

The Coyote Log
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To the Coyote family of:



Coyote Heritage

25th Anniversary Year of Desert Storm

At the beginning of Operation Desert Storm January 16, 1991, many 190th Air Refueling Wing members were already rotating through deployments to Jeddah, Saudi Arabia in support of Operation Desert Shield.

The 190th ARW acted as the lead unit at Jeddah and its commander, Colonel Mick Baier would become the commander of an air wing consisting of over 100 tankers, and 1,250 airmen, making the 1709 ARW (provisional) the largest air refueling wing ever assembled. Later it would also include a bomb wing made up of active duty crews, maintenance people, and B-52 bombers.



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



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Vol. 58, No. 2

Air Force Outstanding Unit
'08, '11 & '13 Distinguished Flying Unit



CE rebuilding Forbes Field

By Lt. Col. Jacob Salmond
Commander, 190th Civil Engineering Squadron



According to Wikipedia, Civil Engineering (CE) is a “professional engineering discipline that deals with the design, construction, and maintenance of the physical and naturally built environment.” According to the Air Force CE Officer Career Field Education and Training Plan (CFEPT), yes I know what it is, how to spell it, and I actually read it, CE activities include “responsibilities for construction, maintenance, and repair of Air Force and joint base real property; operation of utility systems; fire prevention, protection, and aircraft crash rescue; readiness and emergency management; explosive ordnance disposal.”

While Fire and Emergency Management are honorable functions within CE and filled with professional Airmen, I am going to focus this article on the real property portion of CE’s responsibilities and reflect on the changes to the installation over the last decade.

Despite shrinking federal budgets, Forbes Field concluded 2015 with a record flying year and a deceptively large amount of money spent on facilities. Fiscal year 2015 totaled over \$9 million -- 50 percent more than the average of \$5.5 million calculated over the last nine years.

I know what most of you are thinking – “Wait a minute, there’s been \$50 million plus invested at the 190th Air Refueling Wing in the last nine years?!”

Between the years 2006 and 2015, the 190th ARW has constructed Wing Headquarters Building-2005, demolished the old HQ Building-673, and repaired/renovated Hangar-662, Gym Hangar-666, Logistics-670, Operations-679 (2013 AF Design Award winner), Fire Department-750, CE-760, Dining Facility-780, Pump House-775, Communications/Medical-2000, Mobility-55060, Ramp and Runway 03/21.

FY 15’s money is paying to renovate the fuel cell Hangar-665, Vehicle/Aircraft Generation Equipment, Maintenance Repair/Consolidation-770, as well as multiple other facility repairs/renovations. The biggest change for 2015, was the preparation for Joint Forces Headquarters to relocate to Forbes Field. As of the writing of this article, phase I of this relocation is complete. The 190th still has some adjusting to do, but overall I get the sense that the “nearness” of all the organizations has created more “closeness.”

FY 16 appears to be another bumper year for Forbes facilities as CE prepares to participate with the Metropolitan Topeka Airport Authority and the Federal Aviation Administration in a \$50 million plus repair of runway 13/31. The National Guard Bureau is supplying \$21 million to this project. CE is also working to fund projects that will update the parking lot south of Hangar-662, build a Wing HQ suite, and develop final plans for the gym, alert facility, and Small Air Terminal/Deployment Processing Center.

If you compare the two flyover pictures the bottom line is that the



COYOTE LOG STAFF

- Col. Jarrod Frantz**
COMMANDER, 190TH AIR REFUELING WING
- Maj. Joe Blubaugh**
WING EXECUTIVE STAFF OFFICER
- 1st Lt. Angela Brees**
CHIEF OF PUBLIC AFFAIRS
- 2nd Lt. Celeste Arnold**
HISTORIAN
- Master Sgt. Allen Pickert**
PUBLIC AFFAIRS MANAGER
- Tech. Sgt. Mandy Johnson**
PHOTOJOURNALIST
- Tech. Sgt. Jake Meyer**
BROADCAST JOURNALIST
- Staff Sgt. Kayla Kohn**
PHOTOJOURNALIST
- Airman 1st Class Emily Amyotte**
PHOTOJOURNALIST

On the cover:

Senior Airman Taylor Wheeler and her support dog Tigger. (Photo by Airman 1st Class Emily Amyotte.)

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only constant is change. If CE hasn’t touched your space in some way it’s probably because you just moved in... don’t worry, we’ll get around to it! Remember, without CE it would just be

PROMOTIONS

Senior Airman

- Samuel Aguirre, MXS
- Grant Dalrymple, MXS
- John Figgs, CES
- Zachary Hallenbeck, CES
- Benjamin Hunter, MXS
- Eric O’Neill, MXS
- Derek Price, SFS
- Ryan Reyes, SFS
- Nathaniel Vice, MXS
- Christopher Welch, CES



Staff Sergeant

- Erica Davis, MXS
- Andrew Klein, MOF
- Kodi Masarik, CES
- Neal McKinzie, MXS
- Abbie Moreno, OPS
- Tina Touchton, MXS



Tech Sergeant

- Brian Deters, AMXS
- Emily Fort, MDG
- Mary Greene, MDG



Master Sergeant

- Jonathan Henry, CPTF
- Brandon Terhune, CES



Captain

- Brett Starbuck, OSS



“Laugh Your Way to a Better Marriage”

Explore the underlying dynamics of male/female relationships with clarity and find practical solutions to common relationship woes.

Laugh Your Way to a Better Marriage isn’t your typical marriage seminar. Humor and entertainment makes the learning enjoyable for husbands and wives.

Held at the Eldridge Hotel in Lawrence. The event begins at 6 p.m. on Friday, February 19th and ends by noon the following Sunday. Lodging and meals are provided for attendees. Mileage will be reimbursed. For more information contact the Airman and Family Readiness Office at 861-4940.

FOR YOUR INFORMATION

Coyote Grill February 2017 Menu



Saturday, Feb. 6

Main Line

- Pork Spare Ribs
- Chicken Cordon Bleu
- Sandwich
- Steamed Rice
- New Red Potatoes
- Broccoli
- Corn on the Cob

Desserts

- Chocolate Pudding
- Chocolate Frosted White Cake
- Oatmeal Raisin Cookies

Sunday, Feb. 7

Main Line

- Caribbean Jerk Chicken
- Beef Tips
- Mashed Potatoes
- Au Gratin Potatoes
- Peas
- Italian Blend Vegetables

Desserts

- Chocolate Pudding
- Chocolate Frosted White Cake
- Oatmeal Raisin Cookies

APPOINTMENTS/ENLISTMENTS

AB Samantha Campos, MOF
Enlistment Date: Nov. 25, 2015

AB Kirstin Eells, LRS
Enlistment Date: Nov. 19, 2015

AB Tyler Hertlein, LRS
Enlistment Date: Dec. 29, 2015

AB Lindsay Rausch, LRS
Enlistment Date: Nov. 30, 2015

AB Zachary Woodward, SFS
Enlistment Date: Dec. 16, 2015

AMN Christopher Haug, LRS
Enlistment Date: Dec. 18, 2015

A1C Erika Essman, LRS
Enlistment Date: Dec. 4, 2015

A1C Matthew Ferguson, SFS
Enlistment Date: Dec. 29, 2015

A1C Nathan Hacker, CES
Enlistment Date: Dec. 10, 2015

SSG Andrew Klein, MOF
Enlistment Date: Nov. 19, 2015

A1C Michael McKenzie, LRS
Enlistment Date: Dec. 20, 2015

MAJ Sonja Caballero, ARW
Enlistment Date: Dec. 14, 2015



Monthly educational classes provided during drill weekend.

“Ten Steps to a Federal Job”

This class is based on the book, “Jobseeker’s Guide” by Kathryn Troutman which helps individuals navigate the federal resume and USAJOBS application system. Class participants will learn how to navigate the federal job process, the importance of networking and how to write their job resume based on the vacancy announcements. The class will be held in the Wing Auditorium Sunday, February 7th at 10:00 a.m. and 2:00 p.m. The class is open to Airmen and their family members.

PORTRAIT OF AN AIRMAN

SENIOR AIRMAN TYLER LEED



ORGANIZATION:

190th Communication Flight

JOB TITLE:

Radio Frequency Technician

MAIN RESPONSIBILITIES:

Maintain base wide radio communication

EDUCATION:

Student at Fort Hays State University majoring in Information Technology

GOALS AND AMBITIONS:

Complete Airman Leadership School and be promoted to staff sergeant while finishing my undergraduate degree

MILITARY EXPERIENCE

4 years

HOBBIES/ACTIVITIES:

Working out and building computers

MOST MEMORABLE 190TH MOMENT:

Guam deployment

ACHIEVEMENTS:

Warhawk Award 100% PT test

Family Readiness offers help & improvement-

by **Adrienne Dickey**

190th Airman and Family Readiness Manager

I've heard of the Airman and Family Readiness Office...they are the ones who put on Family Day and the Holiday Party right? Yes, but this is just a glimpse of opportunities, information, and resources the Airman and Family Readiness Program Office have to offer.

So, let's look at what the AFRPO has done this past year. During the last fiscal year the program has provided 145 formal consultations. This was one-on-one time with an Airman or family member providing budgeting assistance, resume assistance or other services. I also meet with leadership frequently to address issues or concerns with Airmen or to keep leadership informed of program changes. This office also hosted, trained, or coordinated 836 Airmen through processing lines, Yellow Ribbon briefings, newcomer's briefs, or annual family readiness briefs. Of course this does not

count the almost 79,000 informal contacts with Airmen and their family members through email and phone calls. This is a lot of behind the scenes work with a major impact on the readiness of our Airmen and their families.

This would not be possible without the help of some amazing volunteers. You see their smiling faces at Family Day running the popcorn machine or taking tickets, but the volunteer program is so much more at the 190th. Last year 39 volunteers provided more than 125 documented hours of service. Our volunteers have done everything from providing meals to families, calling and checking on families of deployed Airmen, working at Harvesters and providing office assistance on drill weekends. Last year's volunteers were vital to the joint conference of the National Guard Association of Kansas and the Enlisted Association of the National Guard of Kansas.

But we can be better! This year

we are focusing on the top three issues coming through the AFRPO of budgeting, resume assistance, and employment assistance. Educational classes will be offered during drill weekends to focus on these issues. Classes will be provided twice a day, and are open to Airmen and their family members. We are also looking to fill a key volunteer position within every squadron. The first meeting of the year will be held Thursday, February 4, at 5:30 p.m., at the American Red Cross in Topeka.

Now, what will you do with all this great knowledge of the Airman and Family Readiness Program Office? How about calling or emailing and letting us know what classes you want to see at the base, volunteer, get added to our email list, or follow us on Facebook, www.facebook.com/190thARWFamilyPrograms. We are ready and willing to help you adapt to the challenges and demands of the military lifestyle.

The wonderful thing about Tigger

By **Tech. Sgt. Jake Meyer & Airman 1st Class Emily Amyotte**
190th Public Affairs

Senior Airman Taylor Wheeler, 190th fuels system journeyman, stood tall and proud in front of her colleagues. As Major General Lee Tafanelli, Kansas Adjutant General, approached Wheeler to bestow an award, her admiring dog Tigger slowly inched his way in between the two.

Tigger could sense his partner was nervous and wanted to inform the general of this. Maintaining his professionalism, first he pawed and licked at the general's shoe, but he went unacknowledged by means of the ceremony at hand. Seeing that this didn't work, and being the persistent friend he is, he gently nibbled on the polished shoe. After the nibble, the general moved on and the ceremony was over. To Tigger, he had successfully protected his master.

The crowd admired Tigger's action while smiling and stifling giggles.

Tigger wasn't always around to bring joy to Wheeler and the 190th Air Refueling Wing. He first joined Wheeler's side in September of this year. And he came to her at just the right time.

"I got so used to life the way it was, that when my fiancé finally found out, he did everything he could to help," she said. "I think the fact that I finally admitted it to myself and basically let everyone become aware of it is when I broke down and lost it. I got so used to bottling everything up and never feeling, ever. That's when it all finally came out I didn't know how to handle life anymore."

Spending her entire childhood with mentally and physically abusive parents, Wheeler grew up believing that this was the normal family atmosphere and that all children were experiencing the same things as her. But she knew that if she took the abuse, it would mean protecting her siblings. And for the longest time, she would shoulder her past by herself.

Years later, her fiancé Derek was able to help her start the healing process to overcome her past. Through this process,

Wheeler began meeting with the base psychologist who suggested she find others who could relate with her and cope together.

She met Army Master Sgt. Lyle Babcock, who introduced her to the Warrior's Best Friend Foundation, a program that partners military member with support dogs. This is where she laid eyes on Tigger.

"I was terrified when I first went there," Wheeler said. "I thought this dog is going to hate me, they're going to hate me. I'm not going to do well. But, it actually went really well the first time I saw him. I thought, man, that's a huge dog. It scared me a little bit but he's such a little marshmallow and it's amazing."

It took some time for Tigger and Wheeler to become the duo that they are today, but Wheeler says it could not have been a better outcome.

"At any moment he'll have all this energy," Wheeler said. "This is good because he'll be able to keep up with me. But there are times where the depression part of Post Traumatic Stress Disorder will kick in and if I lift a finger, that will be a lucky moment for me. And he's constantly there for that. He can tell if I'm having a bad day because he'll try and distract me no matter what."

After adjusting to all the changes, Tigger adapted to his partner and now loves his job and is a true professional. He is now glued to her side and has become a permanent part of the Wheeler household.

"Since I've had him, I've done a complete 180," she said. "I'm a happier person. I'm a lot more outgoing. I feel like a better person. Yeah, he frustrates me sometimes like I probably frustrate him, but I wouldn't trade him for anything."

Wheeler, Derek and her two-year-old daughter, Natalie, all benefit from having Tigger as part of the family. He is

as much of a support system for the entire family as he is for Wheeler, she says.

Wheeler's four-legged partner will stay with her and her family, both at home and at the 190th, for the remainder of his time. He will continue to be the reason for smiles along side of Wheeler, continuing to bring joy to everyone he touches.

"It's crazy how you see peoples'



Senior Airman Taylor Wheeler and Tigger share a moment back stage before receiving an award during the Dec. Commander's Call. (photo by Master Sgt. Allen Pickert)

moods just flip any time they see him," Wheeler said. "And people pass by the office and say hi to Tigger. He seems to not only be helping me, but helping anyone."

Tigger has touched Wheeler's life in a way that nothing else but a dog could, and she is grateful for what he has been able to provide for her, she said.

"It was like a godsend," she said. "Like a slap in the face that everything was going to be okay. And thinking about life without him, I couldn't imagine it. He's helped me with so much, I don't know how I'm going to repay him without giving him treats all the time. I'm really grateful he's around, basically my second born," she added as Tigger lifted his head to look at her.

AF drug testing includes prescription drugs—

By Senior Master Sgt. Terry Martin
190th Drug Demand Reduction Program Manager

Did you know, according to the 2008 Department of Defense (DoD) Survey of Health Related Behaviors among active duty military personnel, just 2.3 percent of military personnel were past users of an illicit drug? Compare that with 12 percent of civilians. However, in spite of the low level of illicit drug use, abuse of prescription drugs is higher among service members than among civilians and is on the increase. In 2008, 11 percent of service members reported misusing prescription drugs, up from 2 percent in 2002 and 4 percent in 2005.

Most of the prescription drugs misused by service members are opioid pain medications. Here are some friendly reminders on prescription drug use:

- Never take anyone else's prescription drug
- Never give anyone else your prescription drug
- Only use for the condition for which it was prescribed
- Always notify the Medical Group of all diagnoses and prescription medication and bring in a copy to update your military records
- Dispose of medication no longer required by dropping them off at an approved location www.deadiversion.usdoj.gov/drug_disposal/takeback/ or turn in on "drug take back days" hosted by your local law enforcement offices

Let's look at some practical examples:

1. You pull a muscle in your back over the weekend, but you don't want to go to the doctor for a couple of pills. You remember your workout partner, Master Sgt. Skywalker, just had a prescription for a pulled muscle in his back a couple of weeks ago.

What do you do?

- A. Ask him for a couple of pills, because he doesn't need them anymore
- B. Offer him something in exchange for the pills

C. Take MSgt Skywalker's advice and go see your doctor

ANSWER: C – never take anyone else's medication, to include family members. Not only is it illegal but not all medications are the same brand or dosage and you could be putting yourself in danger.

2. You are prescribed oxycodone for a tooth extraction/pain in March, then you experience another tooth ache in August. What do you do?

- A. Take one pill: its okay, it's your prescription.
- B. Go to the dentist again and obtain a new prescription.
- C. Take as many as you want

ANSWER: B – prescriptions are good only for the diagnosis at the time they are prescribed. Just because it is the same type of diagnosis you would be required to obtain a new prescription for the new diagnosis.

3. You've been prescribed medication for depression and you're embarrassed by it. What do you do?

- A. Take as directed, no one else needs to know
- B. Inform the Medical Group

C. Take as needed

ANSWER: B – always inform the 190th Medical Group in the case of a new diagnosis and/or prescription medication as soon as possible.

Most importantly, if you find yourself abusing prescription medication, find someone in which you can confide and who can aid you in seeking help.



Command Chief Master Sgt. Pat Moore on his last Unit Training Assembly and Airman Basic Nathan Hacker on his first UTA display their random drug testing letters during the January UTA. (Photo provided)

FYI

AFI 10-203 para. 2.18 Report any new medical condition, medical conditions that potentially affect deployability, or any change in medical status, to the appropriate medical provider at the time of onset. The Airman must also report all medical/dental treatment obtained through civilian sources to the appropriate military medical authority IAW AFI 41-210.

AFI 10-203 para. 2.18.3. Make all attempts to resolve medical conditions in a timely manner. (I-1) This includes, but is not limited to, attendance at all appointments, active participation in rehabilitation, and using medications as prescribed by their health care provider.

Don't wait to educate

By Senior Master Sgt. Troy Abel
Manager, 190th Wing Inspection Program

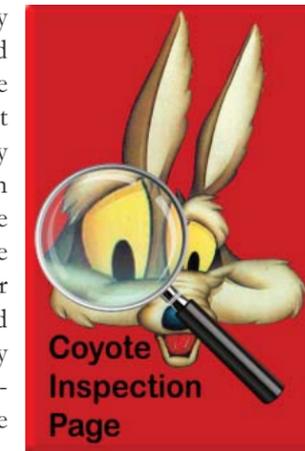
The schedule below for this year's exercises and inspections is available on the 190ARW/IG sharepoint site on the "Inspections" page.

There are a few reasons this schedule is made public. First, it is a means to ensure people can plan around the scheduled events to maximize participation in them. Second, this gives Air Force personnel a clear picture of command priorities. A final reason is to give everyone a chance to educate themselves on the items that are important to Wing and Air Force leadership.

The Wing has identified programs that are critical to ensuring mission execution, personnel safety, or another element that could affect our overall capabilities, and will exercise and inspect

these programs on a regular basis. With that in mind, the published schedule can be used as a training plan. For example, there is an active shooter exercise scheduled in February and best practice would be to educate your people ahead of time on what actions to take. Not only will this make things run smoothly in regards to the exercise, it will increase the chances of survival for our Wing members should an event like this actually occur. Educating personnel about actions to take and increasing survivability are the ultimate goals in this case. By doing your homework ahead of time you will have done both.

The reason we exercise and inspect items is to see how our Wing is performing in regards to those areas that are deemed critical enough to be looked at on a regular basis. Through inspection we are able to identify deficient areas, work to correct them once identified, and share best practices between units. All of these actions help make the Wing more effective. The same result can be achieved if Wing members educate themselves on these programs regularly instead of just the day of an exercise. In other words, don't wait to educate!



190ARW Exercise Inspection Schedule FY 2016

Date:	Type:	Name:	SME POC:	IG POC:
9-Jan	By-Law Inspection	Wing Suicide Prevention	Major Abner	MSgt Williams
25-Feb	Exercise	Active Shooter	CMSgt Steadman	MSgt Williams
3-4 Mar	Exercise	NORE	Lt. Col. Gnagi	SMSgt Abel
2-Apr	By-Law Inspection	SAPR	Major Blubaugh	MSgt Williams
3-Apr	By-Law Inspection	Combating Trafficking In Persons	Major Blubaugh	MSgt Williams
6-May	By-Law Inspection	Transition Assistance Program	Adrienne Dickey	MSgt Williams
8-May	By-Law Inspection	Equal Opportunity	Lt. Cope	MSgt Williams
2-Jun	Exercise(Tabletop)	Aircraft Crash	CMSgt Evans	SMSgt Abel
5-Jun	By-Law Inspection	Personnel Accountability	MSgt Webster	MSgt Williams
6-Aug	By-Law Inspection	FOIA/Privacy Act/Records Mgmt	MSgt Falk	MSgt Williams
10-Sep	By-Law Inspection	Intellegence Oversight	Capt Dial	MSgt Williams
TBD	Exercise	Anti-Hijacking		SMSgt Abel



PILOT SELECTION BOARD

Your Name Here

For information and a copy of "Road to Wings" contact Maj. Ryan Strong, 785-861-4670 or ryan.d.strong6.mil@mail.mil

Packages due March 24, 2016
Interviews will be during April Drill