

The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979



The Monthly Newsletter of the 190th Air Refueling Wing

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Army Guardsmen Support 190th Security Forces

By 1st Lt. Chris Hill
190th Public Affairs

You may have noticed some new faces and a uniform that is a little different than ours as you entered the front gate at the 190th Air Refueling Wing. Those new faces belong to members of the Kansas Army National Guard from the 161st Field Artillery Battalion and they are here to support the 190th's base security mission.

Known as Operation Armored Falcon, these Army National Guard soldiers have been called to active duty for a period of no less than one and no more than two years to conduct base security and augment the 190th Security Forces Squadron.

These 31 enlisted members and one officer come to Topeka from Liberal, Dodge City, Pratt, Kingman and Hutchinson.

According to Battery Commander Captain John Tucker the opportunity for his soldiers to see first hand what their Air National Guard counterparts do on a daily basis will be one

of the advantages of their stateside deployment. "This will give us the experience of working with our Air Force brothers and sisters," said Tucker.

During their time at Forbes Tucker's main focus is base security but the soldiers will also continue to focus on their field artillery mission through weapons training and land navigation.

In the short time these soldiers have been at the 190th Tucker has been impressed with the leadership at the unit – enlisted and officer. He also feels this opportunity will serve to break down some of the differences that are often perceived between the Army and Air National Guard.

"The 190th has been great. They have made every effort to welcome us and make us feel like part of the team," said Tucker.

The 190th's efforts have not gone unnoticed by the soldiers. Tucker said that the morale of his soldiers is high. "We are used to field duty, so the change in



Specialist Valesha Wilson checks

duty and location is a welcome change," he said.

Tucker looks forward to working with the 190th and doing the best job possible. "If anyone wants to meet us, we are in the basement of building 679."

Coyotes claim California Canberra

By Master Sgt. Kevin Drewelow
190th Quality Assurance

The Martin RB-57A Canberra bomber at the 190th main gate is the only B-57 at Forbes Field, but not for much longer. A former 190th EB-57B will soon return to Forbes to be displayed at the Kansas National Guard Museum.

Six Coyotes recently returned from Beale AFB, California where they spent several days disassembling and preparing a former 190th EB-57B for its trip to Topeka. The Canberra had been in a museum at Beale, but changes at

ter Sgt. Kevin Drewelow and Senior Airman Josh Falk completed the crew.

The group began disassembling the Canberra as soon as they arrived. Active duty Air Force and Air Force Reserve units at Beale provided outstanding support every time the Forbes crew asked for it. After four days of work, the team had reduced the bomber to a wing and fuselage assembly and had all the other parts on pallets ready to load. Heavy fog stranded the six Coyotes at Beale for two more days, but they were finally rescued and returned to Kansas.

The 190th flew three versions of the B-57 from 1957 to 1978. The Canberra era ended at Forbes when the 190th exchanged its EB-57Bs for KC-135As, changing from a Defense Systems Evaluation Group to an Air



Master Sgt. Kevin Bullington (left), Senior Master Sgt. Lee Perry, Senior Master Sgt. Gerald Stallbaumer (on ground) work on disassembling the Canberra.

Refueling Group. The former Kansas Canberras transferred to the Vermont ANG and served there until their retirement in 1981, when a few were sent to museums and the rest to the aircraft bone yard at Davis-Monthan AFB, Arizona.

The Coyote work party is completing plans for transporting the wing and fuselage assemblies from Beale to Forbes. Volunteers will assemble and paint the aircraft and then present it to the Kansas National Guard Museum for public display. An important part of 190th history will return to Kansas - this time to stay.



photo by: Master Sgt. Kevin Drewelow

the museum left it in need of a home. When 190th members contacted the United States Air Force Museum about obtaining a former Kansas EB-57B from Davis-Monthan AFB, museum curators suggested the Beale bomber.

Chief Master Sgt. Merlin Arnold, Senior Master Sgt. Lee Perry and Senior Master Sgt. Gerald Stallbaumer were members of the Beale work party who twenty years before had maintained this airplane, serial number 52-1526, on a daily basis. Master Sgt. Kevin Bullington, Mas-

ter Sgt. Kevin Bullington, Mas-



Thoughts on Community

By Chaplain (LtC) David Fulton
190th Chaplain Services



My experience as a central city pastor has led me to a firm conviction on what is needed at

this moment in history in America. I summarize in one word, community. Through my involvement with the Safe Streets program in Topeka it has become increasingly clear that developing a sense of community enhances protective factors which lead to a reduction in drug and alcohol abuse and thus of crime. Communities are the carriers of values and as the small rural communities have declined in our country so has the strong sense of moral, ethical and religious values. As

our nation has developed in technology and communication the need for the small community has faded, but the sense of belonging to a community where you are known beyond the family circle has diminished as well.

The 190th ARW is an interesting community. On the one hand we have the full timers. My perception of this community is that it is strong and well balanced but it does have its tensions. Within this full time force are the individual shops which are like little families. For better or worse, where two or three humans beings gather together there will be emotional dynamics. Stories get told, feelings hurt - things can be tense from time to time. Another interesting aspect of the military community is the rank structure. It sets things up in a hierarchy. This works well in most instances, but there are

times when folk need to step back and realize that we are not primarily Airman or Colonels. We are primarily human beings who are indescribably complex, we are happy and we are sad, we are hurt and we are fulfilled.

This core community of full timers welcomes a larger community once a month. We traditionals arrive, expecting service, wondering what's going on. There is a basic dynamic to all communities that they set up natural boundaries. Our full timers are excellent in welcoming the traditional force in but it is something that needs to be done continuously, as we traditionals sometimes have difficulty feeling we belong.

The full power of the 190th community is felt when individuals retire. Here it is that we see the meaning and joy that is wrapped up in serving our great nation through the 190th ARW.

Outstanding Airmen



1st Quarter 2003 Airmen: Senior Airman Elisha Smith, Staff Sgt. Sheryl Fields (center) and Master Sgt. Stephen Billbe



State Airmen of the Year: Tech. Sgt. Sherry Hertlein and Senior Master Sgt. Ivan Perez

photos by: Master Sgt. Johnnie Johnson



Five keys to quit smoking

Submitted by Lt. Col. Derek Rogers
Health Promotion Committee

Smoking studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. Get Ready: Set a quit date. Change your environment. 1. Get rid of **ALL** cigarettes and ashtrays in your home, car, and place of work. 2. Don't let people smoke in your home. Review your past attempts to quit. Think about what worked and what did not. Once you quit, don't smoke—**NOT EVEN A PUFF!**

2. Get Support and Encouragement: Studies have shown that you have a better chance of being successful if you have help. Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.

Talk to your health care provider (for example, doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor).

Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting. Programs are given at local hospitals and health centers. Call your local health department for information about programs in your area.

3. Learn New Skills and Behaviors: Try to distract yourself from urges

to smoke. Talk to someone, go for a walk, or get busy with a task.

When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.

Do something to reduce your stress. Take a hot bath, exercise, or read a book.

Plan something enjoyable to do every day.

Drink a lot of water and other fluids.

4. Get Medication and Use It Correctly: Medications can help you stop smoking and lessen the urge to smoke.

The U.S. Food and Drug Administration (FDA) has approved five medications to help you quit smoking: Bupropion (available by prescription); Nicotine gum (available over-the-counter); Nicotine inhaler (available by prescription); Nicotine nasal spray (available by prescription) and Nicotine patch (available by prescription and over-the-counter).

Ask your health care provider for advice and carefully read the information on the package.

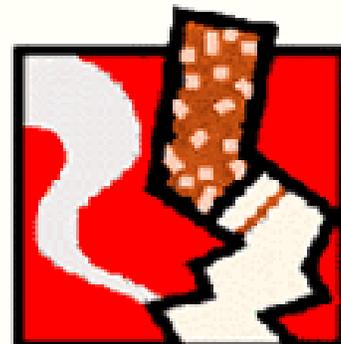
All of these medications will more or less double your chances of quitting and quitting for good.

Everyone who is trying to quit may benefit from using a medication. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.

5. Be Prepared for Relapse or Difficult Situations: Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. Here are some difficult situations to watch for: **Alcohol.** Avoid drinking alcohol. Drinking lowers your chances of success; **Other Smokers.** Being around smoking can make you want to smoke; **Weight Gain.** Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking. Some quit-smoking medications may help delay weight gain; **Bad Mood or Depression.** There are a lot of ways to improve your mood other than smoking.

If you are having problems with any of these situations, talk to your doctor or other health care provider.

The full text of this article can be found at: www.cdc.gov/tobacco/quit/canquit.htm



Safety Day - Fun and Educational

SMSgt John Thomason watches as Head Coach Bill Snyder of Kansas State autographs a football for a Safety Day Door prize.



Door prize winners at the Sunday classes given at Vehicle Transportation. TSgt Tina Perkins, TSgt Marshaun Winston, SSgt Christian Wickline, MSgt Steve Billbie and TSgt Jamel Francis.



TSgt Marshaun Winston performs a tire change, as instructor SSgt Eric Tincher, and members TSgt Bonnie Boggs and TSgt Jamel Francis observe



CMS Pete Boggs attempts to walk-the-line while wearing the "Fatal Vision Goggles".

Coyote Comments

What do you enjoy the most about being in the Guard?



Senior Airman Jacob King
Civil Engineering

"The guard provides excellent job & travel opportunities. You also get to meet so many different people."



Senior Airman Roger Stockman
Security Forces

"I like the travel opportunities here in the guard and love being deployed."



Senior Airman Randle Tindle
Comm. Maintenance

"Being around a variety of people and the military atmosphere."



Staff Sgt. Russell Fenon
Logistics

"The guard provides excellent training and pay. Being a part of this unit feels like being around family."

AIRMAN ORLANDO SAUCEDO



Name: Airman Orlando Saucedo

Organization: Mission Support Flight

Job title: Customer Service Specialist

Civilian Job: Student, plans to enroll at Washburn or KU for the fall semester

Main Responsibilities: Provides customer service to unit members with ID cards, insurance, reenlistments and extensions, processing of awards, and maintenance of unit member's records.

Education: 2002 graduate of Topeka High School

Military Experience: 9 months with the 190th

Goals and Ambitions: Graduate from college and be successful

Hobbies and Activities: Likes to play basketball, soccer and relax.

Most Memorable 190th moment: Graduating from BMT and Personnel Tech School and returning to the 190th.

Unit Spotlight

Military Equal Opportunity Office Spotlight

By Staff Sgt. John Carter
190th Public Affairs

What do you do if you feel discriminated against? Your chain of command is your starting point, but what if you feel uncomfortable with going to your supervisor or if your supervisor is the problem? There is a section within the 190th Air Refueling Wing that is here to help.

Formerly called Social Actions, the Military Equal Opportunity (MEO) department's mission is to educate members on discrimination, harassment, equal opportunity and human relations.

According to Capt. Brian Riniker of the MEO office, human relations training is required training for each member of the unit every few years. Ensuring that each member knows where they can go for help is their primary mission. "Being harassed is not something to just brush off," said Riniker.

Don't think that just because you are here only one weekend a month that it doesn't matter. It is not right and should not be tolerated. It is against Air Force regulations to discriminate against any

member regardless of sex, race, ethnicity or religion.

One of the duties the 190th MEO office performs each UTA is substance abuse testing. Substance abuse testing is accomplished randomly – for every member of the wing and state headquarters.

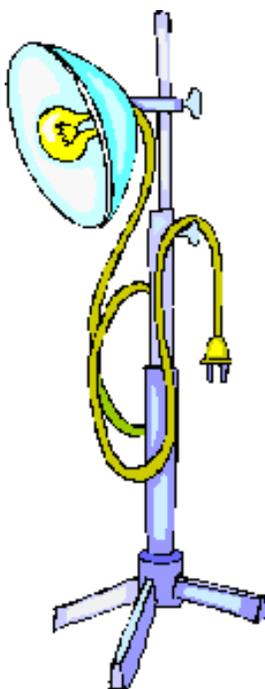
The goal of this program is to deter and identify Air Force members from illegal and illicit drug use.

Testing can also be administered if probable cause exists or if it is directed by the commander. The commander has the authority to request testing of an entire section - known as a "unit sweep."

In 1987, the first year of testing under the current program at the 190th, there were eight positive drug tests. The program now averages about one to two positive drug tests per year.

You can read more about the Drug Abuse Testing Program in AFI 44-120.

For more information on the Military Equal Opportunity office contact Capt. Brian Riniker at 861-4303.



Promotions

Orlando Saucedo, MSF



Edgar A. Aldrine, Maint
 Daniel J. Kirksey, CES
 Robert C. Smith, SFS
 Benjamin J. Sudbeck, LGS
 Joseph L. Zimmer, Comm



Michael P. Avicola, Maint
 Alexander K. Dunning, MSF
 Kariga K. Pratt, Maint



Karl B. Albach, Maint
 Rachel V. Neufeld, SFS



Larry D. Breuninger Jr, Maint
 Michael P. Lowe, SFS
 Richard A. Meador, 190th HQ
 Daniel J. Thompson, Maint
 Edmund J. Weatherford, Maint



Charles R. Henry, Maint



Clergy Day 2003

The 190th Chaplain Services will be offering a distinctive clergy day this year. Your clergy or religious leader are invited to join us for a practice show of the Blue Angels on Friday May 9 at Forbes.

They will be treated to a tour of the base, a briefing on the 190th and a noon meal before being escorted to the VIP viewing section for a "sneak peak" of the Blue Angels Air show.

Please submit the name, address and email of your clergy person to the Wing Chaplain's office and we will send them an invitation with details on the day. We are looking forward to this special event. Please call the Chaplain's office at 4001 with any questions.

Coyote Cafe Menu Saturday April 5

Main Line

Baked Ham
 Roast Beef
 Mashed Potatoes and Gravy
 Green Beans
 Rolls
 Salad Bar
 Potato Bar
 Tomato Soup

Short Order Line

Chicken Nuggets
 Sandwiches
 Hamburgers/Cheeseburgers
 Season French Fries
 Onion Rings

Sunday April 6

Main Line

Spaghetti w/meat sauce
 Mixed Vegetables
 Alfredo
 Garlic Bread
 Chicken Noodle Soup
 Salad Bar
 Potato Bar

Short Order Line

Grilled Chicken Breasts
 Hamburgers/Cheeseburgers
 Seasoned French Fries
 Onion Rings

Hotel for April

Holidome

Chapel Hours

Protestant: 0800 - 0830
 Latter Day Saints: 1100-1130
 Catholic: 1345 - 1415

The Chaplain's Office is located on the 3rd floor of Hangar 662.

Do You Want to Be an Air Force Officer?

The Air Force Officer Qualification Test (AFOQT) will be administered on 5 April 2003 at 0800, in the STARBASE classroom. If you are eligible and want to be a commissioned officer with the Kansas Air National Guard and have not taken the AFOQT, call the Base Education and Training Office, (785)861-4132 to reserve a seat for the April testing cycle. The test is administered semi-annually and takes approx 5 hours to complete. The next AFOQT will be on 4 OCT 2003.

Logistics Group Top Performers

The Logistics Group is proud to announce our first quarter Top Performers - those who excel well above the minimum CDC score of 65% and the individual who scored the highest CDC score for the quarter.

2nd Quarter 2003 Top Performer:

Staff Sgt. Gregory Wadsworth
 CDC 2A551 - Score 90%



JOB OF THE MONTH

11063-45113 - AIRCRAFT FUEL SYSTEMS APPRENTICE
 MANDATORY: Mechanical Score - 44, PULHES X, 333132 J, CV-1, Alien Ineligible
 DESIRABLE: High School Graduate, General Science, Physics
 TECH SCHOOL: Sheppard AFB TX - 7 weeks, 2 days - Forbes Field - 30 days follow-on training.

Schedule Changes!

The May 2003 SDO has been changed from May 9 to May 16. The eight-hour day on May 16 has been changed to May 15.

The November 2003 UTA dates have been changed from Nov. 1-2 to Nov. 15-16.

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