The COYOTE LOG

October 2009 Volume 51, Number 10

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Staying Safe This Flu Season

Air Force Outstanding Unit
2009 Distinguished Flying Unit

One team approach critical to success

By Col. Joel Darbro
190th Operations Group Commander

It was exciting to see the first planes leave for the AEF after what feels like a lifetime of exercises and inspections. Wishing the Airmen a safe trip and seeing them off was an emotional moment for me.

My move to Group Commander was admittedly a little bittersweet. I miss the days of being the adventurer out on the leading edge, traveling around the world to unfamiliar locations to conduct operations. I'll admit to being envious as I watched deploying Airmen head off on this latest adventure.

Being a commander however, does afford one the ability to see the bigger picture. I realize now more than ever how many Airmen working in concert are required to successfully accomplish our mission. The 190th Air Refueling Wing is comprised of an amazing group of people, and it's difficult to express how proud I am of everyone.

One trait that most struck me during the ORI was how well we pulled together as a team. I hate to use clichés, but we dropped the group tribalism and were truly "One Team." We got the job done and worked extremely well together.

Even though it was a monumental pain in the tail, we all had a good time. I heard multiple inspectors comment on how impressive the attitudes were unit-wide. The inspectors see a different unit every few weeks and our teamwork and attitude stood out!

We need to hold on to and propagate that culture. It is every member's responsibility to pass that sense of pride and cohesion to the next generation of 190th Airmen. Anytime we catch ourselves in the old "Support Group does this," "Maintenance does that," or my personal favorite, "those prima donna Ops guys are doing who knows what," we need to stop and decide if that's the culture we want to pass along. I believe it's a learned and destructive culture that too many times is taught by the senior members.

The fondest memories I have of my military career are of the large wing deployments. In the past we had so many including Operation Deny Flight out of Pisa, Italy, and all the years we flew out of Turkey for Northern Watch.

Those missions really brought the Wing together. We lived, worked and played in close, challenging environments and built bonds and memories that will last a lifetime.

One victim of our current high operations tempo is the opportunity to deploy and operate as a Wing. We have groups and individual Airmen scattered across the globe, but not as many opportunities as in the past to deploy as a Wing. Too many times when our AEF requirements come down, many of the support UTCs have been stripped out.

That may be a trend that will be hard to reverse, but we are working in Current Operations to find missions that will provide opportunities for Wing involvement.

Again, I can't express how proud I am of everyone in the 190th. It's great to be back to the job of conducting the Wing's mission!

117th ARS to hold pilot board

The **117th Air Refueling Squadron** will be accepting pilot applicant packages for a **Pilot Selection Board** to be held in February 2010.

Application package required contents and a current copy of *Road to Wings 2009* are available on the 190th ARW Portal Page.

Contact Captain Brian Correll, 117th ARS (brian.correll@.ang.af.mil) or (785) 861-4670 for more information.

Applicant packages should be sent to: Lt. Col. Jarrod Frantz, 117th ARS, 5920 SE Coyote Dr, Topeka, KS 66619. The deadline for submitting packages is **8 January 2010**.

MXG Outstanding Performers

CDC results

A1C Adam Bowman - 93 percent
SSgt Scott Goodnite - 92 percent
TSgt William Haug - 92 percent
SSgt Jesse Lowe - 90 percent

Technical school achievements

A1C Tyler Vaughn received the Ace Award and the Flight Chief's Award while attending the Communications/Navigation apprentice course at Sheppard AFB.

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On the cover:
Jr. Coyotes enjoy a visit from Wylie during the 2009 Friends and Family Day held during the September UTA.
(photo by Tech. Sgt. Mandy Johnson)

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CE builds upon partnership in Armenia

By Sharon Watson
Kansas Adjutant General's Department

A six-year partnership between the Kansas National Guard and the Republic of Armenia has resulted in a unique opportunity for members of the 190th Air Refueling Wing.

Thirty-seven Civil Engineering Squadron members recently traveled to Armenia for a two-week mission, building a new Expeditionary Medical Support System warehouse for the host country. Kansas was the first to purchase an EMEDS for disaster response and, as a result of the State Partnership Program, Armenian government officials also decided to purchase one.

"The ability to build the right storage capacity hasn't existed," Maj. Gen. Tod Bunting, Kansas Adjutant General, noted. "So as part of our ongoing partnership, it's also allowed us to have a unique training opportunity for our engineers from Kansas who are experienced in deploying it."

Technical Sgt. Robert Ogen served as a crew leader on the EMEDS warehouse mission and was proud to be involved.

"I love doing this stuff. It just gives you a good feeling, like you're helping people out that need the help," he said.

"It makes you feel good," said Tech. Sgt. Michelle Givens. "In the long run, you know it's going to help people."

Major Jake Salmand, who is in charge of the civil engineers crew building the warehouse, saw many benefits to the mission, including training and improving their teamwork in preparation for potential combat missions, while also helping the Armenians. But, the mission was not without a few struggles, he said.

"The communication barrier is a challenge," he noted. "Tools are the same, but we both call them different things. We have a few guys assigned to us to help interpret when necessary and get us stuff. They're great. They have good attitudes, they're more than willing to help us out, and they want to accommodate us in any way they can, so it's good."

Meanwhile, Chief Master Sgt. Danny Roush worked across town, leading another crew of civil engineers in the installation of air conditioners at the Armenian Air Institute, where the local military receives academic training.

"I think we'll make a big difference. We'll leave a mark here that Armenians will enjoy a long time after we leave," Roush said.

He, too, was working through the language differences with his Airmen and the Armenian military, while maintaining a good sense of humor.

"Seems like you can point to things and most of the Armenians can understand a little bit of English," Roush said. "They know more English than we know Armenian. That's for sure!"

Other missions for the civil engineers during their two weeks in Armenia included completely rewiring a kindergarten building.

The CE team left Armenia Aug. 1, turning over their work to the Texas Air National Guard, which arrived to continue the mission.

The State Partnership Program is a program of the Department of Defense working in cooperation with the National Guard Bureau to help create stable environments in partner countries, increase partner capacities and prevent conflict.

Be committed to warrior ethos

By Senior Master Sgt. Everett Gruver
190th Human Resource Advisor

The foundation of Warriorship is "All men are created equal." Respect for human equality is the premise of warrior ethics – just as it is stated in the Declaration of Independence.

It is our noble courage to put others before ourselves as the protectors and defenders of freedom. We must cultivate this willingness and develop the courage to apply these ethics to an enemy that has arisen from another culture, with their own code of warfare, in this global war on terror.

The Air National Guard is committed to the ethical principles of leadership and diversity; it strengthens and validates our warrior ethos. It is our commitment to honor, integrity, passion, pride, discipline and to do what is right – always – which our core values are built.

Our moral courage is fueled by our character, which we build upon each day. But sound morals go beyond our ranks or positions; they cut to the heart and soul of who we are and what we are each and every day as Airmen of character.

The warrior ethos also emphasizes that today's Airmen are "Battlefield Airmen" and that this moral courage must be continuously built upon to prepare us for upcoming challenges and unite us as expeditionary Airmen.

Fun for all at 2009 Family Day

"I cannot tell you how much we appreciate the opportunity to serve the 190th ARW. I don't know that I have been to a base where we were shown so much appreciation and love from so many folks. I was stopped repeatedly by different service and family members, telling me of how much they appreciate the USO."
--Rich Stone
USO Central Mobile Unit

Be responsible with technology

By Chief Master Sgt. Donald Lee
117th Air Refueling Squadron

I was thinking of what to write for the Coyote Log this month when I saw a news report on cyber hackers breaking into government computers - along with one showing video clips from a cell phone of individuals acting inappropriately.

We have so many items at our disposal now to transmit information to family and friends. However, do we think of who else might be viewing or watching what we post on such sites as MySpace, Facebook, Twitter, Youtube, and so many more Web forums and sites, or who might intercept that video clip we just sent from our phone? You ask why it matters who sees what we send.

I went out to the YouTube and ran a search for "air refueling." I was shocked at what I was able to see. It was not just Air Force refueling but all branches of service - and from both sides. I was able to watch a HUD (heads-up display) from a fighter as it was being refueled. It was amazing what I was able to see.

Now you say, what can a person can learn from these clips? For a skilled person, they can determine things like altitude, unit markings, and depending on the angle, they could possibly see sensitive information that we do not want our enemies to see. I have seen units that have planes out on missions and read postings saying they were delayed because the plane had problems or that they were on weather hold. We, as members of the military, need to remember it's several little bits and pieces that are not classified, which can actually become sensitive to a unit's mission and status.

We also frequently see items put on the Web in fun are taken serious, and in some cases, criminal charges were pressed. We must remember that we are military 24/7. Even as a traditional member, we can be held accountable for anything we post or send via cell phone to YouTube, Facebook, MySpace and Twitter. Remember that several small bits of information can lead to a big release of information and potential COMSEC violation.

We must be cognizant of our COMSEC responsibilities at all times in the military. The Internet can be our friend as well as our enemy. Think twice before you text or post. It is nice to keep family informed, but wait for the return trip and enjoy the excitement of your trip with your family over dinner or even an evening outside sitting in a lawn chair.

You can then see the response on their face and enjoy again the moment of your trip.

Protecting yourself during flu season

By Maj. Ingrid Trevino-Garrison
190th Public Health Officer

Federal and state public health officials have been tracking the H1N1 influenza virus since it first appeared in the U.S. in April 2009. Despite a vast amount of resources targeted at stopping the spread of the virus, H1N1 has been declared a pandemic virus by the World Health Organization. This means that we can expect to find H1N1 in virtually every community in Kansas.

The H1N1 influenza virus has brought a new level of awareness about flu to many people. Although military members are required to receive a seasonal influenza vaccination every year, many of us never realize why it is important. Every year in the United States an average of 36,000 people die from flu-related complications and more than 200,000 people are hospitalized. Seasonal flu can be hardest on children less than 5 years of age, people over the age of 65, pregnant women, and people of any age with certain chronic medical conditions.

In normal years, the influenza season is typically from October through April with peak activity occurring in November. However, the H1N1 influenza virus has caused a higher than expected level of flu cases over the summer, and the numbers are expected to rise as the "official" influenza season begins.

Due to the rising number of cases and limited public health resources, influenza surveillance is now focused on collecting information from hospital emergency rooms and selected healthcare providers. The Kansas Department of Health and Environment has analyzed information about the lab-confirmed cases of H1N1 in the state and have found the following:

- The average age is 16 years
- The age range is 1-77 years
- 54% of cases are in people 5 to 24 years of age
- 25% of cases have been hospitalized
- 1% of cases have died

The seasonal influenza vaccine is now available in the community and at the 190th Medical Group. The seasonal influenza vaccine remains an important part of influenza prevention. A vaccine for H1N1 influenza is in production and will be available in Kansas sometime this month. It is not known if or when the military will have access to this vaccine. Due to the limited amount of vaccine, certain groups at high-risk for flu-related complications have been given priority. These groups include:

- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age
- Persons aged 25-64 years who have health conditions associated with higher risk of medical complications from influenza

Local health departments are working with area healthcare providers to develop a plan to distribute the vaccine as soon as it becomes available. Information about vaccine availability will be broadcast in the media as soon as possible. Contact your local health department if you have questions about H1N1 vaccine availability in your community.

As with any influenza virus, individuals are encouraged to take the following steps to reduce the spread:

- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- If you become sick, stay home until at least 24 hours after fever or signs of fever without the use of fever-reducing medications, in order to avoid spreading illness to co-workers and friends.
- Cough or sneeze into a tissue and properly dispose of used tissues. If you do not have a tissue, cover your cough or sneeze with your elbow and not your hands.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

Staying informed about influenza will help to keep you and your family healthy. The staff of the 190th Public Health Office is available to answer your questions. Additional resources include the weekly publication of "Flu Bytes" by the Kansas National Guard.

The Kansas Department of Health and Environment has a website with current information about influenza for Kansas as well as a toll-free hotline and e-mail. General information about H1N1 is provided from 8am-5pm Monday through Friday at 1-877-427-7317, or by e-mail at H1N1FluInfo@kdheks.gov. The website can be accessed at http://www.kdheks.gov/H1N1.

190 ARW Officer Vacancy

The 190th Maintenance Group has a traditional Maintenance Executive Officer vacancy. If you are interested, submit your package to MSgt. Teri Fulton by close of business on November 1, 2009. The position is open to Major and below, including enlisted members willing to become commissioned.

Officer Package consists of:
- Resume
- College transcripts (4-year degree)
- 3 letters of character reference
- AFOQT scores
- Record review rip
- DD 214 or NGB 22

Portrait of an Airman

Staff Sergeant Matthew Leonard

Organization: 190th Security Forces Squadron

Job Title: Security Forces Specialist/Combat Arms Instructor

Main Responsibilities: Manage and assist in the installation ground weapons training and maintenance program.

Civilian Career: Full-time student at Washburn University; currently a full-time member of the 190th SFS.

Education: Majoring in criminal justice with a focus in law enforcement and minoring in military studies.

Military Experience: Four years as a Security Forces Specialist; nine months as a Combat Arms Instructor.

Hobbies & Activities: Shooting, studying, running, working and assisting in the planning of Family Day Paintball.

Goals & Ambitions: Working toward a degree; would like to become a commissioned officer in the Air Force; overall career goal is to become an AFOSI Agent.

Most Memorable 190th Moment: In preparation for OIF last year, I earned the nickname "Short Round" at Creech AFB while firing high-explosive dual-purpose rounds out of the grenade launcher…my first round landed about 60-75 meters out; needless to say I'll never live that down.

Print orders online through AROWS

By Tech. Sgt. Angela Brees
190th Public Affairs office

Need another copy of your orders? Well, now you can log in to print … without bugging your unit deployment manager.

All members can now print their travel orders from AROWS, the Air National Guard Reserve Order Writing System.

You can also set up a profile to receive e-mail notifications when orders are completed. This is not yet a requirement, but that may change in the future. So, take a few minutes to learn it now.

Here's how to sign-up

- Your initial login is your SSN. Please enter it without dashes, for example 123456789.
- Your initial password is your date of birth in the YYYY/MM/DD format. Slashes are required, for example 1967/12/01.
- Once logged in, you will be required to change your password and choose a verification question and answer.

To view your orders

- At the home page, click the drop down box at the top left that says "Please Select A Menu," click "Member."
- Click "My Inbox."
- Using the drop down box, you can view orders in progress or orders that have been approved.

To set up the e-mail alert

- Click "Please Select A Menu" and then "Utilities."
- Click "My Account."
- Fill in your phone number and e-mail, check the "Notify me…" checkbox, and then click "Save Changes."

Access AROWS at:
https://arows.sscno.nmci.navy.mil/arows

For Your Information

Officer Promotions

1st Lt.

Stephanie D. Page, MDG
Roger L. Stockman, OSF

Dining Facility Schedule

The following list is the Dining Facility meal schedule for units assigned to the 190th Air Refueling Wing and Joint Forces Headquarters:

1100-LRF, JFHQ, SFS, CES, SG, WEA

1130-MXG, LGS, OG, ARS, MPF

1200-LGM, HQ, AMXS, MSG, MDG

Retirements

MSgt Connie R. Moser, MDG
Retirement Date: 13 Sep 09

TSgt Portia Taylor, CF
Retirement Date: 30 Sep 09

Have News to Share?

Unit members are encouraged to submit ideas or stories to the Public Affairs office. Please contact us at 785-861-4197 or via email at 190arw.pa@ang.af.mil.

Boom Operators Wanted

The 117th Air Refueling Squadron is currently taking applications for traditional boom operator positions.

Applications can be acquired by contacting CMSgt Treinen at (785)861-4559 or SMSgt Spurlock at (785)861-4640.

Applications must be returned to CMSgt Treinen or SMSgt Spurlock by 19 October 2009. Interviews will be held during the November 2009 UTA.

All applicants must have or be able to obtain the following.
- Top secret security clearance
- ASVAB general score of 55
- Class "C" Flight Physical

Enlisted Promotions

SrA

Michael S. Strobel, CE
Christopher A. Weller, SFS
Trinita D. McNutt, MSF
Ashley N. Stewart, MDG
Matthew A. Copeland, CES
Alex M. Lopez, CES
Devin A. Shrum, MDG

SSgt

Brian A. Matzen, MXS
Ryan D. Williams, MXS
Olivia L. Kennedy, MDG
Jerry W. Vaughn, Jr., CES

TSgt

Ashley N. Tremblay, ARW
Joshua R. Anderson, MXS
Cody D. Criqui, MXS
Joshua H. Pearce, MXS
Sitthisak Phromphhuwal, MXS
Eric S. Stanley, MXS
Jeremy T. Armstrong, CF
Robert W. Fisher, CES

MSgt

Michael A. Money, 117 ARS
Nathan J. Neidhardt, 117 ARS
David J. Stanko, 117 ARS
Angela M. Drummer, CF
Michael J. Gellings, LRS

190th Chapel Services

Protestant:
1330 - 1400 Sat

Latter Day Saints:
1100 - 1130 Sun

Catholic:
1345 - 1415 Sun

The Base Chapel is located on the 3rd floor of Hangar 662.

Please feel free to contact the base chaplain, Capt. Jorge Arvelo, on his cell at (785)806-1254.

Appointments/Enlistments

Col Martin E. Sellberg, JFHQ
Appointment Date: 04 Aug 09

2nd Lt David Le, MDG
Appointment Date: 01 Aug 09

SSgt Nicholas P. Senior, MDG
Elistment Date: 13 July 09

SrA Tyler M. Malchose, CE
Enlistment Date: 30 Jul 09

A1C Brandon O. Walpole, OSF
Enlistment Date: 12 Sep 09

A1C Amanda L. Abell, MXS
Enlistment Date: 2 Sep 09

A1C Tyler D. Stein, MXS
Enlistment Date: 11 Sep 09

A1C Garrett W. Boller, CES
Enlistment Date: 10 Sep 09

A1C Andrew E. McGuire, FSS
Enlistment Date: 23 Sep 09

A1C Jeremy D. Mosier, 117 ARS
Enlistment Date: 10 Aug 09

A1C Landon D. Bryan, MXS
Enlistment Date: 19 Aug 09

A1C Beatrice Leonard
Elistment Date: 21 Aug 09

AB Timothy D. Seelbach Jr., AMXS
Enlistment Date: 14 Aug 09

AB Jeremiah T. Palmer, FSS
Enlistment Date: 25 Aug 09

AB Ryan C. Roth, AMXS
Enlistment Date: 03 Sep 09

AB Michael G. Deever, AMXS
Enlistment Date: 03 Sep 09

AB Aloysius J. Simonis, MDG
Elistment Date: 28 July 09

Coyote Cafe October UTA Menu

17 & 18 October

MREs

Hotel of the Month

Singles - Capital Plaza
Singles Pay - Ramada Inn
Doubles - Holidome

Coyote Heritage

In this picture, taken in 1959, Lt. Col. Carl Boggs, 117th commander, is showing one the squadron's aerial photos to a local businessman from the Hutchinson area. The squadron regularly held what was known as "Bosses' Day" for the employers of the men of the 117th.

The photo consists of a series of photos taken by unit aircraft, which would fly a particular pattern while shooting. The film was then processed and meticulously pieced together by the men of the photo lab to give a view of several miles in length and width.

There were several instances where the 117th was called to take pictures of trouble spots, most notably the Topeka Tornado of 1966. This was the only type of photo that the unit could produce.

*Editor's note: MSgt Bill Gilliland, Wing Historian and author of the Coyote Heritage column, is retiring in November. Bill invites everyone to join him for his retirement ceremony on Nov. 7, 2009, at 3:00 p.m. in the Wing Auditorium.

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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Moving? Don't forget to update your address:
Military Members: visit vMPF to update your address
Retirees & Civilians: email coyotelog@kstope.ang.af.mil
Please allow 2-3 months for updates to reflect on your log.

To The Coyote Family of: