

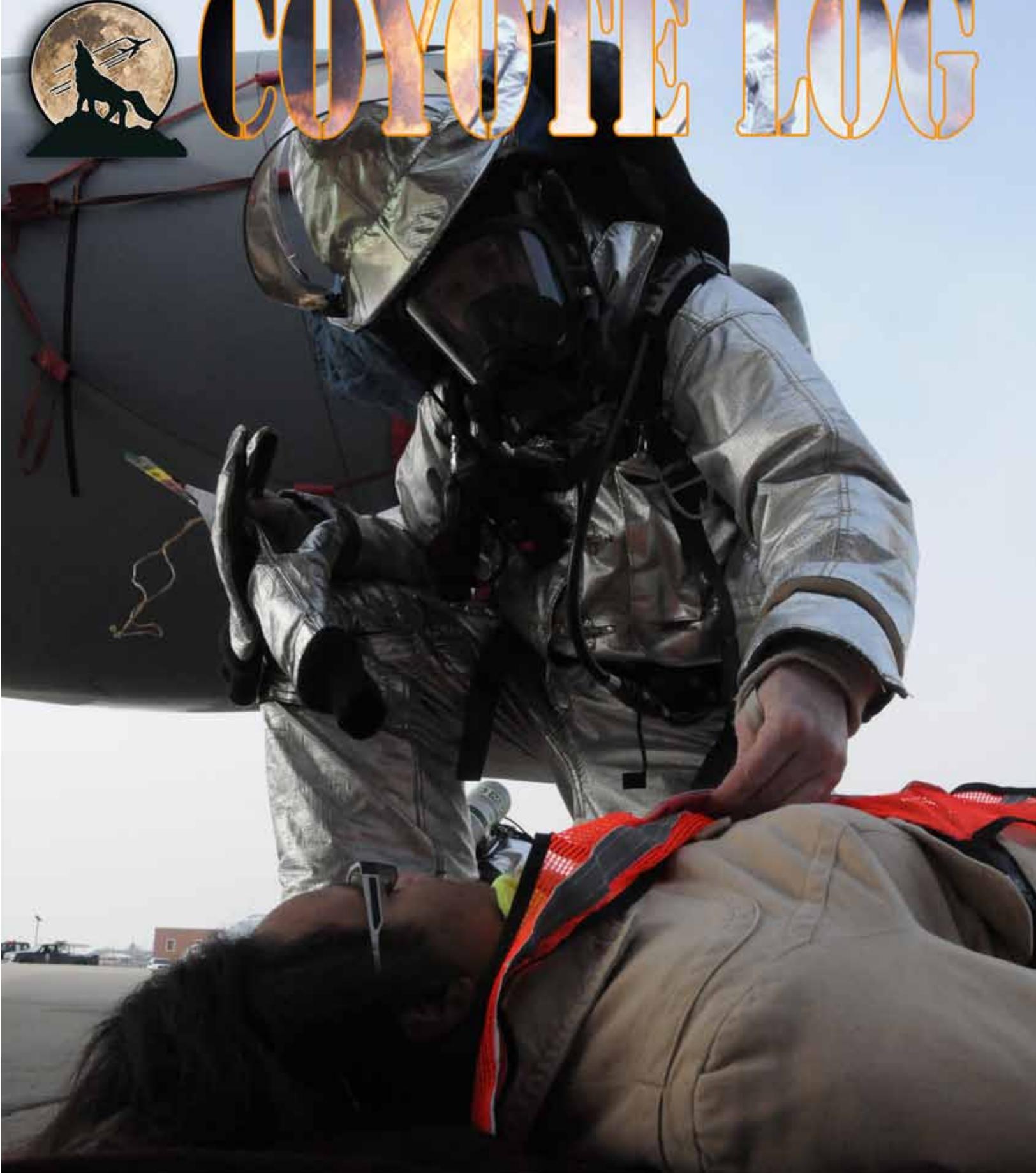
# THE

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 Air Force Outstanding Unit  
2008, 2011 & 2013 Distinguished Flying Unit



# COYOTE LOG



# Wing succeeds using core values

By Lt. Col. Chris Ioder

Commander, 190th Aircraft Maintenance Squadron



Over the past nine months, the 190th Air Refueling Wing has been very busy. We have experienced many successes, like our recent deployment to Guam, but we have also had our share of challenges and obstacles to overcome.

We have dealt with the government sequestration, furloughs and shutdowns. These events had a profound impact on our wing's budget and on our morale. We have faced immense stress through those job insecurities.

We, however, must be like our mascot, the coyote. Coyotes are able to adapt and change with their landscapes. We, too, must learn to survive in our ever-changing military climate. The 190th ARW will only succeed by focusing on our people and staying true to our Air Force core values of integrity, service before self and excellence on the job.

Integrity is the essential element on which all our core principles are built. It is our moral compass, our high ground. It involves doing what is right even when nobody is watching. Integrity embraces characteristics like courage, honesty, responsibility, accountability and respect for oneself and others. We must each possess integrity because it forms the basis of all we do here at Forbes. Each member needs to be trusted by fellow Airmen to perform duties correctly and up to Air Force standards. It can be difficult to muster up the courage to do what is right, especially when the personal costs are high, but our profession demands it.

We serve something so much greater than ourselves. We serve the United States of America, the state of Kansas, each other, and our way of life even at the expense of our lives. We do not hold typical 8-5 civilian office jobs. We each have taken an oath of personal responsibility to acknowledge his or her duties and act accordingly. Our words are our bond and must mean more than lip service. For

example, we do not pencil whip training reports, falsify medical documents or fabricate aircraft forms entries. Our military profession demands honesty because people's lives depend on our actions.

At Forbes, we need people that place their service before themselves. Our members must serve with an unwavering commitment and dedication to our mission. Professional duties take priority over personal desires.

The 190th ARW's success, whether in real world missions or inspections, requires all personnel to place service before self. Each 190th member must recognize his or her needs are secondary to the needs of the Wing and the Air Force. We have a 24 hour, 7 days per week, no holidays exempt, around the clock commitment and obligation to our country. Our jobs warrant personal sacrifices from all our traditionals, technicians, and active personnel to make our missions work. There is no room for personal agendas that interfere with the Wing's or the Air Force's needs.

While serving the 190th ARW, we must never tire in our pursuit of excellence. To be truly excellent in our jobs, we must develop a passion for continuous improvement that translates into performance. We live in a performance driven society so not only do we need to be trained and know our jobs, but we also need to execute those jobs better than anyone else.

When we show up each day for work, we must practice improving our craft. Our attitudes should convey that we will not accept anything less than our best. From the way we wear our uniforms to the way we render proper military customs and courtesies, everything must be done with a respectful attitude and desire for greatness. Excellence means completing our professional military education and staying physically fit according to the AF standards. As a Wing, it means recruiting, training, promoting, and retaining individuals that serve with integrity and perform their jobs well.

We Coyotes have a proud heritage. Let us continue to be the tip of the spear

of the Air National Guard by relying on our core values of integrity, service before self and excellence. By taking care of each other, the 190th ARW will succeed in the upcoming April NORE and July NORI. Our diversity is our strength. We thrive as one team, one fight.

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*The 190th performs an exercise preparing for severe spring weather.  
(photo by Tech. Sgt. Jake Meyer)*

190th Public Affairs/Coyote Log

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# Don't be stupid on social media... please

**Commentary by Tech. Sgt. Jake Meyer**  
*190th Public Affairs*

The Internet can help anyone find information on just about anything; it can help fund dreams through the international kindness of strangers; and, of course, it can destroy lives in seconds. Within a week, three military members have successfully ended their career. Two of these incidents even made national headlines.

During this timeframe, we have been seen insulting funerals, prisoners of war, missing in action servicemembers and dishonoring Old Glory. The reason I say "we" - when one of us messes up, we all mess up. We all represent a military force that is less than one percent of the United States population. To the public eye, we are considered one group. They do not see the differences in rank or branch.

Recently someone created a Facebook page called, "Military Social Media Idiots." Within a few weeks, they have more than 17,000 page "Likes." Their

purpose is to embarrass the military and do harm to the image of the military services. This group has also reported people for minor uniform infractions, such as wearing the wrong type of earrings.

To avoid being put in the limelight, here are a few ways to help prevent it. Common sense rules apply: If you wouldn't do it in front of the commander, why would you do it online?

-Set your privacy settings to only friends/followers.

-Be aware of what you post today, and what you posted in the past that could cause damage to the military image.

-Try not to have your main photo be of you in uniform. This will identify you to outsiders and allow for tracking.

-Go back and delete any uniformed pictures you think could offend someone.

-Do not post a picture of yourself in

uniform and then write offensive material or polarized opinions.

-Also be careful when you text, email or instant message someone, it can be used against you.

An example of the latter point is the case of Kelly Blazek. Kelly was the current owner of her own job bank in the greater

Cleveland area. She sent out a nasty rejection email through LinkedIn to someone who wanted to join the bank. The email was posted on Reddit and soon went viral costing Kelly her Twitter account, Facebook, email and more than 10 years of hard work. For a worker that relied heavily on social media, her email cost her almost everything she worked hard for.

Take Kelly's example, and remember: Don't be stupid or the rage of the Internet will descend upon you... and the rage of your commander.



# Intoxicating training to catch DUIs

Story and photos by Master Sgt. Allen Pickert  
190th Public Affairs

There really is no way to hide alcohol intoxication. Changes in eye movement, loss of balance and mental acuity all decrease with an increased level of alcohol in the bloodstream.

The Kansas Highway Patrol has a training program to help ensure that all law enforcement is trained to recognize the signs of alcohol intoxication. Last month our own security forces took part in the hands-on training to learn all the signs of alcohol intoxication.

To make the training as realistic as possible, volunteers were selected to indulge in alcoholic beverages and bar snacks while their blood alcohol level



Senior Airman Lexi Green prepares for a balance test. Some of the training was conducted in a dark room to simulate a night time sobriety check.

- DUI Prevention Checklist**
1. Don't drink & drive - It's the best prevention of DUIs
  2. Arrange a DD before you go out - Make sure you and your friends get home safe
  3. Volunteer as a DD - Rotate the job among friends
  4. Not all drinking is planned; a \$40 cab is cheap compared to a DUI
  5. When all else fails, call **Friends of Forbes** for a free cab home in Topeka  
**1 (785) 861-HOME (4663)**



Senior Master Sgt. Rob Bolin, while intoxicated, has his eye movement checked for signs of alcohol intoxication during field sobriety testing.

was tracked by both a breathalyzer and by physical indicators.

Members of the 190th Security Forces were trained to detect these physical indicators and then observed those traits in the increasingly intoxicated Coyotes.

State Trooper Rob Istas, who conducted much of the training, said that the class was part of national program, and "it's a way to standardize detection with the ultimate goal being to improve the safety of the motoring public."

By the end of the training the volunteers were feeling little pain and our security forces were learning to match the tell-tale physical signs of intoxication with actual numeric blood alcohol levels from breathalyzer readings.

With the monetary cost of driving under the influence of alcohol being as much as \$10,000 in fines, court costs and lost wages and the tragic human costs being infinitely higher, everyone should ensure that their drinking plans never include driving.

# Portrait of an Airman

## Airman 1st Class Jennifer Johnson

**Organization:** 117th Air Refueling Squadron

**Job Title:** Aircrew Flight Equipment Specialist

**Main Responsibilities:** Maintain and inspect flotation, oxygen, fabrication and survival equipment

**Civilian Career:** Aircrew Flight Equipment Repairer

**Education:** Associates in Criminal Justice. Full time student at Embry-Riddle Aeronautical University.

**Military Experience:** Two and a half years

**Achievements:** Graduate of Survival, Evasion, Resistance, and Escape school

**Goals and Ambitions:** Finishing my bachelor's degree and getting a commission as a pilot

**Hobbies and Activities:** Traveling, camping, archery, and tinkering with old trucks

**Most Memorable 190th Moment:** For my



first deployment, I was given the chance to go to Guam for a month with my shop chief three months after I came back from technical school. I learned so much on that trip about my career field and was able to experience the cultural differences of life outside of the United States.

## Coyote Heritage



*In this circa 1960 photo we can see the same pride in aircraft and mission we have today. The names and faces may change over the years, but Coyotes past and present make our mission viable today and for the future.*



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



# Sec AF discusses AF future, budget

By Air Force News Service

Defense industry leaders and analysts received an insight into the proposed Air Force transformation and a preview of the Fiscal Year 2015 Air Force budget during the Bloomberg Government Defense Transformation Spending and Strategy Summit in February.

Secretary of the Air Force Deborah Lee James said the Air Force, like the rest of the Department of Defense, is going through a transition period following 13 years of war, and will be making tough choices as personnel and budgets dwindle and the possibility of sequestration looms during the years ahead.

“We are repositioning to focus on the challenges and opportunities that will define our future,” said James. “We have to get ready for the new centers of power, such as the Pacific, and what will be a more volatile and unpredictable world. A world we can no longer take for granted.

“We can no longer assume, as we have over the past 50 years, to dominate the skies, and more recently dominate space. Many other countries are advancing their technologies, so we need to prepare now, not only for that world 10 years from now, but also today. It comes down to balance. That is the strategy.”

James said during times when strategy and budgets don't match, the Air Force has to make judgment calls, looking at which risks are prudent and which are less so.

Specifically, she referenced tough decisions in the areas of personnel downsizing, force shaping measures, and investments in the future, highlighting the impact with and without sequestration. While the services have received some relief in Fiscal Years 2014 and 2015, she said that for Fiscal Years 2016 through 2019, the president has asked Congress for a defense budget \$115 billion above the sequestration level, with the Air Force getting a share of roughly \$34 billion.

“We're doing this because we believe that sequestration-level spending will compromise our security. It will compromise in the short term on readiness and in

the longer run on important modernization programs.”

On the manpower side, James said the force will get smaller with a cut of up to 25,000 Airmen, mostly from the active duty over the next five years, and each service has also been tasked to trim headquarters spending by 20 percent over a five-year period.

“We looked at some of the overlapping organizations and how they can be combined more efficiently. We need to centralize policy and oversight of installation support in such areas as engineering, security forces and contracting, among others. We want to reduce some of the tasks that are not required by law, and in doing so, we won't foist extra work on fewer people.”

James told the audience that in the area of force structure, the Air Force looks at vertical cuts, eliminating entire fleets of aircraft instead of taking horizontal cuts that “take a few from here and a few from there.” She said one example is the A-10, retiring about 283 close air support aircraft, beginning in FY 2015. She said the retirement of the fleet will save more than 3 and a half billion dollars over five years, with no degradation to the close air support mission.

James also talked about investments the Air Force wants to make, committing to the F-35 Lightning II, the new tanker, the KC-46 Pegasus, and the long-range strike bomber. She said the Air Force also wants to invest in readiness, stay committed to the triad of ICBM and bombers and invest a billion dollars in jet engine technology that promises reduced fuel consumption and lower maintenance.

But the Secretary emphasized that sequestration is still the law of the land, and if the Air Force is forced to revert to sequestration limits, as much as \$34 billion will be reduced from the budget.

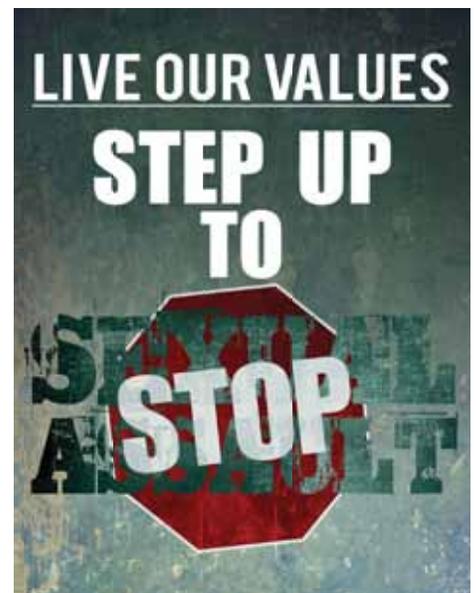
In addition, the Air Force would be forced to retire 80 more aircraft, completely retiring the KC-10 tanker inventory; defer sensor upgrades to the Global Hawk; purchase 19 fewer F-35s over the five year defense plan, and have 10 fewer



combat air patrols. Also, funds for the next generation jet engine program will not be available.

James told the audience that “tomorrow's Air Force has to be the most agile, credible and affordable one we can provide. Our job, today and in the future is to fly, fight and win our nation's wars. We feel that by making the tough choices today, we will set ourselves on a path to be the most modern and ready Air Force in the world, albeit a smaller one.”

## April is Sexual Assault Awareness Month



## By Chief Master Sgt. Pat Moore

Commande Chief 190th Air Refueling Wing



Are you waiting for that next promotion or hoping to be the one selected for that “dream job” that you’ve been waiting to come available? Do

you believe it is “your turn” to move up in the organization because you’ve been here the longest? The real question should be what have you been doing to prepare for these opportunities?

As the military continues to get smaller we are likely to be faced with less opportunity and greater competition. Those who will seek opportunity will likely be well developed. These changes will reinforce the importance of being ready so that you have a competitive edge. How do you make yourself ready? I have outlined a few topics that are important.

### Take control of your career

If you’ve ever felt frustrated because you believed you were overdue for a promotion or for an opportunity to move into a higher level position then you’re not alone.

This is something I’ve heard many times over my military career. The problem in many cases is that we sometimes rely on others to make things happen for us. In order to maximize your opportunity you must take control of your career. Taking control means you have met all of the gates required to earn yourself an opportunity to compete.

The most common way to do this is ensuring you have completed your CDCs on time or ahead of schedule. Enrolling in PME as soon as you are eligible and going in-residence whenever possible can be beneficial. As a rule, enlisted careers don’t require a college degree but working to obtain one you will improve your development making you more competitive.

### Get Involved

Find functions within the organization that you have an interest in where

you can become involved ultimately contributing to the goals previously set. Become the subject matter expert or the “go to” person and then mentor others at every opportunity. By being involved you get the chance to show others that you have more to offer and it also gets you exposure to other Airmen and processes.



This is where true mentorship happens. We tend to stay within our comfort zone and fail to seek opportunities in other organizations. In many instances, those who have been willing to move have found great success and felt a greater sense of satisfaction by becoming more knowledgeable about the mission of other organizations.

### Deliberate Development

I believe that there are two types of development. Casual development is the type of development where we follow a typical path as a matter of routine practice. If we are completing CDCs or PME without exploring other ways that might help us to grow beyond a basic level we may be missing an opportunity to develop ourselves with a sense of purpose.

Deliberate development is development that encompasses working through a process with the goal of preparing yourself for more specific opportunities in the future. In this development type you are taking courses that will provide more specific knowledge in a particular area. Seeking opportunities to gain experience by working in an area of interest

as a committee or council member, as an additional duty or volunteer. Many successful Airmen have furthered their development through volunteering for the statutory tour program or Active Duty Operational Support at the National Guard Bureau or other locations.

### The Competitive Process

If you’ve ever met a selection board or been interviewed then you are familiar with the overwhelming feeling of nervousness. Feeling anxious is completely normal and is likely a good thing as long as it doesn’t become so severe that it impairs your ability to function.

The best way to become more comfortable in these situations is to practice. The more opportunities in your career you have to meet a board the better and more confident you will become.

By now most shops on base are holding boards at every level. If you happen to work in a shop that doesn’t require a board at your level, request one. Ask your Supervisor if they will consider offering practice boards for you and the others in your organization.

Get yourself ready to meet the board by preparing for commonly asked questions, studying the Enlisted Force Structure (AFI 36-2618), AKA, “The Little Brown Book”. Another commonly missed opportunity is ensuring that you look your best. Make sure that you have a clean neat uniform that fits you well. Ensure that your nametag, badges and ribbons are placed properly and are straight. Check your latest RIP to ensure that you are wearing all of the ribbons that you have been awarded.

It has been said that luck is preparation meeting opportunity. These are a few of my views on the importance of always being prepared when the opportunity presents itself. In some instances you may only get one change so it is important that you be among those who are best prepared.

# 190th Spring Formal



2014



# For Your Information

## Promotions

### Airman First Class

Aaron Grayson, SFS



### Staff Sergeant

Matthew Tice, ARS  
Megan Touchton, LRS



### Tech Sergeant

Savoskey Jones, LRS



### First Lieutenant

Ryan Marsh, ARS



## TRADITIONAL CHAPLAIN ASSISTANT

The 190 ARW has a traditional Chaplain Assistant position open

Must have prior qualification in any AFSC at the 5-skill level or higher

Will be required to attend Chaplain Assistant School within one year of transfer

Interview required

Contact TSgt Celestina Johnson  
785-861-4001 during drill weekend  
Or 785-375-7466 during the month

### **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.



Know  
Your  
Limits  
&  
Have  
A  
Plan

## DFAC Schedule

MXG (B)/CE/CF	1030
OG/JFHQ/WF/LRS (B)	1100
CPTF/MDG/ARW/MSG	1130
MXG(A)/SFS/LRS (A)	1200

Serving hours 1030 – 1230  
NO GROUP PICK-UP

### Don't Drink & Drive!

For a free ride home call  
the 190th ARW Command Post  
@ 1 (785)861-HOME (4663)

## Coyote Grill April 27A Menu



### Saturday, April 5

#### Great Plains & Prairie Lanes

Lemon Pepper Chicken  
Home Style Meatloaf  
Oven Roasted Potatoes  
Seasoned Green Beans  
Peas, Mushrooms & Rolls

### Sunday, April 6

#### Great Plains & Prairie Lanes

Traditional Lasagna  
Chicken Alfredo Casserole  
Italian Seasoned Green Beans  
Honey Glazed Whole Baby Carrots  
Parmesan Breadsticks

### Desserts

Spice Cake with  
Buttercream Icing  
Apple Crisp  
Triple Fudge Brownies  
Vanilla Parfait

## Appointments/Enlistments

AB Elizabeth Courtin, SFS  
Enlistment Date: February 21, 2014

AB David Falk, AMXS  
Enlistment Date: March 18, 2014

AB Brooke Speaks, SFS  
Enlistment Date: March 10, 2014

A1C Garrett Black, ARS  
Enlistment Date: March 12, 2014

A1C Juan Castrogarcia, LRS  
Enlistment Date: March 17, 2014

A1C Michelle Franklin, OSS  
Enlistment Date: March 18, 2014

A1C Jade Marsh, LRS  
Enlistment Date: February 21, 2014

A1C Nathan Moorehead, SFS  
Enlistment Date: March 14, 2014

A1C Andrew Sims, MXS  
Enlistment Date: March 13, 2014

SSG Joshua Langenfeld, AMXS  
Enlistment Date: February 8, 2014

SSG Taylor Reamer, SFS  
Enlistment Date: February 24, 2014



### **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.



## Kansas National Guard Child & Youth Program

Want to learn about upcoming events,  
camps, or volunteer opportunities?

Interested in connecting with other  
military youth?

### Join us on Facebook!

[www.facebook.com/kngyouth](http://www.facebook.com/kngyouth)

