

THE

November 2014
Volume 56, Number 10

Air Force Outstanding Unit
2008, 2011 & 2013 Distinguished Flying



COYOTE LOG



Commitment to Excellence

By **Col. Chris Turner**

Vice Wing Commander, 190th ARW



The 190th Air Refueling Wing's vision statement, "A world class organization recognized as the standard of excellence by those we serve," clearly articulates how we desire our wing to operate.

While our 190th motto is "The Standard of Excellence," our vision statement champions one of the Air Force's Core Values, "Excellence In All We Do." Further research into this important core value reveals a defined purpose for each of us.

Air Force Instruction 1-1, paragraph 1.3, discusses the core values and enlightens readers with this verbiage – "Excellence in all we do directs us to develop a sustained passion for the continuous improvement and innovation that will propel the Air Force into a long-term, upward vector of accomplishment and performance." As a powerful sentence in totality, one key ingredient resonates strongly – "sustained passion for the continuous improvement." This phrase exemplifies our wing's desire for incremental improvements at all levels and the new Air Force Inspection System provides the path for implementation.

Our individual unit-member mandate rests with understanding these tools and adopting a Commitment to Excellence. Consider the following four major graded areas in the AF inspection system: managing resources, improving the unit, leading our people and executing the mission (a mnemonic of MILE).

While the AF plans to grade these areas during our upcoming Unit Effectiveness Inspection in March 2015, all wing members need to understand and think in these terms, but not for a passing grade. Rather, these four areas represent exactly where our focus should be as we perform our daily duties. Every job, every task, or every process we complete resides in one or more of

these areas from either a wing or group level. For example, within managing resources, we ensure that our major command provides adequate resources such as manpower and equipment while we exercise good stewardship of the resources given.

In improving the unit, commanders develop vision and mission statements, use the commander's inspection program, organize events to streamline processes, and use data to drive important decisions.

Under leading our people, we track communication effectiveness, fairly distribute discipline, appropriate training, professional and personal development, and engaging in quality of life factors. Each of the previous three areas support our ability to execute the mission by addressing the right quality, right quantity and right time for our warfighting commander while maintaining deployment readiness. One discernable priority that exists for the wing equates to finding common wing-wide measures to highlight where our unit stands presently and our goal for each major graded area.

After determining important metrics, we need to pinpoint our endeavors into a "sustained passion for continuous improvement" for the graded area rather than simply chasing number improvements. Without equivocation, harnessing tangible improvements within each major graded area will make the 190th a better organization. We will be more efficient, we will improve our Airmen's training, their time, their resources, their processes and their well-being. Our unit will be more accountable and equitable across all groups while increasing personnel opportunities.

Over the short term, an inspection team will seek the commonalities across the wing and identify some key measurements within each major graded area. The Wing will communicate this information via multiple outlets to ensure each unit member captures the process intent. Throughout our initial wing efforts to consolidate measurements, we

ardently request input from wing members with improvement ideas to consider the major graded areas and help find the best way to track, then advance these metrics. By keeping a "sustained passion for continuous improvement," our wing will readily display our commitment to excellence.

Coyote Log Staff

Col. Ron Krueger

Commander, 190th Air Refueling Wing

Maj. Joe Blubaugh

Wing Executive Staff Officer

2nd Lt. Angela Brees

Public Affairs Officer

Master Sgt. Allen Pickert

Visual Information Mgr

Tech. Sgt. Mandy Johnson

Photojournalist

Tech. Sgt. Jake Meyer

Broadcast Journalist

Staff Sgt. Kayla Kohn

Photojournalist



On the cover:

Wylie Coyote cake for Senior Master Sgt. Mike Chandler's promotion ceremony.

(photo by Tech. Sgt. Mandy Johnson)

190th Public Affairs/*Coyote Log*
190ARW.PA.CoyoteLog@ang.af.mil

POC: Maj. Joe Blubaugh
(785)861-4593

www.190arw.ang.af.mil

The *Coyote Log*, published monthly, is a US Air Force funded newspaper for members of the U.S. Military Services. Contents of the *Coyote Log* are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the 190th ARW Public Affairs Office.

A boom and his boys

By Staff Sgt. Ciara Wymbbs

379th Air Expeditionary Wing Public Affairs

(The following story appeared on AFNews while 190th members Senior Master Sgt. Brian Dillon, Staff Sgt. Matthew Dillon, and Airman 1st Class Adam Dillon were deployed to Central Command.)

Being deployed can be difficult on families. Someone is always missing something important in their life back home: holidays, birthdays, soccer games or even being there when a child loses their first tooth.

For U.S. Air Force Senior Master Sgt. Brian Dillon, 340th Expeditionary Air Refueling Squadron boom operator, this time around on his deployment, he got lucky.

He deployed again this year, but this time two of his three boys are right by his side.

Dillon joined the Air Force in 1981; he has traveled across the world and has had a part in every major operation the USAF has taken part in since that time. His father was also a Korea and Vietnam War veteran, who served 25 years in the Air Force.

After graduating basic training in 1982, and being on active duty for four years as a crew chief, Dillon transitioned to the Air National Guard.

In his early years, Dillon remembers coming home to curious children, anxious to know what their father had been away doing.

“It would be a three against me wrestling match. My daughter would wedge herself in between them and hug me

until she was satisfied,” said Dillon. “Then, they would pile on me and want to hear everything I had done.”

In 1996, he decided he needed a career change.

Dillon became a boom operator; he says that is where he felt he belonged all along.

“I have been in every conflict since Grenada,” Dillon recalls. “In 2001, I was on the first New York ANG tanker that launched on alert over the World Trade Center.”

In 2007, Dillon rounded up his family and they moved to Topeka, Kansas, where he is part of the 190th Air Refueling Wing. That is where his three sons also joined the Air Force.

For one of his boys, he says all he knows is that his dad is in the military.

“Him being gone for a few months at a time was just a part of growing up,” says Staff Sgt. Matthew Dillon, 340th Expeditionary Aircraft Maintenance Squadron crew chief. “He would bring home a t-shirt for me and brothers and the spicy cinnamon smell of Big Red chewing gum.”

This isn’t the first deployment Matthew has shared with his dad, but for his baby brother, Adam, it is.



Courtesy photo by Senior Master Sgt. Brian Dillon

“It’s beneficial being deployed with family,” said Airman 1st Class Adam Dillon, 340th EAMXS crew chief. “Especially because they know the ins and outs of the places I go, which makes things easier to get used to.”

The Dillons agree they have always been very tight-knit; all working crazy hours but find time to hang out in their free time.

“I, my dad and my brother have always been close,” said Matthew. “It’s kind of like having my best friends here while deployed.”

At the end of the day, being able to catch up face to face while deployed is priceless.

“As many birthdays and Christmases I have missed over the years, getting to spend time on a deployment with my sons is indescribable,” said the eldest Dillon. “And going out to fly and one of my sons is there to recover me, is definitely a proud

190th member awarded scholarship from EANGUS

University of Phoenix and the Enlisted Association of the National Guard of the United States (EANGUS) selected Master Sgt. Dustin Ward, 190th Logistics Readiness Group, for a full-tuition scholarship for up to four years. Ward is pursuing a Master of Public Administration degree. He currently serves as the unit training management/unit deployment manager responsible for ensuring deploying service members have met all pre-deployment requirements including medical, weapons qualifications and other readiness requirements. After finishing his military service, Ward intends to use his degree to gain employment in a leadership position within a government agency to help and care for the people in his community.

Selanders takes command of KSANG

By 2nd Lt. Angela Brees

190th Air Refueling Wing

The Kansas Air National Guard welcomed its new commander, Col. Jay Selanders, and bid a bittersweet farewell to predecessor Brig. Gen. Bradley Link in a ceremony at Kansas Joint Force Headquarters Oct. 5.

Link retired after more than 30 years of service, most recently serving as the assistant adjutant general and commander of the Kansas Air National Guard. During a change of command ceremony at Nickell Armory, Selanders accepted command from Kansas Adjutant General Maj. Gen. Lee Tafanelli, who presided over the ceremony.

“Let me be the first to welcome you,” Tafanelli said. “I have the utmost confidence you will serve the Kansas Air National Guard well.”

Tafanelli also expressed praise and gratitude for Link’s dedication to the men and women he served.

“From Gen. Link’s first day, he charged forward with his mantra that we are one team, one fight,” he said. “He took

time to express gratitude to each and every Airman for their efforts, and helped us all be better leaders. ‘If you want to go far, go together’ – he embodied that philosophy every day.”

Selanders joins the JFHQ team having most recently served as the 190th Air Refueling Wing vice wing commander. He joined the Air National Guard in 1984 and has flown more than 3,000 combined flight hours in the T-37, T-38 and KC-135. Selanders’ first words as commander focused on the need for leadership to take care of their Airmen, and for Airmen, be ready to serve.

“It is a privilege to serve on this leadership team. Everything about this leadership team is about the Airmen – about you,” he said.

“As threats against the United States



Colonel Jay Selanders assumes command of the Kansas Air National Guard in a ceremony with Maj. Gen. Lee Tafanelli (photo by Tech Sgt. Mandy Johnson)

continue, and as we have fewer resources, the challenging times will continue. I know we will rise above it,” he continued. “Tell your Airman to be prepared, be prepared physically and mentally. Let’s sharpen the focus of the Air National Guard, and remember that we are there to support and defend the warfighters on the ground.”

Coyote cake takes flight

By Master Sgt. Allen Pickert

190th Public Affairs

Senior Master Sgt. Mike Chandler’s promotion party cake made quite an impression for its artistic and engineering expertise.

Mike Elder, of Black Sheep Custom Cakes, donated the labor to make the baked statuary as a thank you for Chandler’s military service.

“I was lucky to have a bunch of great veterans influence my life; this was just a nice way to repay even if it’s just a cake,” says Elder.

Elder has appeared on several television shows

for his confectionery skills, including winning The Learning Channel’s “Cake Off” three times.

The cake was a big hit with all the Coyotes in attendance for obvious reasons.

Not all of the cake was edible as it is as much engineering in the effort, as there is baking.

Elder said the cake took eight to 10 hours to make.

Unfortunately, as a cake, it could not be kept forever just for its esthetic value.



Cybersecurity: Is your phone protected?

By Master Sgt. Doug Hickman

190th Communications Flight

Smartphones now have advanced capabilities similar to personal computers. We access the web via smartphones; we access Facebook, investment accounts, banking accounts and make online purchases with a debit or credit card.

We set home security systems via smartphones. We use them for taking pictures and for navigation. They are no longer a phone with a calculator built in. Some would argue the smartphone is more sophisticated than a three-year-old desktop home computer.

This year, smartphone and mobile devices outsold PCs. We often connect more with our smartphone than we do with our home PC.

At home we all have antivirus software. How many of us have any protection installed on our phones? In 2012, viruses found on mobile devices increased 29 percent to 62 percent. Four out of 10 smartphone users will click an unsafe link this year. Studies show that only one-fifth of smartphone users have installed antivirus software on their device, and up to 50 percent do not password protect

their device.

For each application installed on your device, the potential exists for that application to be exploited. To add to the problem, most free apps want full administrative access to your entire mobile device.

There are a multitude of software protection applications available for mobile devices. Some very good ones are free. These applications can allow you to track your lost or stolen device, allow the device to “call home,” take pictures, sound alarms or even wipe the device or make it completely unusable.

Smartphones are now an integral part of your daily connected lives. Please take the time to protect your mobile, digital life.

Remember, never plug your smartphone into your government computer, even to charge your phone or listen to music, as this has the potential to introduce a vulnerability into our network.

Stay Safe Online has a tremendous amount of information available to us all, some great information for keeping you safe while participating in the online world. <http://www.staysafeonline.org/ncsam/>

By Mr. Robert Johnson

190th Director of Psychological Health

“The pull of the mountain is like gravity for my soul.” — Heather Day Gilbert.

I’m sure most of you have a favorite place which brings you a renewal of mind and spirit. For some, it is the place you grew up. Others, a favorite vacation destination or one connected with a special life event. For me, it’s the mountains. They hold their own special beauty...specially this time of year when they are ablaze with color.

During my childhood, my family took vacations to the Rockies and the Appalachians. We would drive the mountain highways, hike through forest trails or find a place to take or absorb the beauty of the distant blue mountains. We soaked in the pristine beauty that nature had to offer. The mountains bring me close to my past and give me a hope for the future. They are the constant

among life’s many changes. So, whether visiting the Olympics in Washington State, skiing Mt. Hood in Oregon, or just being in the center of the Rockies, the mountains are home to me.

I find the remedy for most stress and worry is to go to a place to be alone amidst the beauty of nature. Life is simple and pure. And it is often in that simplicity, I find reserves of strength. There is something infinitely healing in the repeated nuances of nature – dawn comes after night, sunshine after a storm, and spring after winter.

Soon, winter will replace fall and there will be added pressures of the holiday season. It can be challenging to stop the daily chaos and take the time to renew our strength. Responsibilities, deadlines, tasks... the list goes on. Before we realize it, we merely exist instead of living fully. The more passionate we are about our lives and careers and the more we pour ourselves into those passions, the more important it is to take

Discover your refuge

the time to build our own resiliency. As we are renewed, we are once again more fully able to contribute to our mission, our families and our communities.

I encourage all of you to take a few moments over the next few weeks/months to build your own resilience as we prepare for the winter months. As with most worthwhile endeavors, the path may not always be smooth before a destination is reached. Seek the comfort of your own “mountains” and be renewed. When your refuge is not enough there are other places. The Wing DPH can provide access to those resources. Your confidentiality is assured.

“I like the mountains because they make me feel small. They help me sort out what’s important in life.” – Mark Obmascik.

Reprinted with permission from “The Final Sip” a weekly note from Elizabeth Coffey, program director, Air National Guard Psychological Health Program.

Be safe, be smart online

By Tech. Sgt. Jake Meyer

190th Air Refueling Wing

ISIS has become a household name in American and military culture recently. Of late, ISIS, Islamic State of Iraq and the Levant (ISIL), has ramped up their effort to spread fear and hate through social media and media coverage.

In an October "Army Times" article, the Army Threat Integration Center indicated that service members and their families should be warned the Islamic State is calling on its followers to use social media sites to "find the addresses of service members, show up [at their homes] and slaughter them."

"ISIL has called on lone offenders in the U.S. to use the Yellow Pages, social media sites like Facebook, LinkedIn and Twitter to find the addresses," states an ARTIC special assessment.

Regardless of any perceived additional threat, it is always smart to protect your privacy online and keep an eye out for suspicious activity near the base or near your home.

--Set privacy settings on your social media so only friends can see your information. Block the public from seeing your work with military.

--Do not post a profile picture that has you in uniform. This is how anybody can identify you, relate to you, and use it to attack or scam you.

--Set all relationships status and family members to friends only or private. This is a great way to protect your family.

--Go into settings and force all past images, statuses, and tags to be set to friends only. This will reset any posts that were done outside your friend list to be hidden and private.

--Don't friend someone you don't know in person. If you feel like it is a must, restrict what they can see.

--Report anything suspicious and keep your eyes open.

--Use a peephole before opening the door to anyone. Don't



Did you **SEE** something suspicious commuting to work or grabbing some lunch?

Then **SAY** something to local authorities to make it right.

Report suspicious activity.
Call 1-785-861-4200



Homeland Security



if you
SEE
something
SAY
something™

open the door to solicitors or strangers.

--Make sure home entrances are well-lit and minimize bushes where intruders can hide in ambush.

We can't let terrorists make us live in fear, but we can be smart and aware of what we are posting online.

Remember, if you see something, say something. On base, call 785-861-4200.

BECOME A CHAPLAIN ASSISTANT



The 190 Air Refueling Wing has an opening for a traditional Chaplain Assistant.

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



190th ARW
2015 Calendar

Anonymous
support for sexual assault
survivors in the military

Safe Helpline
Sexual Assault Support for the DoD Community



safehelpline.org
877-995-5247

January

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

8 Hr

May

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

UTA

September

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

February

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

SMTWTFSS

March

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Tech
Pay P.

July

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SMTWTFSS

2015

April

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SDO

August

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Holiday

December

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SMTWTFSS

November

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Portrait of an Airman

A1C Zachary Hallenbeck

Organization: 190th Civil Engineering Squadron (CES), Fire Department (CEF)

Job Title: Fire Protection Specialist

Main Responsibilities: To save lives and property through response to medical situations, fire and rescue calls

Civilian Career: Pizza Hut manager, currently performing seasoning days and applying for outside employment in fire protection

Education: Wabaunsee High, Fire Academy

Military Experience: Three years

Goals and Ambitions: Achieving all available fire-related certifications and completing Emergency Medical Technician course; and obtain full-time fire service employment and achieve fire science degree. Participate in many future deployments in the Kansas Air National Guard

Hobbies and Activities: Working out, tennis, basketball, grilling with family and friends

Most Memorable 190th Moment: Hanging out in North Dakota with the whole of CES/CEF while learning many tricks on how to fight fires. It was great to see that our unit can take the training so seriously, but still make it a great experience

Achievements: Seven different fire-related courses and certificates



Join us for the veterans parade

The 190th will participate again in the Annual Topeka Veterans Day Parade. It will be in downtown Topeka, going around the State Capitol building, November 8, 11:00 am. The parade will start at 8th and Harrison, left on 10th St., left on Jackson, left on 8th and finish with a right on Van Buren. We will need everyone who can make it to plan on walking in the parade. Wear whichever uniform you like. Families are welcome to walk with you also. There will be a trailer for those who prefer to ride the parade route.

If you are willing to help decorate the trailer and fire truck, plan on showing up in the staging area, 6th and Harrison, at 9:00 am.

If you have any leftover Halloween candies, bring them to toss to the kids!

Hope to see you all there!

An advertisement for the 2nd Annual Topeka Veterans Parade. The text on the left side of the image reads: "2nd Annual Topeka Veterans Parade Saturday, November 8th, 2014 11am Downtown Topeka Help us welcome our heroes home! WWW.TOPEKAVETERANSPARADE.COM INFO@TOPEKAVETERANSPARADE.COM". The right side of the image shows a group of veterans in military uniforms marching in a parade, carrying American flags. A young child is also visible in the parade. In the bottom right corner, there is a logo for "MILITARY POLICE" with the letters "MP" and a silhouette of a soldier.

For Your Information

Appointments/Enlistments

AB Ryan Wisner, SFS
Enlistment Date: Sept. 18, 2014

A1C Cedric Mayberry, MG
Enlistment Date: Sept. 30, 2014

A1C Patrick Orton, LRS
Enlistment Date: Sept. 18, 2014

SSG Jason Throckmorton, CES
Enlistment Date: Sept. 22, 2014

TSG Chad Carsten, CES
Enlistment Date: Sept. 22, 2014

2LT Garrett Black, 127 WF
Enlistment Date: Oct. 10, 2014

CPT Linda Gallagher, LRS
Enlistment Date: Sept. 30, 2014

CPT Elizabeth Nugent, LRS
Enlistment Date: Sept. 30, 2014

MAJ Carlton Abner, MDG
Appointment Date: Sept. 19, 2014

MAJ Jeffrey Hoelscher, OSS
Appointment Date: Sept. 30, 2014

Know Your Limits



Have A Plan

Don't Drink & Drive!

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

Coyote Grill November 21st A Menu



Saturday, Nov. 1

Holiday Meal

Shrimp Cocktail
Baked Ham, Roast Turkey
Roast Beef, Mashed Potatoes
Stuffing, Brown Gravy
Corn, Green Beans with Mushrooms
Chicken with Rice Soup
Salad Bar
Desserts
Apple Cranberry Crisp, Pecan Pie
German Chocolate Cake
Ice Cream

Sunday, Nov. 2

Breaded Fish
Turkey Tetrazzini
O'Brien Red Potatoes
Egg Noodles, Carrots
Italian Blend Veggies
Chicken with Rice Soup
Salad Bar
Desserts
Apple Cranberry Crisp, Pecan Pie
German Chocolate Cake
Ice Cream

DFAC Schedule

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

Serving hours 1030 – 1230
NO GROUP PICK-UP

Promotions

Airman

James Hishmeh, LRS



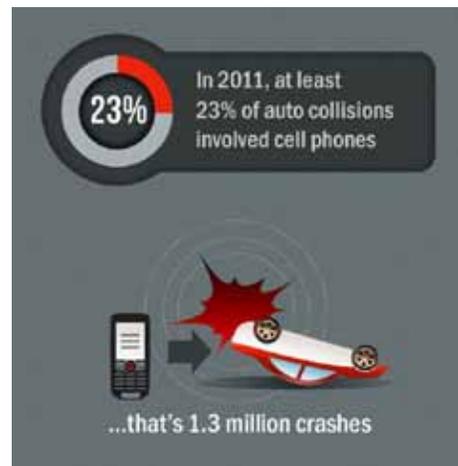
Staff Sergeant

Diane Collins, MSG



Colonel

Thomas Turner, ARW



CLASSIFIED FOUO & PII



Keep It Secure, Covered & Private