



Volume X

132d Fighter Wing, Des Moines, IA

December 2009

# The Intake

## FORCE PROTECTION

### Enhanced security

**By Mr. David Noble**

132 FW Antiterrorism Officer



Some of you may have noticed a new addition to our Force Protection Team. Security Forces has partnered with the Des Moines Police Department/K-9 unit to provide an added layer of deterrence for this installation. This new K-9 addition will be aggressively utilized in a variety of situations to include random vehicle inspections at the installation's access control points for



all personnel; you may see the officer and their canine conducting a walk through in and around various areas on the installation itself, such as parking lots, perimeter fence lines, and construction areas. This integral part of the overall Force Protection program will be a valuable deterrent to any potential adversaries' intent on causing harm to our Airmen.

This new capability will allow Security Forces to meet the requirements mandated for deploying personnel via commercial airlift leaving from the base. This was evident during the recent AEF Deployment processing conducted during the NOV UTA.

DMPD Officer Chris Mahlstadt and his K-9 partner Ives, a 6 year old Black Labrador retriever; with national certification and training through the

Alcohol Tobacco and Firearms (ATF) were a new addition to the processing line. Their responsibility was to screen baggage prior to loading; no different than if you were to depart from the Des Moines IAP terminal.

We live in a dangerous world. There are adversaries intent on doing us harm so we must take every step necessary to protect the most valuable resource on the base: Airmen. Force Protection is every ones responsibility; do your part to help protect the men and women of the 132<sup>nd</sup> Fighter Wing by continued day-to-day awareness of possible threats.

## Upcoming Drill

### Dates

	UTA	SUTA
DEC	5,6	12,13
JAN	23,24	--
FEB	6,7	20-21

## Wing Leadership

**Wing Commander**  
Col. Mark D. Hammond

**Vice Commander**  
Col. William D. DeHaes

**Maintenance Group Commander**  
Col. Randy E. Greenwood

**Medical Group Commander**  
Col. James H. Bartlett

**Mission Support Group Commander**  
Col. Jennifer L. Walter

**Operations Group Commander**  
Lt. Col. Kevin J. Heer

**Command Chief Master Sergeant**  
Chief Master Sgt. Ed Schellhase Jr.

### The Intake

is a funded Class II Air Force newspaper published prior to scheduled unit training assemblies of the 132d Fighter Wing, Iowa Air National Guard, Des Moines, Iowa. Opinions expressed in this newspaper do not necessarily represent those of the United States Air Force or the State of Iowa.

### 132FW Editorial Staff

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**Deadline for submissions for next month's issue is the Friday prior to the UTA.**



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## Information overload

By **Chief Master Sgt. Ed Schellhase**

*132d Fighter Wing Command Chief*

Computers make our job easier. Right..! In some aspects that is true and there is no argument the technology available to us has had a tremendous impact on our lives and our jobs, but not all of it positive. One of the results of our technology age is "information overload (IO)". That can be in the form of junk mail in our postal mail box to unsolicited emails (SPAM) we receive on a daily basis. IO is caused by simply too much information, so much so that you cannot understand it, you can't find what you need, you can't access what you need, and you cannot sort the good from the bad. IO affects each of us differently and is something we need to deal with.

There are many facets to IO, more than can be addressed here, so let's focus on how this impacts our Airmen. As leaders we need to help our Airmen get the information they need to do the mission and succeed in the Air Guard without overloading them or ourselves. It's important to stay informed, yet not drown in the process – the ol' taking a drink from a fire hose syndrome.

One method you might consider to help manage your information flow yet stay informed is leveraging information "pull" and "push". Searching the Internet, vMPF, AF Portal, vPC-GR and various web sites are examples of information "pull". You initiate the process and "pull" what you need. This has become the trend, but you have to remember to do it. You control it, but pulling information can still result in IO. Search engines are great and usually work very well, but sometimes trying to find what you are looking for on the Internet or SharePoint can be very frustrating.

Subscribing to various information "push" sources is another way to stay informed, but if not managed can definitely cause self-inflicted IO. An example of a "push" is junk mail. Someone is "pushing" this information to you, whether you asked for it or not. You can subscribe to information "push" sources to stay informed and you control which ones you subscribe. Here are some examples of "push" sources that may help you keep your Airmen informed on what's happening in your Air Force and manage "information overload": Manage all your Air Force subscriptions from one location: <http://www.af.mil/subscribe>. AIM Points: <http://aimpoints.hq.af.mil/index.cfm>. Air Force Association Online: <http://www.airforce-magazine.com>. Defense LINK: <http://www.defenselink.mil>. Early Bird: <http://ebird.osd.mil>. Military.com: <http://www.military.com>.

## Officer selection board

**Major Trenton N. Twedt**

*132 Force Support Squadron Commander*

There will be an officer selection board held on 7 February 2010 (Sunday of UTA). Any personnel interested in becoming an officer are encouraged to apply. All applicants will follow the attached guidance (132 FWI 36-3) to apply. Caveats to the attached FWI: 1.) Reference paragraph 4: Board packages are due to the 132 FSS (attn: Maj Twedt) no later than 1500 hours on 24 January 2010 (January MUTA). Late or incomplete packages will not be accepted. 2.) Packages must have a letter of endorsement from the applicant's commander or previous commander for those already commissioned but seeking a position with the 132nd Fighter Wing. 3.) Applicants must have a current passing physical fitness assessment to apply Packages must include this assessment. 4.) College transcripts (If legible, copies of original transcripts are acceptable.) 5.) Uniform for the board is Service Dress Members who are selected to meet the board will be notified of their board time and location prior to the February UTA. If you have any questions regarding the application process please contact me.

# HEALTH

THE MISSION OF THE UNITED STATES AIR FORCE IS TO FLY, FIGHT AND WIN...IN AIR, SPACE AND CYBERSPACE

## INFLUENZA FACTS

- H1N1 influenza virus is a new strain of influenza virus, first recognized in April 2009.
- People may be contagious from 1 day before they develop symptoms to up to 7 days after they get sick
- Most people who have been infected have recovered without needing medical treatment

## NOVEL INFLUENZA A (H1N1) RESOURCES

- CDC H1N1 Website <http://www.cdc.gov/h1n1flu/>
- U.S. Department of Health and Human Services website for flu <http://www.flu.gov/>
- DoD website <http://fhp.osd.mil/aiWatchboard/>
- AF website: <http://www.af.mil/h1n1/index.asp>

## PREVENTION

- Immunization with the H1N1 vaccine is the most effective method of preventing or limiting the illness.
- The H1N1 vaccination is projected to be available at all CONUS / OCONUS military treatment facilities (MTF) by November.
- Vaccination will be mandatory for uniformed personnel and highly encouraged for all others. Vaccine will be available for DoD civilians.
- Vaccine will be available for family members and retirees at their MTF or their network provider.

## STANDARD PRECAUTIONS

- Cover your nose and mouth when you cough or sneeze; sneezing into your elbow / sleeve is most effective
- Wash your hands often with soap and water; alcohol-based hand cleaners are also effective
- Avoid touching your eyes, nose or mouth; germs spread that way
- Stay home if you get sick



*If you get sick with flu-like symptoms this flu season, you should practice social distancing and avoid contact with other people except to get medical care. Most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.*

*However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms this season. - Centers for Disease Control & Prevention*

## Quick Facts

Two strains of flu, seasonal influenza and the H1N1 influenza, are currently circulating in the United States.

In a typical year, approximately 5 to 20% of the population gets the seasonal flu.

Key vaccine target populations: Pregnant women; household contact of infants < 6 mos old; people between the ages of 6 mos to 24 yrs old; people 25 to 64 yrs old who are "high risk" because of chronic health disorders (ex. asthma or diabetes), or have compromised immune systems.

Antiviral medications should be used in those people with more severe illness, such as people hospitalized with influenza, and people at increased risk of influenza-related complications.

Get your 132 FW news and information on the web:



[www.132fw.af.mil](http://www.132fw.af.mil)



## Drinking and driving is expensive and dangerous

**1<sup>st</sup> Lt. Bret J. Lucas**

*132 FW Legal Office*

With the holidays just around the corner, it is tempting to overindulge in alcoholic beverages. Drinking and driving is a sure way to ruin your holiday fun...and possibly someone else's. Below is a summary of the costs of drinking and driving (assuming you don't kill yourself or someone else first.)

### **Deferred Judgment,**

Available only to a first offender who was not involved in a personal injury crash, who consented to the test and whose test result was less than .15.

**Jail/Prison and Fine Minimums,** 1st offense - 72 hours jail including a 2 day weekend program costing approximately \$300 + \$1,250 fine (reductions possible.) 2nd offense - 7 days jail including a 4 day weekend program costing approximately \$600 + \$1,875 fine. 3rd offense - 30 days jail or commit to prison (5 years maximum) / \$2,500 fine.

**Driver's License Sanctions for OWI,** .02 violation (applies to persons under 21) - revocation of 60 days, second or subsequent violation is 90 days; no work permit is provided for. 1st offense (defendant consented to test) - revocation of



180 days/ work permit after 30 days. 1st offense (defendant refused a test) - revocation of one year, hard suspension of at least 90 days. 2nd offense (defendant consented to test) - revocation of one year and hard suspension of one year. 2nd or subsequent offense (defendant refused a test) - revocation of two years, hard suspension of one year. 3rd or subsequent offense - sentencing court imposes six year revocation. Repeat Offenders May Lose Vehicles

### **Impoundment Upon Arrest,**

an officer may impound immediately upon arrest for second or subsequent OWI violation or for driving while revoked after an OWI arrest. If driver doesn't own the vehicle, the owner can recover the vehicle without paying cost. A second conviction for OWI can result in seizure and forfeiture of the vehicle.

**Underage Drinking / Possession of Alcohol,** if under 18, the individual is charged as a juvenile. If 18-21, the individual is charged as an adult. 2nd and subsequent offense results in loss of driver's license for up to one year. A person over 21 who supplies alcohol to a person under the legal age commits a serious misdemeanor. If death results, the provider can be charged with a class "D" felony.

**Bottom line is...DON'T DRINK AND DRIVE!**



## Diamond Sharp Award



Staff Sgt. Joshua Khan, an Aerospace Propulsion Technician with the 132 Maintenance Group, received the Diamond Sharp award on October 3, 2009 from the First Sergeants Council. Staff Sgt. Khan consistently displays a willingness to mentor new members, is always squared away in his appearance and military bearing. While performing his duties, Staff Sgt. Khan demonstrates exemplary professionalism, leadership and attention to detail helping to set the standard of performance for engine maintenance. Recently, Staff Sgt. Khan volunteered his own time to

become aircraft run qualified in the F-16 and has volunteered for another AEF rotation to Iraq. In his personal life, Staff Sgt. Khan



works as a lineman at the Ames Municipal Airport, assists with his future in-laws farm in Nevada and is currently pursuing a Master degree in Aeronautics at Embry-Riddle Aeronautical University, already possessing a Bachelor degree in Political Science and an Associate in Art. Staff Sgt. Khan aspires to be an F-16 pilot with the 132FW and remains a tremendous asset to the Propulsion Section, the Maintenance Group and the Wing.

# HOLIDAY

## Most precious possession

by **Chaplain (Maj.) Wendell K. Rome**  
*132FW Chaplain*

In seminary I became a movie critic and in my spare time had occasion to watch several really good movies. In 2003, the movie "Radio" starring Cuba Gooding, Jr., and Ed Harris was based on a true story about a mentally challenged young man who inspired his hometown's football team to a championship. Radio had several unfortunate incidents to happen to him in his life and at one point in the movie his mother dies. Later, around Christmas time, the town buys many presents for Radio so he would feel welcomed and loved in the community. Radio was going door to door in the community with those same gifts he had been given choosing to give them away to those same town people. Radio was taken to jail because it was reported that he was stealing gifts. When everything was cleared up and



Radio was released he still had the courage to go finish what he had started to finish giving those gifts away to people in the town who he felt needed the gifts more than he did.

What really touches me about this story is that Radio gave away all these gifts that were very precious to him. They were his most precious possessions because he was all alone and left with nothing since his mother had recently died. Well brothers and sisters it is the Christmas season and a time for giving to that which we have been blessed with. I think we would all agree that we have experienced some tough times these last few years but you know there is always someone worse off than you. What will you give this year in the form of your most precious possessions to help someone who is in need? Someone may ask the question and say well I do not know anyone in need. I ask that you just look around and be open to opportunities at work, church, in the community to be a blessing to someone else. If Radio could find a way through his struggles to be a blessing to those in need then maybe we can too. To that end, we pray in the Chaplain Corps that this will be one of the best and blessed holiday and Christmas seasons that you and your family have had.



## Santa files early flight plan to the 132nd



Since 1953, the 132nd Fighter Wing has been offering Santa Claus a fighter aircraft to fly from the North Pole to Des Moines for its annual Children's Holiday Party. A group of unit members, with the assistance of several of Santa's elves, are again working together to plan this year's events to be held on December 8th and 9th.

We are continuing with the format we've used the past several years of having the Community Party on the first night and the Wing Party on the second night. Wednesday, December 9 is the Wing Party for the children and families of our unit members, state employees, and friends.

Both events will take place in the West hangar, with cookies and beverages starting at 6:30 p.m. The elves are planning Holiday craft activities and sing-alongs with the children before Santa's arrival in the F-16. If you are interested in helping with craft activities or serving holiday treats, please contact Amanda Wicker in the Family Readiness



Office at (515) 256-8786. For those requiring handicap accessibility or other special needs, again contact Amanda Wicker.

Parents/sponsors are responsible for insuring that Santa's gift is no larger than 12x12x12 and cost no more than \$20.00. Parents/sponsors are asked to print the first and last name of the child clearly on a 5x7 card and securely tape it to the package. We would also ask that each family tie their packages together to insure that the children within that family get their presents at the same time. The packages should be delivered to the flight line lounge, bottom floor of building 124, during the December UTA. For those who will not be attending the

December UTA, please deliver your packages to the same area no later than 5 p.m., day of the event.

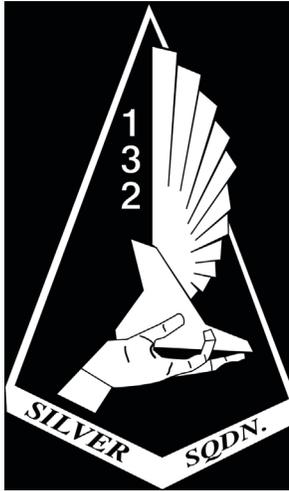
These events have grown and evolved over the years. It has become a family tradition for many of us with several generations in attendance.

## EVENTS

# 132 FW Silver Squadron 2010 events schedule

**By Michael B. Knight Chief Master Sgt. Ret.**  
*Silver Squadron Commander*

- Jan. 20 Regular Meeting, Viper Lounge at 7 p.m.  
Mar 17 Regular Meeting, Viper Lounge at 7 p.m.  
May 19 Spring Social at the Machine Shed  
Restaurant. Please arrive at 6 p.m.  
and be seated for the program with  
Speaker at 7 p.m.  
May 29 Place American flags on Veteran's  
Graves, Glendale Cemetery. Gather  
At 8 a.m.  
Jul 21 Regular Meeting, Viper Lounge at 7 p.m.  
Sep 15 Regular Meeting, Viper Lounge at 7 p.m.  
Nov 17 Fall Social at the Machine Shed  
Restaurant. Please arrive at 6 p.m.  
and be seated for the program with  
Speaker at 7 p.m.



Please contact one of the following Silver Squadron Board Members with suggestions for Guest Speakers at the Spring & Fall socials, or other activities:  
[A Flight \(Bill Crouse at 537-7350\).](#)  
[B Flight \(Dick True at 537-7879\).](#)  
[C Flight \(Marv Mick at 285-0258\).](#)  
[D Flight \(James Cade at 323-7534\).](#)  
[E Flight \(Mike Vandelune at 276-7890\).](#)

Additionally, if you would like to be added to the Silver Squadron e-mail list, Please send a message to Michael Knight at [cmsgtnight1946@msn.com](mailto:cmsgtnight1946@msn.com).

## “Year of the Air Force family” Pillar of Health and Wellness

**By Amanda Wicker**  
*Family Readiness Coordinator*

The United States Air Force is dedicating July 2009- July 2010 as the “Year of the Air Force Family.” During this year, we will focus on Airmen and their families in recognition of their dedication and service to our nation at war. The Year of the Air Force Family is built upon four pillars; the first being Health and Wellness which is essential to the military lifestyle. Over the past year, several programs have been created, focusing primarily on health and wellness. Some of those programs include the implementation of the Joint Family Support Assistance Program which includes our Military Family Life Consultants and Military OneSource Consultant. Military Family Life Consultants provide short term, situational, problem-solving counseling for issues that military families face. The Military OneSource Consultant focuses on identifying resources, forming partnerships, publicizing resources available to military families, and connecting them with services like financial counseling. For a full listing of resources, go to [www.militaryonesource.com](http://www.militaryonesource.com).

Another great resource available to our Airmen and families is the Strong Bonds Program. The Strong Bonds Program is an umbrella of workshops designed to help with communication, relationships and families. All of the programs are facilitated by our Military Chaplains but no particular denomination of teaching is used during the workshops. The Iowa National Guard Chaplains Office currently offers four programs on the following dates.

### **Prevention & Relationship Enhancement Program**

This workshop and materials teach couples the skills they need to nurture a lasting relationship. PREP begins by teaching effective communication skills, addresses problem resolution strategies, and reveals how to discover the hidden issues in every relationship.

*May 15-16, 2010- Davenport, IA*

*August 14-15, 2010- Iowa City, IA*

### **Laugh Your Way to a Better Marriage**

Developed by Pastor Mark Gungor, this program takes a very humorous look at the difference between men and women and will have you rolling in the aisles with laughter. Laugh Your Way’s Flag Page will help couples see how they are made and embrace those differences or similarities in their mates.

*January 16-17, 2010- Mason City, IA*

*March 20-21, 2010- Sioux City, IA*

*July 17-18, 2010- Des Moines, IA*

### **Premarital Interpersonal Choices & Knowledge**

PICK is designed to help single service members enhance relationships in their lives, with significant others, family members, and/or co-workers. We will cover personality types, take and interest inventory for career planning, and learn how not to marry a jerk or jerkette.

*January 23-24, 2010- Des Moines, IA*

### **7 Habits of Highly Effective Military Families**

This program uses military family examples to help military families endure the difficult OPTEMPO the Iowa Guard has seen in recent years. This is one of the best programs available to help military families learn how to stay focused, stay positive and set goals for themselves and their families.

*February 20-21, 2010- Burlington, IA*

*July 24-25, 2010- Boone YMCA Camp*

For more information on any of the given programs or to register for a Strong Bonds workshop, please contact Amanda Wicker at 515-256-8786 or by email at [Amanda.wicker@ang.af.mil](mailto:Amanda.wicker@ang.af.mil).

### **Next Family Readiness Group Meeting**

Sunday, December 6, 2009 at 1:30pm in the Computer Classroom Bldg 107. Childcare is provided. All are welcomed to attend.

# RECOGNITION

## Movin' Up



**to Lt. Col.**  
James D. Broome Jr.  
Mark A. Kickbush



**to Maj.**  
Chad M. Hynnek



**to Master Sgt.**  
Todd D. Fee  
Richard F. Larue



**to Technical Sgt.**  
Stephen B. Conner  
Matthew P. Flowers  
Joshua A. Foster  
Eric E. Schultz



**to Staff Sgt.**  
Andrew B. Jensen  
Eric M. Lack  
Robert D. Macken



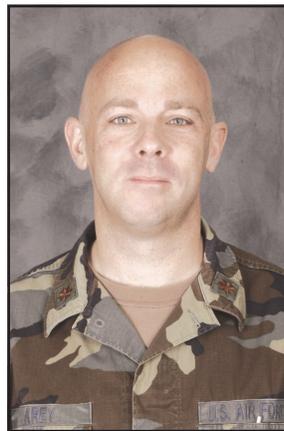
**to Airman 1st Class**  
Matthew D. Heidemann

## Movin' In

Maj. James C. Mc Eachen  
Staff Sgt. Derek A. Chaplin  
Staff Sgt. James D. Farris  
Senior Airman Nicholas Morgan  
Airman 1st Class Janelle N. Baron  
Airman 1st Class Tyler J. Bohlke  
Airman 1st Class Steven A. Lass  
Airman Basic Linoln T. Closser  
Airman Basic Nathin D. Felt  
Airman Basic Jared L. Vickroy

MDG  
MXS  
AGS  
MXS  
OSF  
AGS  
MXA  
AGS  
MXS  
MDG

Medical  
Maintenance  
Maintenance  
Maintenance  
Operations  
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Medical



## Movin' On

Major Mikhail E. Arey retires with 26 years of military service, 3 years on Air Force active duty. Major Arey first served the 132 FW Medical Squadron as an en-listed Medic and later NCOIC of Immunizations. He completes his career as Medical Lab Officer.

### The following individuals received 90% or higher on their CDC's

Staff Sgt. Patrick Kazeze	MOF	2AX7X
Senior Airman Jonathon Linn	CES	

\*\*\*from the editor: We have made an attempt to recognize our unit member's promotions and enlistments. Please advise by e-mail if we have missed you.

### Employer Support of the Guard and Reserve



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Base Office: (515) 256-8203



**Department of  
Veterans Affairs**

VA Suicide Prevention  
Hotline

**1-800-273-TALK (8255)**

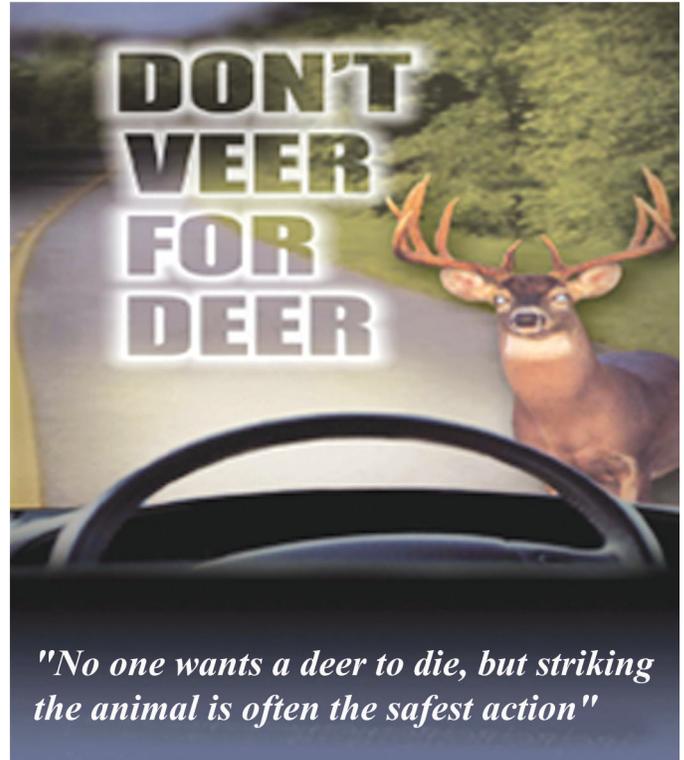
# INFORMATION

## Wear of the sage green fleece

**Senior Master Sgt. Russell L Dunn**

*First Sergeant, 132nd Maintenance Squadron*

The sage green fleece is authorized to be worn with the ABU as an outer garment only. Airmen must always wear the ABU top when wearing the fleece. The fleece is not authorized for wear as an under garment at any time. The name tape with the wearer's last name will be placed over the right chest with the rank above the name tape. The U.S. Air Force tape will be worn on the left. Wear of the green fleece without the name, rank and service branch tapes is authorized until 1 OCT 2010. The zipper of the fleece will be no lower than halfway between the collar and the name tape, or where the name tape would be located. The sleeves will always be worn down and the collar allowed to lie in its natural resting position on the shoulder, chest and back when not completely zipped up. The length of the fleece should match the bottom of the ABU top as closely as possible. Cold weather gear authorized with the fleece include black or sage green leather, suede or knit gloves; black or sage green watch caps; black scarves tucked in and black earmuffs.



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Nov 25, 2009

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*To the Family Of...*

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