

The Coyote Log
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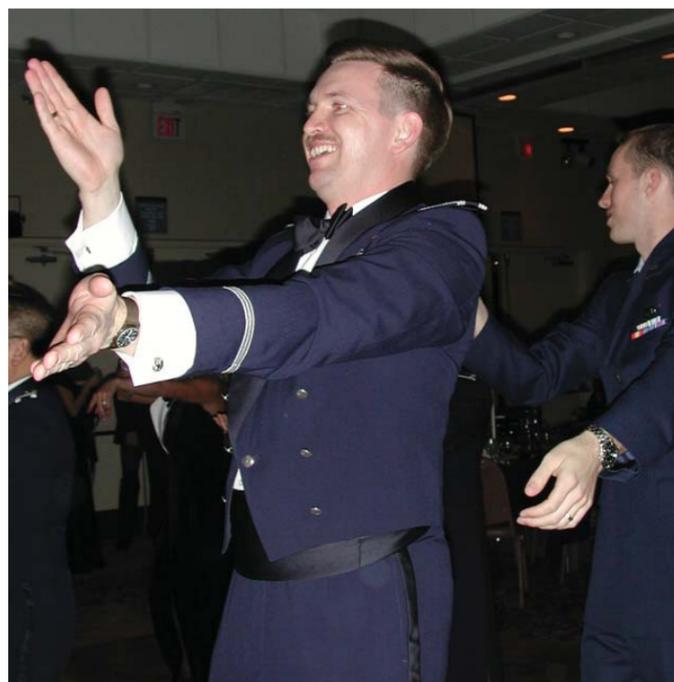
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To the Coyote family of:



Coyote Heritage



If Dining Out April 2016, is as much fun as Dining Out 2001...we'll all be doing the Macarena Ay!



Please record your story and send it to the historian's office at: 190th Historian, 5920 SE Coyote Dr., Topeka, KS 66619-5370.



THE COYOTE LOG

April 2016
Vol. 58, No. 4

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



Integrity, service, excellence

By Lt. Col. Robert Beebe

Commander, 190th Security Forces Squadron



Integrity first, service before self, excellence in all we do.

We all know this phrase and most understand why we have it as our core values.

I'd like everyone to stop and think about the first part for a bit, "Integrity First." "The Little Blue Book" states, "Integrity is a character trait. It is the willingness to do what is right even when no one is looking. It is the 'moral compass' – the inner voice; the voice of self-control; the basis for trust imperative in today's military." It goes on to say, "Integrity is the ability to hold together and properly regulate all of the elements of a personality. A person of integrity, for example, is capable of acting on conviction. A person of integrity can control impulses and appetites." Furthermore, it states that integrity also covers several other moral traits indispensable to national service, those being courage, honesty, responsibility, justice, openness, self-respect and humility.

So why does the Air Force place so much emphasis on the Core Values, especially integrity? To answer this question, let's forget about this being an Air Force thing for a moment.

If we were to look around us in our day to day lives, our past experiences, amongst our friends, family, neighbors, co-workers, etc.: I'm sure we can all think of a few people that will stand out in a negative way. If asked for an opinion of such people, we would say something like "you can't trust them," "they never follow through on what they say they'll do," "they'll throw anyone under the bus for their own benefit." Conversely, there are plenty of people about whom we would say "you can trust them...they'll do anything to help a friend/family member...they'll give you the shirt off their back if you need it....they're the sort of person that

will drop everything for you if you need them to." So why are such comments/thoughts of individuals one of the first assessments we give one another? Simple: consciously or unconsciously, we place in high regard the integrity of our fellow citizens.

So back to the question: Why does the AF place so much emphasis on integrity? Because integrity represents much more than one aspect of a person's character. It encompasses a suite of character attributes that we all hold in high esteem. It serves as the foundation of trust and respect. Any flaw in one's integrity is a reflection of other character flaws of the individual. Think about how integrity is involved with every sexual assault case, fraud waste and abuse case, fraternization, dereliction of duty, drug abuse, infidelity, etc. Virtually all negative administrative actions result from an individual's integrity failure.

So why have I taken the time to write an article on what seems so obvious to those of us in the service? Because nearly every drill, even within the "Forbes bubble," I hear of another incident with the root cause stemming from an integrity violation. This is not to be confused with making a mistake. Making a mistake is when someone tries to do the right thing and can logically explain why they did what they did. Sometimes, things simply don't work out as intended. The difference between a mistake and an integrity violation is the conscious intent to knowingly do the wrong thing, hoping you won't get caught or you're willing to take the potential hit for immediate gratification.

In closing, integrity isn't just something we should demonstrate as a result of the Air Force demanding it. Rather, integrity is something that our fellow citizens judge us by and should rightfully demand of us. I for one, would rather have my neighbors, friends, family, etc., if ever asked for an opinion of me, to have the first thing that comes to mind, be along the lines of the positive comments listed earlier. Your integrity

is solely your responsibility. Only you have control of it, don't abuse it.

COYOTE LOG STAFF

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PHOTOJOURNALIST
- Airman 1st Class Erik Punches**
BROADCAST JOURNALIST



On the cover:

Kansas City Royals television announcer, Rex Hudler meets with Senior Airman Ryan Ramshaw and his mother Catherine. (Photo by Master Sgt. Allen Pickert)

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PROMOTIONS

Senior Airman
Benjamin Heiliger, ARS
Melvin Logan, SFS
Ryan Ramshaw, CPTF
Jacob Rogers, OSS



Tech Sergeant
Megan Trent, ARS

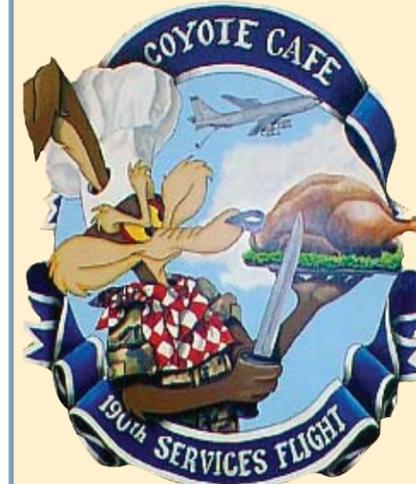


Master Sergeant
Neal Jensen, ARW



FOR YOUR INFORMATION

Coyote Grill April 21-24 Menu



Saturday, April 2
Cheesy Tortellini Chicken & Spinach Bake
Italian Style Meatloaf
Steamed Rice
Crispy Roasted Potatoes
Corn on the Cob
Mixed Vegetables
Garlic Bread

Sunday, April 3
BBQ Pulled Pork Sandwich
Roast Turkey
Mashed Potatoes
Macaroni and Cheese
Brown Gravy
Peas
Carrots
Rolls



AMXS
1st Sgt.
Position

Traditional Master Sgt. first sgt. position available. Submit your application packet by April 15. For questions and packet requirements contact Chief Von Burns
785-861-4875
von.r.burns.mil@mail.mil

APPOINTMENTS/ENLISTMENTS

- AB Tyler Hertlein, LRS
Enlistment Date: Jan. 1, 2016
- AB Jackson Ramshaw, MXS
Enlistment Date: Feb. 2, 2016
- A1C Matthew Ferguson, SFS
Enlistment Date: Jan. 1, 2016
- A1C Joshua Kovistro, CES
Enlistment Date: Jan. 29, 2016
- A1C Cody Lyda, SFS
Enlistment Date: Feb. 5, 2016
- SrA Jonathan Fredrick, LRS
Enlistment Date: Feb. 4, 2016
- SSg Ruben Garcia, AMXS
Enlistment Date: Jan. 9, 2016
- Capt. Justin Nikodem, SFS
Enlistment Date: Jan. 13, 2016

MXG Outstanding Performer

Airman 1st Class Daryl Martin, MXS, received Honor Graduate for basic military training, July 31, 2015



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Portrait of an AIRMAN

SENIOR AIRMAN CHRISTOPHER KIRK



ORGANIZATION:
117th Air Refueling Squadron

JOB TITLE:
Flight and Operational Medical Technician

MAIN RESPONSIBILITIES:
Create and implement the new electronic medical record process

CIVILIAN CAREER:
Civilian contractor for the 190th MDG

EDUCATION:
Three years college

GOALS AND AMBITIONS:
Complete degree and then complete the physician's assistant program

MILITARY EXPERIENCE
Four years Guard

HOBBIES/ACTIVITIES:
Sports, fishing, hunting

MOST MEMORABLE 190TH MOMENT:
2015 Guam deployment

ACHIEVEMENTS:
Letter of commendation from the Navy, two letters of accomplishment from the Air Force

Chief's Corner cont. from page 3

you not only gain valuable knowledge but it also makes you more marketable. We have lots of young Airmen pursuing their higher education because they want to be competitive when those unknown opportunities present themselves.

A few valuable skills that PME teaches are time management, professional development, greater understanding of Air Force mission and the Airman's role in that mission, all while providing the tools for dealing with increased responsibility. There are no excuses when it comes to not completing your PME. If I can work a full-time position, manage my Air National Guard career, take care of my family, all while pursuing my education, you can do it too. The key to success is time management and organization skills.

Recruiting & retention – Our recruiters work extremely hard to bring us quality members who want to join the outstanding unit we have here at the

190th Air Refueling Wing. They spend a lot of time at local recruiting events, driving prospective recruits to MEPS, answering many questions from prospective recruits, as well as their parents, and completing copious amounts of paperwork that has to be free of errors.

Their goal is to recruit above what the wing's historical losses are in any given fiscal year. Typically that number has averaged around 100 losses per year - the majority being from retirements. I would challenge each of you to contact one of our outstanding recruiters and volunteer a few hours each year at a recruiting event. This will give you a different perspective on what the recruiters do on a regular basis and provide you the opportunity to share your Air National Guard story with someone who may be considering a career in the 190th ARW.

Every time we don our uniform we are all recruiters. When people in the local community see the Air Force uni-

form and how you portray yourself, they become inquisitive. That's when we as recruiters should seize the moment and tell our story.

Retention of our members is extremely important because it solidifies our presence here at the 190th ARW. I understand we cannot save everyone, but I strongly believe if we genuinely take care of those members who we currently have, our retention numbers would reflect that. There are many reasons and circumstances for a member not being retained, but all of us here at the 190th ARW need to focus on our members because we are in this fight together.

My challenge and goal for the 190th ARW is 104 percent effective manning. It sounds like an impossible feat, but I have seen many of the almost impossible challenges we have overcome, and believe we can meet or exceed that goal and continue to be the best unit in the Air National Guard.

Air Force introduces new combat AFSC

By Senior Airman Emily E. Amyotte
190th Public Affairs

Air Force senior leaders have released details of the service's plan to announce a new Air Force Specialty Code, combat barista, beginning in April 2016.

"Alertness levels have been below required sustainment for quite some time," said Brig. Gen. Dee Kaff, Air Force director of operations. "We all have to learn how to do more with less and we've pushed hard on innovation in recent years. Introducing the combat barista will jumpstart the efficiency of our battle Airmen both at home and overseas by providing the caffeine and energy required for the job."

The purpose of combat baristas will be to raise alertness, support current combat missions and provide essential caffeine and morale. Their primary role will be to deploy and directly aid Airmen on the front lines.

"If Airmen were to have caffeine at

an arm's reach at all times, even on the front lines, the efficiency levels should skyrocket," exclaimed Kaff.

Baristas will be placed in all combatant commands, being tied directly to all areas of special operations Airmen to include: combat rescue officers, special tactics officers, special operations weather officers, enlisted combat controllers, enlisted tactical air command and control parties, enlisted pararescue and enlisted special operations weather operators.

Coffee has always been the key to the Air Force's success, explained Maj. Maxwell Haus, 190th KC-135 pilot. The focus needs to remain on productivity and staying sharp, he added.

"Our work is stressful and it can wear a person down," said Master Sgt. John Starbuck, 190th security forces squadron.

"Airmen have become so reliant on coffee while at our home station, that you start to notice a severe decrease in alert-

ness while deployed. We need caffeine overseas too, so I'm excited to see this come to fruition."

Eligible Airmen interested in cross training into this new AFSC should contact their commanders for recommendation as well as complete the attached package. Airmen will be required to perform both brewing and serving functions, while training incorporates a mix of brewing instruction and extensive hands-on laboratory experience.

"Combat baristas will become a staple to the war-fighting mission and the future of our Air Force," Haus added. "And remember, Coyotes... today is April first. Have a wonderful day, and April Fools."



Chief's Corner: Focus on Airmen

By Chief Master Sgt. Von Burns
190th ARW Command Chief

During the January 2016 Unit Training Assembly change of responsibility ceremony, I received the opportunity to speak about my three key focus areas as your wing command chief.

Those focus areas are Airmen care, Professional Military Education, and recruiting and retention.

Airmen care - As military leaders it is imperative we ensure all Airmen have the tools to be resilient in today's ever-changing world. We can accomplish this task by making sure our members, officer or enlisted, have the ability to handle emergency crisis situations; handle work stress effectively; demonstrate conflict resolution skills; display empathy; encourage others and their units by rewarding adaptive, coordinated efforts; have reasonable, high expectations; and lead by example as a resilient role model.

Comprehensive Airman Fitness (CAF), AFI 90-506, is a key readiness component for understanding, maintaining and assessing the well-being of Airmen and their families while sustaining their ability to carry out the Air Force mission. If we focus on the four pillars within this AFI, I strongly believe we are taking care of our Airmen.

1. Mental Fitness – the ability to effectively cope with

unique mental stressors and challenges.

2. Physical Fitness – the ability to adopt and sustain healthy behaviors needed to enhance health and well-being.

3. Social Fitness – the ability to engage in healthy social networks that promote overall well-being and optimal performance.

4. Spiritual Fitness – the ability to adhere to beliefs, principles, or values needed to persevere and prevail in accomplishing missions.

Professional Military Education – I am a true advocate for PME because it opens many unknown opportunities for you in the civilian and military sectors. Accomplishing your PME before its required shows that you have initiative and have established goals/plans for your future. Waiting to the last possible minute shows that you are a procrastinator and are not adequately preparing for your future. I understand there are those who have unique situations that prevent them from completing PME ahead of schedule.

PME has opened lots of closed doors throughout my military career, and I can attest those same opportunities would have not been afforded had I not completed PME. Furthering my education was another goal my mentors instilled in me throughout my military career. By furthering your education

Continued on page 6

Wingmen for every battle

By Staff Sgt. Kayla Kohn
190th Public Affairs

Six months ago Senior Airman Ryan Ramshaw was low-crawling under nets, heaving buckets of water, wading through mud pits and running to help his team battle for a top spot in the Coyote Mudder at the 190th Air Refueling Wing. Now Ramshaw is trying to win a different kind of battle, a battle for his life - against a cancer known Ewing Sarcoma.

Ramshaw, a Financial Accounting-Technician from the 190th Comptroller Flight, is not alone though. The support, empathy and encouragement that he has accrued from his fellow Airmen at the 190th has helped him to stay strong and determined to win his battle against cancer.

The 190th's support started from the beginning when Ramshaw first ex-



Senior Airman Ryan Ramshaw low crawls his way through a Coyote Mudder obstacle during the 2015 race. (Photo by Staff Sergeant Kayla Kohn.)

perienced backpain right after the Coyote Mudder. Senior Master Sgt. Douglas Stowe, Superintendent 190th Comptroller Flight, said Ramshaw described having pain in his lower back following the Coyote Mudder and attributed it to the event.

"Ryan's not really a complainer," Stowe said. "He's really kind of a quiet kid who doesn't really talk too much so for him to be like there is something wrong, you take it kind of serious."

The pain kept getting worse and after visiting a chiropractor and a sleepless night before December drill Ramshaw

was taken to the emergency room.

On December 11, 2015, four months after first experiencing significant pain in his lower back, X-rays revealed a tennis-ball sized tumor at the base of his spine. Stowe said that tissue testing revealed that Ramshaw had Ewing Sarcoma, a rare pediatric bone-cancer that effects less than 200 people in the United States.

Once Ramshaw's flight and leadership knew that their Airman was headed for a tough battle, they rallied around him and made sure he and his family knew they would be there for them in anyway possible.

"We are a family out here, and we've wanted to make sure his family was aware of that every step of the way," said Capt. Casey Montgomery, 190th Comptroller flight Budget Officer. "We aren't doing anything that Ryan wouldn't do for someone else."

Through a letter written to the unit, Ramshaw said the outpouring of generosity and support has blown him and his family away. He also said that it has helped keep his spirit high knowing his unit is full of the greatest people around.

Emotionally and financially the Comptroller Flight has done things to support Ramshaw; they've kept in nearly daily contact with him through text and email, they arranged

for his promotion to Senior Airman be performed at his home during a visit from his flight and former Wing Commander, Colonel Ronald Krueger (Ret.).

Fundraisers include a headquarters luncheon, are currently selling "Ryan's Race" bracelets out of the 190th Comptroller Flight office and share updates through multiple Facebook groups and pages.

"I think it's affected all of us as a whole," Stowe said. "We've banded together as an organization, not just Finance, and embraced it as a unit. You may have passed him in the hall and you

may not have known who [he] is but now everyone out here knows who Ryan is."

Montgomery said once Ramshaw's story spread across the 190th, other units were inspired to come through and contribute for him too.

The 190th Maintenance Group held a burger burnin February that raised over \$1,200. The 190th Operations Group is going to sponsor a 'Ryan Race 5k' run and burrito sale during April drill which Ramshaw hopes to attend. The past events combined with the Comptroller Flight's bracelet sales have raised at least \$2,500. The 5k and burrito sale will add even more to that total.

The money raised is going towards Ramshaw's travel expenses to see a specialist in Houston, Texas. He has already traveled down there twice; once for an initial consultation and then for a check-up after receiving chemotherapy treatments. His check-up brought good news showing that his tumor may have shrunk by one-third.

Ramshaw has finished all his chemotherapy treatments required before his operation to have the tumor removed, which will happen soon. Ramshaw is still waiting on his surgery to be scheduled. Ryan said after his surgery he will have at least a week of recovery time before he returns caution-home. After returning home he is scheduled for 22 more weeks of chemotherapy to kill any cancer cells that might have escaped.

"One of the hardest parts has been stopping everything," Ramshaw said. "It's hard to go from working and being in school full time to not being able to do a lot of things I love. My family, friends and coworkers have made it all a lot easier. They have made sure that my life stays as normal as possible."

Stowe said Ramshaw is hoping to be back as a Drill Status Guardsman by July or August 2016. He also plans to return to studying at the University of Kansas as a full time student in January 2017 to finish his degree in Exercise Science. From there he will continue his education to become a Physical Therapist.

Active shooter-are you prepared?

By Senior Master Sgt. Troy Abel
190th Inspector General Superintendent

The 190th Inspector General's Office along with the Wing Anti-Terrorism Office conducted an Active Shooter Exercise on Thursday, February 25th, 2016. The main objectives of this exercise were to test the mass notification system, the Security Forces Quick Response Force,

and the knowledge of the general base populace's response to an active shooter situation.

The exercise provided the wing commander and all entities responsible for reducing risk in this type of situation with valuable information to ensure that the personnel on Forbes Field are better prepared to respond to such an event. Ironi-

cally, the tragic events in Hesston, Kansas that occurred that same day were a sobering reminder that an active shooter situation can happen in our own back yard. Please take the time to review the information on this page to ensure that you know how to respond if you find yourself faced with this type of situation here at Forbes, or wherever you may be at the time.

Actions to Consider BEFORE

- Assemble an emergency supply kit for your vehicle and workplace.
- Be aware of your surroundings and any possible dangers.
- Determine if your community has a warning system.
- Take note of the two nearest exits in any facility you visit.
- Know the evacuation plan for your workplace.
- Leave an area if something does not seem right.
- Develop a family communications plan.

DURING

- Remain calm, determine a way to protect your life using these guide-

lines to help you survive.

- Listen to local stations for the latest information.
- If announced, execute lockdown procedures at your location.
- Don't allow individuals to enter or exit during lockdown.
- Use phone services sparingly
- If an escape route is accessible, evacuate the immediate area.
- Leave your belongings behind.
- Help others evacuate, if possible.
- Evacuate even if others will not agree to follow you.
- Call 911 when safe.

Council spotlight: First sergeants

By Senior Master Sgt. Shawna Hartford
190th Air Refueling Wing First Sergeant

A strong and successful council contributes greatly to the success of the mission and the health and welfare of Airmen and their families. The first sergeant council works with the Command Chief Master Sergeant to ensure they meet the needs of the base community and all assigned Airmen.

An Air Force first sergeant does not have a specific operational or technical expertise requirement. They must thoroughly understand how decisions affect unit performance. The first sergeant supports the mission through interaction, support and management of Airmen and families. The first sergeant works directly for and derives authority from the unit commander, and serves as a critical link for the commander within the unit. The first sergeant must ensure the force understands the commander's policies, goals, and objectives and must also ensure support agencies are responsive to the needs of unit personnel and their families.

First sergeants are allowed one additional duty first sergeant to assist them in performing a variety of tasks. This provides Airmen an opportunity to gain mentorship and explore career options. Additional duty first sergeant boards are held as needed throughout the year. The 190th currently has three assigned additional duty first sergeants and five opening available. Please direct any questions concerning this program to any first sergeant.

The first sergeant council hosts the annual Coyote Mudder. The Coyote Mudder is a mile and a half compilation of running and obstacles where teams of four compete for prizes and bragging rights. This year's Coyote Mudder will be our fourth and we look forward to everyone enjoying this fun, team building event.

