with law enforcement and the judiciary, defines aggressive driving as occurring when “an individual commits a combination of moving traffic offenses so as to endanger other persons or property.” Just don't do it. Take a breath. Slow down. It isn't worth your life and possible theirs.

Every 24 seconds there is a crash involving drivers using cell phones and texting. Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety.

These types of distractions include:

- Texting
- Using a cell phone or smart phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

Distractions can be broken into three main types:

- Manual: taking your hands off the wheel
- Visual: taking your eyes off the road
- Cognitive: taking your mind off driving

Because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction.

So as you head out on your summer vacation this year, remember to take your time – follow the posted speed limit and keep that phone out of your hands.

BAU TEXT OR TALK

Rose bushes & time management

By Lt. Col. Christopher Gnagi

Commander, 190th Operations Support Flight



Wing leadership has put a lot of focus on Professional Development this year. In that light, I recently read a book by Dr. Henry Cloud called, “Necessary Endings; The Employees, Businesses and Relationships That All of Us Have to Give Up In Order to Move Forward.”

You’re probably thinking that’s a really long title and sounds a bit depressing. Well that’s what I thought when offered to me. But I found it very uplifting and helpful and subsequently thought I’d share. You will find some of what’s written here in the forward of his book. It was written to entice you as a reader and hope this article does too.

The premise is this: Our lives, work places and relationships are like a rose bush. (I know! Bear with me please.) The bush itself can produce more blooms than it can support. So in order to maximize the growth and beauty of the bush, it needs to be pruned; but we have to decide what blooms to prune.

When it comes to the dead and dying, that’s generally easy. But what about the sickly, or not-so-perfect blooms? If we don’t prune them, they require extra energy from the plant to maximize their potential. That’s not necessarily bad. Some blooms are worthy of extra care. However that extra energy is taken away from the healthier blooms. So we have to ask ourselves, is it worth it or not? And what about the healthier blooms? Can the bush sustain all of them as well? Are they all necessary to maximize the true potential of the bush?

So what does this have to do with us, our jobs and lives? We continue to ask more and more of ourselves at work and home. There’s a pervasive murmur in our conversations centering on the theme of being overwhelmed by our schedules, family schedules, workloads

and lives in general.

In essence, our lives, like the rose bush are easily committed to supporting more than our minds and bodies can support. So for many of us, it’s time to prune; prune old ways of doing business, prune projects or activities that aren’t fully in line with Wing or personal objectives, things that don’t promote us to be our best.

This pruning creates Endings and for many of us, endings are not comfortable or easy. We’ve been doing it that way for years...right?? Dr. Cloud’s book is a tool to help us understand, execute and be at ease with Necessary Endings; endings that allow us to maximize potential personally and in our organizations.

His book offers a mixture of advice and case studies to help:

- 1. Know when to have realistic hope and when to execute a necessary ending in a business, or with an individual.**
- 2. Identify which employees, projects, activities, relationships are worth nurturing and which are not.**
- 3. Overcome our resistance to change and create change that works.**
- 4. Create urgency and an action plan for what’s important.**
- 5. Stop wasting resources needed for the things that really matter.**

While endings are a natural part of business and life, we often experience them with a sense of hesitation, sadness, resignation and regret. However they happen every day, are necessary, inevitable and a strategic step to something better.

Each of our organizations has goals and objectives. What is it we are doing today that’s not in line with those objectives? The same can be asked of our personal dreams and goals.

Please understand this is not a plea for anyone to begin randomly pruning and changing their workplace or life. In fact it’s just the opposite. This is a

systematic approach to determining need for and executing change in your business and life, if necessary. Should you find yourself truly overwhelmed and uncertain where to turn, consider this as just one tool to help navigate potentially turbulent waters, reestablish work, professional and personal goals and execute, if necessary, endings that will promote a happier and more successful workplace and you.

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How to succeed in today's ANG

By Chief Master Sgt. Rick Nelson

190th Mission Support Group

I bet you want to be recognized as an outstanding Airman, be respected for the work you do, and earn the promotions that will let you achieve your career goals.

In the Air National Guard today, there are fewer stripes and fewer dollars than there used to be, which makes career advancement more competitive. With this in mind, I want to share my thoughts on what it takes to get to that next level.

Several years ago (more than I care to remember) one of my mentors cut out a newspaper column and gave it to me. I still carry it in my wallet today. It explains the difference between people who strive for excellence and people who don't. If you want to be successful in today's ANG, just be a lifter!

The following article - the one I carry with me everyday - was written by columnist Don Taylor.

There are two kinds of people on earth today. Just two kinds of people that's all I say. Not the good and the bad. For tis well understood that the good are half bad and the bad are half good. Not the happy and sad, for the quickly flying years bring each one his laughter and each one his tears. Not the rich and the poor for to know a man's wealth you must first know

the state of his conscience and health. No - the two kinds of people on earth that I mean are the people that lift and the people that lean. In which class are you? Are you easing the load of overworked lifters that toil down the road? Or are you a leaner who lets others bear your portion of service and labor and care. - Unknown

A colleague gave me this little poem a few weeks ago. I felt the main thought was worth sharing, and I think you'll agree there are differences between lifters and leaners.

Leaners wrestle a gorilla until they get tired. Lifters wrestle a gorilla until the gorilla gets tired. Leaners always have an excuse. "I would have done better, but...", "I could have finished if..." I'd like to do more, but..." My cousin says if ifs and buts were candy and nuts we'd all have a merry Christmas.

Lifters don't fix blame, they fix problems. Leaners develop a leaner's vocabulary. Leaners say, "We tried that before," "it won't work," "this is good enough," and "I'll do it later." Lifters talk positively. Phrases like, "together we can," "let's do it now," "I'll help you," and "we'll find a way" are common lifter's words.

Leaners try once. Lifters try again. Leaners compare their efforts with other leaners. It's the I'm ok-you're-ok syndrome. However equal doesn't mean excellent.

Lifters compare themselves with other lifters, if you want to be the best, you must learn from the best. Leaners go with the flow. They follow the path of least resistance. Lifters direct the flow and create a path for others to follow.

Leaners are satisfied with meeting quota. They do just enough to get by. Lifters are achievers. They start their own engines. They don't rely on others for their personal motivation. Leaners are quick to pass the buck. "It's not my fault," "I didn't do it," and

"it's not my job" are standard leaner's laments.

Lifters take responsibility for their actions and help others become accountable. Leaners would rather cause problems than do actual work. Lifters solve problems and don't consider it work.

Leaners are active. Lifters are productive. (If you haven't learned the difference between activity and productivity, look both words up.) Leaners

criticize. Lifters praise. Leaners say whatever is on their mind. Lifters say what should be said - but tactfully!

I had a boss who knew how to be tactful. One Friday afternoon he called me into his office and said, "Don, you're a bright young man. You have great potential. I don't know how this company could ever get along without you. However, come Monday morning, we're going to try." In my next job I learned to be a Lifter.

My point in sharing this article is simple. What it takes to be successful in today's ANG is the same thing it takes to be successful in your family, friendships, community, church, athletics and civilian job. It is the USAF Core Values. Integrity, Service and Excellence are enough! They are everything.

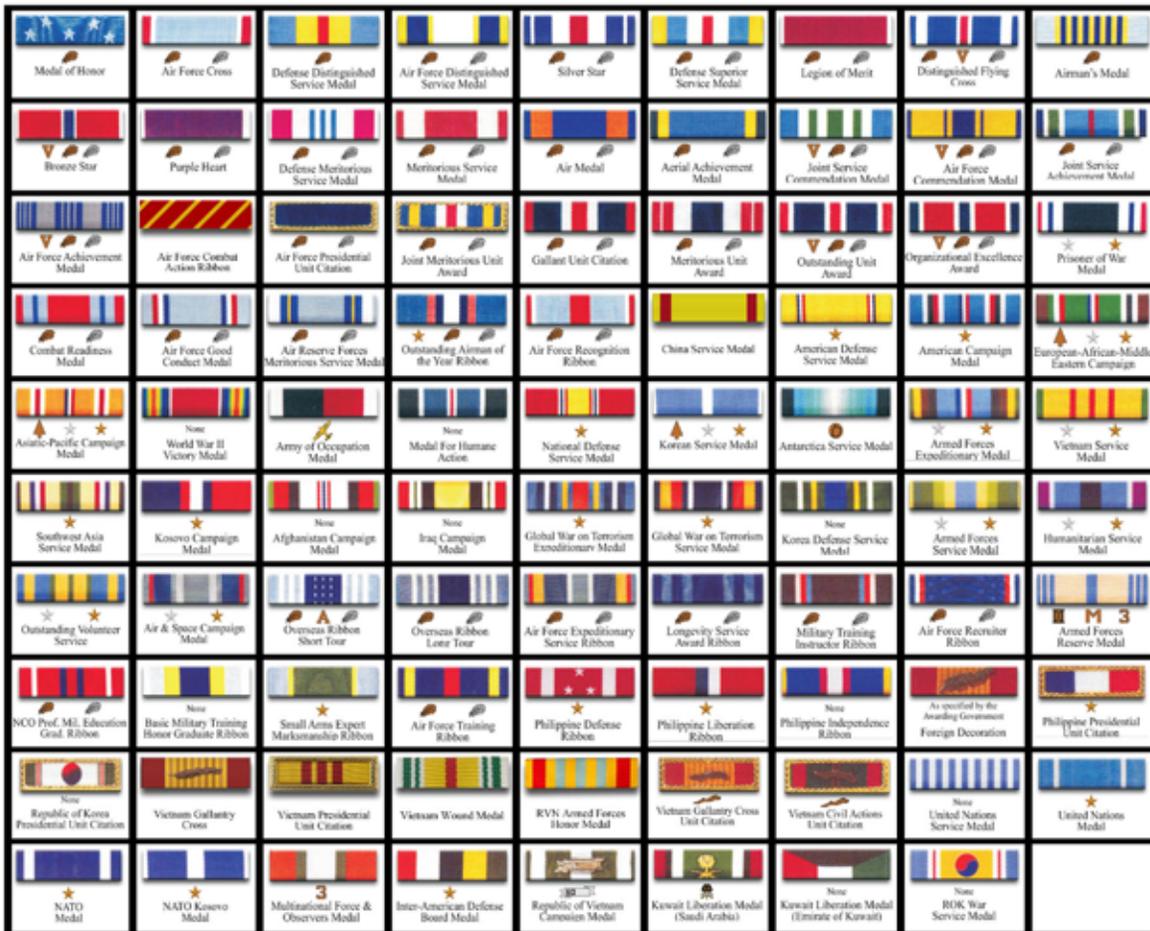
Each of us has the option to enter the front gate as a leaner or a lifter every time we arrive at the base. Your career potential is directly proportional to the frequency with which you decide you will be a lifter. As stripes and money get scarcer, the lifters will innovate, create, streamline, and ultimately succeed.

Traditional Focus UTA

The September UTA will focus on Traditional members and the significant contributions they make to the Wing. To the greatest extent possible, Wing leadership would like all mission functions to be Traditional led for the entire UTA. Full-time staff are encouraged to function in a support role.

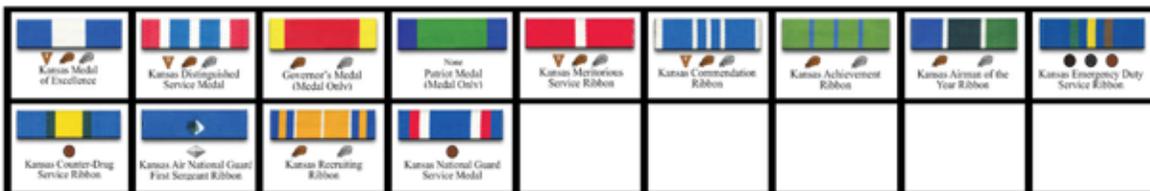


Air Force Awards & Decorations



- A** Letter "A", Bronze
AIR FORCE - Overseas Short Tour Ribbon. Completion of short tour at base above the Arctic Circle
- M** Letter "M", Bronze
ALL SERVICES - Armed Forces Reserve Medal
Mobilization device for Reservists called to active duty
- V** Letter "V", Bronze
ALL SERVICES - Decorations - Valor, AIR FORCE - Unit awards - Combat Distinguishing Device
- 3** Numeral, Black, Bronze
ALL SERVICES - Multinational Force and Observers Medal, ARMY - Air Medal and service ribbons - Total number of awards
- 3** Numeral, Black, Bronze
ALL SERVICES - Armed Forces Reserve Medal
Number of times mobilized for active duty service
- Oak Leaf Cluster, Bronze**
AIR FORCE - Achievement awards, AIR FORCE - Decorations, service and unit awards, ALL SERVICES - Joint Service decorations - Additional awards
- Oak Leaf Cluster, Silver**
AIR FORCE - Achievement awards, AIR FORCE - Decorations, service and unit awards, ALL SERVICES - Joint Service decorations - 5 additional awards
- Palm, Bronze**
ALL SERVICES - (except ARMY) Republic of Vietnam Gallantry Cross Unit Citation, ALL SERVICES - Republic of Vietnam Civil Actions Unit Citation. No significance - worn upon initial issue
- Palm Tree with Swords, Gold**
ALL SERVICES - Kuwait Liberation Medal (Saudi Arabia). No significance - worn upon initial issue
- Star, 316*, Bronze**
ALL SERVICES - National Defense Service Medal
- Star, 316*, Bronze**
ALL SERVICES - Campaign awards since World War II
ALL SERVICES - Philippine Defense and Liberation Ribbons - Major battle participation (one star per major engagement)
- Star, 316*, Bronze**
ALL SERVICES - American Defense Overseas service prior to World War II Service Medal
- Star, 316*, Bronze**
ALL SERVICES - Service awards, Additional awards
- Star, 316*, Bronze**
AIR FORCE - Outstanding Airman of the Year Ribbon - "One of 12" competition finalist
- Star, 316*, Bronze**
AIR FORCE - Small Arms Expert Marksmanship Ribbon - Additional weapon qualification
- Star, 316*, Bronze**
ALL SERVICES - Campaign awards since World War II
Participation in five (5) major battle campaigns
- Star, 316*, Bronze**
ALL SERVICES - Service awards - Joint Meritorious Unit Award - Five (5) additional awards
- Airplane, C-54, Gold**
ALL SERVICES - World War II Occupation Medal - Berlin Airlift participation
- Arrowhead, Bronze**
ARMY and AIR FORCE - Campaign awards since World War II. Participation in combat parachute, glider or amphibious assault landing
- Bar, Date, Silver**
ALL SERVICES - Republic of Vietnam Campaign Medal - No significance
- Disk, "Wintered-Over"**
ALL SERVICES - Antarctica Service Medal - Wintering Over on the Antarctica Continent. Bronze 1 winter/Gold 2 winters/Silver 3 winters
- Hourglass, Bronze**
ALL SERVICES - Armed Forces Reserve Medal Reserve Service Anniversaries: Bronze 10 Years/Silver 20 Years/Gold 30 Years

Kansas National Guard Awards & Decorations



- Sunflower, Gold**
KANSAS NATIONAL GUARD - Kansas National Guard Service Medal, Service Anniversaries, Ten (10) Years
- Sunflower, Bronze**
KANSAS NATIONAL GUARD - Kansas Emergency Duty Ribbon, additional awards
- Sunflower, Gold**
KANSAS NATIONAL GUARD - Kansas Counter-Drug Ribbon, Five (5) years of qualifying service in support of counter-drug operations
- Sunflower, Silver**
KANSAS NATIONAL GUARD - Kansas Emergency Duty Ribbon, Five (5) additional awards
- Diamond, Silver**
KANSAS AIR NATIONAL GUARD - Kansas Air National Guard First Sergeant Ribbon, First Sergeant Diamond
- Sunflower, Gold**
KANSAS NATIONAL GUARD - Kansas Emergency Duty Ribbon, Ten (10) additional awards



Know your limits on political activities

By Major Diane Bellquist

190th Judge Advocate General Office

With the presidential election and the Kansas legislative elections coming up this fall, it is important to keep in mind what political activities military members are permitted and prohibited from engaging in. Restrictions on military members engaging in certain political activities stems from the notion that the military should remain politically neutral.

National Guard members are allowed to engage in the following private political activities as individual citizens (not as representatives of the military):

- register and vote in elections;
- express personal opinions regarding the candidates or issues;
- make monetary contributions to a political committee or party favoring a candidate (subject to state and federal election laws);
- join political clubs and attend as a spectator political gatherings when not in uniform;
- sign a petition for legislative action;
- display political bumper stickers on private vehicles, wear political badges or buttons when not in uniform; and
- participate in local non-partisan political campaigns.

National Guard members may not engage in the following campaign activities in uniform or use their military affiliation to:

- influence elections;
- solicit votes or contributions for a candidate or issue;
- promote political fundraising events;
- publicly advocate for or endorse a political party, candidate, or position;
- attend partisan political gatherings;
- serve in any official capacity or sponsor partisan political organizations;
- distribute partisan campaign literature or items;
- march or ride in partisan political parades;
- publish partisan political articles designed to solicit votes for a candidate or party; or
- display large political signs, posters, or banners on private vehicles.

While the above prohibitions are not allowed for Guard members using their official position, they are per se prohibited for active duty members, whether or not the member's military affiliation is used. Additionally, members of the National Guard may not use military resources or base facilities to support political campaign activities. As always, a Guard member's participation in allow-

able political activities also must not interfere or prejudice the performance of the member's military duties.

These are not exhaustive lists of all the possible political activities. "In determining whether an activity violates the traditional concept that Service members should not engage in partisan political activities, rules of reason and common sense shall apply. Any activity that may be viewed as associating the Department of Defense . . . or any component . . . directly or indirectly with a partisan political activity shall be avoided." DoDD 1344.10, para E3.4.

The Legal Office will be staffed full time through August 31st. During this time, legal assistance clients may call 861-4002 or stop by for an appointment.

Back to School Supplies

The 190th Family Readiness Group annual back to school giveaway will be held during the August UTA. School supplies for all ages will be available. The time and location is



still TBD, but the event will be held at Forbes Field. More information will be sent out prior to the event.

Show Your Coyote Pride
www.cswebstore.net/190coyote

The advertisement features a blue background with a white border. At the top left is a cartoon coyote logo with the text "COYOTE DEN" below it. To the right is the website address. Below these are several items of merchandise: a black t-shirt, a grey hoodie, a grey polo shirt, a blue t-shirt, and a blue polo shirt. On the right side, there are two circular logos: one for the 190th Judge Advocate General Office and another for the 190th Family Readiness Group.

—Portrait of an Airman

Airman First Class Angela Jepson

Job Title: Air Transportation Journeyman

Responsibilities: The loading, offloading, and manifesting cargo and personnel onto aircraft.

Education: Shawnee Heights graduate and am now attending Washburn University.

Military Experience: I deployed to Kandahar, Afghanistan from September 2011 to April 2012.

Goals & Ambitions: Obtain my bachelor's degree and continue my PME.

Hobbies & Activities: Exercise, and spend time with family and friends.

Most Memorable 190th Moment: After tech school we had a DC-8 aircraft with 18 pallets to download. It was a great experience and I learned a lot from it.

Achievements: Being a 20 year old female and deploying for the war effort. Not many people can say they've done that.



COYOTE WARRIOR DASH

-SATURDAY, SEPTEMBER 8 @ 0700

- 1.5 MILE RUN WITH 5 OBSTACLES

-4 PERSON TEAMS (JFHQ or UNIT MEMBERS ONLY)

-SUBMIT TEAMS TO FIRST SERGEANT BY END OF AUGUST UTA

-WINNING TEAM AWARDED

COMMANDERS FITNESS CHALLENGE TROPHY

-1ST, 2ND, & 3RD PLACE AWARDS

-UNIFORM IS P.T. GEAR (GLOVES & SAFETY GLASSES OPTIONAL)



For Your Information

Promotions

AIRMAN FIRST CLASS

Gregory Rowley, MXS



SENIOR AIRMAN

Landon D. Bryan, MXS
Bo J. Hartford, MXS
Christopher L. Mason, MXS
Tyler D. Stein, MXS
Steven R. Sweeny JR, MXS
Mark G. Underhill JR, MXS
Kelly E. Akers, MDG
Chad M. Broome, MDG
Terence J. Gallagher, MDG



STAFF SERGEANT

Thomas W. Bontrager, MXS
Phillip L. Mann, MXS



MASTER SERGEANT

Norman A. Foster, MXS



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.



Chaplain 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.

Satellite NCOA at Forbes

Have you been spinning your wheels, trying to get promoted but can't find a way to take off six weeks for school? Problem solved!

In August, the 190th ARW will be hosting a satellite NCOA course, allowing you to do most of the class work at the convenience of Forbes Field.

Classes start on August 21, 2012, and seats are limited. Sign up with your UTM now!

Appointments/Enlistments

AB Shelby L. Ullmer, MXS
Enlistment Date: May 2, 2012

AB Christopher J. Welch, CES
Enlistment Date: May 10, 2012

AMN Tyler J. Bartee, FSS
Enlistment Date: May 3, 2012

A1C Robert B. Ladner, LRS
Enlistment Date: May 9, 2012

A1C Routh M. Taylor, MDG
Enlistment Date: May 8, 2012

A1C Erik T. Swiercinsky, CES
Enlistment Date: May 17, 2012

SrA Austin J. Bruening, CES
Enlistment Date: May 15, 2012

SSG Kathy J. Adams, LRS
Enlistment Date: May 3, 2012

Retirements

SMSgt Lisa Looper, 190 ARW
Retirement Date: June 5, 2012

MSgt Mark Sabes, LRS
Retirement Date: June 14, 2012

SSgt Cameron Taylor, MXMW
Retirement Date: June 6, 2012



Maintenance Positions Available

The Maintenance Operations Flight has two traditional positions available. Both positions require a 2A571 AFSC.

Applicants will:

- Report and track aircraft status
- Use GO-81
- Communicate well
- Use radios
- Dispatch personnel/equipment

This position provides an opportunity to travel and deploy and is mission essential

Submit your military resume to Chief Master Sgt. Coffin, MOF Superintendent in person or via email at mickel.coffin@ang.af.mil.

\$500,000 to loan
Rates discounted 1%



STOCK MARKET ALTERNATIVE
36 month CD - 1.35%
new deposits only

785-861-4093
ksagcu@yahoo.com * ksagcu.com

Be A Boom

The 117th ARS is accepting applications for Traditional Boom Operators in the Grade of SSgt and below.

If you love a challenge and love to travel, then we want to hear from you! Applicants must be able to pass a flight physical, attain a Top Secret security clearance and have a minimum score of 55 on the ASVAB General portion.

Applications are available at the 117th ARS and must be turned in to CMSgt Treinen or SMSgt Spurlock by 30 August.

Interviews will be held during the September UTA.

Contact CMSgt Treinen, 861-4559, or SMSgt Spurlock, 861-4640 for more information.

Coyote Heritage

Early in the afternoon of March 14, 1991, four KC-135s belonging to the 190th Air Refueling Wing fly in formation over the eastern part of the United States. They are beginning to form the pattern with which they will fly over the Kansas Capitol and then on to Forbes Field, where they will swing around and land single file in front of cheering crowds, welcoming them home from the Persian Gulf.

Colonel "Mick" Baier had led the 190th into one of its crowning moments when the Coyotes were the first tanker unit in the Gulf after the invasion of Kuwait by Iraq. But when the time came to come home, he was also determined to be the first unit out. As commander of the 1701 Wing (Provisional), he could determine the departure schedule.

Using the formation shown above, he provided a spectacular show to the happily waiting crowd. But even before arriving home, the formation had attracted considerable attention. While flying over the Chicago area, an air traffic controller was queried about the strange formation of civilian airline pilots. They were told that it was the Kansas Air National Guard, on the way home from the Gulf. "Great job, Kansas" was the reply.



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



The Coyote Log
190th ARW Public Affairs
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Topeka, KS 66619-5370
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FIRST CLASS
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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:

