


THE

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 Air Force Outstanding Unit
2011 Distinguished Flying Unit

COYOTE LOG

Kansas answers the call to support Sandy recovery

By Tech. Sgt. Mandy Johnson & Sharon Watson
190th Public Affairs & Joint Forces Headquarters

While National Guard troops from across the country are deployed to the East Coast to help take care of the people they serve, five medical personnel of the Kansas Air National Guard deployed with a mission to look after the health of those troops. The Kansas Guardsmen deployed to the state of New York Nov. 7 and returned home Nov. 18.

Technical Sgt. Nicholas Senior, 190th Medical Group joined four other medical personnel from the 184th Intelligence Wing to assist the PAM (Preventative Aerospace Medical) team. After initially arriving to Camp Smith, N.Y., the Air Guardsmen deployed to temporary forward operating bases within the state.

“Our primary function was to ensure the New York National Guard had a safe, sanitary and healthy environment to restore New York back to its former state,” Senior said.

Because deployed conditions may be stressful for troops, the Kansas team monitored how troops adjusted to foods different from what they normally eat and watched for any situations that could lead soldiers to become ill. They made sure food was

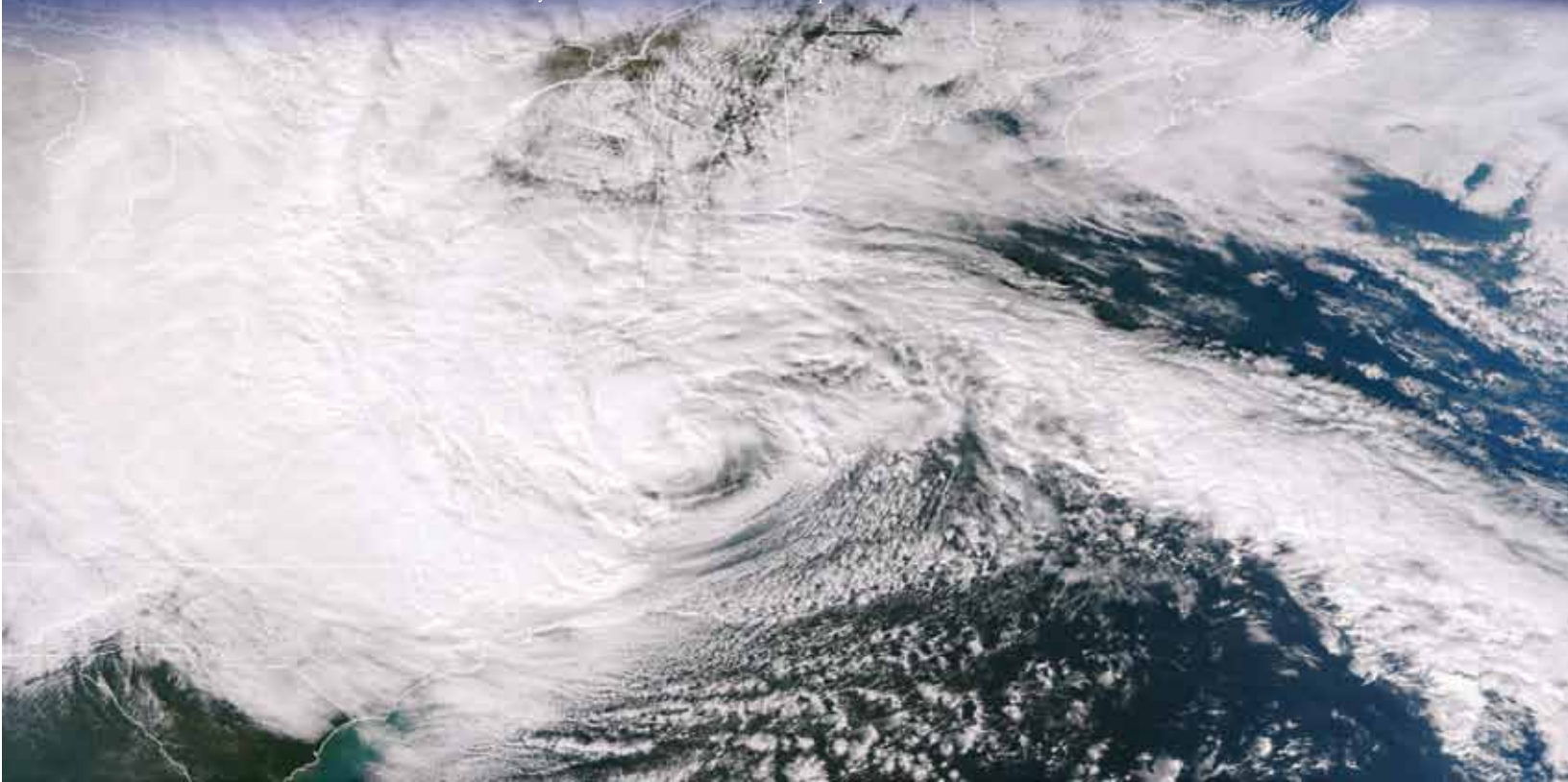
properly stored, water supplies were sanitary and living quarters met required standards for the troops.

“We are a preventative medicine team, so we are here to make sure that the troops aren’t going to get sick from where they are living and what they are eating, so they can go out and do their job out in the field,” explained Capt. Scott Griffin, bioenvironmental officer, 184th Intelligence Wing, Kansas Air National Guard.

The largest of these facilities the team inspected was Floyd Bennett Field. Once an important New York airport which has since been converted into a nature preserve, it was the chosen location for the temporary tent city. It housed 1,600 National Guard troops from across the country who were assisting with restoring New York from the devastation of Hurricane Sandy, Senior said.

It has been awesome to support something that’s bigger than myself, something at a global level,” said Capt. Simone Culver, physician assistant, 184th Intelligence Wing.

“It feels great to be a part of this great big national event,” agreed Griffin. “We are playing a small role but it’s good to be a part of it.”



Act with integrity; Strive for excellence

By **Maj. Jake Salmond**

Commander, 190th Civil Engineering Squadron



Becoming the commander of Civil Engineering has come with lots of excitement, big plans, challenging goals, but mostly an overwhelmingly strange feeling. Since entering the Air Force, being a squadron commander has always been my goal but now that it is here, it's hard to believe or accept that I've reached it. It is not that I don't reach my goals but this was one that always seemed lofty and far off. I guess it's time to update my goals. That comment is not meant to portray the idea that I have "arrived" because I haven't. There is still a long way to go. I am not delusional enough to think that I am perfect: no one is perfect.

In an effort to strive for perfection, we must be able to take an honest look at ourselves to identify our weaknesses. Then we must be willing to communicate these weaknesses, or imperfections, within our team so that we can embrace our imperfections, be honest about them, and work together to cover for each other's imperfections. This is all about integrity; within oneself, between team members, and throughout the unit. My favorite definition for integrity is doing the right thing when no one is looking. This means we don't cover each other's flaws in order to hide them but in an effort to take care of each other, take care of the mission, and strive for unit perfection. This action

of striving for perfection will lead to an efficient and effective team that can quickly adjust to whatever may happen. The need to be able to quickly adjust has become a requirement for survival in this time of instant communication and constant flow of information.

Civil Engineering has been, and will continue to be, an organization focused on services and solutions to the wing. The solution may not always be the one everyone wants but hopefully you have felt served and served with a smile. When we took the oath, we all volunteered to serve something larger than ourselves. This may seem counter-intuitive but the more you progress in your career, the more you tend to have to serve. From this new position, I now not only serve my squadron but I serve every group and squadron on base with the help of the experts within my squadron. I am honored to be given the opportunity to serve in this capacity and do it with a wary eye on privilege. The minute we think we are privileged because of our rank or position we hit the slippery slope into trouble. Fortunately for me, I am surrounded by professionals who have high expectations for themselves and their leaders.

If you've read between the lines you have probably already guessed that my final point is centered on excellence. As I mentioned earlier, no one is perfect and never will be; therefore, excellence is not something that can be achieved, but excellence is something we strive for. It is an active process with constant upgrades, adjustment, improve-

things when no one is looking as we serve each other, our state, and our nation in the process of striving for excellence.

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On the cover:

A satellite view of Hurricane Sandy as it landed on the East Coast on Oct. 29. Photo courtesy of National Oceanic and Atmospheric Administration.
(photo illustration by Tech. Sgt. Jake Meyer)

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190th ARW Dining Out

Capitol Plaza
1717 SW Topeka Blvd

March 2
2013

SAVE THE DATE

Featured Speaker
Gen. (Ret.) Richard Myers
Former Chairman of the Joint Chiefs of Staff

ment, and new ideas. This wing is a great example of excellence and I promise to do my best in the process of striving to excel. Let's all continue to do the right

Honesty helps Coyote recruiters earn recognition

By Airman 1st Class Sara Beth Piland
190th Public Affairs

Last month two recruiters from the 190th Air Refueling Wing received recognition for their efforts.

The Kansas Air National Guard Recruiting and Retention Team received the Regional Golden Eagle Award for being the best overall state recruiting and retention team in the region. Region II is made up of nine states overall, and the winners from each region will now go on to compete against each other at the national level.

Coyote recruiter Tech. Sgt. John Fagan, named Region II Rookie Production Recruiter of the Year, said honest advice and a flexible schedule were key to his success. It is important to him to earn the trust of applicants.

“Reliability and accessibility will take you a long way,” he said.

He feels it is important to work the hours other recruiters are unwilling to work in order to truly help people exploring the Air National Guard as a career option. By giving honest advice based on the jobs available and the applicant’s needs, he was able to recruit many new people to the 190th ARW in the last year.

However, no recruiter works alone. Mentoring was valuable to both Fagan and Tech. Sgt. James Kuntzsch, who was named Region II Unit Career Advisor of the Year.

Kuntzsch speculated he earned the award by working to be approachable and helpful for anyone in his unit who came to him for advice. Kuntzsch said success in his position comes through a natural curiosity about how people are doing, as well as maintaining good relationships with supervisors. Through these efforts he is able to help keep people happy in their jobs within the unit, which aids retention, he said.

“I’m touched that my mentors felt I was worthy of the award. It was a surprise because I don’t feel like I did anything extra, but it’s nice to be recognized,” said Kuntzsch.

He added that his wife was invaluable in helping him fill out the application that earned him the award. Both he and Fagan, however, said the teamwork and mentorship from other members of the wing were essential to their success.

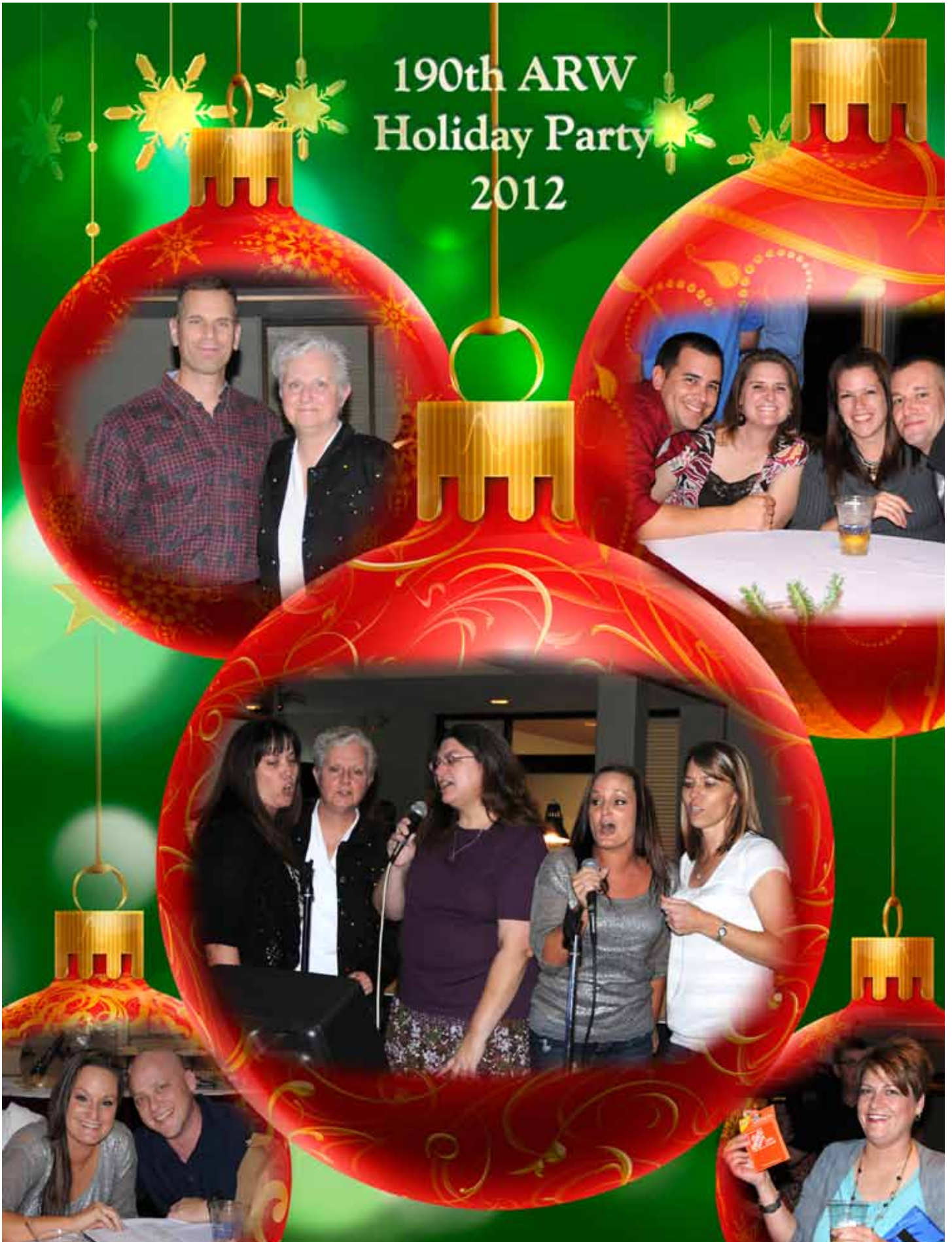
Top right: Tech. Sgt. James Kuntzsch
Bottom right: Tech. Sgt. John Fagan



Watch your step!

190th Air Refueling Wing Vice Wing Commander, Colonel Jay Selanders, tests his rappelling skills in hangar 662. The 190th Fire Department was conducting a joint training exercise with the Topeka Fire Department and used the large indoor hangar space as a rappelling training area. (Photo by MSgt. Allen Pickert)

190th ARW Holiday Party 2012



Military Family Life Consultants now on base

By Mrs. Adrienne Dickey

190th Airman & Family Readiness Manager

For the past year, the Military Family Life Personal Financial Counselor, Doug Spencer, has been coming to Forbes for Airmen and their families to meet in person. Now the Airman and Family Readiness Office has gone one step further.

Starting on Friday, Jan. 4, a Military Family Life Consultant will be available on base every Friday prior to drill weekend. John Merritt has made himself accessible to 190th Airmen on familiar turf. Every Friday prior to

drill, John will be at Forbes Field from 10 a.m. – 2 p.m. so that Airmen and their families can meet to discuss any issues that may be affecting their family or themselves. John Merritt is one of two licensed clinical counselors in Kansas serving as a MFLC.

The Military Family Life Consultant Program strives to provide short-term, situational, problem-solving counseling services to service members and their families.

These counseling services help Airmen and their families cope with normal reactions to the varied stresses

of military life, enhancing their lives and boosting military readiness. Services can be provided to individuals, couples, families, or groups. Services are confidential and private. This is another resource to help augment existing military support services such as our Director of Psychological Health.

So you can't make it to Forbes the Friday prior to drill? No problem. The MFLCs are available to meet you or your family off base. You can reach John Merritt at 785-217-6518 or John Kriss at 785-289-3386

Military OneSource connects troops, families to resources

By Amaani Lyle

American Forces Press Service

As the Information Age continues to shape modern communication, the Defense Department has revitalized and consolidated the Military OneSource website to better serve military members and their families, a Pentagon official said in a recent interview.

Zona Lewis, military community outreach online and resource operations manager, told the Pentagon Channel and American Forces Press Service that the Military OneSource overhaul incorporates new functionalities, enhanced social media platforms and multiple access methods.

"We took this opportunity to look at industry best practices, to look at social media capabilities and to investigate making a mobile platform," Lewis said. "People are accessing information on their phones and iPads today. They're not waiting until they get home or back to the office to get that information on a computer."

The revamping, Lewis said, comes at the behest of President Barack Obama, who sought an overall reduction of government websites, prompting DOD officials to have Military OneSource absorb MilitaryHomefront.

"We looked for commonalities to merge the sites," Lewis explained. "Though MilitaryHomefront had a service and family member component, it was ... geared toward leadership and service providers [seeking] family programs, policy and reports."

Officials therefore transferred the leadership and service provider information from soon-to-be retired MilitaryHomefront to the Military OneSource umbrella, Lewis said.

"We ... met the expectations we had for the site. We wanted

the content to be easy to find, [with] the website easy to use," Lewis said, adding that user-driven content enables more customizable information.

"You can see what other people are looking for and see if they're [seeking] the same thing," Lewis said, adding the social media aspect of the site enables users to "retweet," "like" and share mobile- and tablet-friendly information through personal networks.

Lewis noted the particular usefulness of the locator and directory widgets, which enable users to type in their installation and instantly connect to local resources and relocation assistance.

Military OneSource also provides round-the-clock consultants available worldwide to assist with family life topics ranging from moving to nonmedical counseling referral, including anger management and communication skills.

"Military OneSource offers 12 nonmedical counseling sessions per issue per person in your family at no cost," Lewis said.

"[This] is your quality of life program so call, click and connect. We're there for you."

Free tax service from H&R Block

Beginning Jan. 8, 2013, Military OneSource will launch a free online tax filing service by H&R Block. Eligible users will be able to access the service through the Military OneSource website at militaryonesource.mil.

H&R Block guarantees all calculations.

—Portrait of an Airman

Airman First Class Karla Pittman

Organization: 190th Logistics Readiness Squadron

Job Title: Fuels Apprentice

Main Responsibilities: Refuel and defuel aircraft

Education: Certified administrative assistant and student at Allen County Community College

Civilian Career: Fuels distribution system worker

Military Experience: 1 year

Hobbies/Activities: Studying, time with friends, working out and volunteer work

Goals/Ambitions: Continue my education and earn a degree in business

Achievements: Getting a full-time position on base in my Air Force career field

Most Memorable 190th Moment: My deployment to Andersen Air Force Base in October 2012



Together we are stronger than one

By Senior Master Sgt. Gary Holliday

190th Human Resource Advisor

The 190th Wing Human Resource Office offers many programs to help you and your Airmen find success. As the Wing Human Resource Advisor, it is my duty to advise the wing commander and senior staff on issues affecting diversity, force development and force retention. The HRA Office facilitates two councils: The Enlisted Force Development Council (EFDC) and the Maximizing Opportunities Valuing Everyone (MOVE) council.

The EFDC's primary focus is aimed at developing future leaders while simultaneously maintaining mission readiness. Recent initiatives include the 4 Lenses program, a fun exercise that helps people better understand themselves and others, and work better as a cohesive team. The council also focuses on performance feedback, professional military education, etc. Mentoring is another focus of the council. It is a great way to get to know

your fellow Airmen and be an integral part of their success. Last month, Col. Ron Krueger noted that mentoring is now required as part of the annual performance feedback process. (Refer to AFI 36-3401 for additional guidance on mentoring).

The pillars of the Mentoring Model are:

M – Model: Lead by example

E – Empathize: Interpersonal involvement and caring

N – Nurture: Caring attitude, development and understanding

T – Teach: Step-by step learning

O – Organize: defined target of learning

R – Respond: Two-way communication

I – Inspire: Motivating a person to be better than before

N – Network: Introduce others who provide support, info, resources

G – Goal Set: Setting realistic and attainable goals

Mentoring at its best takes place

when it is relationship-oriented in a safe environment and one-on-one in person. Yes, face-to-face, in-person, not texting or “liking” someone on Facebook. A supervisor should take an active, available role and create a safe coaching atmosphere; then we can go back to our smart phones and social media. MyDP is also an excellent way to use available technology for mentors and mentees to keep in touch between face-to-face sessions, or to document and track goals and progress.

Why is all this important to you? Simple: Together we are stronger than one.

If you would like to be a part of EFDC or MOVE Councils, have individuals that may be interested in flying on one of our Community Diversity flights, or have any needs the HRA Office can be of assistance with, please contact me or stop by the HRA office. Next month's article will focus on diversity and the MOVE council.

For Your Information

Appointments/Enlistments

Tech. Sgt. Ryan Boyd, CES
Enlistment/Appointment Date: Oct. 10, 2012

Staff Sgt. William Marcum
Enlistment/Appointment Date: Oct. 12, 2012

Airman 1st Class Tess Brackemyer, ARW
Enlistment/Appointment Date: Nov. 1, 2012

Airman 1st Class Maurice Harrison, FSS
Enlistment/Appointment Date: Nov. 8, 2012

Airman 1st Class Sarah Remfry, FSS
Enlistment/Appointment Date: Nov. 16, 2012

Airman 1st Class Tanya Cooper, MDG
Enlistment/Appointment Date: Nov. 14, 2012

Airman 1st Class Heather Teaford, WF
Enlistment/Appointment Date: Nov. 2, 2012



New process for pay documents

Certified military pay orders must be scanned and emailed to 190arw.cptf.militarypayentitlements@ang.af.mil. Members no longer need to provide a separate, paper copy of the certified AROWS pay order to Finance.

All NGB 105s (RUTA, PT, TPPA, AFTP) forms, UTA Roll Calls and AF 594 (BAH) forms should be scanned and electronically submitted to the email address above.

Please note that document signatures must be in wet ink and scanned, or digitally signed.

As a reminder, all travel and pay claims are to be filed within five days of the conclusion of the trip.

Please contact FM Superintendent Master Sgt. Doug Stowe for questions.

Promotions

Airman 1st Class
Levi M. Dedonder, MXS



Senior Airman
Samantha L. Kvas, SFS



Technical Sergeant
Adam J. Boeckman, AMXS
Megan A. Hossain, AMXS
Brooke N. Cessna, FSS



Captain
Susan D. Ahlstedt, ARW
Bryan S. Farthing, 117th ARS



Lt. Colonel
Daniel A. Skoda, OSF



Colonel
William F. Hefner, MDG



Retirements

SMSgt. Jody Hatley, MOF
Retirement Date: January 1, 2013

MSgt. Douglas Kroll, MOF
Retirement Date: January 1, 2013

Maj. Marcus Adinolfi, MXO
Retirement Date: January 1, 2013

WANTED MOF Commander

The 190th Maintenance Group is looking for Captains or Majors interested in applying for the Traditional Maintenance Operations Flight (MOF) Commander.

21A3 AFSC is preferred but not required. Submit current RIP and passing Fitness Score by COB 10 FEB 2013 to Col Anthony DeJesus 190th MXG/CC.

Wear it or Walk!

Please wear your seat belts at all times!



It is not only an Air Force and DOD directive – it's Kansas law.



Chaplain Services

All services are in building 662, third floor next to the STARBASE classroom on Sundays of the UTA.

Protestant @ 8 a.m.

Church of Latter Day Saints @ 11 a.m.

Catholic confession @ 1:30 p.m.

Catholic Mass @ 1:45 p.m.

DFAC Schedule

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

Coyote Grill January 21A Menu



Saturday, January 5

Country Fried Steak, Baked Fish
Wild Rice, Mashed Potatoes
Corn, Broccoli

Coyote Grill
Hamburgers, Veggie Burgers
Onion Rings

Assorted Desserts

Sunday, January 6

Chicken Cacciatore, Beef Tips
Beef Gravy
O'Brien Potatoes, Steamed Rice
Carrots, Peas

Coyote Grill
Hamburgers, Veggie Burgers
Onion Rings

Assorted Desserts

Coyote Heritage



The 440th Engineering Section poses for a group photo while stationed at the Island of Sardinia during WWII.

This is a picture of the 440th Engineering Section (in today's terminology - Maintenance). These were the enlisted men that kept the B-26's of the 440th Bombardment Squadron in the air and taking the fight to the enemy.

No glory for these guys, just the satisfaction of knowing that without their efforts, the whole effort would very soon come to a grinding halt. A forerunner of the 190th Air Refueling, the 440th Bomb Squadron was a member of the 319th Bomb Group.

The Historian's office has recently obtained a history of the group which tells the day-by-day story of this part of the Greatest Generation. Aircrew, maintenance, armorers, cooks and clerks - without the hard work and dedicated service of our forefathers, we would not be enjoying the freedoms and liberty we have today. If you would like to read more of their story, contact Capt. Joe Blubaugh to check out a history of the "319th in Action."



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 190ARW.PA.CoyoteLog@ang.af.mil. Please allow 2-3 months for updates to reflect on your log.**

To The Coyote Family of:

