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 Air Force Outstanding Unit
'08, '11 & '13 Distinguished Flying Unit

COYOTE LOG



Members of the 190th Air Refueling Wing participate in the inaugural Combat Dining-In, Coyote Games

The strength of the 190th ARW

By Col. Derek Rogers

Commander, 190th Mission Support Group



As I reflect back on my career at the 190th, the thing I will miss the most after retirement is the interaction with the people of the 190th.

For more than 32 years, I have truly considered the 190th members as family. Treating each other like family and their “can do” attitudes has made this organization truly excellent.

The people are the greatest resource in the military and it is individuals helping others that continue to make the organization stronger. Looking back on my time in the military, there are people I have helped that know I have helped and there are people I’ve helped that will never know it. So, thank you to all of you known and unknown that have helped me in my life and career and I have tried to do the same in so many other people’s careers.

What makes the 190th great is that for the most part the people are

For more than 32 years, I have truly considered the 190th members as family.

~Col. Derek Rogers

always striving to do their very best. Using the PT test as an example, not everyone will score above 90 percent but I have the utmost respect for those individuals that go out and give it their best effort and fall short of their goal of excellence. In contrast, there are individuals that believe the minimum standard wouldn’t be the minimum if it wasn’t good enough. As a commander, these were the people that usually ended up in my office because they miscalculated how to achieve the minimum and failed. Not giving your best effort to the organization leads to an organization becoming more of the standard of mediocre than the standard of excellence; continue to aim high.

There are times that the needs of the organization take priority over the

needs of the individual. In the guard, we try to ensure that we take care of the mission while at the same time trying to take care of the people for a win-win solution. This doesn’t always work out but it is nice to know that at the leadership level it is always considered.

What makes serving in the military special? First of all, never forget that service is a privilege, not a right. I meet people all the time that would like to serve in the military but don’t meet the entry requirements, and those already in that would like to continue to serve but for various reasons are no longer allowed to serve. After WWII, for every 9 people in the U.S., 1 had served in the military. Today, for every 330 people in the U.S., only 1 has served in the military. If you ever feel unappreciated or considering leaving the military, go off base in uniform and see how people treat you. They probably won’t know the difference between an

airman basic or a general but they will recognize the uniform and thank you for your service. You are special and a vital asset

to your country. The 190th leadership recognizes your sacrifices to family and civilian life to stay in the unit. Thank you.

I never believed in the “one smart man” concept and have tried to surround myself with people with different opinions and offsetting strengths to my weaknesses. Celebrate the diversity of backgrounds and opinions to come up with the best solutions. Don’t surround yourself with “yes men” and capitalize on the diversity of opinions in the unit.

On a personal note, it has been my pleasure to serve my whole career in the 190th and I will miss seeing all of you as much as I would like.

I wish all of you in the 190th continuous success in the future.

COYOTE LOG STAFF
Col. Jarrod Frantz
COMMANDER, 190TH AIR REFUELING
WING
Maj. Joe Blubaugh
WING EXECUTIVE STAFF OFFICER
1st Lt. Angela Brees
CHIEF OF PUBLIC AFFAIRS
2nd Lt. Celeste Arnold
HISTORIAN
Master Sgt. Allen Pickert
PUBLIC AFFAIRS MANAGER
Tech. Sgt. Mandy Johnson
PHOTOJOURNALIST
Tech. Sgt. Jake Meyer
BROADCAST JOURNALIST
Staff Sgt. Kayla Kohn
PHOTOJOURNALIST
Airman 1st Class Emily Amyotte
PHOTOJOURNALIST



On the cover:

Avionics Master Sgt. Shad England receives his punishment, circular marshmallow firing squad, for breaking protocol during the 190th’s first combat dining-in. (Photo by Master Sgt. Allen Pickert)

190th Public Affairs/Coyote Log
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The Chief's perspective

By Command Chief Master Sgt. Pat Moore
190th Air Refueling Wing

To my Coyote family: I am writing what is to be my final Coyote Log article as I prepare to separate from the organization that is as big a part of me as nearly anything can be. I have been a Kansas Coyote for my entire adult life and will soon don the uniform that I have worn so proudly for the last time.

Over these nearly 35 years I have been extremely blessed with the good fortune of serving with so many amazing people and their families. So many who live life with integrity, who serve selflessly and who perform in excellence. I have been mentored and supported by great leaders for whom I owe much credit. I have been surrounded by those who saw potential in me and who nurtured me along the way. So many of you without hesitation have deployed alongside me or cared for my family while I was away. You have provided kindness and support during the toughest times of personal tragedy. Your

love and compassion have been beyond measure and I can never say thank you enough.

As I look back over my career I am reminded of the many outstanding accomplishments that we have achieved together. Whether the past, present or future, it is - and always will be - the people that make us a great organization. No matter our mission today or the missions of tomorrow, it is you and those who came before you that make the 190th 'The Standard of Excellence.' It is up to each of you to ensure that we continue down this path. The 190th will continue to meet the challenges of tomorrow by taking care of each other and ensuring personal readiness, professional development and strong mentorship.

There is a quote that I like from an unknown author that says, "A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but

becomes one by the quality of his actions and the integrity of his intent. In the end, leaders are much like eagles... they don't flock, you find them one at a time."

Over these past three years I have been so honored to have served as your Command Chief. I set out on this journey back in January 1981 with no expectations or idea of where I might be led and how I might impact others. What a great joy it has been to serve with you and to be blessed with such an honor few receive. I hope that I have performed in my career with honor and integrity, and perhaps in some small way, inspired you.

We all have been given an opportunity; it's up to us to turn those opportunities into reality. I thank each of you again for your support and I hope that you will provide the same level of support to Chief Von Burns as he begins his new journey as your next Command Chief. I wish each of you the best as you move into whatever the future holds for you and I look forward to seeing all of the greatness that is yet to

By Airman 1st Class Emily Amyotte
190th Public Affairs

Hoping to streamline the medical exam process, the 190th Medical Group is implementing a new system called Annual Physical Exam during Oct. and Nov. drills.

The process will replace the previous five-year exams with a one-stop-shop medical exam taking place once a year.

The 190th is one of six units in the National Guard that are running this process. After visiting other units, the 190th adopted their processes and fine tuned them for the 190th's needs.

One of the main benefits to the new annual process is that both the medical group and the whole wing will see more of a streamlined process. On top of this, the Medical Group will now have increased time for training.

"We'll be able to send more members to the KU medical school on drill weekends to do the hands on training with the medical staff there," said Chief Master Sgt. Denise Montgomery, 190th

Medical Group Superintendent. "We send eight different AFSCs up there, so this will give them more training opportunities to stay current on their upgrade training or anything like that."

"They will also have time to prepare more for their annual exercises and future goals," Montgomery said.

"Col Hefner's vision for the medical group is to become a training site for the whole Air National Guard, and this will allow us the time to build on that," Montgomery added. "We're excited to move toward that goal."

The process is new for everyone in the Wing and in the Medical Group. Previously, Airmen would have their



Senior Airman Andrea Lopez draws blood from Maj. Erik Epperson during the first round of the new APEX process during Oct. drill. Photo by Airman 1st Class Emily Amyotte.

APEX is underway

five-year physical or fly physical, seeing only their designated medical provider. But now, the entire Medical Group is seeing Airmen throughout the Wing.

"It's exciting for our medical personnel because some of our nurses don't see any-

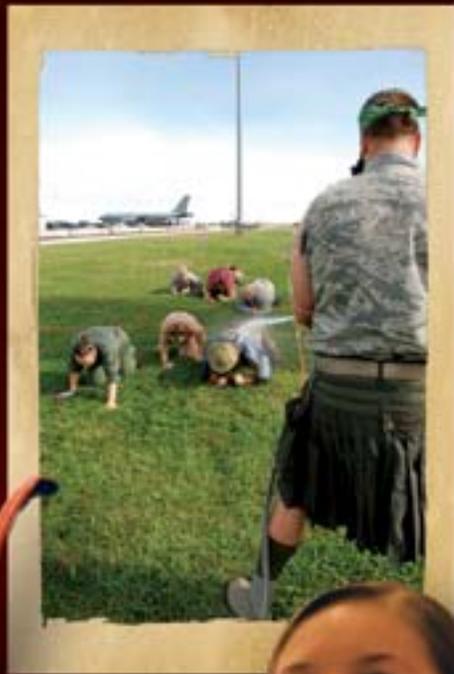
body most of the time," Montgomery said. "But now they're seeing a hundred people that they've never met before, and they feel like they're part of the Wing and part of the process of everything. Everyone's taking more ownership and pride within the organization as well."

From logistics, to eye exams to blood pressure, APEX is allowing Airmen to experience a side of the medical field they don't usually see.

2015 COMBA



AT DINING IN



PORTRAIT OF AN AIRMAN

AIRMAN 1ST CLASS CHRIS WATKINS

ORGANIZATION:
Maintenance Squadron

JOB TITLE:
Aircraft Pneudraulic Apprentice

MAIN RESPONSIBILITIES:
Troubleshoot, remove, repair, overhaul, inspect, adjust, install, and test aircraft hydraulic and inflight Refueling systems and components, including support equipment

EDUCATION:
Pursuing Bachelor's degree in information technology at Washburn

CIVILIAN CAREER:
Network Technician Intern – Capitol Federal Savings Bank

HOBBIES/ACTIVITIES:
Working on vehicles and riding motorcycles

GOALS AND AMBITIONS:
To reach the rank of master sergeant before retiring and make it at least 20 years in the military

MOST MEMORABLE 190TH MOMENT:
Swearing in with Lt. Colonel Arnold

ACHIEVEMENTS:
Distinguished Graduate at Tech School – Sheppard AFB



Inspector General office move

by Master Sgt. Troy Abel
190th Inspector General Office

The 190th Air Refueling Wing is making room for Joint Forces Headquarters to join us here at Forbes Field. As a result, the Inspector General's Office has relocated as have many other entities on base.

We are now located on the third floor of building 662, also known as "the big hangar." Our newly constructed offices are located just east of the STARBASE classroom and the emergency management office (formerly the Chapel).

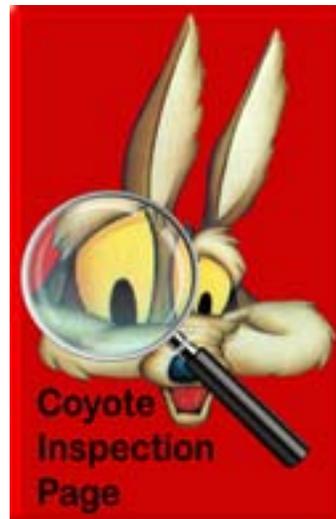
There are several other agencies related to Airmen care located in our office suite. They include the Wing Director of Psychologi-

cal Health, Dr. Robert Johnson; the Family Programs Manager, Adrienne Dickey; Wing Information Protection Officer, 1st Lt. Brett Starbuck; the Military Equal Opportunity Office; and the Wing Chaplains' Office.

Although there are a lot of growing pains with so many organizations moving into new locations there are also some real positive aspects of this move as well. With Force Support Squadron, Finance, Judge Advocate General and the previously mentioned

offices now located in one building, the Wing has an unprecedented level of convenience from a customer service standpoint. Most importantly, this is an excellent opportunity for our Wing to become more cohesive with so many different officials working in such close proximity.

If we can all find ways to reach out and include our new neighbors to share in our work and social endeavors, we can make team 190th stronger than ever!



FOR YOUR INFORMATION

PROMOTIONS

Airman 1st Class

Victor Chavez, LRS
Isaiah Henry, CES



Senior Airman

James Braden, CES
David Glassman, LRS
Michael Lafferty, AMXS
Sarah Remfry, AMXS
Brandon Singleton, MXS



Staff Sergeant

Jessica Dains, OPS
Chelsea Dennison, MXS
Skylar Dickey, CES
Staci Gutierrez, CES
Trenton Snowbarger, CF
Anthony Wagner, MXS



Tech Sergeant

Joseph Carver, TSG
Tiffany Kubie, LRS
Erin Leonard, ARW



Master Sergeant

Kevin Maynor, CES
Brian Payne, CES



Senior Master Sergeant

Thomas Vandersluis, CES



Captain

James Carter, MG



Colonel

Charles Remboldt, OPS



Sunday Rec Team

Events

November

Tailgate Games
Cornhole and
Ladder Golf



Coyote Grill *November 27th Menu*



Saturday, Nov. 7

Main Line

Roast Beef
Baked Bone-In Chicken
Mashed Potatoes
Brown Gravy
Buttered Corn
Buttered Peas

Desserts

Chocolate Chip Cookies

Sunday, Nov. 8

Main Line

Sliced Ham
with Apple Cinnamon Glaze
Baked Cod
Twice Baked Potato
Casserole
Green Beans
Honey Glazed Whole Baby
Carrots

Desserts

Fudge Nut Brownies

APPOINTMENTS/ENLISTMENTS

AB Dylan St Jean, CES
Enlistment Date: August 28, 2015

A1C Collin McEnaney, MXS
Enlistment Date: September 23, 2015

SrA Adil Fataki, AMXS
Enlistment Date: August 26, 2015

SSG Whitney Freerksen, CPTF
Enlistment Date: August 17, 2015

SSG Bethany King, MOF
Enlistment Date: August 13, 2015

SSG Esther Moore, ARW
Enlistment Date: July 31, 2015

SSG Tanner Wealand, LRS
Enlistment Date: August 12, 2015

TSG Jerry Holloman, SFS
Enlistment Date: August 28, 2015

Don't Drink & Drive!

For a free ride home call
the 190th ARW Command Post
@ 1 (785)861-HOME (4663)

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**Keep It Secure,
Covered & Private**

190th LEGAL OFFICE

Need a power of attorney? How about a will? Did you know that these services are available to you for free? We are available by appointment and walk-in on UTA weekends. Our office is on the second floor of Building 2005. We also assist with landlord-tenant issues, USERRA issues, consumer/financial affairs, notaries and Service-members Civil Relief Act issues.



PRST STANDARD
US POSTAGE
PAID
TOPEKA, KS
PERMIT NO. 171

Moving? Don't forget to update your address:
Visit vMPP to update your address. Please allow 2-3
months for updates to reflect on your log.

To the Coyote family of:



Coyote Heritage



25 years ago, duty with the 190th looked something like this. Here some Coyotes relax near a pool in Saudi Arabia where they were preparing to support the troops during what would soon become the Gulf War.

