

THE

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



COYOTE LOG



Getting to know other Coyotes

By Lt. Col. David Williams

Commander, 190th Maintenance Group



One of the great things about my 30+ years of military duty has been the sheer variety of jobs and positions I have been given the opportunity to perform. From my start as an Airman Basic riding the “tailboard” of a fire truck while on active duty to my current position as the maintenance group commander, I have gained a deep and sincere appreciation for the role that every one of us plays in the defense of our country and the success of our wing.

Though not every Air Force Specialty Code (AFSC) is present in our wing, it's interesting

to note that there are almost 130 separate enlisted AFSCs available in the Air Force! This signifies, at least to me, how many different skills it takes to make us successful.

A perfect example of how this vast field of expertise and skill diversity performed in an amazing manner was our recent Nuclear Operational Readiness Inspection. I was privileged to have a front row seat in watching the intricate balance we had to achieve, to not only pass this complex inspection, but to excel at it.

As a member of the wing leadership, I had a front row seat in the battlestaff through radios, cameras on the flightline/cargo deployment area, and telephones to the intricate timing and balance we had to maintain throughout the inspection.

During some of the more action-filled parts of the exercise, I was amazed at the timing and professionalism of our wing members on the flightline. While the aircrews have the prime mission of getting to the aircraft, they can't do this safely and quickly without the assistance of our security forces to authenticate everyone coming on the ramp.

Just as important, the timely response

of the fire department is critical in the event something unexpected happens during the response. Equally important are the maintainers from the Maintenance Group being available to respond to any issues that may arise with the aircraft during the response.

While we could watch all of this activity in real time, there were dozens of vital tasks being performed behind the scenes. Examples of these roles included the POL team ensuring the aircraft were topped off quickly and safely, the Force Support Squadron taking care of potential deployers and the Cargo Deployment teams getting everything ready to go while

“...I was amazed at the timing and professionalism of our wing members on the flightline.” -- Lt. Col. David Williams

inspectors watched everything they did. Though there were challenges during the course of the inspection, the quick thinking and teamwork everyone exhibited resulted in one of the best inspection performances I have ever witnessed.

Now, all of that brings me back to my original point. How much do you know about the role of your fellow wing members and how vital their job performance is to your success?

I challenge every one of you to get to know more about other areas on base in order to gain a deeper appreciation for how they help guarantee your success. There are multiple ways to experience different areas of the base.

Going out on the weekly FOD walk on the flightline provides a great way to help keep our aircraft safe while also getting the opportunity to interact with those who maintain our jets. Attending promotions and retirements in other areas of the base is also a great opportunity to talk to and experience what other wing members have contributed to our success.

Finally, talk to your supervisor about job shadowing another section on base that you work with or support. This provides a unique insight into not only what others do to support the mission, but how you can enhance their accomplishments

and yours!

The future success of the 190th is 100 percent reliant on how well we understand our roles and responsibilities. We can only maximize this understanding by knowing who we support, who supports us, and how this makes us the best wing in the Air National Guard.

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On the cover:

Command Chief Master Sgt. James Hotaling addresses an enlisted all-call meeting during the September Unit Training Assembly.

(photo by Master Sgt. Allen Pickert)

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ANG chief visits with 190th Airmen

**By Senior Airman John Hillier
& Tech. Sgt. Mandy Johnson**

*Air National Guard Readiness Center &
190th Public Affairs*

Command Chief Master Sergeant of the Air National Guard James Hotaling performed a day of his September 2014 drill with the 190th Air Refueling Wing. That's right, even the command chief of the Air National Guard has to preform drills on the weekends - just like traditional Guardsmen.

The ANG Command Chief visited the 190th and the 184th Intelligence Wing at McConnell Air Force Base over a two-day period in early September. Hotaling took time during the visit to speak with both wings' junior enlisted Airmen during enlisted all calls.

While at Forbes Field, Airmen were given the opportunity to interact with Chief Hotaling and ask him any questions they had about the Air Force and the Air National Guard. Hotaling discussed his key focus areas that include

renewing of the commitment to the profession of arms, the health of the force, and recognizing and embracing the accomplishments of Airmen.

When he arrived, his first task of business was to meet with as many chiefs as possible. The 190th estimated that about 10 chiefs would be free to attend. However, when he arrived, almost all the chiefs were waiting for their meeting with him.

"This is a sign of good leadership," he said during the meeting, "and a great indicator of the wing's engagement."

On Saturday, his goal was to meet as many Airmen as possible. He began



Chief Hotaling speaks to 190th Airmen during the Saturday unit training assembly. Photo by Master Sgt. Allen Pickert

the day with an enlisted all call. He then visited several shops, answered question and saw Airmen performing their jobs.

"We are entering into a new era of warfare and you're going to be on the leading edge of that," Hotaling said. "We

Continued on page 4. See "Hotaling visit cont."

Avionics: The small stuff matters

By Tech. Sgt. Jake Meyer

190th Public Affairs

It takes a lot of manpower, money and skill to get a multimillion dollar jet off the ground. It takes something as small as a wire to ground the plane. Avionics' main goal is to help ensure that the planes indeed get off the ground.

There are two components to Avionics: Integrated Flight Control Systems and Communications Navigation. Integrated Flight Control Systems is in charge of maintaining the electronics that run throughout the plane, and Communications Navigation is in charge of guaranteeing all radios systems are functional and maintained.

Through all the challenges and skills that are required to be in Avionics, the two teams have built a friendly competition.

"Even though we are in the same shop, I still see Integrated Flight Control System as my rival," chided Senior Airman Tina Touchton during an interview with three personnel from the shop. "It is a friendly competition on who can do better."

"We are friends but we really like to motivate each other and push ourselves to do better in the shop," interjected Senior Airman Erica Davis.

The team dynamic is a huge reason the Avionics shop is successful at completing their job. During drill weekend the tech-

nicians take more of an advisory role while the traditionals come in to the run the shop, said Senior Master Sgt. Shad England.

And that sense of pride beamed across Touchton's face before she answered, "There is nothing more important than coming into the shop and being respected by the technicians. They take interest in our personal and professional life and make us feel welcomed in the unit," she said. "They put their trust in me, and I want to do my best for them."

There are a lot of challenges and responsibilities that come with being in Avionics. Avionics Airmen have to keep up with their career field as it becomes more and more technical. They also have to start familiarizing themselves with both Integrated Flight Control System and Communications Navigation as the two start to merge with the changing technology. Additionally, they have to be safety conscious whether it be repairing equipment on a lift, or dealing with the possibility of absorbing a charge from the 400-watt radio.

Those challenges do not dampen Touchton's or Davis' enthusiasm.

"One of the best parts of this job is being able to work on the planes," Touchton said.

Senior Airman Erica Davis agrees. "You get a sense of pride watching the plane take off and knowing you helped ensure that plane was mission ready," she said.

Suicide prevention takes courage, understanding

By **Armaani Lyle**

Defense Media Activity

September marked National Suicide Prevention Month, but the Defense Department continues its year-round, comprehensive, multi-pronged approach to address the issue of suicide in the military, a Pentagon official said recently.

Army Lt. Gen. Michael S. Linnington, military deputy to the Under Secretary of Defense for personnel and readiness, said DOD will broaden suicide prevention programs and resources to increase awareness, prevention and understanding across the force.

Leadership focus

“Suicide prevention is about taking care of each other and that’s a responsibility leaders have to focus on year-round, daily, weekly, monthly ... not just in the month of September,” Linnington said.

According to the Department of Defense Suicide Event Report, the 2012 suicide rate (expressed as a number per 100,000 service members) for the active component was 22.7 and for the reserve components was 24.2. Across the services in 2012, 155 Soldiers committed suicide, as did a total of 57 Airmen, 59 Sailors and 47 Marines.

DOD will focus on total force fitness programs to build mental, physical and spiritual resilience in service members and their families with a focus on training

and education for leaders and teams across the military to proactively recognize suicide signs and encourage communication.

Access to medical care

Additionally, DOD will continue to direct efforts to enhance medical care, the general said. The department, he said, “has spent a tremendous amount of leader attention and resources on improving access to care, the quality of care and the ability of service members to seek care in an anonymous nature if that’s what they choose to do.”

Linnington stressed the importance of leaders understanding the array of medical and resilience resources and their entry points.

Help for service members

Military Crisis Line and Military One-Source, he noted, are among the many resources that demonstrate the partnership between DOD and the VA, and give service members an anonymous ability to call-in or engage in online chats to access immediate help.



(U.S. Air Force photo illustration/Airman 1st Class Corey Hook)

Newer peer-to-peer networks such as Vets4Warriors have also emerged as valuable resources, he said.

In many instances, however, the first people service members can go to for help can be members of the military family, the general said.

“Having walked in our shoes ... I think it’s clear that service members are comfortable around those that serve with them and have shared experiences,” he said.

No stigma

There should be no stigma attached to seeking help, Linnington said.

“Getting help when you need it is not only a sign of strength, but it works,” he said. “Having the confidence to seek help when you need it is important.”

Hotaling visit cont.

like to say that the Air National Guard is the first choice for homeland operations; you prove that here in Kansas. And you have enduring voices in the community and partnerships overseas. You’re a great partner in this community for sure.”

Renewing of the commitment to the profession of arms includes the Air Force core values, focus on performance and training, and education requirements, he said. A part of the profession of arms includes leadership, mentorship, and supervision as well as the deliberate development of Airmen.

Hotaling also discussed Air Force Instruction 36-2618, the Enlisted Force Structure, also known as the “Little Brown Book” and the importance it has to the career of every Airmen.

Other topics included the health of the force. Resiliency was a part of the discussion, which included mental, physical, social and spiritual aspects. As part of the health of the force, Hotaling discussed the importance of sexual assault prevention and response. Focus on safety and employment of new technologies round out the discussion on health of the force.

Recognizing and embracing Airmen’s accomplishments was also on Hotaling’s mind during the all call. Telling Airmen’s stories and recognizing them both informally and formally is important.

According to Hotaling, each Airman has a part and fits into the Total Force mission.

Heroics abound around the 190th

**By 2nd Lt. Angela Brees &
Master Sgt. Allen Pickert**
190th Public Affairs

Heroism grows thick here at the 190th Air Refueling Wing. The Enlisted Association of the National Guard of the United States (EANGUS) recognizes enlisted Guard members with awards for heroism and humanitarianism when actions merit. In the past year EANGUS has awarded only five such honors and three of the recipients are 190th members.

Senior Airman Levi Sack and Senior Airman Grant Myers both received the EANGUS Heroism Award and Technical Sgt. Matthew Crawford received the EANGUS Humanitarian Award.

Senior Airman Sack rescued a woman from a burning house and administered medical treatment for his award.

Senior Airman Myers saved a fellow Coyote from drowning while on a deployment to Guam.

Technical Sgt. Crawford received his award for giving emergency first aid to a girl injured in a traffic accident.



Senior Airmen Grant Myers and Levi Sack receive their awards from Adjutant General Lee Tafari during the Wing Commander's Call.

(Photo by Tech Sgt. Mandy Johnson)

In addition to the national recognition they have received from EANGUS for their selfless acts, each has received the Kansas National Guard Distinguished Service Medal.

Vigilant Guard tests first responders, 190th

By Steve Larson & 2nd Lt. Angela Brees
KS Joint Force Public Affairs & 190th Public Affairs

Nearly one hundred members of the 190th Air Refueling Wing participated in this year's Vigilant Guard in August. The Vigilant Guard exercise is a multistate disaster response exercise sponsored by U.S. Northern Command and the National Guard.

More than 2,000 local, state and federal personnel took part in the six-day exercise, which was conducted at several locations in the state, including Fort Riley, Overland Park, Topeka, Wichita, Salina, Crisis City and Smokey Hill Weapons Range. 190th participants included members of the Logistics Readiness Squadron, Force Support Squadron, Security Forces Squadron and the Medical Group.

One of the goals of the exercise is to test the capabilities of emergency response agencies at all levels of government, both military and civilian.

"Sometimes, the scope of a disaster can quickly overwhelm the manpower and resources of local responders," said Maj. Gen. Lee Tafari, the adju-

tant general and director of the Kansas Division of Emergency Management. "That's when they can ask the state to assist. Some disasters are so significant, as with the hurricanes that hit the Gulf Coast and the forest fires out west, that



190th Medical Group Commander Colonel William Hefner briefs his medical team during Vigilant Guard
(Photo by Master Sgt. Curtis Hobson)

states have to reach out to neighboring states for assistance. That's what Vigilant Guard is all about."

For members of the 190th Air Re-

fueling Wing, it was an opportunity to build and enhance our relationships with federal, local and state agencies.

"The most valuable experience was getting to work side-by-side with the Army and civilian responders, learning how we would work together in a real-world crisis," said Capt. Richelle Blume, 190th Logistics Readiness Squadron. "That combined experience was invaluable," she said.

The exercise included scenarios for search and rescue, medical care, disruption of utilities, hazardous materials, fires, flooding and even bioterrorism.

"We sincerely hope that nothing of this magnitude ever occurs that would require such a response in the state," Tafari said. "However, this exercise will make us more prepared to protect the health and safety of the people we serve, if it ever does."

"I couldn't be more proud of the 190th's participation in this year's exercise," said 190th Air Refueling Wing Commander Col. Ron Krueger. "It took a lot of preparation and planning, and the teams worked together seamlessly."

Resilience: More than a buzz word

By Chief Master Sgt. Brian Wohletz
190th Civil Engineering Squadron

As I sat down to figure out what topic I wanted to write about for this issue of the "Coyote Log," I found myself feeling a level of stress. Not a level of stress that was extreme, but one that made me feel somewhat anxious about finding a topic, and meeting the deadline for submission.

After a few minutes, I started thinking, "This is a small level of stress this article is causing me, but what other things in life cause us stress?" Maybe there are financial or family concerns, possibly an upcoming deployment, or it could be some other career-related event, all of which are very valid. There are a ton of things we as humans value and concern ourselves with, which ultimately can cause us to feel stress. Why is this?

I think it's because we generally want to do the best we can for ourselves and those around us. When we feel pressure that something needs to be done, stress begins to build until we have completed that task, or something has happened and we no longer need to worry about it.

As members of the military, we have heard reports of members reaching the point of breaking. Unfortunately, the reports we hear are generally when one of our fellow Airmen decides there is no way out and takes their own life. That is a terrible turn of events none of us wants to see happen to anyone. The efforts to educate and understand the indicators that someone has reached a breaking point are key factors in helping to avoid the worst possible outcome.

One way to put this in perspective is to think about a balloon. I think it is probably safe to say we have all blown up a balloon for either ourselves, or if we won't admit that, then we did it for our kids. Right! Anyway, as the balloon is inflating, what are we doing? We are creating stress on the balloon in every possible direction, and on each square inch of the balloon's surface.

We all pretty well know when to stop inflating the balloon. Of course, that is when we sense the balloon is full of

air. We might notice the tension being exerted on the surface of the balloon is stretching it to a point it could burst at any time. So, to prevent our child from being devastated that we burst their balloon, we understand we need to stop inflating it to avoid dealing with a child's crying, screaming, or whatever other method the child finds to deal with the stress of popping their balloon.

So, what is the balloon displaying as we inflate it? Well, it is an example of resilience - the balloon would just lay there, deflated if we weren't there to cause it stress. Resilience could be described as elasticity, or the ability to return to an original shape. When we inflate a balloon, one of three things is usually the outcome. We could tie the end and leave it stretched to the verge of popping; we may continue inflating it until it bursts; or we may release the pressure so it can return to its original shape. If we choose to deflate it, then the balloon can be used again.

The option of finding a way to release the pressure under control is what we need to do when we find ourselves, or someone around us, feeling we are at the verge of popping if we take on any more stress. The outcome of the balloon bursting is certainly not what we want to happen.

The balloon has a set level of resilience which is determined by the strength of the materials in the balloon. We as humans are, of course, more complex. Think about the following as ways to help build resilience:

Find Good Relationships-we depend on each other for help. Whether it is family, friends, a civic or faith group, it is important to have a network of support.

Consider Your Needs-know when you need help. Don't be ashamed to ask for help, and find ways to relax, maybe through exercise, hobbies, sleep, etc.

Be Optimistic-having a positive outlook will help get you through tougher times. Expect good things to happen in your life, and don't dwell on the things that don't go the way you hoped, or that you cannot control.

Develop Goals-have goals that are attainable. Appreciate smaller accomplishments as you work toward larger goals. This will give you a feeling of success along the way. Be willing to adjust your goals as you go.

Have Confidence-you're smart; you know what it takes to solve problems. Trust your instincts and be proud of the decisions you make.

Problems Will Arise-in life we are going to face stressful situations at least once in a while. Understand there is always a way out of a current stressful situation; the future can be better. Don't be afraid to ask for help in finding that way out.

One of the biggest tips is to understand how to identify when you need help. Try to avoid thinking that if you come to someone looking for help, it is a sign of weakness or that those around you will lose confidence in you. The truth is just the opposite. If you are able to ask those around you for help, it will give you a sense of satisfaction or relief and will help empower those around you to help. Others will feel they are part of the solution, and that is a very rewarding feeling for anyone.

Remember, there is an abundance of resources available to you. Maybe it's friends, family, peers, professional organizations, or resources on base. Robert Johnson (861-4792) is a great resource for anyone in the 190th that needs help and he is always available. All these things are there and in place to help you build resilience.

One last way to build resilience is through flexibility. As Lt. Col. Jacob Salmon reminds us in Civil Engineering so often, "Flexibility is the key to air power." Flexibility is also a key to resilience.

As we head into fall, and the holiday season is right around the corner, please pay attention to those around you. Many times the holidays can be tough for some. If you notice a change in normal behavior, or someone who seems withdrawn from the group, remember to trust your instincts and be there to help each other out.

Portrait of an Airman

Staff Sgt. R. Ryan Jarvis



Organization: 190th Communications Flight (CF)

Job Title: Information Technology Specialist/Network Control Center

Main Responsibilities: As part of the Base Network Control Center, I support programs and perform system administration on command, control, communications, computers and intelligence platforms.

Civilian Career: Full-time communications technician

Education: Bachelor of Science in management from Baker University

Military Experience: Four years active duty in Security Forces and three years with 190th CF.

Goals and Ambitions: To become more knowledgeable through experience, training and formal education to better perform my job.

Hobbies and Activities: I enjoy spending time with my family, working on cars and traveling.

Most Memorable 190th Moment: Spending two weeks at March Air Reserve Base in California.

Coyote Heritage

By William Gilliland

190th Historian

Shortly after the first KC-135s arrived at Forbes Field, this picture was captured showing #462, as an A-model, sitting on the ramp just after a summer shower had passed. The rainbow just off the nose of this tanker seems to predict a rosy future. Time would show that to be true. Fast forward to 2014, and the 190th has proven to be one of the most respected air refueling units in the Air Force with more than 35 years experience.

Time and time again, results of deployments, inspections, operations, and every day life on base have drawn widespread praise. Excellent on our last ORI provides the exclamation point!



For Your Information

Appointments/Enlistments

AB Garrett Brown, MDG
Enlistment Date: Sept. 22, 2014

A1C Jeremy Barclay, LRS
Enlistment Date: Sept. 7, 2014

A1C Ashten Fund, MOF
Enlistment Date: Aug. 28, 2014

A1C Daniel Volk, 117 ARS
Enlistment Date: Sept. 5, 2014

A1C Isaac Welsh, SFS
Enlistment Date: Aug. 22, 2014

SrA Gregory Rowley, MXS
Enlistment Date: Sept. 16, 2014

MSG Steven Rice, LRS
Enlistment Date: Sept. 2, 2014

SMS Kenneth Steadman, SFS
Enlistment Date: Aug. 17, 2014

CPT Travis Fincham, OSS
Appointment Date: Sept. 2, 2014

Traditional Boom Operator

If you love a challenge and travel, then we want you! For the grade of E-5 and below. Applicants must pass a flight physical, attain top secret clearance and have a minimum score of 55 on their general portion of the ASVAB. Applications available at the 117ARS and must be turned in to CMS Treinen, SMS Spurlock, or SMS Clampitt by October 15. Interviews will be held November drill. For questions or more information contact CMS Treinen 861-4559 or SMS Spurlock 861-4640.

Don't Drink & Drive!

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

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.

Coyote Grill October 2014 Menu



Saturday, Oct. 4

Main Line

BBQ beef tips, chicken cordon bleu, baked beans, roasted red potatoes, rosemary roasted butternut squash, green beans, tomato soup

Coyote Grill

Grilled cheese

Desserts

Brownies, Boston creme cupcakes, apple cranberry crisp, ice cream

Sunday, Oct. 5

Main Line

Chicken parmesan, Swedish meatballs, steamed rice, roasted garlic mashed potatoes, corn, carrots, brown gravy, tomato soup

Coyote Grill

Grilled cheese

Desserts

Brownies, Boston creme cupcakes, apple cranberry crisp, ice cream

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

Promotions

Senior Airman

Jenna Bausch, MOF
Clare Cooney, OSS
Shane Criqui, OSS
Maria Garcia, MXS
Riley Ogle, LRS
Dustin Plankey, MDG
Daniel Robinson-Lopez, CES
Zachary Thomas, MDG
Charles Ashley, MDG
Christopher Kirk, MDG
Routh Taylor, MDG
Robert Ladner, LRS



Staff Sergeant

Chad Broome, MDG
Jeni Douglas, MDG
Terence Gallagher, MDG
Yuriy Vitalyevic Titov, MDG



Tech Sergeant

Justin Nightingale, ARW
Casey Claspill, LRS
Jerling Hidalgo Mendez, MDG



Master Sergeant

Eric Stanley, MXS



Senior Master Sergeant

Jacob King, OSS



Lieutenant Colonel

Erik Baker, 117th 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. An interview is required.

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