



132nd Fighter Wing

Iowa Air National Guard

The e-Intake

Vol. 15, December 2011

COMMAND COMMENTARY

How is your Wingman?

By Col. Drew DeHaes

Commander, 132nd Fighter Wing

As we hit winter and the holiday season, I have two questions. Who is your wingman and how is your wingman?? Hopefully you can answer these questions without pause. If not, I need each of you check on your wingman in the coming days. If you don't have a wingman, ask a co-worker to be your wingman, or discuss with your first shirt. The First Sergeant is a great resource in helping to identify a potential wingman. Why all the fuss about a wingman? During the winter and holiday season, believe it or not, depression cases hit an all-time high with corresponding increases in suicide. Approximately one year ago, the 132d suffered a suicide and I want to prevent that from happening again.

I have a couple of self-declared wingmen and several others I check on and others that check on me. I know what is going on in my wingman's life and any points of conflict or issues that affect their well-being. Does my wingman provide me a list of monthly issues that they are dealing with? No, I have to take

the time and put forth the effort to talk with them and ask questions (not just the standard, "how have you been, how is the family" type). Actively listen and be alert for changes in their personalities and any discussion about suicide or suicidal thoughts. How is the economy impacting their full time job? Has a spouse lost their job? Are their kids having any difficulties?

Remember the **ACE** acronym. **A**sk your wingman – directly ask a distressed wingman if he or she is having thoughts of killing him or herself. **C**are for your wingman – take control of the situation; listen to a wingman and understand his or her situation; remove any items that can cause harm. **E**scort your wingman – never leave your wingman alone; escort him or her to someone in the chain of command, Dr. Brown, a chaplain or a medical care provider; call the National Suicide Prevention Hotline at 800-273-TALK (8255) to speak with a counselor.

With the hustle and bustle of the holiday season, remember to slow down and check on your wingman. Have a great drill weekend.

MENTAL HEALTH & WELLNESS

Laughter

By David N. Brown, Ph.D., LMFT

Wing Director Psychological Health

With the Holiday Season upon us it's important to add a little joy to our lives. Laughter can be a big part of that. Laughter reduces stress hormones and boosts the immune system.

Laughter not only refreshes the spirit, but has physiological benefits as well. Laughter brings such benefits as easing muscle tension, increasing pulse and breathing, and improving blood circulation and immune system function. A recent study showed that increased breathing from laughing clears out the dead spaces in our lungs, the areas that do not get air normally. In essence, a good laugh amounts to a small workout!

One study on residents in a long-term care facility suggested that residents who were exposed to humorous films on a regular basis were more satisfied and more contented with life. So go ahead and see the latest comedy at the theatre or have a funny movie night at home.

For questions or assistance contact David Brown, at 515-306-8015 or david.brown.ctr@ang.af.mil .



Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline:
1-800-273-8255 (TALK)

USAPHC <http://phc.amedd.army.mil/>



TA - 095 - 0510

LEGAL BRIEFS

Your Rights Under the SCRA Concerning Property Leases

By **Maj Brian C. Bowman**
Deputy Staff Judge Advocate



Under the Servicemembers Civil Relief Act (SCRA) a service member who is leasing/renting property used for dwelling, professional, business, agricultural or similar purposes may terminate a lease that was 1) signed before the service member entered active duty and 2) the lease/rented premises have been occupied for the above purposes by the service member or his/her dependents.

One caveat to this that is often forgotten is that in order to for a lease to terminated under the SCRA, orders must be for a period of not less than 90 days. So if you are part of the AEF contingent which will be gone 60 days, you may not terminate your lease under the SCRA. In addition, if your spouse is on the lease also and they are not on orders themselves, the lease may not be terminated.

If your situation meets the aforementioned criteria and you want to terminate your lease you must deliver written notice of termination to the landlord after entry on active duty or receipt of orders for active duty. The termination date for a month-to-month lease/rental is 30 days after the first date on which the next rental payment is due after the termination notice is delivered. For example, if rent is due on the 1st of the month and notice is delivered to the landlord on August 5th, the next rent due is September 1st. Therefore, the lease/rental agreement will terminate on October 1st.

For all other lease/rental agreements, the termination date will be the last day of the month after the month in which the notice was given. For example, if the term of the lease/rental agreement is yearly

and notice was given August 5th, then the termination date will be September 30th.

If the rent has been paid in advance, then the landlord must return any unearned portion. The landlord may not withhold the refund of a service member's security deposit for early termination of the lease/rental agreement. However, the landlord may withhold return of the security deposit for damages, repairs, and other lawful provisions of the lease/rental agreement.

It's important to understand that, under the SCRA, a lease can only be terminated if entered into before one goes onto active duty. The SCRA has no provisions for terminating leases entered into after entry on active duty.

A service member may seek protection from eviction under SCRA. The rented/leased property must be occupied by the service member or his/her dependents for the purpose of housing, and the rent cannot exceed \$1,200. The service member or dependent who has received notice of an eviction must submit a request to the court for protection under the SCRA. If the court finds that the service member's military duties have materially affected his ability to pay his rent timely (i.e., being placed on orders has caused you and your financial hardship), the judge may order a stay, postponement, of the eviction proceeding for up to 3 months or make any other "just" order.

CHAPLAIN'S CORNER

Traditions

By **Chaplain (Capt.) David Doty**
132FW Chaplain

Every family has certain traditions that are engrained in their lives. One memory I have about my childhood is going to my grandparents for Thanksgiving. My cousins from Knoxville, TN would come up and we would play and eat and play some more while the adults did what adults do, the men watched football and the women started planning for the Christmas gathering. This was, sadly, the only time of the year I would see some of my relatives.

We all have traditions. Some are rooted in certain holidays and we can't think of any other way of celebrating that holiday. One tradition that my wife and I had to discuss, especially after our first daughter was born, was



when do we open our Christmas presents. My family opened them on Christmas Eve and hers on Christmas Day. While this is not a huge issue it did make from some give and take on both our parts.

What are those things that you are unwilling to change or just stubborn about? In my own Christian tradition we have certain ways of doing things. We take a stand for several issues that many would see as minor. But, we are willing to stand up for what we believe is right.

We build our lives on faith and tradition. On what will you stand firm? 1 Corinthians 16:13 states, "Watch! Stand firm in the faith! Be courageous! Be strong!" Stand for what you believe in!

AIRMAN & FAMILY READINESS

132FW Annual Holiday Party- Friday 2 December

By Amanda Wicker

Airman & Family Readiness Program Manager

This year's Annual Wing Holiday Party will be Friday 2 December at 6:30pm in the West Hangar Bldg 100. This event is open to our Airmen, their immediate Families, State Employees and Retirees. Last year we decided to change the night of the event, which turned out to be a great success so we are going to continue to have the event on Friday evening!

Gift recommendations

*** No larger than 12"x12"x12" and cost no more than \$20**

* Print first & last name of child on a 5"x7" card and secure to gift in large bold letters (large enough to see the child's name in the photo with Santa)

* Gifts from each family should be tied together

* Bring gift(s) to the flight line lounge during the week prior to the event or you can drop them off Nov UTA in the Family Readiness Office bldg 110.

Note: ...If unable to get your gift(s) to the lounge during the UTA, please do so by 5:00 p.m. day of event

For those requiring handicap accessibility or other special needs, please contact Amanda Wicker by Tuesday 29 November. If you and your family are unable to attend the Wing Party on 2 December, please join us on 1 December (same time/place) for the Community Event with our partnership school. If we have inclement weather either of these nights, the first snow date will be 8 December (same time/place), and if that date is snowed out, the second snow date will be 9 December (same time/place).



We are also looking for volunteers to assist with the children's crafts, refreshments, and volunteers to dress up as elves for all events. Please feel free to give me a call at 515-261-8786 or email me at Amanda.wicker@ang.af.mil if you are interested in volunteering or have any questions regarding the events. Hope to see everyone there!

Family Readiness Newsletter Request

Want to stay on top of Family Program happenings and resources? The Airman & Family Readiness Office has a monthly newsletter containing articles related to Family Readiness Programs, scholarships, events, activities, discounts, and other family information. The newsletter is a great way to become aware of programs available to our Military Families and other events going on throughout the month. If you'd like to receive the Family Readiness Newsletter, please email a request to Amanda Wicker at Amanda.wicker@ang.af.mil. See the December Newsletter by clicking the link below.

www.132fw.ang.af.mil/shared/media/document/afd-111121-037.pdf

TAKE A VACATION ON US!!! FY12 Strong Bonds Workshop

Need an opportunity to get away for some marital reconnection or family time? Take a vacation on us. The dates and locations for FY12 Strong Bonds Workshops may be found by clicking the link below.

www.132fw.ang.af.mil/shared/media/document/afd-111129-036.pdf

Movin' Up

to Technical Sgt.

FISCH, PAUL

to Staff Sgt.

SAWVELL, CORY L

to Senior Airman Class

TAYLOR, ALEX C

to Airman 1st Class

WORTMAN, COREY L.

Movin' In

SSGT WILSON, JAMES G.

SSGT ZORTMAN, RICHARD E. II

A1C HOYT, BROOKE N.

A1C MCCAULEY, COLE

MDG

WING

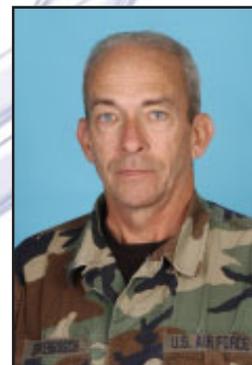
LRS

MXS



Col Mark "Bo" Maly

Movin' On



SMSgt Howard Berkenbosch Jr.



SMSgt Michael Fassler

ADVERTISED EVENTS

December

Promotions:

TBA

Retirements:

12/3 - 1300 - JFHQ Enhanced Classroom, **Col Mark "Bo" Maly**

12/3 - 1300-1500 - Bldg. 240, Computer Classroom, **SMSgt Mike Fassler**

12/4 - 1430 - Bldg. 100, Wing Classroom, **SMSgt Howard Berkenbosch Jr.**

Other Events:

12/1 - 1830 - Bldg. 100, **Community Holiday Party**

12/2 - 1830 - Bldg. 100, **Wing Holiday Party**

January

Promotions:

TBA

Retirements:

Other Events:



Note: Dates, times, locations subject to change, please call in advance. Current as of : 20111129

Employer Support of the Guard and Reserve



www.esgr.org

State Office: 800-294-6607 x4192

More News, Photos, and Videos



www.132fw.ang.af.mil



Department of
Veterans Affairs

VA Suicide Prevention Hotline
1-800-273-TALK
(8255)