

The Coyotelog



AF Outstanding Unit - 2000, 1985, 1979



The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 45, No. 6 March 2003

Weather flight recognized by Army

By Tech. Sgt. Greg Burnetta
190th Public Affairs

Twelve members of the 127th Weather Flight were decorated with the Army Achievement Medal on February 1, 2003.

Members of the Weather Flight were recommended for the award for their efforts at Fort Chaffee, Arkansas, in support of the Kansas Army Guard's 108th Aviation Battalion's 14 day annual training.

The event was considered a standard field training exercise with approximately 300 service members and 25 helicopters participating.

Two-thirds into the training, Weather Flight commander, Lt. Col. Jeffrey R. Hedges, received a morning briefing from Master Sgt. Don Coash informing him that the night shift weather flight personnel had assessed the possibility of a tornado threat.

Hedges briefed Army Colonel Eric C. Peck, commanding officer of the 108th Aviation Battalion, of the developing weather situation.

Peck asked Hedges to keep him informed of the situation.

"The (weather forecasting) field equipment is not as elaborate as what would be found in a permanent forecasting environ-

ment," said Hedges, "So I called the National Weather Service in Illinois to obtain more detailed information."

While Hedges was maintaining intermittent telephone contact throughout the day with the National Weather Service, Coash spent the day online at Fort Chaffee Military Police Station and obtained and tracked storm information.

It was determined that the severe weather pattern was heading east bound, along Interstate 40. Fort Chaffee was in the storm's path.

As the storm approached Fort Chaffee, Hedges instructed Weather Flight members to take up strategic spotter locations approximately five to 10 miles out from the camp site.

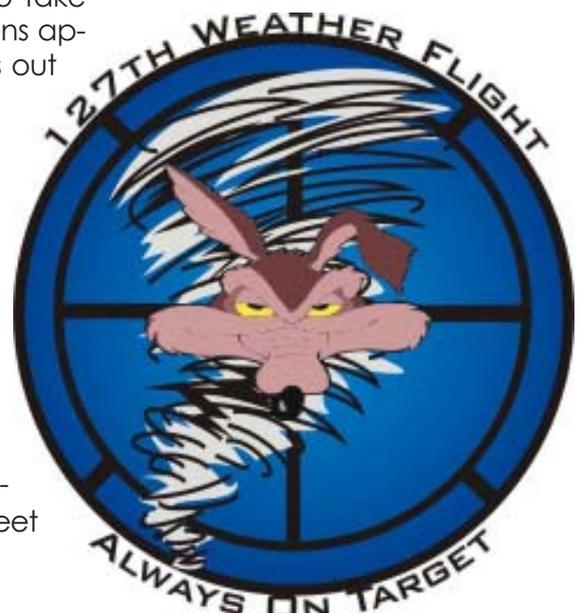
Others began scouting safe locations for the 300 Army and Air Guard service members should it be necessary to take cover.

A drainage ditch located by Staff Sgt. Marjorie L. Norton was determined to be the best force protection location. The ditch was located approximately three hundred feet from the campsite.

Hedges advised Army commander Peck that the incoming storm was substantial enough to justify evacuating the Army's helicopter fleet consisting of 25 UH-60 Black Hawks and C-47 Chinooks representing several hundred thousand dollars of inventory.

Hedges informed Peck that the assessment was that the weather pattern was light enough to the south to evacuate the helicopter fleet in that direction. Peck followed that suggestion, and sent the helicopter fleet to Texarkana, Texas, where it waited out the storm in safety, thus avoiding thou-

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The leadership example

By Maj. John Hutter

Logistics Squadron Commander

Leadership is about living your values 100 percent. It is a choice, an honor and an act of courage. To many people, leadership feels like walking a plank, and so they too often "sell out," play small and stay safe. Consequently, leaders can die emotionally before they are ever really born.

A good leader inspires confidence in themselves, but a great leader inspires confidence in the people they lead. How does this happen? Example! Leadership is an attitude, not a position. It is a pioneering spirit that is inspired by example. The problem today is that leadership is being taught as a technique and a model.

As a leader you must be the example you want to experience. Example is the greatest teacher. It beats the "Tell 'em" and "Just Do It" styles of leadership. Example moves a person's heart. There is no substitute for example.

Leadership is about being first. For instance, if you want trust, be

trusting first; if you want honesty, be honest first; if you want motivation, be motivated first. Be first!

Many people fear the loneliness and vulnerability leadership brings. In our world of global enterprise, independence is weakness. Collaboration and synergy are strength.

A quick story: A school teacher decided to tell her class of young children the story of Moses. The children listened attentively. After she finished, she asked, "Why do you think Moses wandered lost in the desert for forty years?" There was a rather long hush. Suddenly, a boy shot up his arm obviously inspired by a genuine flash of insight: "Maybe, Miss, Moses was afraid to ask for directions". Out of the mouths of babes!

A true leader offers a brilliant example of asking and receiving support. With support, a leader can make more risks, take more knocks and face the music whatever the tune is!

Our Wing, community and country need to support our leaders more. We need to cre-

ate a culture, which honor leadership. Where teams snipe at the leader, it is the team that ultimately fails. Also, the more a person snipes at a leader, the more defended that person will be when they are faced with an opportunity to lead.

In summary, leadership is an example, not a technique. It is about service, synergy and mutual support. When you start thinking of leadership, motivation and praise as techniques, it's time to take a holiday! Be what you want to see. Be the example!



Major John Hutter
Logistics Sq. Commander

Diversity

By Senior Master Sgt. Phil Mahan

190th ARW Human Resource Advisor

The March calendar of Diversity asks us to consider the value of the **Civilian Side of the National Guard**. Across the nation we have many civilians that work alongside the uniformed members of the National Guard. Often they don't receive the recognition as those of us in uniform, but their contribution to our success should not be overlooked.

We should not forget our civilian brothers and sisters who contribute to our mission. Without their support our mission might suffer. Take a minute and say "thank you" to the civilians you work alongside each day. Remember they are a valuable part of our mission and sometimes it helps to remind ourselves and others of that.

We also honor women during the month of March in obser-

vance of Women's History Month. There have been many great women who have contributed to our nation's success. A great example of this is Eleanor Roosevelt, a woman whose contributions to civil rights began some thirty years before the eloquent speeches and works of Martin Luther King Jr. Take time to read about Mrs. Roosevelt and read about her many years of "doing the right thing."

Mascots and music - prayer breakfast 2003

Stripes to Feathers to Fur

This year's annual day of prayer breakfast speaker goes to work like many other men, dressed in a suit. The only difference is that instead of wearing a tie like many others, he wears a tail. This year's key note speaker is Dan Meers and he is a professional mascot.

Many may know Meers by another name, KC Wolf – the sideline mascot for the Kansas City Chiefs.

Meers began his career in 1986 at the University of Missouri at Columbia. During his time at Columbia, Meers was known to the fans as "Truman Tiger."

After graduating with honors, Meers traded his tiger stripes for bird feathers and began his professional career as "Freebird," the mascot for the St. Louis Cardinals baseball team.

It only took Meers one year to realize that he preferred howling to squawking. After only one year at St. Louis Meers exchanged his

feathers for fur and became KC Wolf.

Meers travels throughout the United States and the world entertaining thousands of people both in and out of costume.



From the Coffeehouse to the national stage

In early 1983, Paul Land and Ray Hildebrand teamed up for a night of music and fun at a local Christian coffeehouse. Their performance as a duo that night made them both aware of their musical strength and versatility together.

From their beginning at that coffeehouse Land and Hildebrand have presented their peculiar brand of music and mayhem to audiences nationwide.

The annual day of prayer breakfast will be held on March 2 at the Coyote Café. Breakfast begins at 7:30 a.m. followed by the program at 8:00 a.m.

For more information Contact the Base Chapel at 861-4001.

Weather Flight - Cont.

sands of dollars of storm damage to the helicopters.

At about 6:00 p.m. the storm hit Fort Chaffee. Service members took safety in the drainage ditch wearing helmets and using their sleeping mats for additional personal protection during the storm.

The storm initially consisted of 50 to 70 mph winds accompanied with one half to one-inch in diameter sized hail, followed by 3 to 5 inches of rain.

A narrow path was created by the storm as it passed through the

heart of the campsite, completely destroying tents and equipment such as computers and radios.

The narrow path is synonymous with a tornado, said Hedges.

Tents had been blown off their locations and into the concertina wire that surrounded the campsite shredding the heavy canvass tents.

Computers, radios, bunk beds, desks and tables had been blown more than 50 feet.

This was minimal damage compared to what could have resulted in the loss of lives and the dollar loss in helicopters had the Weather Flight not taken the necessary precautions.

Because the Weather Flight members were directly supporting the Army unit, they were eligible to receive the Army Achievement Medal.

Later while discussing the event with Peck, Hedges modestly said, "It doesn't usually work out this well in reality."

Full agenda for 190th Family Readiness Program

By Tonya VanSickle

Family Readiness Coordinator

As everyone knows, "time flies when you are having fun." I cannot believe that I've been with the 190th three months.

Over those three months I have been learning, planning, and brainstorming about what the 190th Family Readiness program can do for you this next year. We are currently filling up the calendar with exciting plans.

The evening of March 1 is a Coyote outing to the see the Topeka Scarecrows. On March 8 and 9 the Family Readiness Program will host the second marriage seminar weekend at the Capital Plaza Hotel. You are

invited to enjoy two days of helpful information about conflict resolution, personality types and how you can better relate to your spouse. A candlelight dinner and dance will conclude the weekend. Space is limited so call 785-861-4940 to reserve your spot today.

A new activity beginning in March will involve your children. For about an hour on Saturday morning of the UTA weekend we will participate in activities designed to help children talk about activation and what happens when a family or friend is deployed. The activity begins at 10:00 a.m. on March 1 and at 11:00 a.m. on April 5. Please call ahead so

that we will know how many children to expect.

Summer is just around the corner and we will kick it off big with the Wings over Topeka air show. Look for the Family Readiness program to be there with a hospitality tent. If you are interested in volunteering please let the Family Readiness Office know. We will be assigning people to various shifts so that you can still spend most of your time enjoying the day with your family.

Finally, on July 12 the Family Readiness Program will be hosting another family outing at the zoo. Look for more details in future Coyote Logs, but put the date on your calendar.

Wing Wellness

Fitness takes just a few minutes a day

By Tech. Sgt. Andrew Nelson

Health Promotion Committee

"It is DoD policy that individual Service members possess the cardiorespiratory endurance, muscular strength, maintaining desirable body composition, and whole body flexibility to successfully perform in accordance with a Military Service-specific mission and military speciality." (DoD Directive 1308.1)

In the near future the Air National Guard will be initiating new criteria for our annual fitness testing.

Members will be required to perform the following tests:

Stress Step Test (cardiorespiratory health), Sit-ups/Crunches (muscular endurance), Push-ups (muscular strength), Sit and reach (flexibility) and undergo height/weight/waist measurements (body composition).

The unit is still awaiting the arrival of the written guidance for the program. This does not change the fact that this new criteria will happen. The next question is how the members prepare for it.

To be better prepared, there are some things you can start doing now to prepare. A few minutes a day will leave you well prepared for these tests.

If you are not currently involved in an aerobic fitness pro-

gram, begin one. Start off by simply walking for a few minutes every day. Gradually increase the time/distance covered.

To prepare for push-ups, sit-ups and the stretch tests begin doing a few every day. Every time you do them try to add a couple. You should notice quite an improvement within a few weeks.

Try out these tips and you'll be surprised how well you will do.

For further information on these topics and other concerns on healthy living please contact your First Sgt. or the Medical Squadron.

Coyotes compete for national honors

By 1st Lt. Chris Hill
190th Public Affairs

Two members of the 190th will compete, at the Air National Guard level, in the USAF 12 Outstanding Airman of the year competition.

Airman, NCO's and Senior NCO's of the year from both the 190th and 184th were selected for the competition. Two of the three categories (NCO and Senior NCO) are members of the 190th and the Airman category is being represented by the 184th.



190th NCO of the year Tech. Sgt. Sherry Hertlein will compete for the national honor in the NCO category.

Hertlein is a traditional guardsman who works as a Flight Medicine Specialist with the Medical Squadron.

She attained a 100 percent approval rate on 56 medical waivers and brought compliance rates for two important medical programs up dramatically contributing to mission readiness. She effectively managed implementation of the Individual Medical Readiness database tracking system so as to be ready for implementation ahead of schedule

Senior Master Sgt. Perez will represent the 190th in the Senior NCO category.

Perez is a full time technician in the Communication Flight. Currently, Perez serves as the Chief of Plans and Implementation.



Perez expertly managed a budget of \$6.25 million and coordinated with 22 cost center managers facilitating year end purchases of \$143,000 which exceeded all previous years. Perez also obtained \$360,000 worth of new Information Technology equipment for the wing.

Perez and Hertlein are competing for an award that recognizes 12 outstanding enlisted personnel for superior leadership, job performance, community involvement, and personal achievements.

The Air Force Association honors the 12 Outstanding Airman of the Year at its annual convention in Washington, D.C.

The program was initiated at the Air Force Association's 10th annual national Convention, held in New Orleans in 1956. The Chief Master Sergeant of the Air Force and the command chief master sergeants from each USAF major command form the selection board. The Air Force Chief of Staff reviews the selections.

The 12 winners are also awarded the outstanding Airman ribbon with the bronze service star device.

Coyote Comments

What was your favorite part of this year's dining out?



MSgt Richard Schwartz
Avionics
"Senator Roberts comments were great with the mix of jokes that he said."



Col Deborah Rose
Support Group
"I think seeing SMSgt Ivan Perez shine as the 'President of the Mess' during the Dining Out. He did a very good job."



SMSgt Michael Luck
Maintenance
"I thought Senator Roberts speech was very good about the unit and our long-standing participation before Sep 11."



MSgt Gary Holtzman
Maintenance
"The camaraderie of the Dining Out and getting to see everyone you know all in one place."

Senior Airman Aaron Rye



Name: Senior Airman Aaron Rye

Organization: Aircraft Generation Squadron

Job title: Crew Chief

Civilian Job: Full-time student at SW Baptist University in Bolivar, MO

Main Responsibilities: Maintaining all forms on planes and keeping track of general maintenance & inspections.

Education: Graduated from Maranatha Academy High School in Shawnee, KS. Currently a senior at SW Baptist majoring in a Christian Admissions.

Military Experience: Joined the Air National Guard in May of 2000 and joined the 190th ARW once basic training was complete.

Goals and Ambitions: Graduate college with a Bachelor of Arts degree and eventually become a pilot in the 190th.

Hobbies and Activities: Enjoys playing basketball, golf and watching Sports Center on ESPN. Also loves to travel with his wife on road trips to big cities nationwide.

Most Memorable 190th moment: "My most memorable moment was going on a TDY to San Diego, CA with the Dodd's brothers who are in my section. I had a great time during the TDY and was given the nickname 'Coolcut'."

Feature Story

The making of a dining out

By Tech. Sgt. Greg Burnetta

190th Public Affairs

Did you enjoy this year's Dining Out? Ever wonder how such an event occurs or why we even do it? Would you like to help?

Master Sgts Bill D. Montgomery and Mike F. Chandler answered these and other questions associated with the Dining Out.

As far as we know, the 190th has had Dining Out's since we came on line as a unit, said Montgomery.

Originally Dining Out's were events put on by and for the enlisted force, but has grown over time to include all unit members.

The responsibility for putting the event together used to belong to the Senior NCO Academy Graduates Association, but it has changed over the years to now being the responsibility of the unit first sergeants, especially the four full-time ones.

They solicit the help from other full-time unit members and form a committee each year. This is Montgomery's second year doing this, and it takes about the whole year, between Dining Outs, to put one together, he said.

"The Dining Out could never occur without the continued support of everyone on the base," said Chandler. If the ticket sales to unit members weren't so good, it couldn't happen, he said.

The ticket sales pay for 50 to 60 percent of the total costs of the event. Additional funding comes from the Base Morale, Welfare and Recreation Fund.

Montgomery compared the planning to a roller coaster ride. It starts out slow, builds to a pitch, then – the day of the event – comes rushing down, ready or not.

Montgomery and Chandler refer to it as a balancing act between working on the Dining Out arrangements and performing their daily first sergeant duties.

They feel that participating in arranging the Dining Out is challenging and a career building life experience. "I enjoy the satisfaction of being part of the camaraderie of everyone working with each other and watching it all come together," said Montgomery.

Montgomery said they strive to make the event a little different each year and to keep it entertaining.

Montgomery said he would like to see the responsibility for the Dining Out to be given to the First-Five Council in order for them to see what all is involved in actually doing it.

He and Chandler said they would be very interested in mentoring that council and anyone else who would like to serve on the committee.

Chandler said that ideas and suggestions for the Dining Out "are more than welcome." "Just give them to your first sergeant, and they will pass them on to us," he said.

Promotions

Cole A. Longstaff, CE
Christopher T. Hawkins, SFS
Jason J. Schell, CE



Ralph D. Jessip, AGS
Jamie K. McGill, CE
John D. Weber, LGS



Brett E. Higginbotham, SFS
Dennis R. Lane, Maint.
Michael R. Dehaven, SFS
Theresa L. Unger, Maint.



Dennis R. Brown, SFS
Sean C. Hall, SFS
Robert J. Wagner, SFS
Terry W. Spangler, MPF



David A. Williams,
LGS



Have a concern? Witnessed fraud, waste & abuse? Aware of violations of AF laws, regulations or policy? Have you used your chain of command? If you have a concern and are unsure if you should file a complaint, review AFI 90-301 or contact the IG Major Joyce Zillinger at:

861-4798 during UTA weekends

Civilian: (785) 575-8333

Cell: (785) 640-5101

Email: jdzillinger@hotmail.com

or

joyce.zillinger@kstope.ang.af.mil

JOB OF THE MONTH

**2A531 - AEROSPACE
MAINTENANCE APPRENTICE**

MANDATORY: Mechanical Score - 44

PULHES X, 33132 L, CV-1

Alien Ineligible

DESIRABLE: High School Graduate,

Basic Electronics, Physics, Pneudraulics

TECH SCHOOL: Sheppard AFB TX, 11

Update your Emergency Data on the Web

Personnel officials encourage all airmen to update their information every six months, prior to deployments and after moving. **The initial update should be done immediately**, do not wait for a change, deployment or change of address.

**Logon to the Virtual MPF at
www.afpc.randolph.af.mil.**

The PACK is coming... April 25-26

The PACK is an organization of Past & Active Coyotes of Kansas. We meet once a year for the purpose of enjoying each other's company and supporting the



190th.

This year we are meeting at the Ramada Inn-Downtown in Topeka on April 25 and 26.

The festivities begin on Friday evening with a casual mixer with drinks, food, friendship, and lots of door prizes. Friday's activities will begin at 6:00 p.m.

The dinner and dance are on deck for Saturday. Look for lots of door prizes and a few raffles as the night goes on.

Membership in the PACK is \$3.00 a year.

The PACK get together weekend cost is: Friday night only: \$20.00/single, \$25.00/couple. Saturday night only: \$30.00/single, \$50.00/couple. Entire weekend (best bargain!): \$35.00/single, \$60.00/couple.

For information and or to get your name on the mailing list, please contact Steve Mercer at 785-861-4702, Merlin Arnold at 785-861-4101 or Sharon Schroeder at 785-862-0289.

Coyote Cafe Menu

Saturday March 1 - SAFETY DAY -

Main Line

Chicken Cordon Bleu
Casserole
Italian Style Green Beans
Bread Sticks
Brownies
Assorted Drinks
Tossed Salad w/Dressing

Sunday March 2

Prayer Breakfast

Scrambled Eggs
Bacon
Sausage Patties
French Toast
Donuts
Cinnamon Rolls
Juice
Fruit

Main Line

Chicken Fried Steak
Mashed Potatoes / Gravy
Glazed Baby Carrots
Texas Toast
Apple and Cherry Crisp
Iced Tea/ Assorted Drinks

Hotel for March

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.

**There will be a
Commander's Call on
1 March 2003 at 0800
in hangar 662.**

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THE COYOTE LOG
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