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

THE COYOTE LOG

Inspections, readiness and exercises come home to the 190th. Page 3.

Transitioning to a peacetime force

By Lt. Col. Michael Robinson

Commander, 190th Force Support Squadron

Congratulations for being part of the world's most elite fighting force, the US Department of Defense. Your decision to serve your country and state is honorable and comes with countless intrinsic rewards. That will not change. But the environment in which you serve is about to change considerably.

We are entering into a period of recovery following two concurrent major wars. It is not just the DoD that is recovering; it is our entire country. With that comes a need for a significant change in mindset.

Operations tempo and spending have already dropped significantly and will continue that trend. We have done this before with great success, and we are about to do it again.

To put things in perspective, 65 percent of the Airmen in our Wing joined the military after September 11, 2001. About 19 percent of us experienced the time between Operation Desert Storm and Operation Enduring Freedom. Sixteen percent of us were in the military prior to Operation Desert Storm. So, most of us are about to experience a "peacetime" military environment. The minority who have seen this cycle once or twice before can attest that we are about to enter into an entirely different environment. Some would say it is about to get better and some would say it is about to get worse; but nearly all would agree it is about to look and feel very different than what we have accepted as "the norm."

Who have we been for over a decade?

-Involved in two simultaneous wars and consistently operating in four theaters.

-Pride in "making it happen" overseas every day; very high operations tempo.

-Favorable financial, resource and political environment to do as much as we can handle.

-Ample opportunity for members to deploy; many deploy more often than they want.

Who will we (likely) be in the near future?

-Not involved in a war.

-Pride in being prepared to answer our state and nation's call.

-Fiscal, resource and political constraints determine how much we can do.

-Limited opportunities for members to deploy; very rare involuntary deployments.

During this transformation, it will be imperative to focus on our personal conduct and heighten our operational and financial efficiency. We have grown accustomed to doing as much as we possibly can, stretching our personal and organizational limits, with nearly unlimited resources at our fingertips. We are entering an era where the measure of an Airman's effectiveness becomes how much he or she can accomplish within the limited resources we have available. Each of us will have increased pressure to make good decisions based on a balance of effectiveness and efficiency. Trimming the fat and preserving the muscle will be the key to every member's success.

Organizational culture is always paramount, but never more so than it will be in the next couple of years. It is what will determine how our Wing adapts to its new environment.

Our steady focus on critical cultural components like safety, equal opportunity, SAPR and family programs will help guide us to remain a strong team with clearly defined values. Shortcomings in these areas will only degrade the trust, respect and compassion that we need to thrive in the future.

During this time we will have many opportunities to perform as a team and "sharpen our sword" for the next major conflict. This will allow us to build the home station bonds that many think have slipped during the past decade. That is something we will all enjoy.

We will also be afforded more opportunity for focus on our state mission, which is an exciting aspect of being a member of the Guard. We are blessed to be in an organization of strong character and commitment.

Welcome to the next chapter of Coyote history. You are the author. Write it in a way that will make you, your family and your fellow Airmen proud.

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Maj. Shane Kessler, Capt. Davis Wohler Senior Airman Matt Tice and the rest of Operations Group race in response to the Klaxon call during the April exercise. (photo by Master Sgt. Allen Pickert)

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The new Air Force inspection program is here

2nd Lt. Angela Brees
190th Public Affairs

2014 is already shaping up to be a busy year for the 190th Air Refueling Wing.

Since January, 190th members have deployed to Guam, Central Command and other locations around the globe, in addition to participating in two wing-wide exercises. As part of the Air Force's new Commander's Inspection Program (CCIP), wing members can count on more exercises throughout the year.

The new inspection program seeks to end the bell curve of no inspections for several months, followed by a couple of months to build-up before an Operational Readiness Exercise or Inspection. Instead, units should be always ready, always testing themselves because we now remain continually within our Unit Effectiveness Inspection (UEI) cycle.

For the new program to be successful, it depends first on you, the individual Airman, finding and fixing problems you identify and communicating deficiencies of any type to your supervisor.

The second tier to readiness is group and squadron self-assessment program managers who monitor your section's inputs with the Management Internal Control Toolset (MICT) program. The final tier of monitoring readiness and compliance at the wing level is the wing inpsection team, managed by the 190ARW inspector general, who will periodically assess MICT inputs, interview wing members during Airmen to Inspector General Sessions, and report findings to the wing commander under the CCIP.

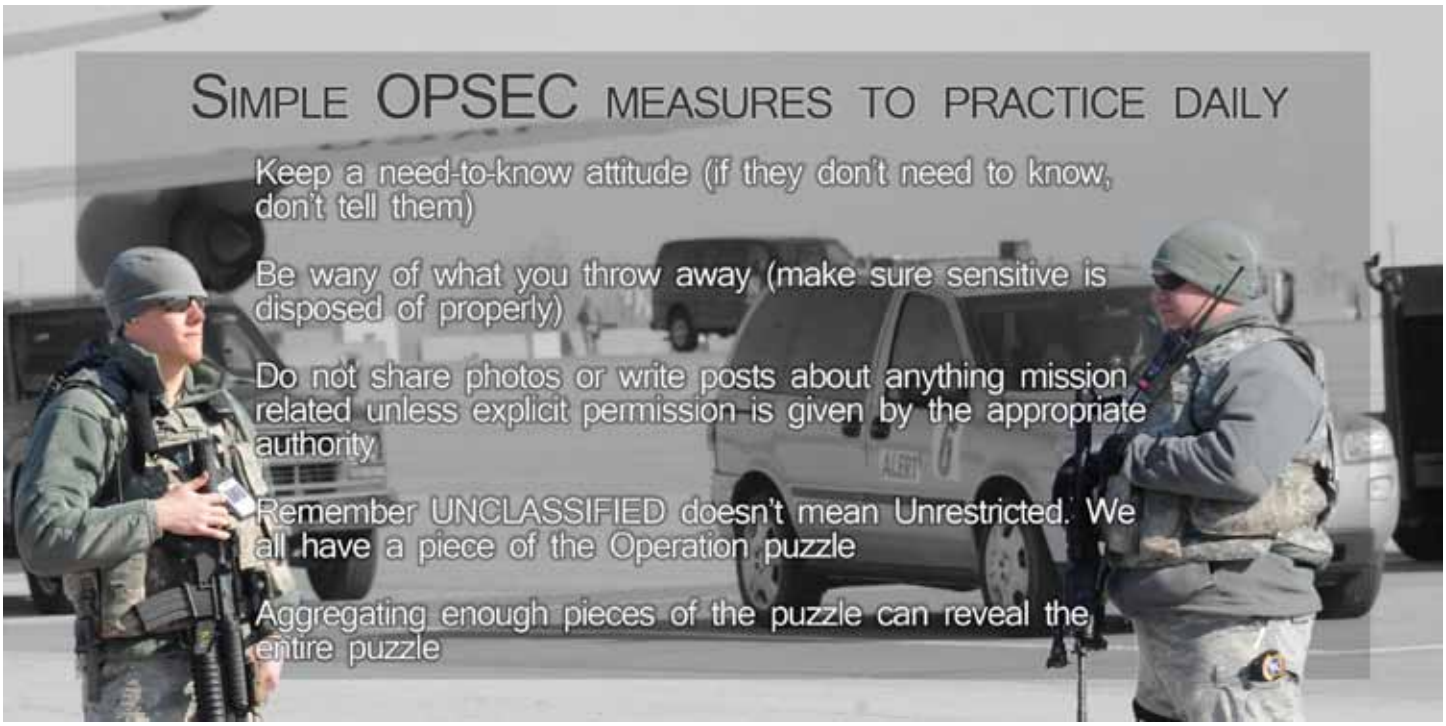
"Wing inspection team members are a key component of a successful Commander's Inspection Program," said Lt. Col. Dan Skoda, director-Commander's Inspection Program. "Their integrity and commitment to honestly assess their program areas will ensure our wing is operating at the highest level of readiness. The single most important component to the new CCIP are you, the individual Airman, finding and fixing problems, and a commander or supervisor who is supportive and rewarding of those efforts."

"Our wing inspection team members will complete formalized training in the next quarter of this fiscal year and gain access to the Inspector General Evaluation Management System (IGEMS). IGEMS is a system used by the command IG for several years; it will automate report production and the inspection findings "fix & repair" process. IGEMS and MICT will be fully available for viewing by major command and National Guard Bureau IG during our continual UEI cycle," Skoda continued.

Senior Airman Benson Cessna, 190th Security Forces Squadron, maintains flightline security for the April readiness exercise. (Photo by Master Sgt. Allen pickert)

On the horizon for the remainder of 2014, the 190 ARW Inspector General plans to complete Air Force Inspection System roadshow presentations to the Maintenance Group, Civil Engineering, and Security Forces during the June Unit Training Assembly, while continuing to assist preparations for the Nuclear Operational Readiness Inspection in July 2014, complete the final reporting process for the March 2014 major accident response/tornado exercise, and the April Nuclear Operational Readiness Exercise. 190 ARW IG will also facilitate a combat skills refresher event during the September drill.

190th crew chiefs tend to their aircraft during alert opperations during the April readiness exercise. (Photo by Master Sgt. Allen Pickert)



Security starts with service before self

Staff Sgt. Kayla Kohn
190th Public Affairs

"There are a lot of people who don't realize what we do - what we really do - and I can't really tell you about it. You see us, but you don't really see us; you see us coming through the gate, but then forget about us."

According to Senior Airman Benson Cessna, most people on base will not have a chance to know all the things that the 190th Security Forces Squadron does to keep the personnel, equipment and the mission secure.

"Think of it as an onion, and you would have to peel it back, layer by layer," he said.

When events like the most recent Fort Hood shootings occur, Security Forces personnel and their preparedness get pushed into the spotlight. They complete in-squadron scenarios in which an active shooter scenario is simulated and all full time and traditional Guardsmen get to participate.

"I think we're just lucky that it's never happened here, but it could happen anywhere and people need to remember and be aware of that," said SFS First Sergeant, Master Sgt. Sarah Sell.

The humble thing about our Security Forces Squadron is their commitment to accomplish their mission without any expectation of recognition if a situation such as an active shooter did occur.

"Most people don't pick this career field because they wanted to stand on stage and wear a lot of medals. They choose it because they wanted to serve others and do their job," Sell said.

Senior Airman Andrew Braden agrees.

"One of my favorite parts about this job is that I get to protect the people that do somewhat of a more critical operation than we do, and it can be a thankless job, but that's kind of the reason why I do it. "

Law Day 2014: Why every vote matters

Maj. Reese Hays
190th Deputy Staff Judge Advocate

Law Day is a national day set aside to celebrate the rule of law in the United States. President Dwight D. Eisenhower established it in 1958, and in 1961, Congress designated May 1 as the official celebration date.

Law Day has a different theme each year. This year's theme is "Why Every Vote Matters." Alexander Hamilton once said, "A share in the sovereignty of the state, which is exercised by the citizens at large, in voting at elections is one of the most important rights of the subject, and in a republic ought to stand foremost in the estimation of the law."

With very few exceptions, every American citizen 18 and over has the right to vote. However, the right to vote is much more than a mere right, it is a duty. Merriam-Webster defines duty as "something that you must do because it is morally right or because the law requires it." Voting, like military service, is not a duty because the law requires you to do it; rather, it is a duty because it is morally right. Voting is each American's opportunity to voice his or her determination who they would like to be their representative in government.

Voter participation often suffers because of the generally accepted belief that "one vote really can't make a difference." However, when a person foregoes their vote, they defer their input to some unknown person - who may or may not have the same opinion as to who is the best person to represent you in government. Furthermore, when a person foregoes their vote, it causes those votes that are cast to have a larger impact upon the result of the election.

A single vote can have an impact. For example, in 1800, Thomas Jefferson was elected president by a one vote margin. In 1845, the United States annexed Texas by one vote. In 1876, Rutherford B. Hayes became President by one vote. Furthermore, a handful of votes have decided additional elections. For example: In 2000, only 537 out of the six million votes cast in Florida decided the presidential election. In 2006, a difference of 94 votes won Connecticut's 2nd U.S. Congressional seat.

So, when you think your one vote will not make a difference, in reality it does count. Just think of Mr. Bobby McDonald who was running for a seat on the Walton City Council. He did not wake his wife to vote in the election because she had worked late at the hospital and needed the rest. However, at the end of the day when the votes were counted, it was a tie, and if his wife would have voted, she would have cast the winning vote for her husband.

ONE vote does count and it is important that you continue to fulfill your duty as an American to vote. When it comes election time, vote and have your voice heard. You may be the deciding vote.

Coyote honored by city of Topeka

Staff Sgt. Luke Broxterman of the 190th Maintenance Squadron accepts the 2013 Topeka Armed Forces Personnel of the Year Award from Topeka Mayor Larry Wolgast. Broxterman was selected for the award based on his 190th work performance as well as his volunteer work in the Topeka community. He was one of six military personnel selected for the award, which was presented during a Topeka City Council meeting.
(Photo by Maj. Joe Blubaugh)

I will no longer be a victim

By Skytina Felder-Jones
8th Fighter Wing

Skytina Felder-Jones is an 8th Fighter Wing Resilience Program specialist and facilitator in South Korea. She shared her personal experiences with AF News recently, to help members be aware of their options and to show that there is life after an assault. This is her story.

As a young child the horrors of sexual violence arrested my sense of safety, security and the sanctity of my home -- robbing me of self-worth, my voice and the development of healthy boundaries.

At the age of four I became a guilt-riddled, withdrawn and a painfully shy child. I was frightened of the world outside of my mother and was petrified by almost all men.

From that time until the age of 19, my self-esteem and self-worth told me I was damaged, unlovable and had nothing of value to say, so I kept my mouth shut most of the time.

Spiritual growth, counseling and a strong network of family and friends helped me flourish. I found my voice, my worth and developed a strong focus of internal control. I was able to achieve my academic and professional aspirations.

I was finally more than that helpless little girl. My faith in humanity had been restored -- and then it happened. He came into my life and threatened to undo the lifetime of healing and restoration that seemed as if it only just begun.

No, he was not a stranger. He was my tormentor, my boogeyman: a field grade officer who happened to be my boss. "We are on the same team," I thought to myself. We have the same goals. "Why can't you see me as a professional vice something for your own sexual gratification? This cannot be happening to me."

Most cases of sexual harassment and assault happen subtly. There is a journey, a refined process that offenders and perpetrators take potential targets through. My situation was not any different.

It began with intrusion.

My offender initiated this process with sexual remarks, inappropriate comments and at one point grabbed my arm and instructed to me to serve him dinner at a command Christmas party. I managed to squeak something barely audible as I looked around to see if anyone noticed and would come to my aid. In retrospect, I believe we were all flabbergasted and did not know what to do.

I was embarrassed and frustrated that I did not stand up for myself. At that moment, I was 4-years-old again and could not find my voice. My offender, on the other hand, was overtly testing my boundaries to see what he could get away with. My lack of response emboldened him.

As time went by, my supervisor's behavior towards me became more blatant and frequent. I began to dismiss what was happening. I would tell myself he doesn't mean anything by it. I became convinced if I ignored the behavior, he would get the picture that I was not interested and his advances were unwanted.

I eventually came to accept he was not going to stop and I would continue to be uncomfortable; just another unpleasant part of life. But, I was strong enough to deal with it, so I thought. We were at the second phase in the process: desensitization.

So now we are four months into incessant and unwanted sexual advances. I was summoned several times to his office under the guise of a work-related task, only to have himself and his male counterparts look me over, ask personal questions and make sexual comments as I exited the room.

I was put on display. It was horribly degrading. The beginning of the end of this hell started when my boss squeezed my upper thigh under the table at a command function in a crowded room.

I was ashamed, hurt and embarrassed. I left the event and went to the equal opportunity office, because I knew I had to do something. I told them of my ordeal and they were more than willing to help me. I asked to be given time to think about what course of action to take. I was leaving for a five-week temporary duty assignment the next day.

I thought I would have a reprieve from the harassment and the potential for another assault. I was wrong. My offender sent emails during my TDY. He called me and basically told me when I returned, it was time to go to the next level and it was no longer an option.

I did not sleep that night. I was scared. I returned to work after my TDY and avoided my supervisor/offender at all costs. I ignored his phone calls. I would

Continued on page 8

Portrait of an Airman—

Airman 1st Class Paula Conley

Organization: Operations Support Squadron

Job Title: Human Resources Assistant

Main Responsibilities: Assist Operations Group members navigate through personnel programs, educate them on maintaining their personnel record and provide administrative support so they can focus on their primary missions

Civilian Career: Human Resources Assistant, CNA/ Home Health Aide

Education: Currently taking online classes through Highland Community College

Military Experience: Joined July 2012, Personnel School, 6 month temp tour, full-time technician in Ops

Achievements: Being selected for a full-time technician position here at Forbes

Goals and Ambitions:
Civilian goal - Get my degree in Dental Hygiene

Military goal - Retire with the 190th

Ambitions - To do the best I can and make family and senior leadership proud of my accomplishments

Hobbies and Activities: Camping, fishing, spending time with family, doing crafts

Most Memorable 190th Moment: 2013 Warrior Dash was a blast! The mud was cold but it made it that much more fun to finish the course and obstacles

Coyote Heritage

By William Gilliland
190th Historian

July 1, 1979, marks the first of many years of alert duty for the 190th and its aircrew. In those days, alert duty consisted of 24 hours a day, 7 days a week.

The operations building at the time housed the alert crew behind locked doors. They were to be ready to launch on very short notice at any time.

Meals, sleep, recreation and all other daily routine was accomplished with the thought that it could be interrupted at any moment.

A loud buzzing noise would be accompanied by a call from the command post announcing the need to be airborne in a few minutes.

Aircrew responds to the Klaxon call back when the 190th belonged to the Strategic Air Command.

For those of you who heard the call "FOR THE ALERT CREW, FOR THE ALERT CREW, KLAXON, KLAXON, KLAXON" recently, it was a reminder of the way things used to be when the Stratigic Air Command way was the way things were done at Forbes Field.

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

peek out my door before I left my office to ensure I did not bump into him.

I would correspond with him by email only. Finally, I was summoned to his office and was asked why I was avoiding him. He informed me I needed to make it a point to see him every day.

The following day I was summoned into his office, again, to be put on display. As I greeted the other male field grade officer present, he openly chided me and I was instructed not to speak to another man. According to him, I was his property.

No longer was I a highly educated professional or valued member of the team. I was there solely for my offender's benefit. I felt less than human, weak and powerless. I was no longer a 34-year-old capable and confident woman. I had transformed completely into that helpless girl from my childhood.

Not only did my offender interrupt my peace at work, but he invaded my dreams and my thoughts and pervaded every aspect of my life. I became paralyzed and consumed by fear. The quid pro quo in the form of threats relevant to my performance appraisals and job kept me in a constant state of flux. I was a prisoner in my office and in my home.

I was living the hell many of my previous clients, also former victims of violence had described to me time and time again. I was now reliving that which propelled me to join the Navy in hopes of escaping my past.

The final breaking point came when my offender began to actively take steps to eliminate my job. Upon my return from my TDY, I found out he had withheld paperwork to extend my job. The organization's budget personnel hounded him for seven months to submit the paperwork.

Wittingly, the harassment began during the same timeframe. I decided I was no longer going to be a silent victim. I went to the director of our section and notified him of what was going on. I informed him I intended to file a report with the EO office.

The investigation began that day. Asserting the protections that are guaranteed to every military and civilian personnel is not an easy process. During the investigative process, I felt as though I was laid bare and the entire world could see my fear, my shame, my cowardice and my trauma.

I had to tell every sordid detail of my ordeal over and over. It was such an intrusive but necessary process.

The investigation completely polarized our office. I was ostracized by people whom I valued and trusted. The morale and the foundation of our once solid team had was decimated. We never recovered. I was blamed by some and heralded as a heroine by others.

I was so afraid no one would believe me. After a 45-day investigation, the charges in my complaint were substantiated and I was relieved, but I did not feel vindicated. My offender's supporters impugned my character, refused to cooperate with me regarding work-related tasks and completely shunned me. I did find solace in the fact my offender would no longer be able to prey upon the two other women who came forward during my case.

In the end, I was battered and bruised. I had displaced anger and found it difficult to trust any leader. I was angry at myself. The nightmares continued and the world was no longer a safe place for me. I did seek help, but I had gone so far within, it was difficult for anybody to reach me.

I knew I allowed him to change who I was. I was no longer the sweet, jovial and passionate woman I always was. I became a defensive, aggressive and mean woman -- a woman I did not recognize.

A year later I saw him as I was leaving a doctor's appointment and lowered my eyes and head. The voice I was regaining rose up and said, "You have nothing to be ashamed of." I looked my offender in his eyes until he lowered his head and eyes. He did the walk of shame that day.

At that moment I was released from the burden of trauma I was carrying around with me daily. I no longer have nightmares and am learning to trust my leaders and people in general again. I smile and laugh daily. That mean girl is gone for good.

The help of the chaplaincy, my spiritual support, victim advocates and mental health provided the way for my peace and love of life again. Not only did they validate my reality, but they brought stability and safety into my world that was turned upside down.

Therapeutic work in counseling provided for healing and restoration. I highly encouraged all victims to seek help. Strength and resilience rests upon our ability to reach out to others in our time of need. Shame belongs solely to the perpetrator.

As I mentioned earlier, there are three phases in the process of sexual harassment and assault. I spoke of intrusion and desensitization: the last phase is isolation. Isolation is the goal of every perpetrator in order to accomplish a full-fledged sexual assault. I am eternally grateful my ordeal never led to isolation.

I am empowered because of knowledge. I am empowered because I am no longer silent. I am no longer a victim.

Asian Pacific American Heritage Month

"Asian Americans and Pacific Islanders comprise many ethnicities and languages, and their myriad achievements embody the American experience."
- President Barak Obama

From left to right: Hazel Ying Lee, first Chinese-American woman aviator to fly for the U.S. military; Lt. Junior Grade Susan Ahn Cuddy with brother Ralph and Philip Ahn; Representative Tulsi Gabbard, captain in the Hawaii Nation Guard's 29th Brigade Combat Team; and Capt. Huy H. Tran, Bravo Flight Commander at Grand Forks Air Force Base, N.D.

For Your Information

Promotions

Senior Airman
Staci Bell, CE
William Brown, CE
Mark Douglas, FSS
Cameron Hopper, CE
Tyler Markus, CE
Amaury Marquez Vazquez, FSS
Colten Porter, MDG
Tyler Pruett, MXS
Alex Zerbe, CE

Staff Sergeant
Tyler Hultgren, MXS
Branden Thomas, SFS

Tech Sergeant
Timothy Calvin, OSS

Master Sergeant
Christian Parmentier, AMXS

Senior Master Sergeant
Troy Abel, AMXS
Lewis Shedd, MXS

Chief Master Sergeant
Brian Wohletz, CE

Don't Drink & Drive!

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

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. An interview is required.

Contact Tech Sgt. Celestina Johnson 785-861-4001 during drill weekend or 785-375-7466 during the month.

Coyote Grill May 17A Menu

Saturday, May 3
Great Plains & Prairie Lanes
Hamburgers, Hot Dogs
Cheesy Potatoes
Baked Beans
Carrots
Rolls
Soup: Chicken and Rice

Sunday, May 4
Great Plains & Prairie Lanes
Steak, Chicken
Cilantro Lime Rice
Fajita Vegetables
Pinto Beans, Black Beans
New Red Potatoes
Soup: Chicken Tortilla

Coyote Grill
Grilled Ham & Cheese

Desserts
Brownies, Carrot Cake
Chocolate Cupcakes

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

Appointments/Enlistments

AB Zachary Pruett, OSS
Enlistment Date: March 26, 2014

A1C Alyssa Hewitt, SFS
Enlistment Date: April 4, 2014

SSG Oliver Sheley, ARS
Enlistment Date: April 5, 2014

2LT Alyshia Leisure, MDG
Appointment Date: March 13, 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.

190 OSS Officer Vacancy

The 190th Operations Support Squadron has a traditional intelligence officer position open to O-1 through O-3 and enlisted members eligible for commissioning.

- Applicants must hold or be eligible to hold TOP SECRET clearance
- Passing fitness assessment
- Ability to attend Academy of Military Science and intelligence course within 3 months of selection

The closing date is May 30. Deliver aplications to Capt. Janet Dial janet.dial@ang.af.mil.

Complete job posting is available at O:\Public\Intel under job announcement.

Officer package consists of:
- Resume with cover letter
- AF Form 24
- AFOQT scores
- Last three OPRs/EPRs
- Current passing fitness assessment
- Current RIP