

# The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979

The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 46, No. 11 August 2004

## Operation KUDOS back for a second year

**By Tech Sgt Greg Burnetta**  
*190th Public Affairs*

On Saturday, July 10, 2004, members of the Coyote family gathered at Forbes Field to participate in Operation KUDOS (Kids Understanding Deployment Operations).

Fifty-five children of unit members simulated a deployment to Incirlik Air Base, Turkey, during this Family Readiness activity.

The purpose of this activity is to demonstrate to children what their parents or grandparents, aunts or uncles, or even their older siblings go through when they – as service members - leave for a military deployment.

This is the second year the 190th Air Refueling Wing has sponsored an Operations KUDOS event.

Thirty-four children participated in last year's Operation KUDOS. "This increase in the number of kids is a result of all the hard work from last year's adult volunteers who carried over to work again this year," said Tonya Van Sickle, Family Readiness coordinator. She hopes KUDOS will continue to be an annual event.

The purpose of the event was to help family members,

specifically the children of deploying guard members, gain an understanding of what their parents do when they deploy, what it feels like to leave home and loved ones, and what it feels like when a member returns to his/her home and family following the deployment.

The exercise was organized so the deploying kids could experience most aspects of a deployment.

The mock deployment began with the deploying kids gathering at their "rally point" in the dining facility.

They were called to attention, seated and addressed by Col. Gregg Burden, Wing Commander of the 190th ARW. Burden told them that he wanted all of them to see what their parents do when they get ready to deploy. "I want to thank each of you for supporting your mom and dad," he said. "I want you to have fun."

The process began with an intelligence briefing and was followed by finance and legal briefings.

"You need a power of attorney so someone can come into your home and feed your pets," explained



**Airman Wallace Reports as Ordered!**  
Tech Sgt. Gina Hasting's son, Connor Wallace, age 3, preparing to deploy during Operation KUDOS.  
(Photo by Tech. Sgt. Greg Burnetta)

1st Lt. Dianne Bellquist of the 190th legal office.

Their processing consisted of going through the military personnel flight where their orders were checked and they were issued their dog tags and medical flight where they received their jellybean "medications."

Finance representatives issued the kids their travel cards and the Chaplain's section saw to their spiritual needs by explaining to

[See "KUDOS" - Page 4](#)

# 190th People: Ready, Reliable, Relevant and Resilient

**By Col. Mike Parsel**  
*190<sup>th</sup> Maintenance Group*

I believe the best and most talented people in the Air National Guard are found in ready, reliable, relevant, and resilient organizations like the 190<sup>th</sup> ARW. Over the last year, I have had opportunity to share this fact with people outside of our command, but I'd like to tell you why I know it's true. Let me begin with a few well-known examples.

In the past year, airmen across the 190<sup>th</sup> were in the forefront of deployments around the globe in support of critical operations. We sent POL personnel to Baghdad International Airport, Clergy to Romania in support of soldiers deploying into Iraq, and Medical Technicians to Baghdad providing in theater medical support. Additionally, we deployed aircraft, crews, and support personnel to Turkey, while being inspected.

Throughout all of these deployments, we performed flawlessly alongside our active duty counterparts and most importantly, we all returned home safely.

We all share in the Air National Guard vision to work hard to develop and refine the right skills in support of our mission. Our professional skills are well known and evident across the wing. For instance, our Maintenance Squadron possesses the skill and ability to effectively provide an Enhanced Interim Repair for the E-model tankers.

Our flying skills were exemplified with our ability to

provide flight training and support training to the Sioux City Air National Guard allowing them to safely convert from F-16's to KC-135's.

Our skills also shine during exercises, the latest involving our medical group with their participation in the first ever EMEDS exercise.

As always, we will continue to distinguish ourselves and earn the admiration of our counterparts in any future exercise, deployment or training opportunity.

We continue to take the lead in revitalizing our base with long-term sustainable development like our aircraft ramp make-over, new aircraft parking ramp lighting, a new hydrant pit drainage system, revitalized parking areas, and a new and more modern Base Exchange just to name a few projects.

The past year has not been without our own share of setbacks. We have lost a Wing Commander and two pilot candidates in accidents, but as always, we bounce back strong with renewed drive towards constant improvement and advancement forward and upward.

Over the next year, we will be completing an Aircrew Standardization Evaluation Visit (ASEV), a Health Services Inspection (HIS) and a Unit Compliance Inspection (UCI). I have seen all of you working hard



**Col. Mike Parsel**  
**Maintenance Group Commander**

in preparation for these inspections. We are finding those practices that have worked their way into gray areas and we are moving them back into the areas covered by regulations. We are working hard to complete self-inspections and Compliance and Standardization Requirements Lists.

Through your vigilance and tireless efforts, I have every confidence we will be ready and will perform very well during these inspections.

Yes, the best and most talented people are in this unit. You are ready, willing and able to be the first to respond, the first to deliver and the first to serve. You make this wing successful! Thanks for all you do and keep up the good work.

# Boomers support Relay for Life

**By Master Sgt. Mark Sweeney**  
117<sup>th</sup> Air Refueling Sq

The 190<sup>th</sup> ARW Boom Operators got involved and helped out with the American Cancer Societies Relay For Life. We arrived at 5:30 am Saturday morning before the June UTA. This year the event was held at Hayden High School football field. We cooked and sold pancakes for all the walkers who participated in the Relay For Life. This was the second year in a row the Boom's have been involved, cooking pancakes for the event. The 190<sup>th</sup> Engine Shop also helped out by supplying 75 chairs and 10 tables that were

used by the walkers and organizers of the Walk. All the items used for making pancakes, juice, and coffee, were donated by various companies and the Boom's supplied the time and expertise in cooking the flapjacks.

Topeka Relay for Life 2004 raised \$112,000 for cancer research. There were 70+ teams who walked through the night to raise money and awareness about the never-ending battle to find a cure for cancer. Over 200 cancer survivors were honored at this year's event. With our help the concession "team" raised \$900 + dollars.



According to Carol Tenpenny and Joy Brennan—the event's staff in charge of the concessions—we will definitely be invited back again next year.

## Wing Safety

# USR's promote member safety

**By Master Sgt. Dan Fox**  
190<sup>th</sup> Safety Office

Unit Safety Representatives (USR), along with section supervisors, are the first line of defense in keeping the members of the 190<sup>th</sup> safe. They are the eyes and ears of the Safety Office.

Each organization or work section has a USR appointed by the commander to assist in implementing the Units Mishap Prevention Program. These individuals receive specialized training to help them in performing their safety duties.

Some of their responsibilities include: maintenance of the safety bulletin boards, ensuring safety briefings are administered, reporting of ALL mishaps promptly, conducting spot safety inspections of facility & work activities and correcting hazards/deficiencies reported in their sections

In order to provide more continuity within this program, the Safety Office will begin to host quarterly meetings for USRs.

Remember, Make safety your first thought or it could be your last!

## 190th Safety Representatives

### Organization

Wing  
Services  
Security Forces  
Civil Engineering  
Personnel  
Communications  
Medical  
Weather  
MXAS/Inspection  
AMX/Flight line Maintenance  
MXMV/Component Repair  
MXMC/Component Repair  
MXMP/Component Repair  
MXMF/Equipment Maintenance  
MXMG/Equipment Maintenance  
Supply  
Fuels  
TMO  
Transportation  
PMEL  
Operations Group  
Finance  
Fire Department  
Life Support  
QA/Maintenance Staff  
FSTR  
Civil Support Team

### Unit Safety Representative

Dena Swisher/Dan Fox  
Jerry Milsaps/Ryan Sipes  
Michael DeHaven/Dawn Murray/Jeff Marks  
Danny Roush/Steve Nelson  
Bob Tomko  
Bill Kneller/Chief Karl Pruet  
Doug Chase  
David Gogain/Bailey Teske  
Charles Henry/Martin Tennon  
Ed Weatherford/Doug Copeland  
Avionics: Ron Gray/Richard Schwartz  
Accessories: Gerald Stallbaumer  
Propulsion: Mike Luck  
FAB: George Medina/Meisenheimer  
AGE: Paul Mccartney/Steve Manker  
Maggie Gregory  
Doug Billig  
Jamel Francis/Steve Bilbie  
Mark Sabes, Cory Hines  
Mark Gruenewald/Alan Fuchs  
Mark Mertel, Lee Perry, Brad Hinkle  
Eric Webb  
Ray Beaumont/John Evans  
Chris Bertels/Tom Doviak  
John Zobel  
Dusty Nichols/Chad Blow  
Zach Bottenberg

# Welcome to High-Speed Internet access

**By Tech. Sgt. Rich Hines**  
*190<sup>th</sup> Communications Flight*

With the widespread increase of residential cable and DSL Internet service many individuals are finding themselves increasingly affected by viruses, Trojans and other spyware/malware.

Unlike dial-up service, a High-Speed Internet Connection is always connected to the Internet. That means your computer could be more vulnerable to attack from outside sources. If your computer is experiencing errors, sluggish performance, excessive popup windows, or your home page has been changed, one of these programs might be the cause.

Please note that this article is specifically targeted at your HOME computer. You are not authorized to install any of these programs or utilities on a USAF/KSANG or State of Kansas Computer.

With respect to these increased vulnerabilities here are 5 steps you can take to help protect you and your computer:

1. Install a good antivirus program: Viruses can cause serious damage to

your computer and are usually hidden in downloaded software packages. As a DoD employee, you are eligible to use Norton Antivirus products under the same license as the 190<sup>th</sup>. You can request a copy of Norton Antivirus from the Help Desk.

2. Install a firewall. Another way hackers can access your computer is through ports. A port is a doorway that allows data such as e-mail and web pages to enter and exit your computer. A firewall can help protect those ports and help defend against various Trojans your Antivirus scanner might not detect. One free solution is ZoneAlarm, which you can find at [www.zonelabs.com](http://www.zonelabs.com).

3. Install a pop-up blocker: Pop-up windows, in addition to being annoying, can provide a method of delivery for "Drive by Downloads." Most users would not even know that a virus, Trojan or spyware had just been installed on their computer. Google has a plug-in for Internet Explorer called the Google Toolbar that will allow you to

block pop-ups. You can get it at [www.google.com](http://www.google.com).

4. Install a spyware removal utility: Spyware is a program that has several purposes, like relaying user habits to advertising companies and tracking user surfing habits. While not always malicious, spyware will definitely slow down your computer and can even make it unusable. Spybot and Ad-Aware are both good solutions. You can get them at [www.lavasoftusa.com](http://www.lavasoftusa.com).

5. Install a spyware blocker. Unfortunately, spyware removal utilities such as Spybot and Ad-Aware do not actively block the installation of spyware, they only detect and remove it after it has been installed. For this reason, you should also consider using a tool like Spyware Blaster, available at [www.javacoolsoftware.com](http://www.javacoolsoftware.com).

For more information you can find a comprehensive FAQ about Home Computer Security at [http://www.cert.org/tech\\_tips/home\\_networks.html](http://www.cert.org/tech_tips/home_networks.html) or call the Help Desk at x4357.

## Continued

### "KUDOS" - From Page 1

them the purpose of why the military has chaplains. "We're here to remind you that God is with you," said Chaplain Brad Bray. They were also issued duffel bags for the deployment.

The participants were broken down into four chawks and transported by military bus to their waiting KC-135 aircraft. Once on board the aircraft, they were strapped into their seats and given a safety briefing by Maj. Rus Curtis.

After the briefing, the kids were given a tour of the cockpit and the boom operator's section of the aircraft.

The kids then deplaned and were driven back to the dining facility where they were greeted by cheering family members who were holding welcome home signs.

One of the participants was "Airman" Adam Baughman, age 5, who said his favorite part of the event was visiting the airplane.

The concept and name for this event originated at Tinker Air Force Base, OK. Tinker was the third active duty base (following Hill AFB and Dover AFB) to assemble a mock deployment for service members' children. It is believed the 190th is the first Air Guard unit to have this type of an exercise.



**Ready for Take-Off**

Gabe Rose, age 3 (left), grandson of Col. Deborah Rose and Adam Baughman, age 5, nephew of 1st Lt. Chris Hill receive their safety briefing on-board a 190th KC-135 during Operation KUDOS.  
(Photo by 1st Lt. Chris Hill)

# Coping and support; Keys to prevention

**By Chaplain David Olsen**

*190<sup>th</sup> Chaplain Service*

While serving at Prince Sultan Air Base, three NCOs brought a newly arrived airman to the chapel to see the chaplain for counseling. They told me that they feared the airman was planning to kill himself and wanted to see if I could help him.

After a quick prayer for guidance, I met with this twenty-something young man and we began to talk. After explaining that everything he told a chaplain would be held in complete confidence he began to open up. After arriving in Saudi Arabia he learned that the friends he had grown close to at his home base were all deployed to different locations and he was worried that he would never see them again. His friends, social support and emotional courage were gone. The pain of loneliness and feeling of being deserted blinded him from any hope of tomorrow, and he didn't know if he could go on.

As we talked, he began to realize there were other people who cared about him, that it could be possible to meet his friends again and that he had a strong faith in God. After our conversation, he was able to return to his section and effectively perform his duty.

With the increased stress of longer deployments and greater separations from family, we are finding ourselves at higher risks for depression and suicide. In fact, the Air National Guard recently experienced five suicides in a recent 30-day period. "Apart from the tragic loss of a life, the impact upon family members (as well as Guard family members) is an enormous bur-

den for all," said Chaplain Bill Charbonneau, Chief of the Air National Guard Chaplain Service. "Units that have experienced a suicide know how hard it is for people to recover," he added.

In Chaplain Fulton's recent duty working on the Chaplain Help Line in Washington D.C., his team dealt with 15 situations where individuals were at risk of suicide.

Suicide is the second leading cause of death among Air National Guard members. Approximately 10-15 Air Guard Members commit suicide every year. Suicide is preventable, but it requires a community effort from each one of us.

We need to be aware of the risk factors that increase the probability of suicide. They can include legal problems, family violence, poor job performance, relationship difficulties, financial problems, poor coping skills and alcohol and drug abuse.

There is good stress and bad stress. Good stress keeps us feeling challenged and motivated while bad stress causes us to feel distress. Distress can drain our ability to cope and deplete our sense of physical well being. If distress continues too long, or when there is too much at one time, the ability to function fully in our work and everyday life can become difficult.

Some common signs of distress include difficulty concentrating or feeling preoccupied relationship difficulties, loss of energy, restlessness, lack of motivation, increased usage of alcohol and tobacco, irritability, guilt and abnormal weight fluctuations. Stress varies from person to person. The key is to know your own personal early signs of distress and to stop and pay attention to them.

Coping skills that can help you deal with stress are exercise, eating a balanced diet, trusting in God, developing a support group and getting sufficient rest.

If you suspect someone you know is having trouble coping with life, here are some guidelines to help intervene and prevent him or her from hurting themselves.

- **Ask**, "Are you thinking about committing suicide?" It is better to take the chance of offending someone than regret not trying to prevent someone from hurting themselves.

- **Intervene immediately.** Waiting may give them the time to hurt themselves.

- **Don't keep it a secret.** Involve family members or friends at work to provide support and encouragement to a friend at risk.

- **Locate help.** Talk with a chaplain or someone you trust.

- **Inform family and the individual's support network**

- **Find someone to stay with the person**

- **Expedite – get help immediately**

Let's keep everyone in the 190<sup>th</sup> healthy and well. Remember that people are our greatest asset. If you recognize any of these signs of risk please seek help from someone you trust. Know that seeking help is a sign of strength and insight, not weakness.



# Senior Airman Heather O'Neal



**Organization:** LGRF

**Job Title:** Fuels Specialist

**Main responsibility:** Ensure the Wing is provided with clean, dry fuel. Assists in the receipt, storage, quality control, issue, and accountability of over 6 million gallons of Jet Fuel annually. Also ensures the Wing has sufficient Ground Fuels (Gas and Diesel) for all the vehicles and ground equipment. Without fuel, those tankers are just yard-art!!

**Civilian Career:** Full time student at Bethany College

**Education:** Graduated from Washburn Rural in 2001

**Military Experience:** Enlisted in the 190<sup>th</sup> on 27 Mar 01

**Goals and Ambitions:** I would like to finish college and become an elementary teacher. I would like to be promoted to SSgt within the two years.

**Hobbies and Activities:** I play college volleyball, I like to ride horses and hang out with friends.

**Most Memorable 190<sup>th</sup> moment:** At the ORE in Savannah. We played the bad guys and simulated a drive-by shooting at the main gate.

**Achievements:** I was appointed to the first five council. Had my first overseas TDY for 30 days at Moron, Spain last summer.

## FYI

### Attention College Students !

The Kansas State Tuition Assistance applications for the Fall Session are now available in the Retention Office. The form must be filled out, signed by your commander, and returned to the Retention Office for final approval. Upon approval by the Retention Office, you must take the application to your school's enrollment office. You will not be required to pay up front for tuition if this form is filled out and approved properly. If you have any questions, contact MSgt. Jean Hager at (785) 861-4712.

Remember to visit the retention Office on your enlistment anniversary for review of your Student Loan Repayment Program Status.



### 190th ARW Officer Vacancies

The 190th ARW has a [Traditional Civil Engineering Readiness Officer](#) vacancy, AFSC 32E3B (Undergraduate academic specialization is mandatory in architecture or civil, electrical, general, environmental, construction, architectural, or mechanical engineering).

If you are interested, submit your package to 190 MSF/DPMA, MSgt. Janet Smith by close of business on 8 August 2004.

## UNIT NEWS/VACANCIES

### 2A632 (-45431)- - AEROSPACE GROUND EQUIPMENT APPRENTICE

All aircraft mechanics require some type of ground support in order to perform maintenance and servicing of the aircraft. As an Aerospace Ground Equipment (AGE) Mechanic, you will be taught, using typical ground support equipment, the principles of electronics, refrigeration, hydraulics, power generation, reciprocating engines (gasoline and diesel), gas turbine engines, pneumatics, and heating. This will prepare you for servicing, inspecting, troubleshooting, repairing, and performing preventive maintenance on motor and engine driven generator sets, air conditioners, hydraulic test stands, air compressors, bomb-lifts, heaters, and other similar support equipment. You will also be taught equipment forms maintenance, use of technical data, use of common tools and hardware, and soldering techniques. Along with maintaining this support equipment, you are required to tow and position equipment for use on the aircraft parking ramps and hangers, and operate two-way radios.

**MANDATORY: Mechanical Score - 47 -AND- Electronic Score - 28**  
DESIRABLE: High School Graduate, Industrial Arts, General Science  
TECH SCHOOL: Sheppard AFB TX - 21 weeks, 1 day (CAT A)

## Promotions

### Amn

Benson B. Cessna, Maint.

### SrA

Joshua R. Anderson, Maint.

Holly T. Baker, 117th ARS

Trevon L. Ewing, Maint.

Ashley N. Lockhart, Wing Hq.

Ryan K. Miller, Maint.

Joseph W. Weber, Maint.

### SSgt

Allen K. Jones, Logistics

### TSgt

Jason W. Brown, Maint.

Jerrid L. Clark, Maint

Patrick L Cochran, SFS

Shawna D. Hartford, Med Sq.

Sarah K. Ragan, Med Sq.

Portia A. Taylor, Comm



### MSgt

Kent E. Davis, LRS

Janet S. Dunn, Logistics

Frances I. Wegner, OPS

James C. Peterson, Maint.

### SMSgt

John C. Evans, CES

### CMSgt

David A. Rodriguez, St HQ

### Maj

Randy E. Smith, State HQ

### LtCol

Scott D. McGregor, Ops



## Enlistments, Reenlistments, and Retirements

### Enlistments

A1C Joshua D. Brabb, AMXS

A1C Monica E. Chester, Stu Flt

A1C Brian A. Correll, Stu Flt

A1C Sean A. Ensz, Stu Flt

A1C Christopher L. Parent, Logistics

AB Timothy Hertel, MXS

AB Brett Mowry, Logistics

### Appointments

2Lt Scott L. Hagenbrock, 190 ARW

### Retirements

MSgt John E. Hart Jr., CF

SSgt David E. Lake, CES

## Blast From the Past!

From the February 1982 issue of the "Kansas Coyote" newsletter (predecessor to the Coyote Log).

Adjutant General Tod Bunting (then 2Lt Bunting) swears in SrA Doris Robinett aboard a 190th KC-135.



## B-Gate Open on UTAs

On UTA weekend's, Security Forces will open B-Gate from 0630 to 0730 hrs. If you work in or south of building 662, please use B-Gate. This will help alleviate congestion at the main gate.



## Parachute Shop Uniform Patch Sewing

Bldg. 665 ~ West Side Entrance

Business Hours:

UTAs:

1400-1600 Hrs.

Tuesday and Thursday

1400-1600 Hrs.



## Wing Commander's Call

There will be a Wing Commander's Call on Saturday, August 7 at 0800 in hanger 662.

## Coyote Cafe Menu

### Saturday August 7

Chicken Alfredo  
Baked Ham  
Wild Rice  
Glazed Carrots  
Green Beans  
Salad Bar

### Sunday August 8

Beef and Chicken Taco's  
(Soft and Hard Shell)  
Black Beans  
Refried beans  
Spanish Rice  
Fiesta Corn  
Salad Bar

### Hotel for August

Capitol Plaza

## 190th Chapel Services

Protestant: 0800 - 0830

Latter Day Saints: 1100 - 1130

Catholic: 1345 - 1415

The Base Chapel is located on the 3rd floor of Hangar 662.

## Do you have news to share?

The Coyote Log welcomes articles and captioned photos relevant to members and retirees of the 190th ARW. Submissions must be accurate in fact, and will be edited for clarity and length. Articles will be published as space permits.

The deadline for submission is Sunday of the UTA prior to the month the article will be published. Submit articles as e-mail attachments in Microsoft Word format. Photographs must be non-copyrighted prints or 300 dpi or higher TIF or JPG images. Articles and images should be sent to: [coyotelog@kstope.ang.af.mil](mailto:coyotelog@kstope.ang.af.mil)

# The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979



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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.

The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 46, No. 11 August 2004

THE COYOTE LOG  
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PUBLIC AFFAIRS  
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