

# The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979



The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 45, No. 8 May 2003

## Wings Over Topeka -- Round III

By **1st Lt. Chris Hill**

190<sup>th</sup> Public Affairs

This year it's the Navy's turn to show off their stuff. The U.S. Navy Blue Angels Jet Demonstration Squadron will headline the third annual "Wings over Topeka" air show on May 10 and 11, 2003 at Forbes Field, Topeka, Kan.

The Blue Angels selected Topeka as a show site following the enormous success of last year's event which featured the U.S. Air Force



Featured Flying Act: The U.S. Navy's Blue Angels will perform on May 10-11. The Blue Angels selected Topeka as a show site following the enormous success of last year's event.  
photo: [www.navy.com/blueangels](http://www.navy.com/blueangels)

[See WINGS - Page 4](#)

## Coyotes deploy in support of Operation Iraqi Freedom

By **1st Lt. Chris Hill**

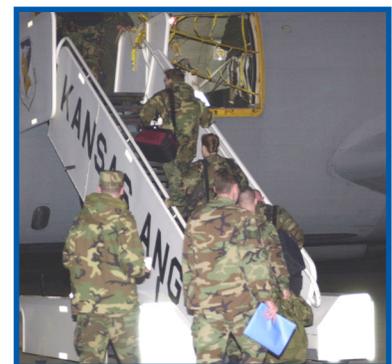
190<sup>th</sup> Public Affairs

Business as usual. That's what the men and women of the 190<sup>th</sup> Air Refueling Wing would call the recent deployment in support of Iraqi Freedom.

"The 190<sup>th</sup> has been involved in virtually every military air operations since 1990," said Col. Michael O'Toole.

From the major involvement in Operation Desert Shield/Desert Storm in 1990-1991, to the rapid response in support of the events of September 11, 2001, to the daily missions around the globe, "The 190<sup>th</sup> is prepared to respond," said O'Toole. "We constantly train for deployed

[See DEPLOY - Page 4](#)



Answering the call: Members of the 190<sup>th</sup> preparing to depart Forbes in support of Operation Iraqi Freedom.  
photo by: Tech Sgt. Allen Pickert

Commander's  
Comments - Page 2

Wings over Topeka  
Center

New Faces at STARBASE  
- Page 3



# Maintaining readiness for the mission

By **Col. Dennis Lawlor**  
190<sup>th</sup> Medical Squadron

Maintaining readiness for the mission. You have heard this many times. I would like to relay a mishap report to illustrate the importance of following standard maintenance procedures.

Mishap Report Summary – A late model KC-135E in the latter third of its serviceable life was positioned in a forward theater location. One week into the deployment on one of its first missions, a critical system failure developed in turbulent flight conditions. Controlled flight could not be maintained. The aircraft and crew were all lost.

The mishap investigation found several major contributing factors to the mishap.

- Aircraft maintenance logs revealed routine preventive maintenance was infrequently performed in the preceding six months.

- Operational time was frequently doubled. Downtime available for scheduled maintenance and inspections was either unavailable or hurriedly completed.

- Fuels and hydraulic fluids used in preceding months from sources not adhering to recommended AF specifications.

Was this mishap a surprise? No. Was it preventable? Most certainly. Would we be appalled that these maintenance practices would even happen? YES.

Now substitute a few parts of the story. In the place of late model KC-135E, substitute a 40-year-old airman. Instead of pre-

ventive maintenance substitute exercise and for fuels/hydraulics substitute dietary habits. Would you be surprised if a 'late model' airman, overweight, not exercising in the last several years, frequently working double shifts, on a stressful deployment had a critical system failure (i.e. a heart attack)? I would not.

**Maintenance** – The work of keeping something in suitable condition. (Webster's Dictionary) Although we have weight standards and an annual fitness test, it still falls back on each of us as individuals to have our own personal maintenance AFI. Prior to 9/11 the tempo of our work lives was already relatively high and continues to quicken with current world events. Being rushed frequently means picking up the quarter pounder with cheese enroute to the next meeting. Your plans for exercise are placed on hold until you have more time. Time to unwind and relax with your spouse and kids will wait until things slow down. Bad habits quickly develop for eating fast and fat food, no exercise, and no personal and family time. You need to think about your 'personal maintenance' procedures and prioritize them into your daily life. Maintain your personal health habits as if your life depends on it, because it does. Try to eat a lean deli sandwich as often as you eat a hamburger. Exercise not scheduled and prioritized is exercise that never gets done. Personal time not blocked off for a date with the spouse, attending little Jimmy's soccer game, etc. is personal

time that you will never seem to find after all the work is done. Plan your exercise and personal commitments first and you will be surprised and how easily work commitments adjust to these priorities. Try to envision the parallels of aircraft maintenance and your personal health maintenance. To have a long serviceable life (i.e. career) you need to optimize the length of working periods with downtime. Scheduled maintenance procedures need to be accomplished at regular intervals. Our mission in the medical squadron is to help you be medically ready to deploy and perform your mission. We will help you, but you carry a large burden of responsibility for preventive maintenance. **You, a human being, are what make the military work and make weapons into weapon systems.** Remember, you have a personal responsibility to regularly maintain this complex bipedal weapon system (i.e. yourself). Only you can develop a workable maintenance schedule and successfully implement it. Your country depends on you, and you depend on you.



**Col. Dennis Lawlor**  
Medical Sq. Commander

# Some new, yet familiar faces at STARBASE

By **Kim Mittermeier**  
 Kansas STARBASE

"The more things change, the more they stay the same." That is one of my favorite sayings because it seems to ring true more often than not. Last August I returned to the position of Site Coordinator here at STARBASE. I would like to thank all of you that have welcomed me back so warmly.

Shortly after my return we were searching for a part-time Instruction Assistant. A former 190th member, Amy Wahl, (formerly Amy Stevens) was looking for a job that would allow her to return to her family roots in education. Amy joined the STARBASE team in October and has been a valuable asset to the program.

Right now STARBASE is wrapping up its School Year Academies and winding up for an exciting summer of open enrollment Summer Academies. This summer is bringing some changes in our curriculum. We will be offering three brand new Academies. One will feature Robotics, another Radio Controlled Airplanes and the third, one of my favorites, will be a Ladies Only Academy! Please find below the dates for those Academies.

Amy and I are looking forward to serving the children of the Topeka area through Kansas STARBASE. It is our honor



*Amy Wahl (left) and Kim Mittermeier: two familiar faces at the 190th and STARBASE*

and privilege to introduce them to one of the most outstanding military organizations in the country, the Kansas National Guard.

## Summer 2003 STARBASE Academy Schedule

June 16 – 20  
 Traditional  
 STARBASE  
 Academy

July 21-25  
 Amelia's Angels  
 Ladies Only  
 Academy

July 7-11  
 STARBASE  
 Robotics\*  
 Academy

August 4-8  
 STARBASE  
 R/C Airplanes\*  
 Academy

\*Prerequisite: Students must have completed 4th grade AND attended a Traditional Academy or a School Year Academy.

## Dollars for your ideas: The ANG suggestion program

**By Master Sgt. Jim Copeland**  
*190<sup>th</sup> Quality Assurance*

Did you know your idea or suggestion might be worth some money? It's true. Your idea on how to improve the way we do business in the Air National Guard might put cash in your pocket. The ANG suggestion program is alive and well at the 190<sup>th</sup> Air Refueling Wing.

Two programs provide cash incentive awards to people with innovative ideas. These programs are the Air

National Guard Suggestion Program and the Air Force IDEA (Innovative Development through Employee Awareness) Program.

The ANG suggestion program is for all title 32 military, federal civil service employees and traditional guardsmen. The Air Force IDEA program is for all title 5 and title 10 employees. Individuals, teams or groups are eligible for cash awards, based on the merits of the contribution and the benefits that accrue because of an idea.

Technical order changes (AFTO Form 22), process improvement and scientific achievements are a few examples that qualify for the awards programs.

Recently, four members of the 190<sup>th</sup> ARW Logistic Group received cash awards for their suggestions on improving technical manuals used to maintain KC-135 aircraft.

To learn more about these two awards programs contact the 190<sup>th</sup> ARW Quality Assurance office at extension 4533.

### Continued

#### DEPLOY - from page 1

operations and we're ready to perform the mission at hand."

Over 100 members of the 190<sup>th</sup> departed Forbes Field for an undisclosed location in support of Operation Iraqi Freedom on March 18-19, 2003. The Kansas Coyotes will be performing air refueling operations in and around southwest Asia. The length of the deployment "will depend on how long we are needed," said O'Toole.

O'Toole said that members of the 190<sup>th</sup> are prepared to do their job regardless of how much time the mission may take.

#### WINGS - from page 1

Thunderbirds and over 85,000 spectators.

Dozens of aircraft from across the United States, as well as exhibits and hardware from Kansas military installations will be in the air and on the ground throughout the day. The flying portion of the day begins at noon. The Air Force B-2 Bomber and F-117 Nighthawk Fighter are scheduled to appear. Other aircraft in attendance will include the T-28, AC-47 Mig 17 and a variety of civilian aircraft performers.

The Blue Angels, flying their sleek blue and gold F/A-18 Hornet Fighter and Attack aircraft, will conclude the air show with their demonstration at 2:30 p.m. on both days of the show.

The evening festivities will begin at 6:00 p.m. with Three Ring Circus, a local area country music band. Concluding the evening's activities will be country music artist Aaron Tippin.



The U.S. Navy's Blue Angels will headline the Wings Over Topeka air show on May 10 and 11.  
photo: [www.navy.com/blueangels](http://www.navy.com/blueangels)



## Wings Over Topeka: Family Freedom Day '03 Schedule of Events

<u>Times</u>	<u>Activities</u>	<u>Saturday, May 10</u>
8:00 AM	Gates Open to the Public	
12:00 - 2:30 PM	Air Show performers featuring: B-2, F-117, and a host of others; T-28, AC47, Mig17, Learjet and Yak 54	
2:30 - 4:30 PM	U.S. Navy Blue Angels Jet Demonstration Team	
6:00 PM	Local Country Music act, Three Ring Circus Country Music Recording Artist Aaron Tippin	
<u>Times</u>	<u>Activities</u>	<u>Sunday, May 11</u>
8:00 AM	Gates Open to the Public	
12:00 - 2:30 PM	Air Show performers featuring: B-2, F-117, and a host of others; T-28, AC47, Mig17, Learjet and Yak 54	
2:30 - 4:30 PM	U.S. Navy Blue Angels Jet Demonstration Team	

### Family Freedom Day Concert

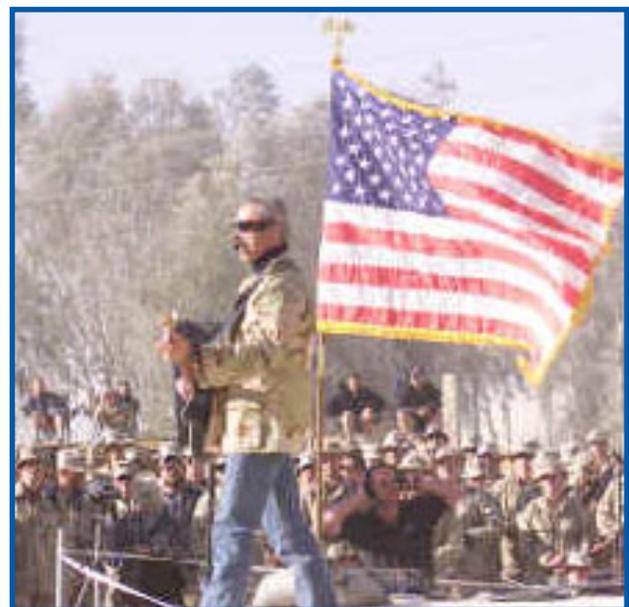
It just keeps getting better. For the third year in a row, Wings Over Topeka: Family Freedom Day will complete the day of air shows and military static displays with an open-air concert.

Country music artist Aaron Tippin will top off the May 10th event at Forbes Field, Kan.

Opening for Tippin will be local country music favorite, Three Ring Circus.

Tippin is a Multi-Engine Instrument Commercial Pilot and flew as a free-lance and corporate pilot in route to becoming a major airline pilot.

Tippin moved to Nashville in 1986, started song writing virtually full time and began his quest for a record deal. In 1990, he signed with RCA Records and went on to release one platinum and four gold albums. In 1998, he signed with Disney's Lyric Street Records.



Aaron Tippin will perform at the third annual Wings Over Topeka: Family Freedom Day in May 2003

photo: [www.aarontippin.com](http://www.aarontippin.com)

MAP will

go here

# Wings Over Topeka FAQ's

**When:** Saturday, May 10 and Sunday, May 11, 2003

Gates open: 8:00 a.m.

Air acts begin: 12:00 p.m.

Concert: 6:00 p.m. (Saturday only)

**Who:** The Navy Blue Angels will perform at 12:00 p.m. Other military acts scheduled to appear include the Air Force B-2 Bomber, Air Force F-117 Nighthawk, F-14 Tomcat, F-16, T-28B, AC-47 Spooky, KC-135 and the U.S. Coast Guard HU-25 "guardian." Civilian acts include Eric Beard-Yak 54 and Bobby Younkin's aerobatic Learjet 23.

On-Stage entertainment will include Three Ring Circus and Aaron Tippin.

**What about my family?**

190<sup>th</sup> members are encouraged to invite their families to the Air Show portion of the day. Most 190<sup>th</sup> members will have to help with the Air Show during the day, but families will be encouraged to join their unit member if possible.

**What is the uniform?**

Since this is an Open House, and there could be up to 85,000 people in attendance, 190<sup>th</sup> members will be in uniform until 4 p.m. Civilian attire will be allowed after 4 p.m. unless military duties are being performed, then duty uniform applies.

**Can I get those concert tickets for my friend or neighbor in advance?**

Tickets are not required for the event, however, a parking

pass is necessary if they are driving to the event. Parking passes are \$5.00 in advance and \$15.00 at the general parking entrance

**Is this Family Day?**

Not really. Most 190<sup>th</sup> members will be working in some role or capacity during the Open House portion of the day. 190<sup>th</sup> Families are invited to attend, but must understand if the unit member has a job to do.

**Can 190<sup>th</sup> family members park on base?**

Only if they enter the base with the unit member at the beginning of the duty day. Otherwise, family members must park in the designated parking areas and must obtain a parking permit. Shuttle bus service will be provided.

**Where is the public going to park?**

The public will park south of the 190<sup>th</sup> property on the Metropolitan Topeka Airport property. Shuttle busses will be provided to the public to enter through MTAA gate # 625. The public will not be allowed to park on 190<sup>th</sup> property.

**Why are we doing this?**

The Topeka and northeast Kansas community are large supporters of the 190<sup>th</sup> ARW. Wings Over Topeka is designed to thank them for their support and show them what we do.

Wings Over Topeka is our chance to show the public that the 190<sup>th</sup> Air Refueling Wing is indeed, "The Standard of Excellence".



**Be proud of your unit and show your pride on  
May 10th and 11th, 2003 during Wings Over Topeka!**

## Coyotes participate in “Read Across America” program

**By Tonya VanSickle**

*190<sup>th</sup> Family Readiness*

On March 3<sup>rd</sup>, several members of the 190<sup>th</sup> ARW participated in Read Across America at Bishop Elementary School. The Read Across America program encourages a variety of members from the community to read a book to children and speak to them about their job.

The children learned about the variety of careers available in the Air National Guard. 190<sup>th</sup> members also participated in a question and answer period with the children. Based on the questions, some of the children are on their way to being professional journalists.

Books written by authors such as Dr. Seuss and R.L. Stine were read to the children, which ranged from kindergarten to fifth graders.



*Kansas Coyotes decide on their reading material.*

*photo by: Tonya VanSickle*

## Get “fit” at the 190th fitness center

**By Tech. Sgt. Andrew Nelson**

*190<sup>th</sup> Fitness Facility Committee*

AH! Spring is here. Summer is just around the corner. Swimsuits and volleyball games fill your dreams.

But wait, you're not ready for that swimsuit or that volleyball game. You need to get back in shape! I've got the perfect place: the 190th fitness center.

Many 190th members aren't aware that the unit has an excellent fitness facility that is

open to full time and traditionals alike.

The facility is located in the NW corner of building 666.

The Aerobic equipment consists of 3 treadmills, 2 cross trainers, 2 stair steppers and 2 cycles. There are seven pieces of Nautilus and 5 pieces of Paramount strength equipment. In addition, the second floor contains free weight equipment.

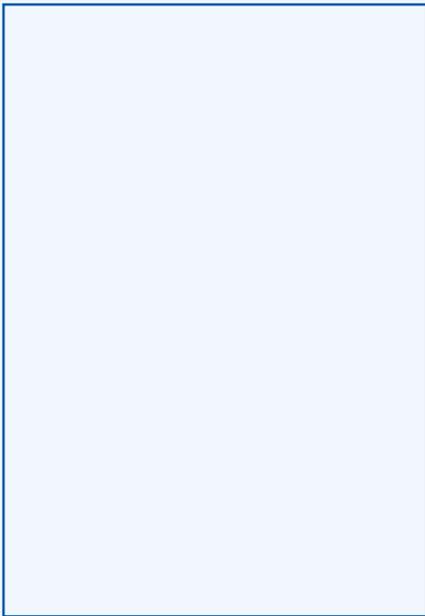
Before using the facility every member is required to read

and sign a “Letter of Understanding and Agreement”. The letter may be obtained at: S:\READ\Fitness Agreement.

This agreement contains the hours of operation and the rules of the fitness center.

If you are in need of assistance in establishing a fitness program please contact the medical squadron, your first sergeant, or any of the fitness facility members listed on the agreement letter.

### STAFF SERGEANT CLIFFORD KANE



**Organization:** Communications Maintenance

**Job title:** Informations Technical Specialist

**Civilian Job:** Currently on active duty orders in Comm. Maintenance

**Main Responsibilities:** Provides installation, maintenance and troubleshooting on virtually all base communications systems and equipment

**Education:** 1989 graduate of Osawatomie High School in Miami, KS

**Military Experience:** Served 7 years active duty Army, 4 years in the Army guard and joined the 190th Jan 2001

**Goals and Ambitions:** To eventually become a Network Administrator and attain the rank of Master Sergeant before retirement.

**Hobbies and Activities:** Enjoys playing on-line gaming, watching KU basketball, and outdoor activities like camping & bass fishing. He is also an Assistant Troop Leader in the Boy Scouts.

**Most Memorable 190<sup>th</sup> moment:** "My most memorable moment was my Annual Training last Summer to Hawaii. It was a lot of fun."

## Coyote Comments

### What are your thoughts on the War in Iraq thus far?



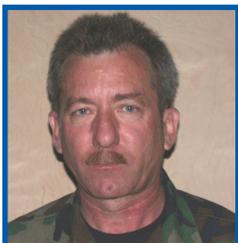
Senior Airman Scott Wiltse  
Fire Department

"I feel that the war is going very well. I wish the men and women that are there a safe return trip home."



Senior Airman Jamie McGill  
Readiness Office

"I am very proud of our troops that are over in Iraq. I think that war was something that needed to be done."



Master Sgt Donald Lenk  
Civil Engineering

"I think everything we set out to do is going according to plan. We have not lost too many soldiers but it is still unfortunate for those that have given their lives."



Senior Airman LaCretia Hawkins  
Supply

"I think it is unfortunate that we are in war and losing our fellow soldiers, but our job is to serve & protect and I feel that is being accomplished."

## People First

### A1C

Jason J Schell, CES  
Crystal A. Wright, Med Sq.



### SRA

Erin M. Castaneda, SVF  
Heather L. Copeland, CES



Justin D. Davis, SFS  
Eric L. Demeritt, LGS

Jamie K. McGill, CES  
Heather L. Moore, LGS  
Christian Parmentier, Maint

Kathryn M. Sexton, LGS

John T. Shea, Maint

John D. Weber, LGS

### SSG

Austin W. Bornman I, Maint  
Jeffrey D. Corlis, CES  
Patrick I. Curtis, SFS  
Michael R. Dehaven, SFS  
Mark A. Peterson, SFS  
Theresa L Unger, Maint



### TSG

Nathaniel P. Brown, ARW  
Jeremy F. Rabb, MSF



### MSG

Randal D. Haynes, Maint.  
Jeffrey A. Johansen, MSF



### SMSG

Brian D. Saunders, Maint



### 1stLt

Bret A. Ulrich, LGS  
James L. Wehrli, Finance



## Project Topeka exceeds goal

Project Topeka exceeded its goal by raising 201 tons of food, 200 lbs. of food and \$1,275 was contributed by the 190<sup>th</sup>.

The 190<sup>th</sup> Project Topeka challenge to the schools resulted in over 2 tons of food.

## JOB OF THE MONTH

### Vehicle Operations Apprentice

**ASVAB Requirements:  
Mechanical Score: 38**

**Tech School:**  
Ft. Leonard Wood, MO  
6 weeks

## New AF Nametag

**Wear of Silver Brush Nametag on Service Dress:** Wear of this nametag is optional. Individuals who desire to wear the nametag are responsible for its purchase. HQ AFPC/DPFSC has not established a mandatory wear date. Once a mandatory wear date has been established, HQ ANG/DPFOC will make a coordinated determination regarding unit funding of nametags. It features the wearer's last name and will only be worn on the service dress uniform, on the right side parallel to the ribbons and medals. Wear of nametag on the Service Dress Uniform is effective as of 01 October 2002.

## Coyote Cafe Menu

### Saturday May 10

#### Main Line

TBD due to Airshow

### Sunday May 11

#### Main Line

TBD due to Airshow

### Hotel for May

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.

## Clergy Day 2003

The 190th Chaplain Services will offering a distinctive clergy day this year. We invite you to invite your clergy or religious leader to join us for a practice show of the Blue Angels on Friday May 9 here at Forbes. We will give the folk a tour of the base, briefing on the 190th and provide lunch before we escort them to the VIP viewing section for a presentation of the Blue Angels Air show. We encourage you to submit the name, address and email of your clergy person and we will send them an invitation with details on the day. We are looking forward to this special event. Questions? call us at 4001. Chaplain Fulton  
Wing Chaplain

# The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979



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THE COYOTE LOG  
190TH ARW  
PUBLIC AFFAIRS  
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