



# The Flying Razorback

188th Wing Arkansas Air National Guard

Ebbing ANG Base, Fort Smith, Arkansas

September 2015

## Focus on the force

Arkansas Air Guard commander visits 188th Wing



*Student Flight preps for BMT 3*

*Howard takes command of 188th CES 2*

# Howard tabbed as new commander of 188th CES

By Senior Airman Cody Martin  
188th Wing Public Affairs

Maj. Micheal Howard assumed command of the 188th Civil Engineer Squadron during a formal change of command ceremony held here Aug. 1, 2015.

Col. Tenise Gardner, 188th Mission Support Group commander, presided over the ceremony and expressed what Howard's new job would entail.

"His job is to take an already phenomenal organization to the next level," Gardner stated. "I have full confidence that Maj. Howard will lead from the front, that he will do the right thing, and that he will act with integrity and [his Airmen] will grow under his command."

Howard joined the 188th CES in 1989 as an engineering assistant while still attending high school. Upon receiving multiple engineering degrees from the University of Arkansas in 1995 and 1998, he was commissioned as an officer in CE. His roles within CE include environmental engineer, readiness flight officer, engineering flight officer and base civil engineer before assuming command of the 188th CES.



Maj. Micheal Howard receives the 188th Civil Engineer Squadron guidon from Col. Tenise Gardner, 188th Mission Support Group commander, during a formal change of command ceremony held Aug. 1, 2015, at Ebbing Air National Guard Base, Fort Smith, Ark. Howard assumed command of the 188th CES which encompasses multiple career fields dedicated to basic engineer services that help maintain the installation. (U.S. Air National Guard photo by Senior Airman Cody Martin)

"I am excited for the opportunity," Howard said in regard to becoming the 188th CES commander. "I look forward to leading the squadron into the future. I see a lot of new young

Airmen entering the squadron and I want to have a positive impact on their lives and their careers."

Howard had wished to express a unique way of in-

forming what his goals were as commander by describing a multitude of instances in which the 188th CES has a history of showing hard work, commitment, a willingness to train and to learn, fitness of body, mind and spirit, as well as a positive attitude, insight into current events and forward thinking to look in the future for opportunities.

Howard spoke of its beginnings and transformations through the years, including creating a rapid engineer deployable heavy operational readiness squadron engineer (RED HORSE) training center, in addition to many training opportunities, deployments and humanitarian missions.

The many examples How-

Maj. Micheal Howard expresses his goals as the new commander of the 188th Civil Engineer Squadron at Ebbing Air National Guard Base, Fort Smith, Ark., during his assumption of command Aug. 1, 2015. In his speech, Howard stated his goals were to continue the tradition of excellence within CE. (U.S. Air National Guard photo by Senior Airman Cody Martin/Released)



# Ensuring Airman success: Student flight prepares recruits for basic training

By Tech. Sgt. Chauncey Reed  
188th Wing Public Affairs

The 188th Wing is committed to the success of its Airmen and this commitment starts in Student Flight, at the beginning of an Airman's career. Student Flight provides valuable knowledge so recruits are as prepared as possible when they step off the bus at basic military training.

Staff Sgt. Alicdes Silva, Student Flight cadre member, emphasizes success of the individual Airman through preparation.

"We want to give them the mental and physical preparation so they more than excel and become top graduates of their classes," said Silva. "Ensuring success for this Airman now makes the 188th stronger in the future."

Student Flight's curriculum is set up in a continuous six-month rotation with each month covering a specific topic. Some of the things they will learn are code of conduct, structure of the Air Force, financial management, rank structure, physical fitness and even the history of the 188th Wing. This weekend Student Flight had a strong focus on physical fitness, with each of the Airman taking a practice PT Test.

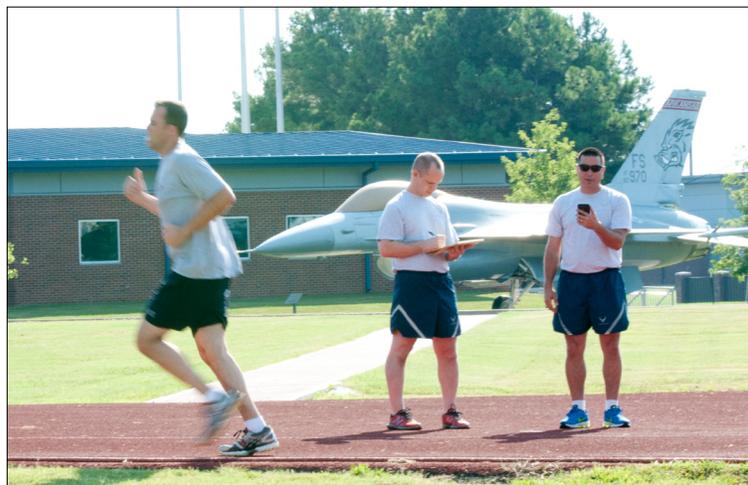
John Berryhill has been in student flight for six months and will be leaving for basic training next month. He says that Student Flight is an invaluable program.

"I have seen trainees leave and come back from basic talking about how much the knowledge they gained in student flight helped," said Berryhill. "It gives me confidence. I feel prepared and I feel like I'm part of a team I can be proud of. It's important to have pride in what you do, that's one of the reasons I joined."

Silva agreed that having pride in what you do is important and when asked if he would have a final message for trainees he said, "Have a sense of pride, you are doing something not just for yourself but for your country so others can live free and enjoy their freedom."



Airmen of the 188th Student Flight learn how to perform sit-ups according to the Air Force standard Aug. 2, 2015, at Ebbing Air National Guard Base, Fort Smith, Ark. These future Airmen will learn many skills in Student Flight to not only help them succeed but excel in their basic military training. (U.S. Air National Guard photo by Tech. Sgt. Chauncey Reed/Released)



Student Flight member John Berryhill works toward improving his one and a half mile run with the completion of another lap as Staff Sgt. Alicdes Silva (right) and Tech Sgt. Sean Lindsey (left) keep time Aug. 2, 2015 at Ebbing Air National Guard Base, Fort Smith, Ark. Student Flight works towards encouraging recruits to exceed their own expectations by pushing themselves to achieve more. (U.S. Air National Guard photo by Tech. Sgt. Chauncey Reed/Released)



The  
**Flying Razorback**

**Col. Bobbi Doorenbos,**  
188th Wing commander

**Col. Pete Gauger,**

188th Wing vice commander

**Chief Master Sgt. Stephen Bradley,**

188th Wing command chief master  
sergeant

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**ARKANSAS**

# Arkansas Air National Guard commander focuses on the force during 188th Wing visit



Brig. Gen. Kurt Vogel, commander of the Arkansas Air National Guard, speaks to Airmen during a newcomers orientation class held Aug. 1, 2015, at Ebbing Air National Guard Base, Ark. Vogel relayed the priorities of The Adjutant General, Maj. Gen. Mark Berry, and took time to interact with Airmen to learn about their jobs and impact on the new mission. (U.S. Air National Guard photo by Capt. Holli Nelson/Released)



Technical Sgt. Robert Ellis, Detachment 1 Joint Terminal Attack Controller liaison and evaluator, along with his Navy counterpart, calls for air support from an Army Black Hawk helicopter during a simulated training scenario at Razorback Range Det. 1 Aug. 1, 2015. Razorback Range is a key asset that provides unique, quality training opportunities for all branches of the military, special operations forces and aviation units on close-air support, combat search and rescue and also provides specialized training for units. (U.S. Air National Guard photo by Capt. Holli Nelson/Released)

Tech. Sgt. Robert Ellis, Detachment 1 Joint Terminal Attack Controller liaison and evaluator, along with his Navy counterpart, calls for air support from an Army Black Hawk helicopter during a simulated training scenario at Razorback Range Det. 1 Aug. 1, 2015. Razorback Range is a key asset that provides unique, quality training opportunities for all branches of the



Technical Sgt. Robert Ellis, 188th Wing Detachment 1 Joint Terminal Attack Controller liaison and evaluator, briefs Brig. Gen. Kurt Vogel, commander of the Arkansas Air National Guard, and Col. Bobbi Doorenbos, commander of the 188th Wing, on the outlined training scenario they will witness at Razorback Range Aug. 1, 2015. Razorback Range is a key asset that provides unique, quality training opportunities for all branches of the military, special operations forces and aviation units on close air support, combat search and rescue and also provides specialized training for units. (U.S. Air National Guard photo by Capt. Holli Nelson/Released)



Brig. Gen. Kurt Vogel, commander of the Arkansas Air National Guard, speaks to Airmen during a newcomers orientation class held Aug. 1, 2015 at Ebbing Air National Guard Base, Ark. Vogel relayed the priorities of The Adjutant General, Maj. Gen. Mark Berry, and took time to interact with Airmen to learn about their jobs and impact on the new mission. (U.S. Air National Guard photo by Capt. Holli Nelson/Released)

Maj. Doug Davis, commander of Razorback Range Detachment 1, briefs Brig. Gen. Kurt Vogel, commander of the Arkansas Air National Guard, on the capabilities of Razorback Range Det. 1 located at Fort Chaffee Maneuver Training Center, Ark., Aug. 1, 2015. Razorback Range is a key asset that provides unique, quality training opportunities for all branches of the military, special operations forces and aviation units on close-air support, combat search and rescue and also provides specialized training for units. (U.S. Air National Guard photo by Capt. Holli Nelson/Released)



Technical Sgt. Robert Ellis, Detachment 1 Joint Terminal Attack Controller liaison and evaluator, looks into the distance as an Army UH-60 Black Hawk helicopter performs a show of force flyover during a training simulation at Razorback Range Det. 1 Aug. 1, 2015. Ellis, along with his joint training partners in the Army and Navy, participated in a simulated training event demonstrating the unique capabilities of Razorback Range Det. 1 located at Fort Chaffee Maneuver Training Center, Ark. (U.S. Air National Guard photo by Capt. Holli Nelson/Released)



Tech. Sgt. Robert Ellis, Detachment 1 Joint Terminal Attack Controller liaison and evaluator, looks into the distance as an Army UH-60 Black Hawk helicopter performs a show of force flyover during a training simulation at Razorback Range Det. 1 Aug. 1, 2015. Ellis, along with his joint training partners in the Army and Navy, participated in a simulated training event demonstrating the unique capabilities of Razorback Range Det. 1 located at Fort Chaffee Maneuver Training Center, Ark. (U.S. Air National Guard photo by Capt. Holli Nelson/Released)

# 188th pursues diversity, inclusion throughout the wing

By Staff Sgt. Hannah Dickerson  
188th Wing Public Affairs

Throughout the past year, the 188th Wing has encountered many transformations that would affect the wing's history. On June 7, 2014, the unit bid farewell to the final two A-10C Thunderbolt II "Warthogs." This was the first time since the unit's inception that active aircraft would not be stationed on the ramp. Then, another milestone was achieved on Jan. 11, 2015, when the 188th Wing received its first female commander.

Since the conversion from a fighter wing to remotely piloted aircraft and intelligence, surveillance and reconnaissance mission sets, the 188th Wing has perused a variety of ways it can rebrand itself to reflect its current capabilities. To embrace the wing's recent changes, the 188th Equal Opportunity Office and human resource advisor are working together to complete a diversity and inclusion strategic plan for the 188th Wing.

"Diversity is who we are; the aggregate of our strengths, perspectives and capabilities. Inclusion is what we do; the collective behavior that creates the culture," said Chief Master Sgt. Kerry Mitchell, 188th human resource advisor.

The 188th Wing researched the demographics of Fort Smith, Arkansas, and the surrounding communities to provide the data necessary for this plan.

In order to expand the diversity of ideas,



Master Sgt. Josh Jones briefs Airmen on equal opportunity Aug. 1, 2015, during a newcomers briefing at Ebbing Air National Guard Base, Fort Smith, Ark. Equal opportunity is a program to assist in creating a positive working environment within the Air National Guard. Jones is the 188th Wing Equal Opportunity noncommissioned officer in charge. (U.S. Air National Guard photo by Staff Sgt. Hannah Dickerson/Released)

knowledge, experience and thought, the EO and HRA offices took a look at the holistic aspect of a person and are seeking ways to reflect the demographic information found in their research, not only with current members of the wing, but also with potential Air National Guard candidates.

"We are trying to increase recruiting efforts and reach out to schools where we know we have

underrepresented populations," said Maj. Danielle Wood, 188th EO director. "We are also striving to become more involved within the communities to broaden our outreach."

Recruiting a diverse workforce is the critical first step for the 188th's future, and ensuring each Airman is enabled to maximize their individual potential is the essential ingredient to an inclusive environment.

"My focus as the HRA is to pursue various ways to standardize the process of mentorship throughout the wing and to continue to analyze and address issues that present barriers to each member's success," Mitchell stated.

With the new mission, new standards are generated and the 188th is raising the bar requiring Airmen and applicants to be highly trained, skilled and experienced individuals.

"Because of the mission you are going to see a different type of Airman," Wood said. "You are going to see a more educated, diverse wing based on the fact that the demographics and requirements are changing."

The 188th Wing strategic diversity and inclusion plan is not finalized yet but will include realistic goals such as optimizing the wing diversity council and developing a diversity action team to look for answers to better recruit, retain and reach out to the community. The goal is also to develop a wing mentoring and counseling program and career development courses along with a leadership project initiative.



Master Sgt. Josh Jones briefs Airmen on equal opportunity Aug. 1, 2015, during a newcomers briefing at Ebbing Air National Guard Base, Fort Smith, Ark. Equal opportunity is a program to assist in creating a positive working environment within the Air National Guard. Jones is the 188th Wing Equal Opportunity noncommissioned officer in charge. (U.S. Air National Guard photo by Staff Sgt. Hannah Dickerson/Released)



## 188th showcases mission to Fort Smith Regional Council



Members of the Fort Smith Regional Council pose for a photo with Col. Bobbi Doorenbos, 188th Wing commander, at Ebbing Air National Guard Base, Fort Smith, Ark., Aug. 6, 2015. Members of the 188th provided the FSRC with a mission briefing and an update on the wing's on-going mission conversion, which is the most complex in unit history. The FSRC is a group of business leaders which "provides leadership in improving economic growth, prosperity, and the quality of life in our community. The FSRC identifies, develops and supports projects and policies that will have significant long-term positive economic impact on the Fort Smith Region." The primary objective of the meeting was to inform local business leaders what new skillsets are included in the 188th's new intelligence, surveillance and reconnaissance, targeting and remotely piloted aircraft missions. The goal was to connect area businesses with 188th drill status members looking for full-time employment opportunities in the River Valley region in order to help retain members in the wing and to provide local businesses with highly trained employees who embrace the Air Force Core Values of integrity, service before self and excellence in all they do. (U.S. Air National Guard photo by Maj. Heath Allen/Released)

## Wingman Olympics, Family Day, youth programs: Foundation for camaraderie and teamwork

What do the Wingman Olympics, Family Day and the River Valley Youth Programs have in common? These are events that were created through the 188th Integrated Delivery System. The

IDS is a wing committee that analyzes the climate survey and creates action plans to implement positive changes on base. In order to assist senior leaders with ideas to improve the morale and welfare of Air-

men and their families, the IDS makes recommendations for a healthy work and training atmosphere within the wing. The IDS meets at least semi-annually and supports the 188th Wing activities by assessing, identifying and prioritizing wing concerns.

The next meeting will be held on Saturday, Sept. 19, 2015, in building 210 at 1 p.m., and Airmen are welcome to attend the IDS meeting as a guest. A calendar invitation has already been sent out to the representatives required to attend. Feedback is important, so please join the IDS team for this meeting. All ranks, key volunteers, officers and enlisted are welcome.

For more information, please contact Molly McHenry, DPH, at 479 573-5742.



# Integrated Delivery System

# The Flying Razorback member spotlight

## Tech. Sgt. Katie Higginbotham



**Hometown:** North Little Rock, Ark.  
**Job title:** Production recruiter  
**Education:** University of Central Arkansas bachelor's degree  
**Hobbies:** Soccer mom of six, organizing everything, cooking  
**Favorite TV show:** "The Walking Dead"  
**Favorite actor/actress:** Tiffany Amber Theissen  
**Favorite animal:** Kangaroo  
**Favorite comedian:** Rodney Carington  
**Favorite movie:** "Goonies" and "Grease"  
**Favorite restaurant:** Anything Italian  
**Favorite soft drink:** Diet Dr. Pepper with vanilla  
**Favorite foods:** Italian  
**Favorite book:** "Love you forever" children's book by Robert Munsch  
**Favorite song:** "Where the Green Grass Grows" by Tim McGraw  
**Favorite singer:** My first concert I ever went to was Billy Ray Cyrus. My dad took me and I thought it was the coolest thing ever!  
**Favorite word or phrase:** My grandmother who is 93 has always said, "This too shall pass," and I faithfully believe that.  
**Favorite super hero:** Spiderman  
**Favorite U.S. President:** John F. Kennedy for a famous quote I love, "Ask not what your country can do for you, ask what you can do for your country."  
**Favorite historical figure:** Helen Keller  
**My worst job ever:** Working in a mall selling nuts and candy  
**My dream shopping spree:** Target  
**Place I'd most like to visit:** Australia  
**Favorite cartoon character:** Betty Boop



Tech. Sgt. Katie Higginbotham, Arkansas Air National Guard production recruiter, joined the 188th Wing recruiting office on July 22, 2015. Higginbotham has been selected for the September 2015 The Flying Razorback spotlight. (U.S. Air National Guard photo by Staff Sgt. Hannah Dickerson/Released)

**Favorite automobile:** Land Rover  
**My first car was:** Eclipse  
**My worst habit:** Eating cereal at night  
**My pet peeves:** Nail biting  
**I am proudest of:** My family's support of one another on every avenue of life  
**What scares me the most:** Losing someone I love  
**The person I admire most:** My father. He has always been there for me and my six children in every stage of our lives.

He is an amazing Christian man and loves spending time teaching his grandchildren life skills and how to have fun.

**The best day of my life:** I have had so many! God has blessed me with six amazing children and an amazing husband.

**Favorite moment at the 188th:** I just joined the recruiting team here at the 188th in July. I'm looking forward to many years of comradery!



# Congressional staffers visit 188th



MQ-9 Reaper pilot and sensor operators with the 184th Attack Squadron showcase the Predator Reaper Integrated Mission Environment simulator to members of U.S. Rep. Steve Womack's (R-Rogers) staff Aug. 14, 2015. Five members of Womack's local and Washington D.C. team toured the 188th Wing. During this tour, they also received a mission briefing and tour of new 188th facilities as well as a demonstration of the RAZORBACK PAD, a 123rd Intelligence Squadron domestic operations asset. Womack's staff also participated in an aerial tour on a UH-60 Black Hawk with the Arkansas Army National Guard's 77th Theater Aviation Brigade. The objective of the aerial tour was to view assets at Fort Chaffee Joint Maneuver Training Center and 188th Detachment 1 Razorback Range. (U.S. Air National Guard photo by Maj. Heath Allen/Released)

Aviation Brigade. The objective of the aerial tour was to view assets at Fort Chaffee Joint Maneuver Training Center and 188th Detachment 1 Razorback Range. (U.S. Air National Guard photo by Maj. Heath Allen/Released)

Five members of U.S. Rep. Steve Womack's (R-Rogers) local and Washington D.C. staff toured the 188th Wing and Fort Chaffee Maneuver Training Center Aug. 14, 2015. The group received briefs on the two installations' combined capabilities to provide superior training environments and also participated in an aerial tour on a UH-60 Black Hawk with the Arkansas Army National Guard's 77th Theater Aviation Brigade. The objective of the aerial tour was to view assets at Fort Chaffee Joint Maneuver Training Center and 188th Detachment 1 Razorback Range. (U.S. Air National Guard photo by Tech. Sgt. Chauncey Reed/Released)



# 188th Wing promotions

To Chief Master Sergeant  
Steven Frey



To Senior Master Sergeant  
Michael Kolb



To Master Sergeant  
Jeffery Ames



To Technical Sergeant  
David Elam



To Staff Sergeant  
Richard Green  
Robert Payne  
William Martin



To Senior Airman  
Michael Rockford  
Ashley Wankowski



## 188th Sexual Assault Prevention and Response Office

### Sexual Assault Response Coordinator

Maj. Heath Allen: 479-573-5221 or 479-719-6667

### Victim advocates

Capt. Lance Griffith: 479-573-5126

Capt. Scott Anderson: 501-987-5808

Capt. Holli Nelson: 479-573-5170

Senior Master Sgt. Michell Mashburn: 501-987-7480

### Joint Force Headquarters SARC

Jessica Hamilton: 501-212-4225



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## Back to school: Doorenbos addresses Greenwood school teachers

By Tech Sgt. Chauncey Reed  
188th Wing Public Affairs

As summer winds to an end and school starts back up the Greenwood school district hosted a day of inspiration for their teachers Aug 13. The full day of activities included events such as former students providing musical performances, a lunch banquet with door prizes and other events to start the school year off on a positive note.

At the banquet, Col. Bobbi Doorenbos, 188th Wing commander, was the guest speaker and thanked all the teachers for their dedication and passion. She talked about their positive influence in young people's lives and ensured them that everything they do is very important to our community and our country's future.

"Teachers are one of our most valuable resources. They shape the future of our nation. Every day teachers have the potential to



Col. Bobbi Doorenbos, 188th Wing commander, addresses Greenwood school teachers Aug. 13, 2015, at the high school in Greenwood, Ark. Doorenbos was invited to speak to teachers at Greenwood schools as a part of their day of inspiration prior to school starting. She thanked all the teachers for their dedication and passion, and talked about their positive influence in young people's lives and the community. (U.S. Air National Guard photo by Tech. Sgt. Chauncey Reed/Released)

inspire our children to reach beyond their limitations and achieve more than they could imagine. In the history of any great scientist or

any great artist you will find great teachers that inspired them to achieve," Doorenbos said. "I have a great appreciation for the won-

derful work teachers do."

This event gave the 188th Wing a chance to give back to a community that provides so much support. The 188th has a long history in Fort Smith and the outlying areas, and it is important that these communities know the 188th is there to support them.

"I grew up here, and the 188th has always been a flag ship for our community. People we look up to, people that are always there to help are engrained in the 188thWing," said Suzy Wilson, Assistant Superintendent of Greenwood schools. "They are a part of our life and something we have always been proud of. When we thought of this first day back to school we thought there would be no one better to inspire our teachers and to bring forethought to the community that we need to work together."

Refreshed and inspired teachers welcome students back on Aug. 17 to kick off a new school year filled with knowledge and learning at Greenwood schools.



Col. Bobbi Doorenbos, 188th Wing commander, addresses Greenwood school teachers Aug. 13, 2015, at the high school in Greenwood, Ark. Doorenbos was invited to speak to teachers at Greenwood schools as a part of their day of inspiration prior to school starting. She thanked all the teachers for their dedication and passion, and talked about their positive influence in young people's lives and the community. (U.S. Air National Guard photo by Tech. Sgt. Chauncey Reed/Released)

**188th CES**  
 Continued from Page 2

ard gave showed that his expectations are to continue the tradition of excellence through hard work, commitment and the ability to learn and grow.

"We have always had a terrific work ethic within CE, an attitude that leads to always getting the mission accomplished," Howard expressed. "My goals are simply to continue the tradition of excellence that CE has had in the past while looking forward to new challenges in the future."



Maj. Micheal Howard greets those in attendance at the formal change of command ceremony held Aug. 1, 2015 at Ebbing Air National Guard Base, Fort Smith, Ark. Howard assumed command of the 188th CES which encompasses multiple career fields dedicated to basic engineer services that help maintain the installation. (U.S. Air National Guard photo by Senior Airman Cody Martin)

# Fort Smith school system's Gooden, Haver receive ESGR Patriot Award



From left: Mr. Wayne Haver, principal of Southside High School, Dr. Benny Gooden, superintendent of Fort Smith school system, and Capt. Steve Arnold pose for a photo at Ramsey Junior High School July 31, 2015, during a faculty luncheon. Arnold nominated Gooden and Haver for the Employer Support of the Guard and Reserve Patriot Award to thank them for their support during his absence in the 2014 fall semester while he went through 10 weeks of training for the Arkansas Air National Guard. The Patriot Award seeks to honor individual supervisors who support citizen warriors through a range of measures including flexible schedules, time off for training and deployments, caring for families and leave of absences if necessary. Arnold is a 188th Force Support Squadron personnel officer. (U.S. Air National Guard photo by Staff Sgt. Hannah Dickerson/Released)



Col. Tenise Gardner, 188th Mission Support Group commander, presents Mr. Wayne Haver, Southside High School principal, with an Employer Support of the Guard and Reserve Patriot Award, July 31, 2015, during a faculty luncheon at Ramsey Junior High School, Fort Smith, Ark. The Patriot Award seeks to honor individual supervisors who support citizen warriors through a range of measures including flexible schedules, time off for training and deployments, caring for families and leave of absences if necessary. (U.S. Air National Guard photo by Hannah Dickerson/Released)

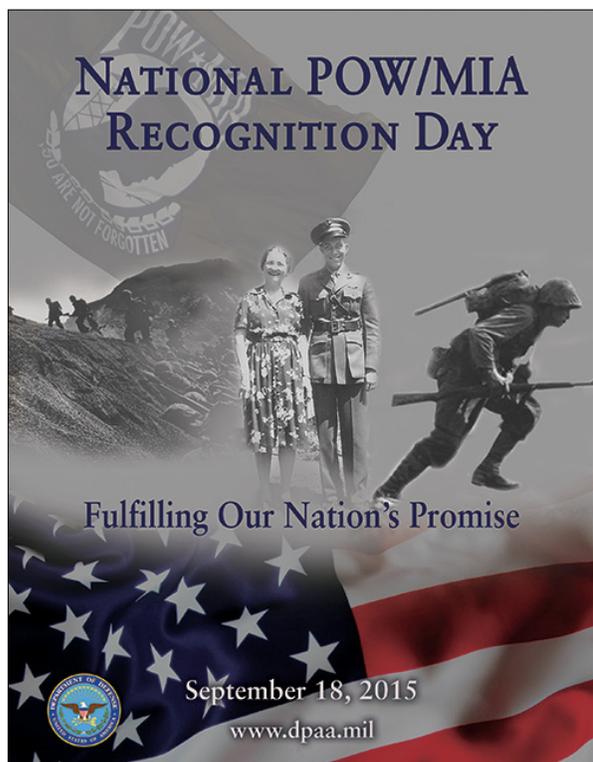


Dr. Benny Gooden, superintendent of Fort Smith school system, is presented with an Employer Support of the Guard and Reserve Patriot Award, July 31, 2015, during a faculty luncheon at Ramsey Junior High School, Fort Smith, Ark. Col Bobbi Doorenbos, 188th Wing commander, attended they presentation and thanked the administration for the support they provide. The Patriot Award seeks to honor individual supervisors who support citizen warriors through a range of measures including flexible schedules, time off for training and deployments, caring for families and leave of absences if necessary. (U.S. Air National Guard photo by Hannah Dickerson/Released)

To nominate your employer visit

<http://www.esgr.mil/Service-Members-Family/Nominate-your-Employer.aspx>





# Find help along the way

Commentary by Maj. Shane Pair  
188th Wing Chaplain

Like most of you, I have a job outside of the military. I am a pastor of a church. I have been in ministry for 31 years now, which is longer than many of you have been alive. What this means is that I am old and I get it. However, there is something that I have learned in my life and that is that stuff happens. Not all of it is good and not all of it bad. I have learned that not all that happens, good or bad, is a result of what we do. Sometimes what happens to us is a result of the choices others around us make. There are times those around us make choices and they can affect us negatively or positively depending on the situation, so what are we to do with this?



It's important to always remember you cannot control what another person does; all you have control over is what you do and how you react. Far too often we feel like we are in control of everything and we simply aren't. When we feel we aren't in control and things don't turn out the way we imagine them, we can become discouraged, distressed, angry, depressed and even suicidal. All of these things are a direct result of feeling hopeless, helpless or out of control. When this happens we often hear people say things like, "all you need is a little more faith; go to church; get over it; quit dwelling on it; snap out of it"; and the list goes on and on. These are all well-meaning statements by people who really care, but the reality is none of them work. You can be a person of faith, but if you don't have keys to address the stuff of life, it can overcome you.

I was reading a story in 1 Kings 19:1-15 about a guy by the name of Elijah. He had just experienced a great victory in his life as he stood up for God, yet Queen Jezebel promises to kill him for defeating her prophets. Elijah gets scared and runs for miles until he finally stops under a broom tree, so depleted and exhausted that he wants his life to end. As one reads this story, there were a few things we can learn to remain resilient.

First, if we are going to handle the stuff of life, good and bad, while remaining at the top of our game, we have to ensure we are getting enough rest and sleep. (1 Kings

19:6-8) Sleeping and resting are critical to our body's recovery, as well as our mind and soul. As important as it is to push our bodies physically, without the right amount of rest your muscles will begin shutting down and not perform. The same thing happens to us mentally and emotionally. We simply must rest. Even God, whom I believe created all life and sustains all life, rested on the seventh day after all he created (Geneses 2:2). We are no better than God, so to remain resilient and rest.

Next, you have to verbally express what is going on (1 Kings 19:10). Good stress and bad stress can have the same effect on your body, so it is important to talk to someone about what is going on and think about the impact it is having on you. It would be wonderful if we all could see everything from every perspective, but we can't. Please talk to your spouse, friend, co-worker, or significant other – whomever you spend the most time with.

Finally, you have to be obedient to your core values, the core self. This may be carried out through your faith involving a faith community or it may come from being with people who are like you and share your same interest and values. We all need someone to keep us in check. We all need someone to encourage us in the journey of life (1 Kings 19:11-15). For me, my church and my family help keep me in check. At the core of my being I am a Christian who chooses to follow the teachings and ways of Jesus and there are times I need encouragement along the way. The greatest problem for me is that at times I don't want anyone to think I'm weak, so I have tried to keep it all in; however, I have found real strength comes when I get real and let others in on the stuff of my life.

Stuff happens and we weren't created to handle it on our own. I hope you will increase your resiliency by getting rest, finding someone to share your stuff with and by being obedient to your core values. Stuff happens, we need others and others need us. Please honor someone by trusting them with the stuff of life. Know, as always, I am humbled and blessed to serve you and I am here to assist you in any way.

## 'Ask the commander' now available

Do you have a question or concern you would like addressed? Whether it's a quirky question about the history of the base, a simple inquiry about how certain processes are accomplished or a serious concern about an issue of importance to you, there's a new communication tool to help address those questions and concerns. It's called "Ask the Commander" and it's a way for 188th Airmen and their families to communicate with 188th leadership about issues that impact them individually as well as the wing. Individuals seeking information or to have their problems or issues addressed can e-mail [188wg\\_askthecommander@ang.af.mil](mailto:188wg_askthecommander@ang.af.mil).

Leadership will do their best to address each issue in a timely manner. Answers to issues that have a basewide impact will be considered for publication in The Flying Razorback as well as the 188th Facebook page and website.





## Patriot Exercise: 188th Medical Group gets valuable experience

By Tech Sgt. Chauncey Reed  
188th Wing Public Affairs

CAMP DOUGLAS, Wis. – The 188th Medical Group spent a week working to further develop their ability to support domestic disaster relief at the Patriot Exercise in Camp Douglas, Wis., July 18-15, 2015. The exercise included more than 1,300 National Guard members from 33 states as well as numerous state and local public safety personnel from agencies like the Wisconsin Department of Emergency Management and the American Red Cross.

The Patriot Exercise is designed to be a realistic scenario that presents real world challenges require Guard and civil agency members to work together in assessing situations, developing solutions and then putting them into practice.

"The big picture here is military and civilian authorities working together in a crisis or, a natural disaster and helping the community as a team," said Maj. Bridgette Scott, 188th Medical Group administrative officer. "This was a great opportunity not only to gain experience in our professional field, but more importantly, a chance to learn how the civilian agencies do things and how we can work together."

The 188th Bioenvironmental Engineer team played a vital role in sight selection for the ideal location with resources to support relief such as an Expeditionary Medical Support facility to treat patients, and water purification systems to provide clean drinking water.

"The coolest aspect of this exercise was the overall realism that was put into it," said Tech Sgt. Timothy Booth, 188th Bioenvironmental non-commissioned officer in charge. "From establishing facilities to treating patients, everyone had to perform each step along the way as they

would in a real world situation. Real-world patient treatment involving all agencies, both military and civilian, was a great learning experience. It will get you 10 times further than a text book or a slideshow."

In preparation for water purification, the 188th BEE team had to identify and evaluate potential water sources for long-term sustainment. They evaluated where the water originates from, the volume of the water source, and how much water the source can provide without affecting its natural ability to replenish

At the 2015 Patriot Exercise the 188th MDG deployed command and control, a nursing package, and a Preventative Aerospace Medicine (PAM) team. These personnel participated in everything from setting up facilities to treatment of patients to bio-hazard response.

The entire event was concentrated to enhance the understanding of coordination between military and local, state and federal organizations to ensure the best possible response for communities in need.



Members of the 188th Medical Group build an Expeditionary Medical Support (EMEDS) +10 tent during the Patriot Exercise held July 18 through 25 in Camp Douglas, Wis. EMEDS facilities were used during the exercise to house and treat victims of a simulated natural disaster. EMEDS is a full service medical facility and team that can be deployed any location requiring assistance. The exercise is designed to prepare military and civilian agencies to work together in the instance of a real natural disaster. (Courtesy photo)

## September is suicide prevention and response month

National Suicide Prevention lifeline: 1-800-273-8255

<http://www.suicidepreventionlifeline.org/>



**SUICIDE PREVENTION**  
CARING FOR AMERICA'S AIRMEN



# Flying Razorback Flashback

*Remembering the history of the 188th Wing  
from the Public Affairs photography archive*



Members of the 184th Tactical Reconnaissance Squadron stand in formation, July 1954, while attending the unit's first summer camp in Gulfport, Miss. It was during the two weeks of training that the 184th TRS began a tradition of working hard and accomplishing the mission. (Courtesy photo)

## Citizen Airman Dining Facility menu



### Saturday, September 19

Barbecue, cole slaw, macaroni salad, peach crisp, Texas toast, ice cream, coffee, tea and milk

### Sunday, September 20

Steak, salmon, shrimp, baked potato, whole kernel corn, green beans, Texas toast, chocolate and tapioca pudding with cool whip, ice cream, coffee, tea and milk

### Short order line both days

Hamburger, cheeseburger, hot dog, chili dog, baked beans, chips, salad bar and tuna salad

**NOTE:** Civilians and family members are not permitted to eat in the Citizen Airman Dining Facility. The one exception is the annual holiday meal.