

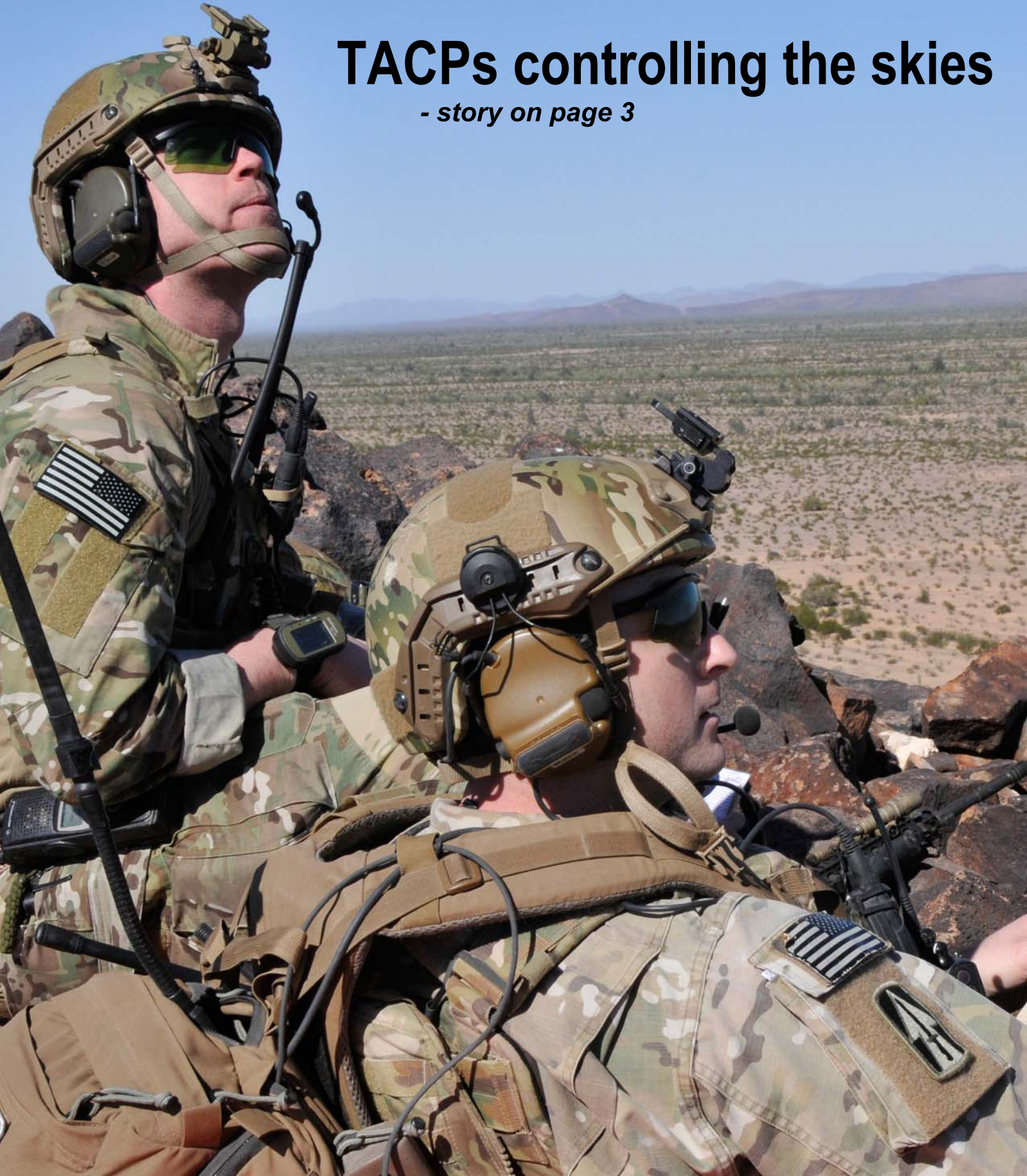
RACER FLYER

Intel for the Family

2nd Qtr FY16 Edition

TACPs controlling the skies

- story on page 3



Fellow Racers, I recently had the opportunity to spend two-weeks attending the Commanders Development Course at the Air National Guard (ANG) Readiness Center in the National Capital Region. It was a great experience meeting ANG senior leadership and listening to their vision of our future force. Hearing that the ANG stands on par with active duty as an Operational Force in the “One Air Force” construct, shedding the Strategic Reserve stigma, was inspiring. Your dual-purpose ANG will have an increasing role fighting our nation’s battles overseas while using our unique capabilities stateside to serve and protect the homeland.

Likewise, there will be more opportunities for each of you to serve in Domestic and OCONUS capacities. Tragically, all I have to do is mention Brussels, Fort Hood, Benghazi, the Boston Marathon bombing, or the San Bernardino shootings in order to highlight that we live in a world with a determined enemy that wishes harm on our citizens and your great nation. If these attacks make you angry, they should. But know that each one of you play a vital role in deterring and containing our nations adversaries.

During WWII, there were 12 million Americans in uniform, or roughly 15 percent of the adult population. Today, there are less than 2.2 million active and reserve uniformed personnel, or less than 1 percent of the adult population. While I will always applaud and appreciate our veterans that have previously served, those of you that are currently serving are the 1 percent of the population that are presently putting service before self in order to keep our great country safe and secure. I am honored and proud to serve with each one of you fellow “one percenters!”



Lt. Col. Christopher Snider
Commander, 113th ASOS

Want to Feel Happier, Healthier, and More Creative?

Mary Walker MS, LMHC, Director of Psychological Health for the 181st Intelligence Wing

“Nothing divine dies. All good is eternally reproductive. The beauty of nature reforms itself in the mind, and not for barren contemplation, but for new creation.” — Ralph Waldo Emerson, Nature

The beauty of living in the Midwest is being witness to the four seasons of nature and the cycle of life. Now that spring is here we are starting to see the grass getting greener, the sky getting bluer, the sun shining brighter, and everything around is starting to feel alive again. It’s no coincidence that people often feel more peaceful, comfortable, and have a clearer mind when they return from time outdoors. Countless research over the years brings together the numerous benefits spending time out in nature has for our body, mind, and spirit. Here are just some of the highlighted benefits.

Spending at least 20 minutes outside in nature not only makes you feel happier, it can lead to an increased sense of vitality. This is why we tend to feel energized after spending the day at the park or after a long hike. Nature is restorative in the way that our minds can aimlessly wander in an effortless fashion without judgment, whereas in a city, there are far too many distractions to capture our attention in a small space. In nature we can think as much or as little as we like. Our minds are free to roam, we breathe fresh air, and our energy is not constricted by concrete walls. Research on children with ADHD who spent time outside versus inside showed higher concentration and better task performance, simply because of the simplicity nature offers.

Being outside relieves depressive symptoms. Not only does it give you the added benefit of exercise, studies show that just a simple walk in the park decreased depression, enhanced moods, and promoted healing. Being out in nature helps reduce fear and anger, lowers blood pressure, increases immune function, reduces the “fight or flight” response, while improving an overall sense of well-being; meaning it reduces stress. Nature is transformative in how it regulates our mental space. Studies have shown that adults who lived in areas with the most amount of green spaces experience lower levels of cortisol, the stress hormone. It also helps maintain a sense of focus and concentration and lessen symptoms of distractibility like ADHD. There is continued evidence of lower frustration and higher meditation when moving into the areas that have more green spaces, especially in urban areas. It’s overwhelming the number of stimuli you encounter within 50ft in an urban city (traffic, shops, people, and noises). This severely overwhelms the part of your brain that controls your directed attention and self-control.

Have you ever noticed your mood when you are surrounded by the color green? Well, research shows that when you spend time out in nature and are surrounded by the color green amongst other natural colors, you ignite your creativity and inventiveness. Green is the color of life, renewal, energy, freshness, and growth. If you’ve ever found yourself stuck on a certain problem, take a break and go outside for a little bit. Being outside distracts us from current problems and frees our mind to more flexible open-minded ideas. So if you are angry and frustrated, go take a walk outside and get some perspective.

Getting outside makes exercise easier. The color green, such as grass, trees, and plants, has also been found to make exercise “feel” easier. People tend to be more eager to return outside for fitness activities than returning to a gym. Hence, it can spur weight loss. Not to mention the fresh air kicks your brain into high gear and can wake you up as much as a cup of coffee. Lastly, nature helps us age gracefully by promoting healthy functioning, physically and mentally.

So what are you waiting for? Get outside!

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2nd QTR FY16 Edition

The Racer Flyer is the official newsletter published by, and for, the members of the Indiana Air National Guard, Hulman Field, Terre Haute, Indiana. The contents of The Racer Flyer are not necessarily the official views of, or endorsed by, the US Government, DoD, Department of the Air Force, the National Guard Bureau, or the Indiana Air Guard.

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Cover page photo by:
Senior Master Sgt. John S. Chapman

TACPs control the skies of Barry Goldwater Range

by Senior Master Sgt. John S. Chapman, 181IW/PA

GILA BEND AIR FORCE AUXILIARY FIELD, Ariz. - Tactical Air Control Party Airmen from the 181st Intelligence Wing, 113th Air Support Operations Squadron, honed their skills during a Snowbird Exercise, Feb. 21-25, 2016.

The 12 TACP Airmen conducted live close air support training at the Barry Goldwater Range to maintain their combat mission ready status and equipment training. The TACP Airmen spent many hours in the field coordinating air support missions, which guided attack and fighter pilots to targets in the tactical range complex.

To find their targets, the Joint Terminal Attack Controllers provided the pilots with GPS coordinates, laser markers, and target "talk-ons." During night operations, Airmen used a laser pointing device that could only be seen by the pilots wearing night vision goggles.

During the week long deployment, TACPs were trained on mission preparation and scenario generation, high frequency beyond line of sight radio communications, technical vehicle navigation systems, day and night targeting equipment, day and night CAS, said the 113th ASOS Chief Joint Tactical Air Control - Instructor.

By the end of the exercise, the 113th ASOS TACPs had accomplished over 150 different CAS controls.

The TACP Airmen coordinated the release of Mark-82 High Explosive unguided bombs, 2.75 white phosphorus rockets, Bomb Dummy Unit-33 training bombs, and shooting of both 30mm and 20mm training rounds.

During their twelve-hour days, the TACP Airmen worked with both U.S. and foreign partners that were flying F-16 Fighting Falcons, A-10 Wart Hogs, F-35 Lightning IIs, and C-130 Hercules aircraft that were flown from Luke and Davis-Monthan Air Force Bases in Arizona.

"This exercise provided the opportunity for our Joint Terminal Attack Controllers and TACP members to obtain valuable training that isn't possible on our local ranges in Indiana. This included the directing and controlling of over 24 live 500lb bombs that were delivered from our fellow Hoosier squadron of A-10's from Fort Wayne. In addition, this was the first time for many of our members to work with the F-35 Lightning II in a Close Air Support (CAS) role", said Lt. Col. Chris Snider the commander of the 113th ASOS.



U.S. Air Force Tactical Air Control Party Airmen with the 181st Intelligence Wing, 113th Air Support Operations Squadron conduct Close Air Support operations on the observation post while working with F-16 Fighting Falcon aircraft while at Gila Bend Air Force Auxiliary Field, Ariz. (U.S. Air National Guard photo by Senior Master Sgt. John S. Chapman)



U.S. Air Force Tactical Air Control Party Airman with the 181st Intelligence Wing, 113th Air Support Operations Squadron utilizes a laser target locator module to deliver a target location during Close Air Support training at Gila Bend Air Force Auxiliary Field, Ariz. (U.S. Air National Guard photo by Senior Master Sgt. John S. Chapman)



Command Chief Master Sergeant of the Air National Guard James W. Hotaling spoke to enlisted Airmen during a visit to the 181st Intelligence Wing, Hulman Field, Ind., March 5, 2016.

Command Chief of the ANG visits 181st IW

by Senior Airman Lonnie Wiram, 181IW/PA

HULMAN FIELD AIR NATIONAL GUARD BASE, Ind. — On March 5, 2016, the Air National Guard Command Chief visited the 181st Intelligence Wing.

Command Chief Master Sergeant of the Air National Guard James W. Hotaling represents the highest level of enlisted leadership in the Air National Guard. He is responsible for matters that influence the health, morale, welfare, and professional development of the Air National Guard Airmen.

Chief Hotaling visited the 181 IW to interact with Airmen, recognize the accomplishments of Airmen, and discuss his key areas of focus.

Chief Hotaling's key focus areas include recognizing Airmen for their hard work and accomplishments; renewing of the commitment to the profession of arms, which includes mentorship, professional development, and education; and the health of the force, which includes the physical, mental, social, and spiritual health of Airmen.

"I visit all the organizations and councils to get a temperature check on the things of what we're implementing at the national level and see how it actually effects at the tactical level," said Hotaling.

The visit was important to the Airmen of the 181st IW and they were grateful for the interaction with Chief Hotaling. I think Chief Hotaling's points were crucial to hear, said Staff Sgt. Brandon O'Hair. "Here at the 181st we have to ensure we implement and execute our mission 100 percent to ensure we have mission success."

Chief Hotaling visited the 181st as part of his tour of all the Air National Guard bases. Chief Hotaling wanted face-to-face contact with the guard bases instead of assuming that things were going well from his office in Washington, D.C.

"My role as the Command Chief of the Air National Guard is really to be the eyes and ears of the enlisted force for the director of the Air National Guard, the three star general," said Hotaling.

Chief Hotaling's visit reinforced the 181st Intelligence Wing Commander Col. L. Kip Clark's top priority of ensuring we have Airmen and leaders that are operationally ready and deliberately trained to support our communities, state and nation.

New SAPR Advocates on board

by Senior Master Sgt. John S. Chapman, 181IW/PA

HULMAN FIELD AIR NATIONAL GUARD BASE, Ind. - U.S. Air Force Airmen from the 181st Intelligence Wing, 126th Air Refueling Wing and the 180th Fighter Wing, participated in a week long training course for victim advocates at the 181 IW March 14th -18th, 2016.

This initial training consisted of Sexual Assault Prevention and Response program management tools, advocacy skills, and other learning objectives that are necessary for serving as victim advocates for the Wing.

The training also fulfills the first step in achieving the professional credentials that allow the advocates to assist sexual assault survivors within the Wing and State.

The group listened to Capt. Crystal Banse, one of the regional Special Victim's Counsel attorneys, Mrs. Mary Walker, 181 IW director of physiological health, Lt. Col. Wayne Booker, who shared critical skills from his vast counseling background, and Lt. Col. Sean Stephens, who shared from his areas of expertise.

Maj. Corrine Foree, sexual assault response coordinator and Capt. Marco Arredondo, the alternate sexual assault response coordinator, conducted other blocks of training.

The group also listened to a speaker from Terre Haute Regional Hospital, Capt. Lindsay G. Chapman. Chapman is a traditional guardsman from the 181st Medical Group, and in her civilian job serves as an emergency nurse and sexual assault nurse examiner.

Chapman explained the role of a forensic nurse, medical and forensic exam, the role of the victim advocate during the exam, and health concerns related to the assault.

"We have a talented and compassionate class of Victim Advocates whose expertise and dedication will significantly benefit the Airmen of the wing," said Foree.

"I am proud to serve with them and proud of all they have accomplished during this course."



U.S. Air Force Capt. Lindsay G. Chapman from the 181st Intelligence Wing Medical Group, explains how her civilian job as an emergency nurse and sexual assault nurse examiner and how the 181st and Terre Haute Regional Hospital work together on this subject, held at Hulman Field, Terre Haute, Ind., March 18, 2016. (U.S. Air National Guard photo by Senior Master Sgt. John S. Chapman)



U.S. Air Force Airmen from the 181st Intelligence Wing, 126th Air Refueling Wing and 180th Fighter Wing worked together during the Victim Advocates Training held at Hulman Field, Terre Haute, Ind., March 14-18, 2016. (U.S. Air National Guard photo by Senior Master Sgt. John S. Chapman)

Combat water survival training

by Senior Airman Lonnie Wiram, 181IW/PA

HULMAN FIELD AIR NATIONAL GUARD, Ind. - Approximately 20 Airmen assigned to the 181st Intelligence Wing, 113th Air Support Operations Squadron, conducted combat water survival training at the Sports and Recreation Center located on the campus of Rose-Hulman Institute of Technology Feb. 6, 2016.

The training consisted of a blind push off a high diving board, falling in water wearing full equipment, a 25-meter swim with weapon, treading water for extended periods, and learning techniques for using the uniform as a flotation device.

The blind push simulated an unexpected water entry during a night combat patrol. Jumping in water with full equipment trained Airmen on how to ditch their gear so they can return to the surface. The 25-meter swim taught members how to swim but keep their weapon as dry as possible, and finally, members treaded water to learn different techniques and build endurance.

"This is a yearly event for the ASOS," said Lt. Col. Chris Snider, 113th ASOS commander.

"There is another part of this for our guys who do parachute ops," said Snider. "They will be in water with a parachute on top of them and they will have to swim out from under the parachute."

The ASOS trains to remain ready, reliable and relevant. This training optimizes what it means to be Racer Ready!



U.S. Air Force Airmen assigned to the Indiana Air National Guard, 181st Intelligence Wing, 113th Air Support Operation Squadron makes a splash capturing air in his uniform trousers to use them as a flotation device during their combat water survival training at the Sports and Recreation Center on the campus of Rose-Hulman Institute of Technology in Terre Haute Feb. 6, 2016. (U.S. Air National Guard photo by Senior Airman Lonnie Wiram)

Bleeding for a cause

by Airman 1st Class Kevin D. Schulze, 181IW/PA

HULMAN FIELD AIR NATIONAL GUARD BASE, Ind. (January 9, 2016) - The 181st Intelligence Wing and the Indiana Blood Center hosted a blood drive Jan. 9, 2016, at Hulman Field.

Sponsored by the 181st IW Junior Enlisted Counsel, the blood drives through the Indiana Blood Center help civilians in and around our community and state.

The blood donated here on base saves lives in Indiana, as well as some surrounding states, said Tech. Sgt. Rachel A. Husband a JEC representative.

"The blood helps the community, which is why we are fully behind supporting it," said Husband.

"The 17 units we collected will have an immediate impact on hospital patients both near and far. Without your recruitment efforts, Indiana Blood Center would not be able to collect the required number of units it needs to see every day to fill the needs of the hospitals we serve. Please know that with your donations life-giving surgeries will be performed, patients will receive cancer treatments and our emergency departments will have blood on the shelves to help give life or create more time and brighter futures," said Indiana Blood Center Coordinator Shelly Shearer.

With an opportunity to donate on base every other month, Airmen are able to donate often. These donations allow another way for Air National Guardsmen to protect and serve their community, state and nation.

The next blood drive is scheduled for May UTA.



Mr. Chad White, left, a phlebotomist with the Indiana Blood Center, cleans Staff Sgt. Brandon J. O'Hair, right, 181st Intelligence Wing, arm before preparing for his blood donation on Jan. 9, 2016. (U.S. Air National Guard photo by airman 1st Class Kevin D. Schulze)

Superintendents and staff from the Clay Community and South Vermillion School corporations, along with Union Hospital's Dr. Ken Crane and his wife Pam, toured the 181st Intelligence Wing's facilities. The Community Leaders Program provides a better understanding of the Wing's state and federal mission, and how the wing plays a vital role in our community. These community members received briefings from 181 IW Commander Col. Kip Clark, and visited operational mission areas such as the CERFP, intelligence, weather and ASOS. (U.S. Air National Guard photo by Senior Master Sgt. John S. Chapman)



Command Chief Master Sergeant of the Air National Guard James W. Hotaling spoke to enlisted Airmen during a visit to the 181st Intelligence Wing, Hulman Field, Ind., March 5, 2016. (U.S. Air National Guard photo by Senior Airman Lonnie Wiram)

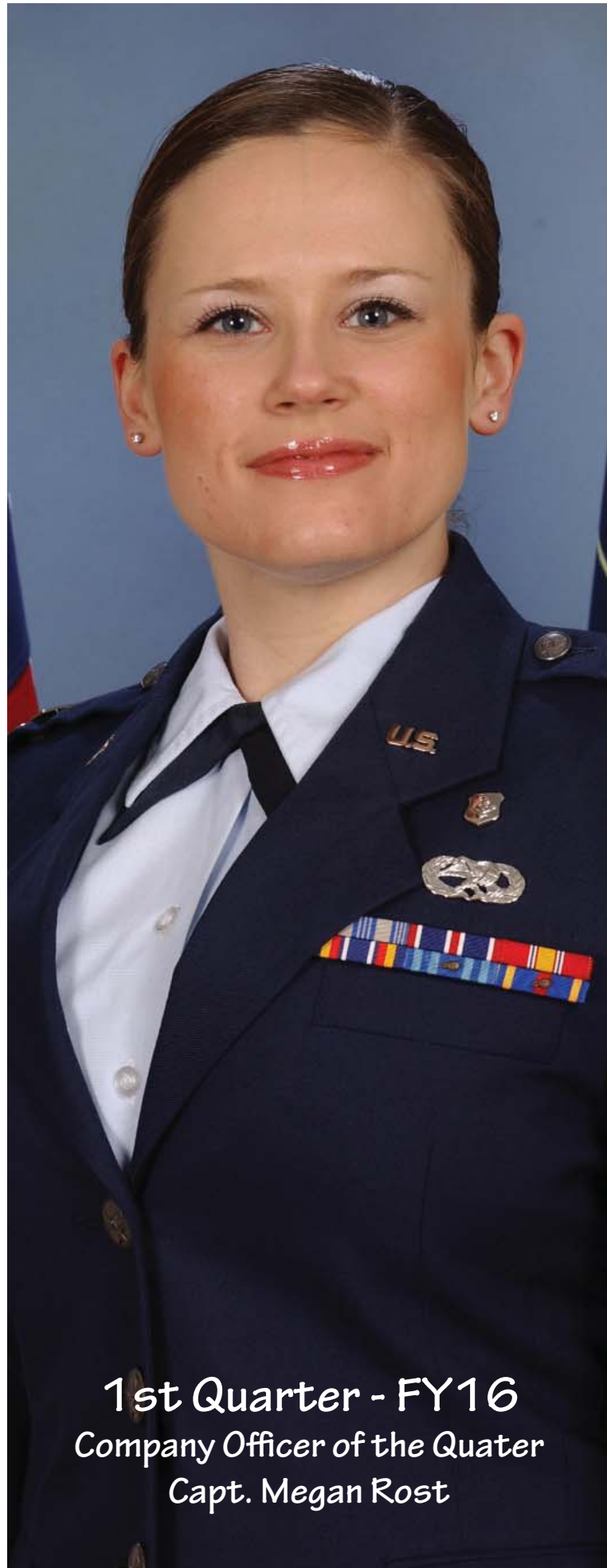


U.S. Air Force Airmen assigned to the Indiana Air National Guard, 181st Intelligence Wing, 113th Air Support Operation Squadron practice swimming using only one arm while wearing a load bearing equipment vest and holding a mock M-4 as part of their combat water survival training at the Sports and Recreation Center on the campus of Rose-Hulman Institute of Technology in Terre Haute Feb. 6, 2016. The 113th ASOS always train to remain ready, reliable and relevant. (U.S. Air National Guard photo by Senior Airman Lonnie Wiram)



U.S. Air Force Airmen from the 181st Intelligence Wing, CBRNE Enhanced Response Force Package (CERFP) train nursing students from Indiana State University in medical response prior to a mock medical emergency at the ISU Aviation Academy hangar Hulman Field Terre Haute, Ind. Mar. 5, 2016. (U.S. Air National Guard photo by Airman 1st Class Kevin D. Schulze)





1st Quarter - FY16
Company Officer of the Quarter
Capt. Megan Rost



1st Quarter - FY16
Senior NCO of the Quarter
SMSgt. Phil Archer



1st Quarter - FY16
NCO of the Quarter
TSgt. Nicholas Leis



1st Quarter - FY16
Airman of the Quarter
A1C Cody Devore



MISSION STATEMENT

Provide operationally ready, deliberately developed, and expertly led Airmen to support our Communities, State, and Nation.

VISION STATEMENT

181st Intelligence Wing – The 1st choice, providing innovative Airmen operating in multiple domains as the proven and enduring choice supporting our Communities, State and Nation. Always RACER READY!



GUIDING PRINCIPLES

- R** – Ready
- A** – Agile
- C** – Capable
- E** – Engaged
- R** – Resilient



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