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THE **COYOTE LOG**  
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Air Force Outstanding Unit  
'08, '11 & '13 Distinguished Flying Unit

# TROPIC CARE 2016

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months for updates to reflect on your log.

To the Coyote family of:



## Coyote Heritage



### 10 Years Ago

Ten years ago this month, members of the 190th Air Refueling Wing, Operations Group, participated in survive, evade, resist, and escape training near Schofield Barracks Oahu, Hawaii. (From left to right, Chief Master Sgt. Tim Treinen, 1st Lt. Dave Wöhler, Tech. Sgt. Jason Murphy, Lt. Col. Tom Ballou, Capt. Toby Foster, Lt. Col. Brian Becker.)

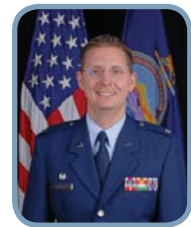


Please record your story and send it to the historian's office at: 190th Historian, 5920 SE Coyote Dr., Topeka, KS 66619-5370.



# It matters

By Col. William Hefner  
Commander, 190th Medical Group



Is your job important? Do you think your training and attention to detail matter? Let me share a little story I recently read in Insights into Excellence by Capt. (Ret) Charlie Plumb, United States Navy. A little background here: Plumb flew 75 combat sorties over North Vietnam before ultimately being shot down and spending six years as a prisoner of war at the Hanoi Hilton.

Recently, I was sitting in a restaurant in Kansas City. A man about two tables away kept looking at me. I didn't recognize him.

A few minutes into our meal he stood up and walked over to my table, looked down at me, pointed his finger in my face and said, "You're Captain Plumb."

*I'm calling on each of you, regardless of your job, to toe the line and "pack a parachute."*

~Col. William Hefner

I looked up and I said, "Yes sir, I'm Captain Plumb."

He said, "You flew jet fighters in Vietnam. You were on the aircraft carrier Kitty Hawk. You were shot down. You parachuted into enemy hands and spent six years as a prisoner of war."

I said, "How in the world did you know all that?"

He replied, "Because, I packed your parachute."

I was speechless. I staggered to my feet and held out a very grateful hand of thanks. This guy came up with just the proper words. He grabbed my hand, he pumped my arm and said, "I guess it worked."

"Yes sir, indeed it did," I said, "and I must tell you I've said a lot of prayers of thanks for your nimble fingers, but I never thought I'd have the opportunity to express my gratitude in person."

He said, "Were all the panels there?" "Well sir, I must shoot straight with you," I said, "of the 18 panels that were supposed to be in that parachute, I had 15 good ones. Three were torn, but it wasn't your fault, it was mine. I jumped out of that jet fighter at a high rate of speed, close to the ground. That's what tore the panels in the chute. It wasn't the way you packed it."

"Let me ask you a question," I said, "do you keep track of all the parachutes you pack?"

"No," he responded, "it's enough gratification for me just to know that I've served."

As we continue to adapt to the ever changing landscape that is our 21st century world and all the geopolitical strife that is occurring there-

in, we must always remember-what we do matters. If our medics aren't trained to the highest level and paying attention, we could put un-

healthy crews on planes; if our maintainers don't follow their technical orders, we may be launching unsafe planes; if our sky cops aren't hyper-vigilant, our very installation could be compromised by those who wish us ill. In short, I'm calling on each of you, regardless of your job, to toe the line and "pack a parachute."

If we are to continue being successful, all of you will need to perform your assigned tasks with the diligence, focus, dedication and attitude of the man who packed the parachute that saved Plumb's life 40 years ago.

You are the parachute packer; your attitude with which you perform each task matters. You and your job matter! Every day you put your uniform on is your chance. Never underestimate the importance of you and your job in our organization!

## COYOTE LOG STAFF

- Col. Jarrod Frantz**  
COMMANDER, 190TH AIR REFUELING WING
- Maj. Joe Blubaugh**  
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- 1st Lt. Angela Brees**  
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- Master Sgt. Allen Pickert**  
PUBLIC AFFAIRS MANAGER
- Tech. Sgt. Mandy Johnson**  
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- Tech. Sgt. Jake Meyer**  
BROADCAST JOURNALIST
- Staff Sgt. Kayla Kohn**  
PHOTOJOURNALIST
- Senior Airman Emily Amyotte**  
PHOTOJOURNALIST
- Airman 1st Class Erik Panches**  
BROADCAST JOURNALIST



### On the cover:

Members of the 190th Air Refueling Wing participate in a little physical training during their deployment to Kauai, Hawaii, for Tropic Care 2016. (Photo by Senior Airman Emily Amyotte)

190th Public Affairs/Coyote Log  
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## PROMOTIONS

**Airman 1st Class**  
Brittany Burns, ARS



**Senior Airman**  
Emily Amyotte, ARW  
Scott Andrews, LRS  
Joyce Burnett, CF  
Elizabeth Curtin, SFS  
Megan Diaz, FSS  
Ryan Ewing, MDG  
Jonathan Frederick, LRS  
Travis Gould, MDG  
Molly Greener, OSS  
James Hishmeh, LRS  
Sydney Hultz, AMXS  
Brandon Martino, LRS  
Elena Nicholson, ARS  
Cameron Powell, AMXS  
Hunter Radcliff, MXS  
Joseph Ramsey, CPTF  
Trenton Seipel, AMXS  
William Tidball, SFS  
Shuzi Tran, MDG  
Kelsey Warren, MOF  
Victoria Wehba, MXS



**Staff Sergeant**  
Aaron Cuadra, AMXS  
Phillip Cummings, CES  
Kyle Deberg, SFS  
Erica Doss, CF  
Broc Driskell, LRS  
Horacio Gonzalez, LRS  
Benjamin Hanke, MXS  
Travis Harris, CES  
Gary Keim, CES  
Shayna Meens, MDG  
Grant Myers, MXS  
Gregory Rowley, MXS  
Brodren Schnittger, CES  
Aloysius Simonis, MDG  
Andrea Wallisch, LRS  
Tyler Wilson, AMXS  
Stephen Zeckser, ARS



**Master Sergeant**  
Alberto Allamby, MXG  
Jeremy Armstrong, CF  
Bridget Combs, SFS  
Michelle Hutchison, CES  
Celestina Johnson, ARW  
Joseph Weber, MSG  
David Wright, SFS



## Coyote Grill August 21A Menu



### Friday, August 5

Pulled Pork  
Chicken Cordon Bleu  
New Red Potatoes  
Cheesy Scalloped Potatoes  
Mixed Veggies, Broccoli

### Desserts

Angel Food Cake with Strawberries  
Carrot Cake  
Oatmeal Raisin Cookies

### Saturday, August 6

Caribbean Jerk Chicken  
Country Fried Steak  
Mashed Potatoes  
Steamed Rice  
Corn on the Cob, Asparagus

### Desserts

Angel Food Cake with Strawberries  
Carrot Cake  
Oatmeal Raisin Cookies

### Sunday, August 7

Pancakes  
Biscuits and Gravy  
Hash Browns, Scrambled Eggs  
Bacon, Sausage

### Desserts

Cinnamon Rolls  
Blueberry Vanilla Bread with Lemon Glaze

## APPOINTMENTS/ENLISTMENTS

AB Rachel Day, FSS  
Enlistment Date: May 19, 2016

A1C Tory Young, MDG  
Enlistment Date: June 16, 2016

SrA Jason Reising, SFS  
Enlistment Date: May 19, 2016

SSG Keith Best, MXS  
Enlistment Date: June 13, 2016

SSG Evan Bise, WF  
Enlistment Date: June 23, 2016

MSG Bryan Sweetman, FSS  
Enlistment Date: June 21, 2016

## 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 drill weekends. Our office is located in building 662, second floor, in the finance office, room D202.

We also assist with landlord-tenant issues, USERRA issues, consumer/financial affairs, notaries and service members Civil Relief Act issues.



## A new IG addition

By Master Sgt. John Williams  
190th Self-Assessment Program Manager

The 190th Air Refueling Wing Inspector General's Office is pleased to announce that Capt. Nkumu Mandungu has been assigned as the Director of Inspections. After filling this traditional position, the IG office will be fully staffed for the first time in more than a year.

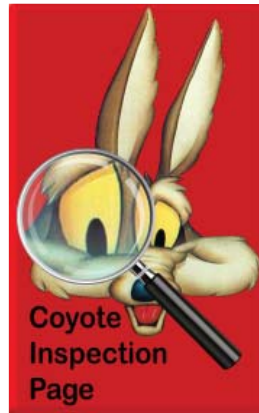
Mandungu is a recent transfer from the 141 Air Refueling Wing in Spokane Wash., where he served as a medical administrator and medical element commander. During his time with the 141 ARW, he made several notable contribu-

tions that played a key part in the medical group earning an effective rating during the 141 ARW's first ever Unit Effectiveness Inspection, and its medical element achieving validation during its triennial Homeland Response Force Evaluation.

Prior to joining the Air National Guard, Mandungu served on active duty as a medical group practice manager and readiness officer for the 75th Air Base Wing at Hill Air Force Base. While assigned to the 75th ABW, he led teams that played a

key role in the medical unit earning two consecutive "outstanding" ratings in the Operational Readiness Inspection and the Health Services Inspection. In the private sector, Mandungu is a partner in a renewable energy development venture that targets frontier markets.

Mandungu brings with him a diverse set of leadership and managerial skills. These skills, coupled with his passion for service, will be instrumental in helping the IG team execute the Com-



## Council spotlight: MOVE Team

By Senior Master Sgt. Allen Ewell  
190th Human Resources Advisor

The purpose of the Diversity Council, now known as the MOVE Team (Maximizing Opportunity and Valuing Everyone), is to increase and enhance awareness of diversity and inclusion throughout the 190th Air Refueling Wing.

Diversity is defined as the inclusion, integration, awareness and appreciation of various cultures within the Kansas Air National Guard. It is the full use of all human resource potential. It is the understanding and valuing of differences while mobilizing similarities to effectively achieve a common goal or objective.

Diversity provides an opportunity for the best use of an individual member's talents, skills and perspectives to increase the organization's productivity, effectiveness and mission readiness.

Diversity is much more than the old conventions of race, ethnicity, sex, age and geographic origin. It is about creative ability, reasoning ability, personality, religion, culture and skill level.

The plan for the future is to build better teams by embracing everyone's strengths and learning from all members of the team. We intend to create a workplace in which individuals are unencumbered by traditional barriers, stereotypes, expectations and restrictions to allow all

Airman to develop their full potential.

How do we get there? If you have the answer to that question or want to learn more, we need you to join the MOVE Team. We plan to meet every other drill on Sunday mornings at 9 a.m. Our next meeting is August 7 at 9 a.m. in the Education & Training room, Hangar 662.

The Move Team is divided into three main teams. Lt. Jody Cope will lead the training team that will focus on training and teaching various classes including Four Lenses, Crucial Conversations, and Diversity and Inclusion. Senior Master Sgt. Tony Snyder will head the second team which will concentrate on Airman development. This includes mentoring, Community College of the Air Force, Professional Military Education, cross training, etc. Adrienne Dickey, Family Readiness Director, will take charge of the third team concerned with diversity awareness. This

team will promote awareness, diversity flights and cultural fairs.

The overall purpose of the council is to advise the wing commander and key leadership on all matters of diversity. This includes sponsoring events to increase awareness and educate everyone regarding issues related to diversity, and promoting outreach to community groups and civic organizations. This leads to recruiting opportunities as well as improving our relationship with local communities. We are developing plans and looking for ideas to establish a more inclusive environment in our wing.



## Coyotes provide Hawaiian health care

By Senior Airman Emily Amyotte  
190th Public Affairs



Airmen from the 190th Air Refueling Wing provided free vision, medical and dental care to the communities of Kauai as part of Tropic Care 2016 from June 20-29 on the island of Kauai, Hawaii.

Airmen, Soldiers, Sailors and Marines all worked together to yield aid from five separate clinics across the island, bringing a range of medical care to the Kauai Island people. Many times, local Kauai community members cannot receive health care due to cost or availability -- stressing the importance of Tropic Care's mission.

Throughout the two-week deploy-



Airman 1st Class Conor Burns, an Aeromedical Technician with the 190th Air Refueling Wing, Medical Group, administers a basic vision exam during Tropic Care 2016 in Kauai, Hawaii. (Photo by Senior Airman Emily Amyotte.)

ment, Tropic Care 2016 provided care to 17,857 local community members, almost a third of the island's population. Clinics were located at schools

along the coast of the island, one of which was a mobile unit switching between two remote locations.

The participating 190th Medical Group members agreed that being able to provide this type of care is a critical mission that benefits more than just training requirements, but of course, the local communities.

"The community is very welcoming and very grateful that we're here to provide care to them at no cost to the community," said Capt. Alyshia Leisure, 190th Medical Group and Air National Guard liaison. "They're absolutely welcoming of us."

On top of it all, Airmen agreed that the highlight of their trip was knowing they were a part of a bigger picture.

"It makes me feel great," said Senior Airman Austin Roberts, 190th Medical Group surgical technician. "To know that I can use my services that I've learned in the military to help someone else out makes me feel really good about myself and what I'm doing here."



Chief Master Sgt. Denise Montgomery, left, and Capt. Alyshia Leisure, both with the 190th Air Refueling Wing, Medical Group, receive certificates of special recognition from Governor David Ige, Governor of Hawaii. (Photo by Senior Airman Emily Amyotte.)

# KC Royals support Ryan's Race

By Senior Airman Emily Amyotte  
190<sup>th</sup> Public Affairs

Ryan Ramshaw, 190th Comptroller Flight accounting technician, is a life long sports fan. His life, spent surrounded with sports memorabilia and hours upon hours of baseball practices, was dedicated to the game. He's been a supporter of all area teams, but none compare to his admiration for the Kansas City Royals.

Early last December, Ramshaw went to the emergency room due to extreme pain in his lower back. After many tests, the results came back, showing he had a mass on his spine that was malignant. He was diagnosed with Ewing's sarcoma and his oncologist advised that he start chemotherapy right away. He began his treatments less than a week later.

After spending much of their time in and out of hospitals, the Ramshaw family had taken quite a big hit. Knowing that her son and family were going through a lot, Cathy Ramshaw, Ryan's mother, made a few calls to his favorite baseball team in hopes they could do something to lift her son's spirit.

Later, while Ryan was finishing his first round of chemotherapy, he noticed he had a missed call from someone with a California area code. Confused, he listened to the message and was delighted that the call was from his favorite Royals broadcaster, Rex Hudler.

"He left me a few minute voicemail full of encouraging words," Ryan said. "It was incredible. I couldn't believe that Rex would call me!"

As Ryan continued his treatments, he and Hudler's paths continued to cross. Ryan's neighbors got a signed ball from Hudler at a fundraiser, he received Hudler's book for Christmas, and Hudler called Ryan again to check on him and give encouragement.

"The timing was perfect," Ryan said. "I ended up in the hospital the next day with pneumonia and acute respiratory distress syndrome. I spent over a week in the hospital before I was

sent home. That was the lowest point for me of this whole journey so encouragement from Rex before it all started was just what I needed."

Since the second call, Ryan and Hudler stayed in touch through occasional text messaging.

A few weeks later, Hudler was invited to Forbes Field for a refueling flight to see the 190th mission first-hand. During his visit, the two finally met face-to-face for the first time. Hudler continued telling Ryan that he needed to come to Kauffman Stadium and even offered him two away-game tickets for when Ryan would be in Houston for treatment.

In April, the night of the first game, Ryan and his mother made it to the stadium for the Astros home opener.

"My mom and I made it up to will call and picked up our tickets," he described. "I opened up the envelope and looked at the tickets. My jaw dropped. They were row two!"

He and his mom made their way down to their seats that were within earshot of the Royals dugout. The two Royals fans were just little blue dots in a sea of 40,000 orange jerseys. Halfway through the game, Hudler texted Ryan, telling him to turn around and wave towards the announcer box. At this time, Ryan and his mother's faces were broadcast nationwide as Hudler told Ryan's story to the millions of sports fans.

"Our phones started buzzing with people texting us 'you're on TV!'" he grinned. "We couldn't stop smiling. We couldn't believe the incredible night we had."



Airman 1st Class Ryan Ramshaw on the playing field during the National Anthem at a Kansas City Royals game. (Photo by Al Junco photography)

But being at the opening game was just the beginning of Ryan's dream week with the Royals. The next day, Hudler gave the Ramshaw duo a personal tour of the field where the Astros were taking batting practice. The Royals began to take the field and one by one, greeted Ryan, shook hands and shared personal stories.

At the end of the day, he was returning home with Drew Butera's signed bat, a signed baseball and countless memories that he will never forget.

"From Salvador Perez to Lorenzo Cain to Alex Gordon and Wade Davis, they were all incredibly down to earth and kind," Ryan said. "The way they are on TV is exactly the same way they are in person. I might be biased, but I don't think there is another team in professional sports that is as kind, genuine and fun-loving as the Royals."

As well as spending quality time with the team, Ryan later found out

# Ryan and the Royals Cont.

that footage from his trip made it into the China Times. Royals pitcher and famous Taiwanese baseball player, Chien-Ming Wang, snapped a picture with Ryan and shared his story with the popular Chinese magazine.



Airman 1st Class Ryan Ramshaw throws the first pitch at a Kansas City Royals game. (Photo by Al Junco photography)

"I couldn't believe it," Ryan exclaimed. "I am still not sure what it says exactly, but it does talk about my fight with cancer."

Ryan and his mother's time spent in Houston will be an unforgettable experience thanks to the Royals, Cathy explained.

"So many times have I watched Ryan's face light up just watching the Royals play and listening to Rex," Cathy said. "I cannot adequately express my gratitude toward the Royals organization for encouraging and supporting Ryan

during the fight of his life." "The Royals helped me make great memories that I will never forget during a time in my life that I sometimes wish I could forget," Ryan said. "Those few days in April were a dream come true. Rex and the rest of the Royals organization made my mom and me feel like VIPs for the week. Their encouragement lifted my spirits more than they will ever know. I cannot thank them enough."

It isn't only the Royals who have encouraged Ryan, he and his mother agreed, the 190th and the many great Airmen who surround Ryan have also been a great support system for this time in his life.

"I love bragging about how special Forbes Field is and how special the people are," he said. "Joining during my senior year of high school was one of the best decisions I have ever made."

# - Command Chief to mentor selected Airman

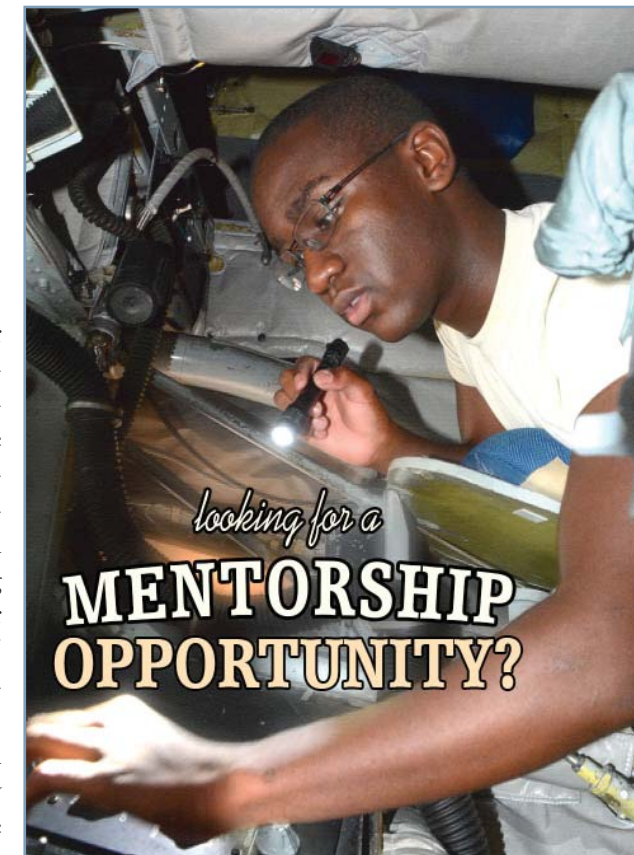
By Staff Sgt. Kayla Kohn  
190<sup>th</sup> Public Affairs

Opportunity is knocking for the Airmen at Forbes Field. A new mentorship program is scheduled to begin this September. The Junior Enlisted Mentorship Program is a program that provides Senior Airmen and below an opportunity to shadow the Wing Command Chief for a day.

According to Senior Master Sgt. Doug Stowe, 190th Air Refueling Wing Comptroller Flight superintendent, "The intent of the program is to give our junior Airmen an opportunity to spend unprecedented one-on-one time with the command chief, and in doing so, we hope this will give our junior Airmen a different perspective of what is going on at the wing leadership level."

Results and comments from the most recent climate survey sparked the idea for JEMP. Stowe

wanted to find a way for junior Airmen to enhance their knowledge and understanding of how decisions are made at senior leadership levels.



According to Chief Master Sgt. Von Burns, 190th ARW command chief, "This is a program where we can give the junior Airman an opportunity to see what a command chief does and have them exposed to different people and areas around the wing that they may not know."

Burns said if he is sitting on a board or going to a meeting with a commander, the junior Airman will be doing that as well.

In order to be considered for JEMP, your supervisor must submit your name and a form to Stowe the Wednesday prior to drill weekend. September and November 2016 will be the first two JEMP Saturdays for Airmen to participate. More days will be added upon the approval of the 2017 drill schedule.