



COYOTE LOG

190th returns from second deployment

by Staff Sgt. Emily Alley

Some unit members got to spend Thanksgiving with their families. Other members, like Major Chris Turner, got to spend it with their “Guard family.”

“I was gone for Thanksgiving, some people were gone for Christmas,” he described. “But it’s nice to deploy with your own unit.”

Turner was one of more than 150 Coyotes that recently returned from an Air Expeditionary Force deployment to Incirlik, Turkey. The 190th Air Refueling Wing refueled cargo aircraft, such as C-5s and C-17s, to limit the aircraft’s time in theater. By refueling the aircraft on the flight in, it would only spend about 20 minutes on the ground to unload cargo. Since the mission is shorter, it reduces the chance of attack.

During the six-week deployment, the 190th flew 138 combat support sorties comprising 393 flying hours while offloading more than 12 million pounds of fuel. They did all of this while maintaining a 100 percent mission effectiveness.

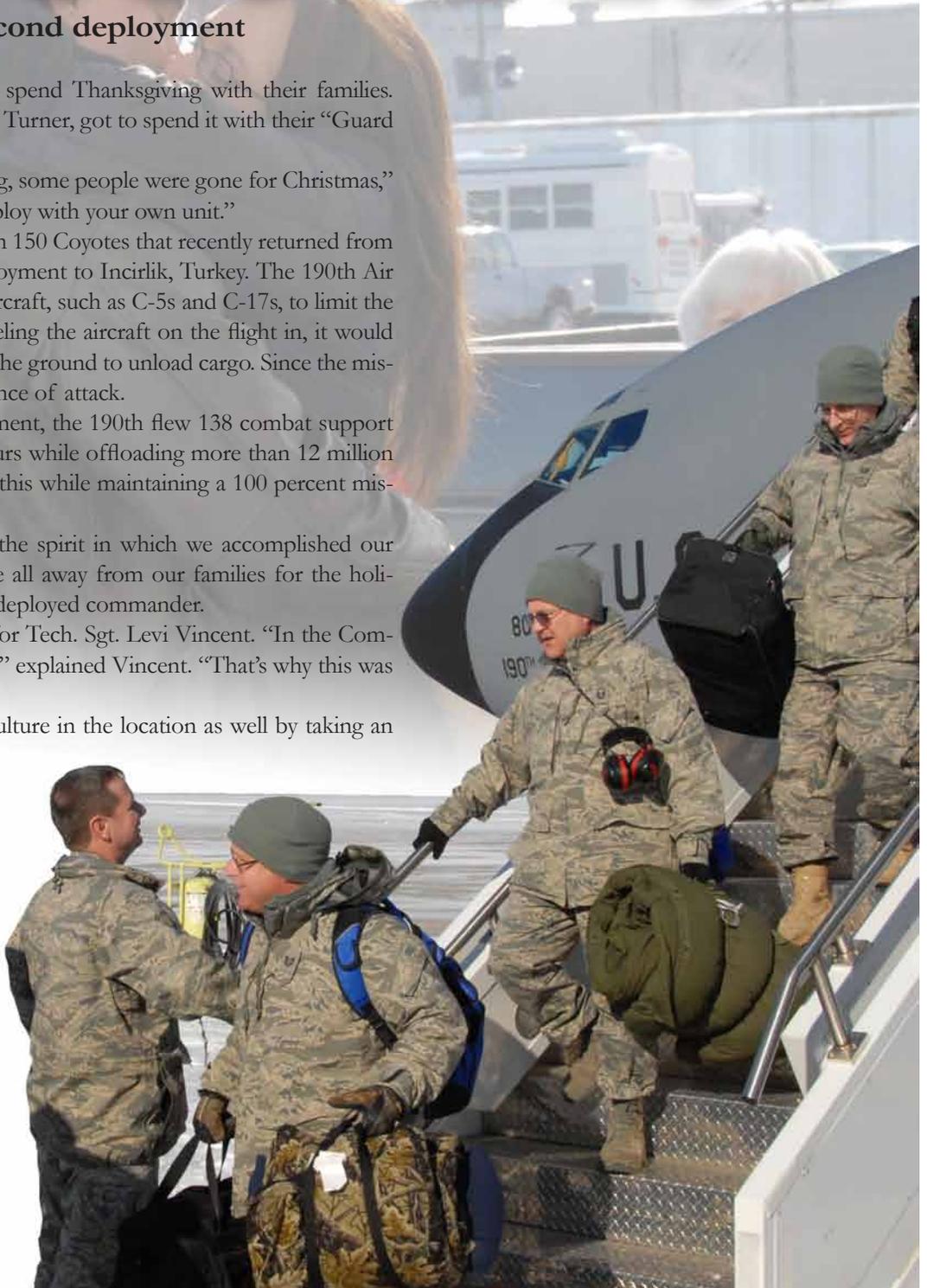
“I was extremely proud of the spirit in which we accomplished our mission, especially since we were all away from our families for the holidays,” said Lt. Col. Chris Gnagi, deployed commander.

It was the first deployment for Tech. Sgt. Levi Vincent. “In the Command Post, we don’t deploy a lot,” explained Vincent. “That’s why this was a great opportunity.”

He took advantage of the culture in the location as well by taking an MWR trip to historical and religious locations. His group toured ancient castles and Turkey’s first Christian church and first Muslim mosque. He also enjoyed learning about the Turkish people.

Tech. Sgt. Justina Call, a flight manager, agreed, “When you walk into a shop, it’s customary for them to offer you tea.”

Although aerial refueling was the number one focus of the deployment, 190th members were also active around the base throughout the deployment. Coyotes volunteered at the Incirlik Air Base Post Office during
see “deployment” page 5



Defining goals key for UCI success

By Lt. Col. Fran Oleen

190th Logistics Readiness Squadron Commander



How we spend our time says a lot about us. Whether personally or professionally, consciously or not, how we spend our time shows what is important to us.

As I have taken command of the Logistics Readiness Squadron, high on my priority list is preparing for the Unit Compliance Inspection (UCI). As a new commander, and one new to the squadron I command, I have a very unique and possibly unusual perspective on UCI preparation. My view of preparation really comes down to “goal setting.”

You may have heard the saying, “if you don’t know where you’re going, any road will take you there.” That phrase is actually from the George Harrison song “Any Road,” but really sums up the thinking behind goal setting.

Amazingly, many people go through their work day without much of an idea as to what they want to accomplish that day, let alone what their goals for the week or the year could be. Most of us get dozens of emails each day; add to that the calls, personal visits, a little internet surfing (work-related or not), and the day is gone with nothing (or very little) to show for it. This use of our time does nothing to push you or your organization closer to a goal. But, if you have no clearly defined goal anyway, you don’t really notice that you did not accomplish it – hence, ‘any road’ took you exactly where you were going – nowhere.

I recommend a framework based on Steven Covey’s book “The Seven Habits of Highly Effective People.” Here, I will discuss the first three habits.

First, “Be Proactive.” Do not wait for life to happen to you – make a plan. In terms of UCI prep, it means to start planning ahead. Hopefully you have al-

ready started. If not, start now. Make the conscious decision to affect what part of the inspection process you own, do not wait for someone else to set priorities for you.

One good place to start is to read the UCI findings for your unit from the 2005 inspection. Definitely, you should start reading your self-inspection questions.

Second, “Begin With the End in Mind.” What is the ultimate goal for the UCI? To get an Outstanding! Break that goal down into subordinate goals, based on the mission of your unit. If you are a leader at any level, get your team together to help create those subordinate goals and put them in writing.

These goals must be specific and measurable. It must be clear when the goal is accomplished. “NLT 1 May 2010, ensure we have three years of training records collected and filed,” is specific. “Get the training records in order,” is not. How will you know you have accomplished the goal? You must be able to measure its completion.

It may work to take a blank calendar and, as a team, plot where you want to be in terms of your preparation on particular dates. I recommend working backward from a date about 30 days before the inspection. Give yourself plenty of time to accomplish your goals – no one will grade you on your planning calendar, it is a tool for you to use. These target dates may change a bit, but every 30 days or so, your team should re-evaluate where you are in terms of your time targets and make the adjustments together.

Third, “Put First Things First.” Make what is really important (for this article, UCI prep) a priority. Block out time on your UTA calendar for it. Talk to your leadership about how to minimize distractions at this time – shutting your door, starting your UTA workday earlier or staying later.

Further break down those subordinate goals to each team member’s “to

do” list. Every day work to complete one or two tasks on your individual list. This is really important – be disciplined! I find it effective to complete the most distasteful task on my list first. Then, it is off my mind and the rest of the day seems to go well in comparison!

One final tip for the UCI: Stop. Pull the regulation or instruction and actually read it. You may find that you have not exactly been doing it right for quite some time.

Be proactive – plan ahead. Begin with the end in mind – establish your goals. Finally, put first things first and make UCI prep a priority. Use this combination to make the UCI a success!

Coyote Log Staff

Col. Keith Lang

Commander, 190th Air Refueling Wing

Maj. Chris Hill

Wing Executive Staff Officer

Capt. Joe Blubaugh

Chief of Public Affairs

Master Sgt. Allen Pickert

Visual Information & Communications Mgr

Tech. Sgt. Angela Brees

Public Affairs - Print NCOIC

Tech. Sgt. Mandy Johnson

Photo Journalist

Staff Sgt. Emily F. Alley

Public Affairs - Print

Staff Sgt. Jake Meyer

Visual Information Specialist

Airman First Class Chelsea Atkins

Public Affairs Admin. Support

190th Information Systems Branch

Printing / Distribution

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

POC: Maj. Chris Hill

(785)861-4593

www.190arw.af.mil

On the cover:

Maj. Gen. Tod Bunting greets 190th ARW members returning from their AEF deployment in Incirlik, Turkey.

(photo by Master Sgt. Allen Pickert)

(photo illustration by Staff Sgt. Jake Meyer)

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.

190th trains in Cuba; deploys to Haiti

By Tech. Sgt. Angela Brees
190th Public Affairs

“It don’t GTMO better than this,” read a sign at the Naval Station Guantanamo Bay, Cuba, bowling alley. And for the 190th Civil Engineering Squadron, that slogan summarizes for many their experiences there.

As part of their annual two-week training requirement, 48 members of CE deployed to Guantanamo in early January to assist with several base construction projects. However, following the disaster in Haiti on Jan. 13, the mission evolved from one of training into one of supporting a real-world crisis.

Within hours of the quake, the squadron learned that their two-week mission would not end as planned, and eventually they were tasked for a 120-day deployment to Haiti. After switching out about a dozen personnel and receiving additional equipment, 46 members of the squadron were airlifted to Haiti on Jan. 25.

But the personnel had plenty to keep them busy in the interim.

Once the possibility erupted that Haitian refugees may be brought to Guantanamo, the 190th team launched into action. By early morning on Jan. 14, electricians had scrambled to complete installation of new wiring throughout migrant processing centers,

heavy equipment operators were busy clearing additional land for camps, and the remainder of the team, regardless of specialty, was breaking a sweat in the Caribbean heat while assembling 100 tents.

The CE team had planned to work on the migrant processing centers and to clear land for the future staging of tents as part of their original training assignment. However, what was then work to prepare for an upcoming exercise was now critical as the base prepared to receive evacuees.

“I felt like it was a great opportunity to serve in a meaningful way,” said Senior Master Sgt. Pat Moore, safety representative. “This is what we train for, and to be able to put it into practice ... the feeling of that is incredible.”

For Senior Airman Nathan Taylor, heavy equipment operator, it was a great training experience and he is proud of the work his team completed.

“There’s no belly aching on our team; we just get it done,” he said. “We worked really fast and efficient here. We kicked butt.”

“CE’s job is to set up operations from nothing – that’s our mission,” said Tech. Sgt. Allen Ewell, operations management. “So our mentality was - we’re here, we can do it, let’s get it done.”

That expertise will be utilized in Haiti. The first mission for the squadron in Haiti was to build a Disaster Recovery Beddown System (DRBS), which provides infrastructure for continuing operations for approximately 150 personnel.

But deploying four dozen personnel to a disaster zone from a base more than 2000 miles away presented unique chal-



Master Sgt. Lucretia Williams helps assemble a tent in preparation of the possible arrival of Haitian refugees at Guantanamo Bay, Cuba.

(photo by Tech. Sgt. Angela Brees)

lenges to the deployers, their families, civilian employers and the support staff at Forbes Field.

“As far as anybody can remember, this is the first time we have deployed personnel from an annual training to a contingency environment,” said Capt. Penny Jamvold, installation deployment officer.

The challenges included having personnel at one location while their equipment and cargo were at home station.

“Communication was a huge hurdle,” said Jamvold. “It made it very difficult to get everybody on the same page.”

It was just as challenging to the families and the deployers’ civilian employers who had prepared for a two-week separation, not for a potential five-month separation.

These sacrifices didn’t go unnoticed by Lt. Col. Mark Green, 190th CE commander who was proud of their commitment to service.

“I’m very proud of the work our team has done since arriving at Guantanamo,” Green said. “It’s another great example of how Guardsmen are making a difference in service to their state and country every day. We will be taking that same service to the people of Haiti.”



Senior Airman Michael Strobel clears land for the placement of tents in anticipation of Haitian refugees at Guantanamo Bay, Cuba.

(photo by Senior Airman John Countryman)

2010 road to fitness begins this spring

By Capt. Joe Blubaugh

190th Public Affairs

Certified master trainer Christiana Larson will be speaking at the March commander's call, and meeting with members during the April and May UTAs, in an effort to improve Wing fitness scores in 2010. She will focus on the importance of nutrition and exercise in maintaining physical readiness.

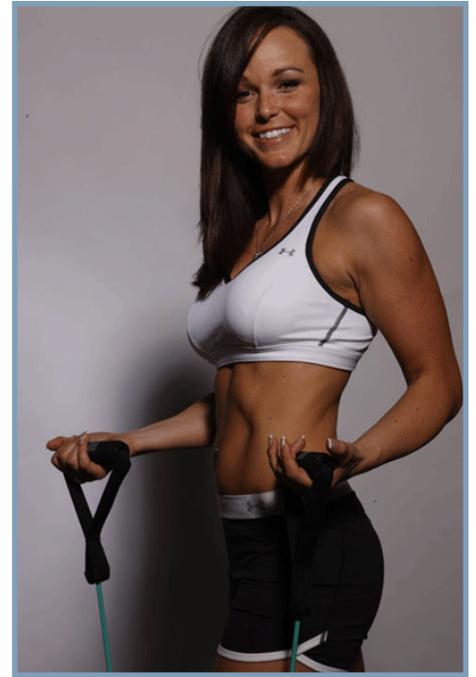
Larson was asked to work with the 190th by Col. Keith Lang, who holds overall responsibility for the base fitness program as Wing Commander. "While we still have room for improvement on our fitness scores, I am most concerned with the impact of the new Air Force fitness standards on our overall Wing readiness," said Lang. "I encourage our members and their spouses to take advantage of this opportunity."

The new Air Force fitness stan-

dards shift a greater responsibility of maintaining physical fitness year round. Some of the major changes include minimum requirement standards in each of the four testing components and a greater emphasis on the aerobic component.

While all Wing members and their spouses are encouraged to attend a session with Larson, those that don't have a current passing physical fitness test are required to do so. "My immediate goal is to help our members achieve success in their military career, but an active lifestyle also provides lifetime health benefits and increased productivity," said Lang.

Larson is a certified trainer at His and Her Fitness in Leawood, Ks. She is master certified by the Professional Fitness Institute and has won several fitness and bodybuilding awards during her seven years as a personal trainer.



Fitness guru Christiana Larson is coming to Forbes Field this spring. Are you ready for a healthier 2010?

Family Readiness is ready to help

By Mrs. Denise Winton

190th Family Programs Coordinator



Wow! 2009 was such a busy year! I think I might have finally met all of our unit members - and lots of family members too. That's one of the perks of being the Family Readiness Coordinator. I enjoyed meeting everyone and I got to hear a lot of comments and suggestions concerning Family Readiness.

One trend that I found to be concerning is, some members and their families were not sure if they are eligible for, or deserve assistance from, Family Readiness. I found that these families had real issues and concerns that we were able to assist with. I'm not sure where the confusion comes from. I think they feel like they are getting special treatment and they are not sure why. Let me let you in on what I thought was well known.

The only reason Family Readiness is here is because of you and your families. No other career in the United States sends their members into combat. When that happens, it stops being a job and becomes a career.

Our members have made a commitment to protect and defend our country. Not everyone has the integrity or the moral composition to step into your shoes, and what big shoes to fill. You leave your family for months on end. You

work all the holidays, without complaint. You are counted on by governors, the President and foreign nations.

You miss the birth of your children, their first dance recital, home run, the first day of school, and the list goes on. Then there is the ultimate sacrifice; you risk your life. Your family is left behind to trudge through their normal day-to-day issues as though nothing is missing. Slowly, they come to grips with the pain and they know this feeling will not change until you return.

When you do come home, sometimes you can get right back in the groove, but sometimes you might need a little help. Eventually, your family returns to normal, but then you do it all over again.

When the time comes and you need to reach out, Family Readiness will be standing by with open arms. We are not concerned with rank, age, income or where you have or have not been. We just want to assist you and your family when you need it. It doesn't matter what the issues are. If I don't have the resources, I will find them.

I am very proud and humbled to have the opportunity to work with you and your families. Never forget the enormous responsibilities you shoulder, and remember it's never just a job when you risk your life. I personally want to thank you for all your sacrifices. The world is a better place because of you.

Agressors test 190th network and base security

By Mr. Gary Wadley

190th Antiterrorism Officer

We all know inspections are crucial for us to maintain our operations tempo and these inspections are necessary to prepare us to perform at a high level. The NORI, ORI, UCI, LCAP and HSI are just a few of the inspections we have recently completed or are currently preparing for.

Each of these inspections - as well as staff assistance visits, audits and assessments - are different, but they all have one thing in common. We start preparing for them many months ahead of time. We stress, sweat, and bleed all over ourselves in order to receive a passing score.

However, the 190th ARW recently completed an assessment without having the benefit of knowing it was even being conducted. From early September through November UTA, friendly forces infiltrated the 190th to test our security. It was not an inspection, and the results stay with the 190th.

The 177th Information Aggressor Squadron out of McConnell AFB aggressed the 190th from several angles by identifying weaknesses and exploiting them. One weakness was our computer network, which allowed the squadron to hack into our network.

When it comes to information security, our biggest vulnerability is not necessarily the computer. It's the everyday users. Unfortunately, employees make glaring errors such as posting their passwords where others can see them, downloading and opening email attachments that contain viruses, and visiting harmful Internet sites.

Here are the 6 worst security mistakes end-users make according to the SysAdmin, Audit, Network & Security Institute:

1. Failing to install anti-virus software, keeping its definition files up to date, and not scanning all computer files and hard drives for a virus.
2. Opening unsolicited e-mail attachments without verifying their source and checking their content first, or executing games or screen savers or other programs from untrusted sources.

3. Failing to install security patches-especially for Microsoft Office, Microsoft Internet Explorer, Firefox, and Netscape.

4. Not taking advantage of the MS Windows firewall or a 3rd party firewall.

5. Not making and testing backups.

6. Being connected to more than one network such as wireless and a physical Ethernet or using a modem while connected through a local area network.

Next the team went after the very element where we feel the safest - Forbes Field. Armed with commercially developed, high quality fake ID cards, they were able to access the base unchallenged. Once on base they posed as CE workers, college students and VIPs. They literally roamed the base in search of unoccupied areas or any place they could hide until after work hours.

Once we had gone home for the evening, they would enter offices and other unsecured areas in search of information

that could possibly do us harm. This is why it is so important to be careful not to leave sensitive information on our desks.

Despite being vulnerable to the aggressors, we did have some victories. On the last day we were blitzed. They hit us hard and fast by trying to access three restricted areas. It started at the 190th Security Managers Office, then the Command Post and Wing Plans.

190th members responded as they have been trained and all three attempts were squashed in their tracks, leading to two of the aggressor teams being arrested. This is the first time the aggressor team went 0 for 3, and they have done this hundreds of times.

Situational awareness is something we need to continually work on. Nothing is 100 percent, but we need to strive for this goal, especially when computers are involved, because a lot of damage can be done with just one keystroke.

190th returns from deployment - Cont. from page 1

the holiday package surge, updated an antiquated computer business system at the Incirlik library, participated in the local Toys for Tots drive, refurbished six dune buggies for the base Outdoor Recreation organization and even won the local Ultimate Football tournament.

"In true Coyote style, the deployed members of the 190th gave their gift to Incirlik Air Base and left a tremendously positive mark through attitude, achievement, volunteerism and good will," said Gnagi.

Call appreciated the effort of 190th ARW leadership to include everyone on teambuilding trips and events and to make sure everyone felt included.

Although it was his first time to have the experience of deployment, Vincent had a unique perspective on the mission. He spent several years serving at Air Mobility

Command headquarters.

"Our impact was invaluable to warriors on the ground," he explained.

Although there was an AEF cycle in place, Vincent has a different theory about why the 190th ARW was chosen for this important mission: "We're one of the best ANG units out there. I'm confident that's why."



Chief Master Sgt. Tim Trienen (not shown) refuels a C-5 over the Black Sea during the AEF deployment to Turkey.
(photo by Staff Sgt. Ken Snyder)

—Portrait of an Airman

Senior Airman Edward A. Korneman



Organization: 190 Logistics Readiness Squadron

Job Title: Aerospace Fuels Technician

Main Responsibilities: Directs receipt, storage, and issue operations for petroleum, cryogenic and alternative fuel products.

Civilian Career: Vegetation Control Specialist for NW Electric Power Cooperative, Inc.

Education: 2006 Graduate of Cameron High School in Cameron, MO.

Military Experience: 3.5 years

Hobbies & Activities: Football, softball, and bowling.

Goals & Ambitions: I want to increase the world's supply of food by being a lifelong farmer like my father.

Most Memorable 190th Moment: The 2009 Operational Readiness Inspection.

Achievements: 2008 Master Pumper of the Year for the 190th Fuels Management Flight.

Protect yourself from cold weather

By Lt. Col. Nina Draffen
190th Medical Group

Now that the cold weather is upon us, it is vital that every member of the 190th Air Refueling Wing be aware of the dangers associated with exposure to cold environments. Not only do we need to protect ourselves from injury due to the adverse affects of hypothermia, but we need to be able to successfully complete our assigned missions without casualties.

Hypothermia is defined as a 2 degree drop in core temperature, with an average core temperature being 98.6 degrees Fahrenheit or 36 degrees Celsius. Factors that lead to hypothermia include air temperature, exposure to wind or water, and the person's physical health.

The body normally maintains a steady core temperature by producing heat to offset heat loss. But the body's ability to maintain its core temperature will eventually become overwhelmed even in those who are physically fit. Illness, fatigue or injury causes a disproportionately greater effect on the ability

to tolerate cold.

Any temperature that is less than a normal body temperature, can produce hypothermia. The time for the onset of hypothermia depends on multiple factors including clothing, body size, physiological state, hydration and nutritional status.

The first sign of a cold injury is numbness, usually noted in the hands or feet. This can lead to stumbling and clumsiness. Initially, the skin of the affected area will be bright red, then change to a paler color, and then completely white. This is due to the constriction of the blood vessels in the body's attempt to maintain core temperature by shifting blood away from the skin where it is rapidly cooling.

If rewarming does not occur, the body will continue to shunt blood away from other organs including the brain. Frostbite will develop on the exposed skin and may lead to tissue death requiring amputation.

The affected individual may also show signs of impaired judgment, anxiety

or apathy. The goal is to prevent the stages of hypothermia from advancing and causing a permanent injury.

The treatment is to remove the victim from the adverse environment and to begin the process of rewarming. Further heat loss should be prevented by the removal of wet clothing and wrapping in a blanket or sleeping bag. Do not rub snow on any injured skin, but allow it to rewarm slowly and seek medical treatment.

Prevention of hypothermia is the key to maintaining not only personal health but the integrity of the military unit as well. Wear clothing appropriate for weather conditions, and take into consideration the time you will be exposed to adverse weather, the wind velocity and the possibility of being exposed to wet conditions. Hats that cover exposed ears, lined gloves and insulated boots are a necessity, especially if you need to work outside even for short periods of time.

Maintain a keen sense of awareness of the signs and symptoms of hypothermia in not only yourself, but your fellow airman as well.

For Your Information

Enlisted Promotions

SrA

Ashley E. Brunnell, FSS



SSgt

Brett J. Starbuck, CES



TSgt

Jarrold D. Smith, JFHQ

Nathan D. Miles, FSS

Sarbjit Singh, LRS



SMS

Perry M. Crabtree, MXS



There will be a Wing Commander's Call on Saturday, 6 March at 0800. Family members are invited to attend.

Members of the Top Three Council are invited to stay following the Commander's Call for a short presentation by State Command Chief Master Sgt. Dave Rodriguez.



190th Chapel Services

Latter Day Saints: The Base Chapel is located on the 3rd floor of Hangar 662.
1100 - 1130 Sun

Catholic:
1345 - 1415 Sun



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

From the Shirt

- Know yourself and seek self-improvement
- Be technically proficient
- Seek responsibility and take responsibility for your actions
- Make sound and timely decisions
- Set the example
- Know your people and look out for their well-being
- Keep your people informed
- Develop a sense of responsibility in your people
- Ensure that tasks are understood, supervised and accomplished
- Train your Airmen as a team
- Use the full capabilities of your organization



Appointments/Enlistments

LTC Oliver J Bergeron III, ARW
Enlistment Date: 9 Nov 09

TSG Will G. Baldwin, MXS
Enlistment Date: 10 Dec 09

SSG Jennifer L Schneider, 117 ARS
Enlistment Date: 2 Dec 09

SSG Marthalene Neagle, MDG
Enlistment Date: 11 Nov 09

SSG Melissa M. Struble, MDG
Enlistment Date: 23 Nov 09

SRA Brad R. Metcalf, LRS
Enlistment Date: 13 Nov 09

SRA Daniel J. List, SFS
Enlistment Date: 14 Oct 09

A1C Elizabeth J. Pollard, LRS
Enlistment Date: 17 Nov 09

A1C Madeline E. Beatty, FSS
Enlistment Date: 7 Nov 09

A1C Tyler F. Hultgren, MXS
Enlistment Date: 13 Nov 09

A1C Robert C. Couch II, MXS
Enlistment Date: 14 Dec 09

Coyote Cafe February 2017 A Menu



6 February
Boxed Lunches
(Issued at uke tunnel, Hangar 662)

7 February
Boxed Lunches
(Issued at uke tunnel, Hangar 662)
Squadrons picking up multiple boxed lunches will be served from 1030 - 1100. Individuals will be served from 1100 - 1200.

Hotel of the Month
Singles - Capitol Plaza
Singles pay - Ramada Inn
Doubles - Holidome/Comfort Inn
Friday night - Hyatt Place
All reservation requests must be submitted to FSS by 1000 on Saturday of the UTA.

Who can join the Kansas Air National Guard Credit Union?

- Members of the Kansas Air National Guard and their immediate family members.
- State of Kansas employees, employed at the 190 ARW and their immediate family members.
- Title 5 employees, employed at the 190 ARW and their immediate family members.



It's easy to set up an allotment or direct deposit - Routing #301179753. A \$50 balance is required to earn a dividend and every June you'll earn a BONUS dividend!



Kansas Air Guard Credit Union
5920 SE Coyote Drive | Forbes Field ANGB, Bldg 662
Topeka, KS 66619
Phone: 785-861-4093 | Fax: 785-861-4096
ksagcu@yahoo.com

Coyote Heritage



It was Major Joe Kerch (left) who delivered the first of the RB-57As to the 117th during summer camp of 1958 at Gulfport, La., which also happened to be the first trip for ground personnel on a transport aircraft, the C-119.

Earlier in the year, the unit had received several B-57 B and C models to begin the transition, but they were only to be temporary. The first of those arrived in April of 1958. The most remarkable part of this story is that it had only been a few months earlier - February 8, 1958, to be exact - that the 117th had received its own F-80s. They had relied on the 127th at Wichita for borrowed F-80s for nearly a year.

It was also at that time when the Navy decided to close their operations at Hutchinson. In addition to trying to recruit more men for the new mission, the 117th was also taking over the operation of the entire base, including an active duty Air Force radar unit, and transitioning to a new type of aircraft. All of this was happening only a year and a few short months after the founding of the 117th in Kansas. No other year in the history of the 117th or 190th would see this amount of change in such a short period of time.



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



The Coyote Log
190th ARW Public Affairs
5920 SE Coyote Drive
Forbes Field (ANG)
Topeka, KS 66619-5370
OFFICIAL BUSINESS

FIRST CLASS
MAIL
US POSTAGE
PAID
PERMIT NO 171
TOPEKA KS

**Moving? Don't forget to update your address:
Military Members: visit vMPF to update your address.
Retirees & Civilians: email 190ARW.PA.CoyoteLog@
ang.af.mil. Please allow 2-3 months for updates to
reflect on your log.**

To The Coyote Family of:

