

THE

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Air Force Outstanding Unit  
2008, 2011 & 2013 Distinguished Flying Unit



# COYOTE LOG

## Saving babies

Nursery time for aeromedical evacuation

EMERGENCY EXIT

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# Legacy is what we leave behind

By **Col. Ron Krueger**

Commander, 190th Air Refueling Wing



Coyotes: around the holiday season every year, we remind everyone to be safe. The weather is getting less friendly at the same time as we are traveling more.

In addition, holiday celebrations and some extra time off with family and friends increases the potential for drinking and driving or other poor choices. This year is no different – please plan ahead and use some extra common sense to promote safety for yourself and others!

We repeat the safety message often, not because we think you didn't hear it the first time, and probably not because something has changed since the last time. We care about you and we understand how important you are to the mission.

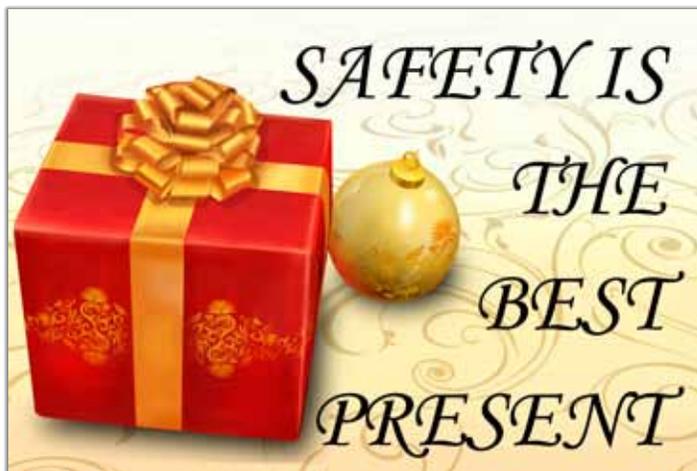
Outside of a work environment structured for risk awareness and safety, you may be on your own to watch out for yourself and others. Most of you are personality types who take the lead in making things happen. We don't want you to forget safety or protective gear for even a moment, as you may be in the best position to prevent an injury or accident that no one else sees coming.

You, our people, are the most valuable asset we have. The mission doesn't get done without the skills and experience you bring to work every day. Just as importantly, you are valuable also for the influence you bring, and not just to Forbes, but to your homes and communities as well. This influence could be called leadership, mentorship, friendship, parenting, outreach, or even counseling depending on the form it takes. In the future this influence will be called legacy.

Legacy is what we leave behind.

I think all of us want to make improvements, to leave things better than we found them. New processes, programs, equipment and facilities are part of that, but the longest lasting improvements are those you will make in yourself and those around you. The influence you have by your actions and communications will have impacts that may last for generations.

I obviously care a great deal about ensuring we can do our mission, that we get the resources and training to be ready on a moment's notice. I also care a great deal that we do it in a way that positively influences, encourages individuals and teams, makes people look forward to being here, look forward to learning new things, and look forward to being a part



of a military organization that cares about them. If we do that, our Airmen will be better able to focus on their jobs, care for their families, and care for one another.

We as individuals and as the 190th Air Refueling Wing will leave a legacy. What legacy will you leave? It's worth spending a few minutes to think about. A legacy should be intentional, and it is built in the limited time we have with one another. If left to chance, we will miss opportunities and default to short-sighted priorities and selfish motives.

Heroic legacies are built with a great attitude, indomitable spirit, selfless service, and generous encouragement by those who intentionally choose to positively influence people over the long term, and in a way that makes them in

turn want to do that for others. That's the kind of legacy I would like all of us to leave and build on for future generations of Coyotes.

Be safe this holiday season, because I need you back here in January to continue building our legacy. Best wishes to you and your families.

Thank you for serving.

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**On the cover:**

*(photo submitted by Staff Sgt. Gabe Ramirez)*

190th Public Affairs/*Coyote Log*

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# Aeromedical evacuation carries youngest patient

**By Tech. Sgt. Emily F. Alley**  
*190th Public Affairs*

The 190th regularly accepts aeromedical evacuation missions, flying patients between hospitals all over the world. In late August, a Coyote aircrew carried their youngest passenger.

A 4-week-old infant, one of two newborn patients in intensive care, flew on a routine aeromedical rotation flight

“They even had cute little baby-sized hearing protectors,” said Staff Sgt. Gabe Ramirez, a boom operator trainee.

Both infants flew with their families. One was flying to medical treatment in Dallas, while the other was returning to Hawaii.

“We do this so often—usually two times a month,” said training boom operator Master Sgt. Mike Money. “Everything is procedural.”

Money has worked with several newborn passengers before, but not as young as four weeks. He is responsible for loading equipment, passengers and safety. Many aeromedical passengers are wounded warriors returning from combat and medics.

During a medical flight, the crew often accommodates a patient’s needs for specialized cabin pressure

really know what was going on, he said he enjoyed it.

The babies, meanwhile, spent most of the flights in their incubators. A flight nurse took out one infant for a feeding, and the mother briefly held her baby. It was a moment that Ramirez described as very touching.

The families of the infants were soldiers. One mother was an Army physician.

“It was a very busy trip,” said Money. “In those seven days we flew nine sorties [flight missions] with 45 flying hours over the Pacific. It makes for a long work week. But it’s rewarding to get these people where they need to go.”

The crew transported about 35 patients during their week-long mission. For Maj. Rufus Forrest, one of the two pilots on the crew, the mission was a meaningful accomplishment both personally and professionally. It was the first time he completed an aeromedical evacuation with infants.



*190th aircrew and medical professionals oversee the loading of tender young cargo aboard one of our KC-135R Stratotankers. (photos submitted)*

in the Pacific and became the youngest passenger believed to have ever flown with the 190th Air Refueling Wing.

The crew moved the two premature infants on separate flights between Hawaii and San Diego for medical treatment. The babies were carried in incubators, which had to be lifted onto the plane with cargo loaders.

or altitude. Sometimes, if they are alert enough, the patients just like having someone to talk to. Ramirez gave a tour to one infant’s 3-year-old brother. The boy got to visit the pilots in the control cabin and sit in the boom pod.

While Ramirez said the boy didn’t

“As a professional pilot and a father, I’m glad I could participate,” said Forrest. “Being a parent, I know the worry I would feel. We’re taking time away from our families, but we’re making a difference. As a parent it’s a good feeling helping these folks out.”



# The changing face of the VFW

By Tech. Sgt. Emily F. Alley  
190th Public Affairs

The Lawrence Veterans of Foreign Wars recently added its first patch from the 190th Air Refueling Wing to a wall covered in historical, mostly Army,

deployment that qualified him for his membership for the VFW. Most veterans, however, are less recognizable.

“This is an invisible generation of veterans,” said Jerry Karr, an Army Vietnam veteran and one of the older mem-



Lawrence VFW Post Commander Michael Siroky (in hat) tells a story to post Senior Vice Commander Dan Parker and Junior Vice Commander John Duncan. The three, all veterans who served in Iraq, are significantly younger than most VFW officers nationwide.

memorabilia.

Younger members, twenty-somethings who are veterans of Iraq and Afghanistan, are starting to reshape the image of the organization.

“We don’t play bingo here,” said Dan Parker, post senior vice commander and a Marine Corps veteran from Iraq. “We’re changing the culture and overcoming the perception of the organization. Once people walk through our door, they always come back.”

The Lawrence post has seen exponential growth in membership. A crowd of diverse ages packed the building one Sunday in early November to cheer for a Chief’s game.

“Some VFWs resist accepting younger veterans,” said Parker. “This post welcomed us to take over.”

VFW post commander Michael Siroky, who left the Kansas Army National Guard as a specialist, wears a scar on his forehead from a bomb attack in Iraq, where he drove trucks during the

deployment that qualified him for his membership for the VFW. Most veterans, however, are less recognizable. “This is an invisible generation of veterans,” said Jerry Karr, an Army Vietnam veteran and one of the older mem-

bers of the Lawrence VFW post. “One of them could walk by you on the street, and you’d never know.”

It’s that philosophy, said John Duncan, junior vice commander of the post and former member of the Kansas Army National Guard who deployed to Iraq and Africa, that has helped increase membership.

“We don’t assume anything,” said Duncan. For example, when a woman walks into the post, “We assume she’s a veteran. We don’t assume she’s just someone’s wife or daughter.”

About 5 percent of the Lawrence VFW’s membership is female, compared to about 3 percent nationally. The demographics of the post are significantly younger and more diverse than the national rates. Siroky estimates most of his members are in their early 30s-- compared to national VFW members whose ages’ average in their late 60s. Many of their members are veterans of Iraq and Afghanistan.

“That’s exceptionally rare, nationally,” said Siroky.

He’s seen a tripling of the membership at the post since their move to downtown Lawrence in May.

The old Lawrence VFW post sat nearly outside Lawrence. It had no windows. Amanda Villa, the post house com-



John Duncan, junior vice commander for the Lawrence VFW and former member of the Kansas Army National Guard, sits with patrons of the post. Duncan qualified for membership with the VFW through deployments to Iraq and Africa.

## The changing face of the VFW (cont.)

mittee and former member of the Kansas Army National Guard who deployed to Iraq, personally painted the wall of the new VFW building. She believes that dark, smoky and withdrawn atmosphere of the old post was part of the reason the old VFW had a dwindling membership.

“It was built by World War II vets who wanted to withdraw from society,” said Parker. “We welcome everybody. We have windows.”

Siroky emphasized that the goal of his post is to be a resource for the community. The Lawrence VFW is a member of the Chamber of Commerce and assists with community service as well as fundraising for causes such as helping homeless veterans.

“It’s very easy to turn a civilian into a soldier,” said Karr. “It’s harder to turn a soldier into a civilian. I’m here as a person who’s been through that transition. It didn’t go smoothly.”

Parker joined the VFW because he believes in the legacy, which he said pre-dates the founding of the VA. Part of the role of the VFW, he asserts, is peer-to-peer counseling. Duncan agrees.

“People are coming back to this [civilian] environment, and it’s uncomfortable because there’s no shared experience. It’s cathartic to be at the post,”

said Duncan. “I’ve seen people cry here.”

Like traditional VFWs, the Lawrence post serves alcohol. But Siroky is aware that some members may struggle with alcoholism and he’s made an effort to diversify the post’s revenue in order to better meet the needs of the post’s members. For example, they maintain and rent out properties in Lawrence.

“The VFW is not for me,” said Duncan. “It’s not for you. It’s for the third

grader sitting in school right now whose war hasn’t even begun. We want to make sure he’ll be taken care of.”

The growth in membership at the Lawrence VFW will also raise money from dues. While the post welcomes visitors, there are requirements to join. Only veterans who have been awarded a campaign medal for overseas service, or who have received hostile fire or imminent danger pay are eligible. There is no



*Amanda Villa, house committee and former member of the Kansas Army National Guard, plans where she’ll display a patch from the 190th Air Refueling Wing at the Lawrence VFW. Villa earned her eligibility for the VFW through a deployment to Iraq.*

## Same-sex partners can now get ID cards

**By Debbie Gildea**

*Air Force Personnel Center Public Affairs*

Same-sex spouses of Air Force military members, eligible civilian employees and military retirees may be enrolled in the Defense Enrollment Eligibility Reporting System by their sponsors and get their dependent identification card beginning Sept. 3, Air Force Personnel Center officials said recently.

Following a June 26 Supreme Court decision finding Section 3 of the Defense of Marriage Act unconstitutional, Defense Department officials announced the plan to extend benefits to same-sex spouses.

“We’ve had a lot of interest from Airmen on this topic,” said Karen Bennett, the DEERS/RAPIDS Operations branch chief. “While many military personnel sections take walk-in customers, Airmen who walk in without an appointment may experience longer wait times, so we want to encourage folks to use the online appointment scheduler to make an appointment for DEERS enrollment and ID cards.”

To make an appointment, contact the nearest military personnel section or go online to <https://rapids-appointments.dmdc.osd.mil>.

For information about benefits available to spouses, visit the myPers website at <https://mypers.af.mil> and enter “ID Cards,” or “DEERS” in the search window.

# Be financially prepared

**By Chief Master Sgt. Von Burns**  
*190th Operations Group Superintendent*

During this time of economic uncertainty, all Airmen should have a financial plan and be prepared for the unexpected. As witnessed recently, unexpected events such as a furlough or government shutdown can have dire consequences for some. Ensuring we are prepared can reduce or eliminate any negative effects.

An excellent way to be prepared for unexpected events is to have savings equivalent to three to six months of living expenses. Having enough savings could allow you and your family to maintain your lifestyle without making drastic changes. Some would say that saving the equivalent of three months of living expenses is an impossible task.

If financial preparedness is important to you and your family, I would state that no task is impossible. You may have to be disciplined with your spending habits. The key is reducing expenses. While there is nothing wrong with treating yourself from time-to-time, you should have a plan and stick to it.

One way to start saving for the

unexpected is to have your employer take out a small amount, say \$25 per pay period, and put it into a savings account. This small step will amount to approximately \$600 annually. Another option is to increase savings with each pay raise. Let's say you earn \$40,000 annually and you receive a pay increase of 6 percent, which would amount to an increase of \$2,400 annually. It would be extremely wise to put a percentage of that raise into a savings account. Even if you saved 4 percent of your increase, you would see your savings balance increase by \$800 in 6 months. Other options for increasing savings are saving unexpected gifts or bonuses, reducing or eliminating debt and saving the former debt payment, or pursuing ad-

ditional income through a second job.

While not easy, I believe it is important to be prepared while serving in the military. Preparation applies in many capacities, but due to of the uncertainty of the economy and the ever changing budget constraints, financial preparedness is imperative.

It seems that every fiscal year, the budget gets delayed, ultimately causing the military members and civilian counterparts to bear the brunt of those financial decisions. By saving extra income, you and your family will

be prepared and more resilient during difficult times.

If you do not have any additional savings, and a furlough or government shutdown does occur again in the future, it is important that you know where to go and how to obtain assistance.

Air Force Aid Society  
[www.afas.org](http://www.afas.org)

Operation Homefront  
[www.operationhomefront.net](http://www.operationhomefront.net)

Operation Outreach  
[www.saoperationsoutreach.com](http://www.saoperationsoutreach.com)

USA Cares  
[www.usacares.org](http://www.usacares.org)

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# Portrait of an Airman

## Airman 1st Class Amaury Marquez Vazquez

**Organization:** Services Flight

**Job Title:** Chef

**Main Responsibilities:** Preparing healthy and delicious food options for all military personnel at the 190th

**Civilian Career:** Sales Associate/Shipment team member at Gap

**Education:** Currently pursuing a degree in Criminal Justice at Devry University

**Military Experience:** 19 months

**Achievements:** Being part of the team who won the Air National Guard Kenneth W. Disney Food Service Award

**Goals & Ambitions:** To become a police officer in the Kansas City metro area and to expand my military career within the 190th

**Hobbies & Activities:** Cycling, shooting fire arms, and building miniature aircraft

**Most Memorable 190th Moment:** Participating in the Coyote Warrior Dash 2013



## Coyote Heritage

**By William Gilliland**

*190th Historian*

What? A moment in history? This was taken just a few weeks ago, how can this be history? History is old stuff, and boring. It wasn't that big of a deal anyway.

Well, my friends and fellow Coyotes, history happens every day.

Yourself, your friends, fellow Coyotes, people you don't know, people you never heard of, and people on the other side of the world all have a part in the making of history. Most of it goes unrecorded, lost to the sands of time.

Some of it is so important or significant that it gets written about, talked about, pictures taken of it, and it's remembered for what it is, or sometimes even for what it isn't. It is the actions of all of us together that goes into the making of history. Even what you had for

breakfast this morning. What? What do you mean, it wasn't that big of deal?

Well, let me assure you, it was a big deal to someone, maybe your mother, or spouse or child. Maybe the young person who handed you your breakfast out the window of the fast food place.

What if the image you created early on a Sunday morning, going thru the drive thru in your uniform, was the reason some young person began to think about a career in the military. Mostly we don't think about things like that. Maybe we should, history is important to someone, like Lt. Col. Chuck Rembolt in the picture here. It's a moment he will remember for the rest of his life. A moment that members of the former flight will remember for the rest of their lives, a moment that Col. Jarrod Frantz will remember, as will Chief Mas-

ter Sgt. Von Burns, even if he is hidden behind the flag in this picture.

Not a big deal? No, my friends, it was a big deal, and a real moment in history.



*A moment in history Nov. 2, 2013: Col. Jarrod Frantz hands the guidon to Lt. Col. Charles Rembolt as the 190th Operations Support Squadron comes into existence.*



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



# For Your Information

## Promotions

### Senior Airman

Karla Pittman, LRS



### Staff Sergeant

Emily Fort, MG  
Andrew Ginzel, FSS  
Tanner Wealand, MXS



### Technical Sergeant

Alberto Allamby, FSS  
Edmund Gutierrez, MXS  
Julie Hoefler, FSS  
Celestina Johnson, ARW  
John Johnston, MOF



### Master Sergeant

Barbara Dipoli, FSS  
Michael Hummer, MXS



### Captain

Derek Craig, 117th ARS



## B Gate open mornings during UTA

Just a reminder: The B Gate is open every Unit Training Assembly weekend from 6:30 a.m. to 7:30 a.m.

## Wear it or Walk!

Please wear your seat belts at all times! It is not only an Air Force and DOD directive – it's Kansas law.



## Kansas National Guard Child & Youth Program

Want to learn about upcoming events, camps, or volunteer opportunities?

Interested in connecting with other military youth?

Join us on Facebook!

[www.facebook.com/kngyouth](http://www.facebook.com/kngyouth)



## Coyote Grill December 21/1A Menu



### Saturday, December 7

#### Great Plains & Prairie Lanes

Beef & pork BBQ sandwiches  
BBQ sauce on the side  
Hickory grilled chicken tenders  
Baked beans  
Baked macaroni & cheese  
Mustard potato salad  
Honey poppy seed coleslaw  
Vegetarian option  
Champagne cake  
Chocolate mocha cake

### Sunday, December 8

#### Great Plains & Prairie Lanes

Salad bar  
Traditional lasagna  
Chicken alfredo casserole  
Italian seasoned green beans  
Honey glazed baby carrots  
Parmesan bread sticks  
Vegetarian option  
Counterpoint cake  
Spice cake & butter cream icing

## DFAC Schedule

MXG (A)/SFS/LRS (A)	1030
CPTF/MDG/ARW/MSG	1100
OG/JFHQ/WF/LRS (B)	1130
MXG (B)/CE/CF	1200



## Appointments/Enlistments

A1C Joyce Burnett, MXS  
Enlistment Date: October 21, 2013

AB Jesse Gerber, CES  
Enlistment Date: October 28, 2013

A1C Andrew Haar, JAG  
Enlistment Date: October 22, 2013

AB Isaiah Henry, CES  
Enlistment Date: November 6, 2013

AB Jackson Hishmeh, FSS  
Enlistment Date: November 14, 2013

AB Conner Remboldt, AMXS  
Enlistment Date: October 21, 2013

A1C Trenton Seipel, MXS  
Enlistment Date: October 22, 2013

A1C Brittany Steveson, FSS  
Enlistment Date: November 7, 2013

## Know Your Limits



## Have A Plan

### Friends of Forbes

The Friends of Forbes program continues to be a success. DUIs are prevented each month. Remember if you have had a drink or one too many call 861-HOME (4663) for a safe, FREE ride home.

Don't forget anyone can make donations to the Friends of Forbes account at the Kansas Air Guard Credit Union. Help keep this program going strong for the safety of our Coyotes and the community.

