

THE

180TH FIGHTER WING, OHIO AIR NATIONAL GUARD, TOLEDO, OH

STINGER

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Tech. Sgt. Jeremy Tussing, 180th Fighter Wing Aircrew Flight Equipment section, shows employers of Ohio National Guardsmen, the inside of a fighter pilot's helmet at the 180th Fighter Wing, Toledo, Ohio, July 18, 2012. Employers were nominated to participate in the in-depth tours of the 180FW and Camp Perry, for their outstanding support of Ohio National Guardsmen. The ESGR mission is to build and maintain positive relationships with employers of guard and reserve members. (U.S. Air Force photo by Senior Airman Amber Williams/Released)

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DEADLINE

Deadline for the next Stinger is the Wed. prior to the UTA @ 3 p.m. Hand deliver articles to the Public Affairs Office in Building 114 or e-mail: 180.stinger@ang.af.mil. For more information call ext. 4072 during the UTA.

ABOUT THE STINGER

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COMMANDER'S COMMENTS

THINK GLOBALLY...LEAD LOCALLY

OCTOBER IS NATIONAL ENERGY AWARENESS MONTH

This year's theme for the National Energy Awareness Campaign is very appropriate. When thinking about energy and energy conservation, most people tend to assume that saving money and the finances behind energy and increasing energy costs is what drives the conservation needs. While reducing spending in today's economic times is very important and has a major impact, it is really a small portion of the concerns associated with energy. Energy, in any form is a strategic need not only for our country's defense but also for our economy, our manufacturing and service capability, and the way of life we enjoy every day. Our ability to exert our national influence globally is vastly dependant on our need and use of energy.

From a strategic perspective the United States consumes over 25 percent of the world's energy use each year, while we only represent about 4.4 percent of the world's population. Our ability to manufacture products economically, exert our national influence globally and live our life style has huge energy implications. Today we pretty much have access to all of the world's energy reserves, however that may not be the case in the not too distant future. The concerns are that as the economies of other countries become stronger their needs to exert influence globally will increase as will their energy needs. As countries like India, China and Russia develop a middle-class within their societies, due to their current and future projected manufacturing and service provider capability, their need for global influence combined with their desire for a higher quality of life will increase. This, in turn, will drive up their energy consumption. As their energy consumption goes up, so will the global requirements for energy which will create competition for limited and dwindling resources.



Photo by: Senior Airman Amber Williams

Col. William K. Giezie
180th Mission Support Group Commander

Combined, China and India represent just under 40 percent of the world's population. As their societies continue to develop, their manufacturing will increase and their defense complex will expand. As this happens, they very easily may have the ability of needing energy reserves far in excess of what is currently available. If and when that happens, a nation's ability to be a global leader will not rely on how large a military it possesses or the size of its manufacturing industries, but rather it will depend on a country's ability to logistically support its industrial and military complexes with the energy it has access to.

In order to remain a viable and global nation, the United States needs to be able to maintain control over its' access to energy to make certain our ability to exist as a nation, have global influence, and enjoy a quality of life is maintained. To make certain our future is secure, the Federal Government and the Air Force have developed and a three tiered approach to energy security. The first tier is education of our citizens, Airmen and families by

teaching them what can and must be done to conserve energy and use alternate forms of energy. The second tier is to conserve the energy we do use by improving our operations and increasing the efficiency of the energy consumption. The third tier is to develop and expand the generation of renewable energy sources so we are not pulling from a limited resource but using our energy in a sustainable manner for generations to come.

Here at the 180th, we have been a leader in all three tiers of energy security. Several years ago, we began the process of educating our Airmen about the implications of energy on the wing's operations and future. This was done through annual energy awareness briefings, energy awareness month campaigns, annual Earth Day energy education tri-folds etc. When we started our energy awareness campaign in 2006, we asked all of our Airmen "to make energy a consideration in all that we do." We empowered our members to make changes and provide suggestions as to how to become better. It was amazing to see the ideas our members came up with, everything from removing certain vending machines to installing advanced control systems on compressors to limit time periods when they can operate. Our members developed better ideas for operating our unit vehicles, cut down on off base trips and tried to use the most efficient vehicles to complete the mission. Our pilots even developed procedures to conserve jet fuel use while flying on local training missions.

For the second tier of energy security, we have made many changes into how we conduct business and meet mission needs here at the 180th. We have a very aggressive wing instruction which governs how the base operates to conserve the energy we do use. We delay

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WHEN CALLED, WE RESPOND WITH READY UNITS: OHIO AIR NATIONAL GUARD MEMBERS ASSIST AFTER FATAL CRASH

by **Master Sgt. Beth Holliker**
Public Affairs

"When called, we respond with ready units to execute Federal, State and Community Missions." The official mission statement of the Ohio National Guard and a phrase that members of the Ohio Army and Air National Guard strive to live by. In the early evening hours of May 11, 2012, three Air National Guard members proved their readiness and responded even without being called.

Tech. Sgt. Jason Mims, a production recruiter at the 180th Fighter Wing and lead guitarist of his civilian band, "Stirred Not Shaken," along with drummer, Master Sgt. Jesse Ellis, a munitions systems specialist with the 180th and Master Sgt. Scott Waddle, who recently retired from the Air National Guard as a production recruiter, were in the middle of practice at the NCO club just outside the gates of the 180th Fighter Wing in Swanton, Ohio when they heard the sounds of a car horn and a crash almost instantly. After a quick look out of the window to confirm the sounds, the three Airmen and other civilian members of the band jumped into action.

"It wasn't a decision that was made," explained Mims. "It was an instinct to try to help."

As the 180th members and other first responders reached the scene, Waddle began traffic control as Mims extinguished fires and Ellis assessed injuries and damage while another first responder called 9-1-1.

Ellis determined that one of the motorists, Gregory Brenneman of Monclova Township, was conscious, stable and appeared to have suffered only minor cuts and bruises, but was trapped inside his vehicle. Ellis assigned another bystander to remain with Brenneman until emergency crews arrived.

The second motorist, Robert Ulrick of Grand Rapids, Ohio and son of retired 180th Fighter Wing Fire Chief, Dave Ulrick, was not conscious and did not have a detectable pulse. At the direction of the 9-1-1 operator, Mims and Ellis extracted Ulrick from his car and carried him to a safe location where Ellis began performing Cardiopulmonary Resuscitation until emergency services arrived.

Ellis agreed that there was no decision making that took place; describing that "it was an instant, initial reaction that I took as soon as I witnessed what had

just occurred."

Despite the extraordinary efforts of first responders and emergency crews, Ulrick was pronounced dead at the scene. Brenneman was considered to be in critical condition and airlifted to Toledo Hospital for treatment.

"Our 180th Fighter Wing Airmen are incredible Americans who serve at work, at home and in their communities," said Col. Steve Nordhaus, 180th Fighter Wing commander. "Their dedication to each other through our Wingman program and combat skill sets learned through military training make our Airmen ready to assist in war and peace, anywhere they are called or any situation they happen to come upon."

The ANG strives to ensure it produces the best and most highly trained personnel in the world, with a personal and professional readiness to respond to any situation, anytime, anywhere. Airmen continuously train and practice skills not only related to their specific job, but other lifesaving skills such as Self

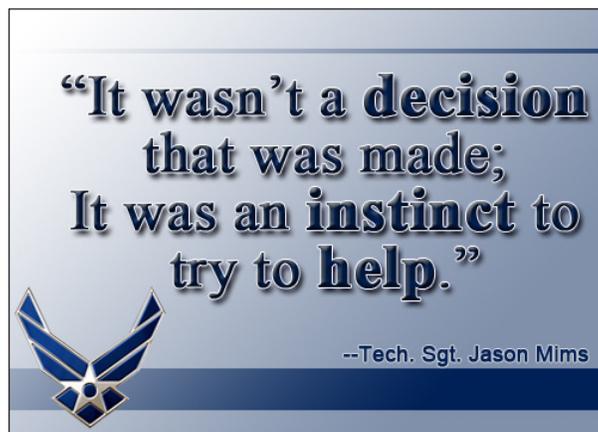
Aid and Buddy Care.

SABC training is a combination of hands-on and computer based training intended to provide basic first aid training to preserve life, limb and eyesight of fellow Airmen while preventing long term disabilities and enable wounded to survive until additional medical care is received. This training is required by all AF personnel every 24 months as a minimum.

"Jason and Jesse utilized their self aid and buddy care training without hesitation," said Waddle. "Their training was evident as they triaged and performed first aid and CPR until the paramedics arrived."

With their extensive training combined with the Air Force's core values, Wingman concept, Waddle, Ellis and Mims proved their preparedness and readiness to respond both on and off duty.

"We are committed to building and maintaining positive relationships with the communities surrounding the 180th Fighter Wing, as we are members of these communities," said Maj. Katherine Cherolis, who is assigned to the 180th Fighter Wing public affairs office. "Our members and their families are a major part of each community and we have a vested interest in the health of these communities and community members because we also live and work in these communities."



H.O.O.V.E.S. HELPS SERVICE MEMBERS AND VETERANS

by **Senior Airman William Winston**

180th Fighter Wing Public Affairs

Imagine trying to lead a 1,500 lb. Belgian horse through an obstacle course in an arena the size of a football field. Now, think about how you would accomplish this without touching or talking to the horse.

This was one of the challenges members of 180th leadership team faced when they participated in team-building exercises designed by H.O.O.V.E.S, a non-profit Equine-Assisted Psychotherapy program. EAP uses activities with horses to promote growth and learning.

H.O.O.V.E.S, Healing of Veterans through Equine-assisted Services, was started in January 2009 by Tech. Sgt. Amanda Thompson, a command support staff personnel technician assigned to the 112th Fighter Squadron at the 180th Fighter Wing, Ohio Air National Guard. She is also a certified equine specialist. "I always knew I wanted to help people," said Thompson. "In December 2008, I met a gentleman who spoke to me about EAP. I knew as soon as he told me about it that it was something that I wanted to do."

One goal of H.O.O.V.E.S. is to provide team-building and individual therapy sessions to service members, veterans and their families, at no cost.

"My strict rule is that no veteran will ever pay money out of pocket for the services provided by this program," said Thompson. The program can bill TRICARE insurance directly in some instances, but H.O.O.V.E.S. also holds fund raisers to support this objective.

Last fall, the 180th leadership team participated in a team-building session at a H.O.O.V.E.S. arena in Oregon, Ohio because most of the team was relatively new.

"To be honest, I didn't know what we were getting into until we showed up," said Chief Master Sgt. Tracy Troxel, 180th command chief. "Though, when we got there we found out that the session was tailored for us. There were leadership and team-building exercises because we were a new leadership team on base."

One of the team's activities, Thompson said, was to build a jump for the horses then lead them over the jump. The team had three minutes to plan how they would accomplish this task. While completing the

task, no one was allowed to talk and they were instructed not to touch the horses.

"The inability to use verbal communication made the activities challenging," said Col. William Giezie, 180th Mission Support Group commander. "There weren't harnesses on the horses so there wasn't anything to use to control the horses. Plus, they were very large horses, so it was a little intimidating working with them at first."

Thompson said the jump activity was designed to reveal a person's leadership style. An aggressive leader might be to chase the horses over the jump. Some people have tried to bribe the horses with food, while others have tried to lead

the horses by their example.

"We were responsible for figuring out what each horse responded to from a leadership prospective," said Troxel.

You learn, Giezie added, that just like with people, you aren't going to force a 1,500 lb. animal to do something.

"We figured out pretty quickly that if we did everything as a group then the horses wanted to naturally be a part of the group, part of the herd," said Giezie. "They followed along with us."

Also, Troxel said, they figured out ways to make a connection with the horses by using eye contact and hand signals. At first, it was tough for them because they didn't know the horses' personalities. But, after an hour or two, they were able to figure what each horse liked, and what they didn't like.

"It was really eye opening to see each individual's leadership styles," said Troxel, because leading horses was somewhat equivalent to leading people - both, depending on their personality, respond to different stimuli.

"The thing that amazed me about the leadership team was that at no point did anyone of those men try to force the horse over a jump," said Thompson. "When they realized that they built a jump too high they knocked it down a level. Furthermore, they took the jump and carried it to each horse and

guided the horse over it."

"All of the exercises allowed us to get to know one another and build confidence in one another," said

One goal of H.O.O.V.E.S. is to provide team-building and individual therapy sessions to service members, veterans and their families, at no cost.

H.O.O.V.E.S also offers individual therapy sessions for service members, and civilians, who may suffer from depression, post-traumatic stress disorder, addictions or mental health issues.

See H.O.O.V.E.S pg. 10

180TH SECURITY FORCES SQUADRON

by Senior Airman Amber Williams

Public Affairs Photographer

180th Fighter Wing Security Forces Airmen respond to a simulated active shooter in the headquarters building of the 180FW, Toledo, Ohio, August 23, 2012. Due to recent trends in random violence, the 180th Fighter Wing conducts "active shooter" exercises to maintain awareness and proficiency in responding to violent attacks.



'Hang 'em High' gives Airmen deployment experience

by Senior Airman William Winston

180th Fighter Wing Public Affairs

In August 2012, approximately 80 Airmen from the 180th Fighter Wing participated in a seven-day combat exercise called "Hang 'em High" in Great Falls, Montana.

"Our F-16s were flying with the 120 Fighter Wing Montana Air National Guard F-15s, and basically playing war," said Airman 1st Class Erin Brubaker, an airfield management operations coordinator at the 180th FW.

This exercise served as a team-building experience for the 180th while also providing unit members with the opportunity to gain a greater understanding of their jobs through combat scenarios.

Though, you can hear, feel, and even see the mission of the 180th each time one of the F-16s take off – you might not ever get a chance to see the jets push their limits during combat maneuvers, unless you deploy or go on temporary duty. This TDY provided Airmen with the possibility to watch the F-16s in action.

The aircraft carry special pods that transmit the jets movements to a big screen at the Montana ANG base, which allowed Airmen back on base the ability to watch the planes go head to head. "It was really awesome being able to watch that on the big screen," said Brubaker.

During the exercise, each group had to complete a variety of training. "While we were there, we did a 200-hour flight inspection," said Senior Airman Travis Dancer, a member of the 180th engine shop. "This training not only tested the pilots, but it also tested members from my group."

The exciting thing for him was knowing his work contributed to how fast the jets got up in the air, which in turn impacted how well the pilot did, Dancer explained.

Brubaker added that she didn't realize the significance of correct communication between airfield management and maintenance until there was a problem

with tracking the maintenance codes for the F-16s.

These codes are essential for each plane to receive the correct type of maintenance after a flight, especially in a fast-paced environment like, this training exercise. Solving this issue gave her a sense of personal accomplishment and it was quality experience that she took back to her home base.

Senior Airman Kendra Smith, a member of the 180th egress maintenance group, said she was able to be involved in repairs to the F-16 canopy that do not normally occur during her drill weekend because of the frequent use of the jets in Great Falls.

"This was valuable experience for my career field," said Smith.

Throughout this exercise, members of 180th had to adjust to being on a different base, working on a new flight line and depending on people that they don't normally work with during a drill weekend. Instead of causing division, Smith said, these challenges made the 180th more cohesive and they put the core value of service before self on full display.

A great example of service before self was demonstrated by Senior Master Sgt. Joy Chittum, Staff Sgt. Melissa Billau, Tech. Sgt. Edmund Poitinger and Master Sgt. John Madison, Smith continued. These 180th members went grocery shopping and prepared lunch so the rest of the unit didn't have to leave base during the duty day. The lunches included grilled hamburgers, brats and chicken, along with a side of pasta salad.

"It was a great experience because of the way that everyone treated one another," said Dancer. "Everyone was helpful and you could definitely tell it was a team effort."

Dancer added the maintenance group worked closely with their counterparts at the Montana ANG. The groups were able to share knowledge with one another on ways to improve the safety and the efficiency of

See HIGH pg. 10

Chaplain's Corner

by Chaplain Aaron Bayles

In October, we find ourselves in the midst of an exciting football season. It is a time of year is when fans experience with their favorite teams either the "thrill of victory" or the "agony of defeat." We want to experience victory in both football and life. In order to achieve victory in our personal lives we must constructed a strategy or a game plan and execute this plan.

We should take time to examine our lives on a regu-

lar basis. We must be honest with ourselves about our strengths, as well as our short comings. We should seek the advice of trusted friends, family, chaplains or counselors. This is the planning part of the game of life.

After we have examined ourselves, and sought solid advice, we must work to build on our strengths and overcome our faults and weaknesses. This can be a long process and it requires a great deal of patience. Of course, there will be setbacks but if we are successful we will experience the "thrill of victory."

PROMOTIONS

To Captain:

Joseph Baszynski, MXM
Andrew Hauber, FS

To Chief Master Sgt.:

Matthew Crow, OG

To Senior Master Sgt.:

Timothy Golden, MXS
Robert Vossen, OSF

Master Sgt.:

Jason Baker, AMXS
Joseph Carter, FW
Kristy Copic, CES
Bruce Hedrick, FW
Bobbi Korte, CES
Jeffrey Rosebrock, AMXS
Lewis Smith, LRS

To Tech Sgt.:

Eric Abraham, AMXS

To Tech. Sgt. (cont.):

David Gentile, AMXS
David Nicely, CES
Stephen Reddick, AMXS
William Sparks, LRS

To Staff Sgt.:

Melissa Billau, LRS
Dayna Ellis, CES
Patrick Martin, AMXS

To Senior Airman:

Christina Bruno, MG
Joshua Herriott, MXS
Brian Jennings, OSF
Zachary Shepard, MXS
William Winston, FW

To Airman 1st Class:

Benjamin Phelps, MXS
Christopher Cockrell, MXS

RETIREMENTS

August

Master Sgt. Tambra Lipper
Master Sgt. Chad Yorke
Tech. Sgt. Lance Dammeyer
Tech. Sgt. Matthew Hartley

October

Master Sgt. Denise Kelly

180TH COLLEGE GRADUATES

Master Sgt. Sherri McKibben

Bachelor of Education Dec. 2011

Master Sgt. Dane Stecovich

Bachelor of Arts Jun 1995

Bring in a copy of your transcripts and earn an hour off your UTA day and recognition in the Stinger! Col. Nordhaus has authorized an early release if you bring in a copy of your transcript or diploma to the BETM office and provide your supervisor a copy of your updated RIP. It does not have to be an official transcript for the time off, though official transcripts are still needed for a CCAF audit.

Please contact Command Chief Tracy Troxel at 419-868-4207 with any questions.

CDC 90% CLUB

Congratulations to the following individuals who passed their CDC end of course exam with a score of 90% or higher:

Name	CDC	Unit
Tech. Sgt. Matthew Haas	3S071N	FSS
Staff Sgt. Matthew Brown	0062W	CEF
Senior Airman Deana Dacone	2AX7XN	MXM
Senior Airman Corey Eubank	3M051N	MXA
Senior Airman Adam Ziehr	10062W	CEF

CCAF DEGREE COMPLETION

Congratulations to the following individuals who have successfully completed their respective CCAF degree. For more information on obtaining a CCAF degree, please contact the Force Development Office (ext. 4175, 4182 or 4344).

Name	CLEP Exam	Unit
Master Sgt. Daniel Campbell	Aviation Maintenance Sciences	180 MG
Master Sgt. Jesse Ellis	Munitions Systems Technology	180 MXS
Tech. Sgt. David Brown	Allied Health Sciences	180 MDG
Tech. Sgt. Kristen Crots	Information Systems Technology	180 FW
Tech. Sgt. Paul Dittman	Aircraft Armament Systems Technology	180 AMXS
Tech. Sgt. Levi Shadle	Emergency Management	180 FW
Staff Sgt. Daniel Dillon	Biomedical Equipment Technology	180 MDG
Staff Sgt. Dayna Ellis	Human Resource Management	180 CES
Staff Sgt. Andrew Florea	Logistics	180 LRS
Staff Sgt. Richard Hitch	Criminal Justice	180 SFS
Staff Sgt. Nathan McKarns	Criminal Justice	180 SFS
Staff Sgt. Madeline Ruyle	Restaurant, Hotel & Fitness Management	180 FSS
Staff Sgt. Ashley Schmidt	Logistics	180 LRS
Staff Sgt. Ashley Young	Dental Assistant	180 MDG

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when the heating systems are turned on each fall and we shut the systems down early in the spring. Our air conditioning systems don't come on until June and are shut down in early September. Even our parking lot lights are restricted as to when they can be operational, since there is no need to light parking lots when the base is closed. Our Civil Engineering staff has invested millions of dollars base-wide, installing solar reflective roofing systems, which reduce facility air condition loads; they have increased insulation, replaced doors and windows and installed weather stripping, which has improved our building envelopes while at the same time increased our facility's anti-terrorism and force protection capability; the boiler systems have been upgraded from units with 75-80 percent efficiency to units that now are pushing 97 percent efficiency ratings; our old hot water heaters have been replaced with instantaneous unit heaters that only operate when needed; our heating and air conditioning systems along with our exterior lighting systems are all operated by advanced control systems that allow the base to regulate usage based upon mission requirements; and all new facilities are designed and constructed to meet the high standards of the U.S. Green Buildings Council in order to achieve a Leadership in Energy and Environmental Design (LEED) Silver Certification at a minimum.

For the third tier of energy security, installations have the choice of either purchasing renewable energy from utility companies or generating energy from renewable systems on site. In the case of the 180th, we have been able to accomplish this goal through on site electrical generation. Most of our staff is aware of the large scale solar field since our fitness track circles around it. In addition to this system, the base also has smaller solar arrays located on the roofs of the base fire station, the Baker Building over top of the medical clinic, the new simulator building, on the CES vehicle storage building and the Environmental Operations Building. In addition to these systems, the base has just completed a sun tracking solar array near the main gate designed to offset electricity consumed by the new Munitions Storage Area. Together these systems have a maximum capacity of 1.6 megawatts or about 1.6 percent of the peak electrical generation capacity of the Davis Besse nuclear power plant located in Ottawa County. This system produces just less than 50 percent of the annual electric needs of the 180th FW. Not only does the 180th have one of the first operational solar arrays in the Air National Guard and one of the largest in the state of Ohio, but this system has been a prototype used to validate many forms of new technology. Most solar arrays or cells have typically been constructed of a silicon semiconductor, which is designed to operate in perfect sunlight conditions,

which is why most solar fields in the past have been constructed in desert environments. In the case of the 180th, most of our arrays are constructed from thin film technologies which allow us to harvest light in less than ideal conditions, similar to what is present in Northwestern Ohio. In fact, our solar field will produce electricity when the panels are covered by 6" of snow, although the electrical production is severely limited. As solar electricity has become more affordable the systems have become larger. Part of the 180th's main array was built as a test bed for utility scale systems

Today we are one of the top two most energy efficient ANG F-16 bases in the world. We have reduced our annual energy consumption by over 47 percent from 2003 to 2012 and reduced our annual utility budget by over \$300,000.

versus small micro systems. Due in part to our efforts and investment, new industries have been cultivated and developed proven technologies that we run laps around each UTA weekend.

In addition to renewable energy being used to support our facilities, the 180th has converted the entire Civil Engineering ground and lawn maintenance fleet from conventional petroleum fuels to bio-diesel and solar recharged electric vehicles. Also this past year the 180th teamed up with Wright-Patterson Labs to further the certification and testing of HRJ (hydrotreated renewable jet fuels) with the operation of the F-16 aircraft. These operations have opened up the door to using more domestically generated fuels with less dependence on foreign markets to support our future operations.

So what have all of these efforts produced? In 2003, the 180th FW was the third largest Air National Guard F-16 base consumer of electricity and natural gas worldwide. Today we are one of the top two most energy efficient ANG F-16 bases in the world. We have reduced our annual energy consumption by over 47 percent from 2003 to 2012 and reduced our annual utility budget by over \$300,000. Our energy education plan and wing energy instruction have been the standard for other base's and the technology we developed for solar electricity generation has been copied by other ANG installation in Ohio, Vermont and New York, not to mention several Ohio state agencies and the City of Toledo. Due to efforts at the 180th, the procurement of domestically produced bio-fuels for aviation use has become more of a reality. All of these efforts have made the wing more efficient in mission execution and more cost effective than other installations, which will go a long way to securing current and future missions. But more important than all of these accomplishments, we have demonstrated that we can become an energy independent operation which can secure our nation militarily and reduce our vulnerabilities and competition with other nations, thus allowing America to be in control of its' future destiny. In the case of energy, whether that is for facilities, ground fuels or aviation fuels, the local leadership of the 180th Fighter Wing has led to global thinking.

OPSEC Reminder

Do not send e-mails containing sensitive, or critical, information from a .mil address to a .com address. The information cannot be encrypted for protection from disclosure.

From H.O.O.V.E.S pg. 5

Troxel.

H.O.O.V.E.S also offers individual therapy sessions for service members, and civilians, who may suffer from depression, post-traumatic stress disorder, addictions or mental health issues.

In an individual session, Thompson said, a client goes through different ground exercises with the horses, like the team-building sessions. During these exercises, the horses mirror whatever is going on with the client because they are herd animals and they communicate through body language. If a client said that he was happy but his body language said that he was angry, then the horses would react as if they were angry - horses have a built-in lie detector test.

Also, Thompson said, anyone who attends a session with H.O.O.V.E.S. does not have to put their name down on any of the paper work because confidentiality is an integral part of the program.

"We always try to let clients come up with their own agendas," said Thompson. "We don't project anything that we are feeling or thinking about the session on them. It is strictly on the client to come to their own conclusions."

The ground activities, Thompson said, often turn into a metaphor for something that is going on in the client's life. For example, the jump activity can reveal to the client how they react to a co-worker or family member.

Troxel said that he could see this program being useful for veterans with PTSD because it could give these veterans tactics to overcome internal issues.

After his experience, Giezie added, he could see the benefits of working with horses to resolve mental, emotional or physical challenges because horses don't judge you like people do. Horses want to be appreci-

ated just like people do.

"We had a service member from the 180th sign up for our program who spent some time in Iraq," said Thompson. "He had symptoms of PTSD and he was not able to sleep at night. After he completed six sessions, he wrote me a testimony that brought tears to my eyes. After his first session, he had his first full night's sleep in three years."

Early on, Thompson said, she decided that if she could only help one person then all her work would be worth it.

"So far, we have never had anyone walk away or say that they haven't gotten something out of it," said Thompson.

H.O.O.V.E.S operates at indoor facilities in Grand Rapids, as well as Oregon, which allows the staff to conduct sessions year-around.

"H.O.O.V.E.S is an outstanding program and they do a lot more than team building and leadership development," said Troxel. "Abstract learning environments are often some of the best."

He added that the members of the 180th leadership team still talk about their experience because it really helped them to gel and learn how each team member responded to different leadership situations.

Thompson said, before she started her training in EAP, she knew horses were healing animals because she is a lifelong equestrian and saw the benefits in her own life. Now, her life's mission is to give this type of healing to other people.

"If you have someone like Amanda in there, who knows what she is doing, then there are an awful lot of uses for this type of therapy," said Giezie.

For more information about H.O.O.V.E.S., please visit www.hooves.us.

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their respective work processes.

"I love going on trips because I get the chance to see service members doing anything and everything to make the trip run smoothly," said Smith.

"Trips, in general, are an amazing opportunity to know where your strengths and weakness are as a base," said Brubaker. "You have to get out there and perform on a base that you are not familiar with and at a place you may not have ever been before. Then, you get a chance to see what exactly you lack and what

you excel at."

"This was the best trip that I have been on and this was a direct result of the group of people that went on it," said Smith. "There weren't any issues on the trip. Everything was very organized and everything went very smoothly."

"With it being my first trip, it made me definitely enjoyed being in military and being in the guard," said Dancer. "I would definitely recommend that if you ever get the chance to go on a TDY like this one then do it - it definitely well worth it."