



132nd Fighter Wing

Iowa Air National Guard

The e-Intake

Vol. 17, February 2012

COMMAND COMMENTARY

“This and That”

By Col. Drew DeHaes

Commander, 132nd Fighter Wing

Since last drill, the 132d has been a bustling place. I am proud to announce that the 132d Maintenance Group was selected as the Air National Guard’s winner of the Maintenance Effectiveness Award for 2011 in the Medium Category (300-999 assigned). This award is given to the best MX Group in the ANG. It was earned through hard work and the group’s commitment to excellence. All 500 members of the MXG should be congratulated! Well Done. I am also pleased to announce that the 132d Logistics Readiness Squadron was selected for the ANG Logistics Activity of the Year Award, highlighting them as the top LRS squadron in the Air National Guard! Very Well Deserved. Please congratulate them when you see them this drill.

Well, by now you probably heard that the release of the President’s 2013 budget has been postponed until the 13th of February. My commitment is that once I know something, you will be the next to know. This past week I traveled to Washington

DC with BG Hill to engage our elected officials. We had the opportunity to meet with Congressman Braley, Boswell and Loeb sack as well as Senators Harkin and Grassley. I can say that our Congressional Delegation is energized and ready to support the 132d Fighter Wing in any way they can. They are all very well informed as to the success and excellent history of the 132d Fighter Wing and will do everything in their power to render any assistance we might need.

Remember what was discussed at the town hall meetings?? In the future, we might be tempted to chase rumors, be a source of mis-information or be distracted as events unfold. Remember, the President’s budget is a **PROPOSAL**. Every Congressman I talked to this past week re-iterated the same thing. I also remind each of you to “Ride the Average”. Don’t get sucked into the low points or get to invested in the high points. Whether you are deploying to Afghanistan, Oman, somewhere in between or staying home and executing the mission, I need each and every one of you to keep focused on the mission at hand. We can’t afford to take our eye off the ball in light of the challenging missions we face. The Team Iowa Leadership team has your back and will be working overtime to ensure that the 132d has an enduring mission long into the future. Have a great drill weekend.

MENTAL HEALTH & WELLNESS

Tips for “Down” Days

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

Wing Director Psychological Health

Everyone experiences down days: a day or two when everything seems to go wrong, people are not very nice, and life seems lousy. For most of us, these days are rare and we are able to shake it off and return to our normal level of optimism and functioning. It is normal to have ‘down’ days due to a significant life event like the death of someone close, the loss of an important relationship, or a difficult life transition. For some people, however, the bad days linger and their functioning is not where they want it to be. Here are some useful tips anytime you are having a ‘down’ day:

- Watch your negative thinking. People who are depressed tend to think negatively by telling themselves that ‘everything’ is awful, it will ‘never’ get better, and ‘nobody’ understands them. Instead write down three positive things each night that happened during the day.

- Become more grateful. When you show others you are grateful for them by doing kind things, you will feel better about yourself and you will see your life differently.
- Increase positive activities and interactions with others. Do activities you enjoy and spend time with people who love and understand you.

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

A **Ask your buddy**

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

C **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

E **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

TA - 095 - 0510

USAFHC <http://ghc.army.mil/>

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

LEGAL BRIEFS

It's Tax Time Again!

By Capt. Bret Lucas
132FW/Legal Office

With April 15 quickly approaching, it is time to start think about our favorite subject- Taxes.

For those members who served, or will serve, in a Combat Zone, please keep the following information provided by the IRS in mind when preparing your taxes.

If you are a member of the U.S. Armed Forces who serves in a combat zone you can exclude certain pay from your income. This pay is generally referred to as "combat pay." You do not actually need to show the exclusion on your tax return because income that qualifies for the combat zone exclusion is not included in the wages reported on your Form W-2. (If it is reported as income, please contact Finance)

The month for which you receive the pay must be a month in which you either served in a combat zone or were hospitalized as a result of wounds, disease, or injury incurred while serving in the combat zone. You do not have to receive the excluded pay while you are in a combat zone, are hospitalized, or in the same year you served in a combat zone.

If you are an enlisted member, warrant officer, or commissioned warrant officer, you can exclude the following amounts from your income. (**For Commissioned Officers**, the amount of your exclusion is limited to the highest rate of enlisted pay (plus imminent danger/hostile fire pay you received) for each month during any part of which you served in a combat zone or were hospitalized as a result of your service there.)

- Active duty pay earned in any month you served in a combat zone.
- Imminent danger/hostile fire pay.
- A reenlistment bonus if the voluntary extension or reenlistment occurs in a month you served in a combat zone.
- Pay for accrued leave earned in any month you served in a combat zone. The Department of Defense must determine that the unused leave was earned during that period.
- Pay received for duties as a member of the Armed Forces in clubs, messes, post and station theaters, and other non-appropriated fund activities. The pay must be earned in a month you served in a combat zone.
- Awards for suggestions, inventions, or scientific achievements you are entitled to because of a submission you made in a month you served in a combat zone.
- Student loan repayments. If the entire year of service required to earn the repayment was performed in a combat zone, the entire repayment made because of that year of service is excluded. If only part of that year of service was performed in a combat zone, only part of the repayment qualifies for exclusion. For example, if you served in a combat zone for 5 months, $\frac{5}{12}$ of your repayment qualifies for exclusion.

Partial (month) service. If you serve in a combat zone for any part of one or more days during a particular month, you are entitled to an exclusion for that entire month.

Student Loan Repayment Program

All members with Student Loans are encouraged to practice personal financial responsibility by verifying Federal Loans used for collegiate academic studies are being managed through a commercial loan holder or recently purchased by The Department of Education. Thus ensuring ANG/NGB payments are made to the correct payee. **If you received an annual SLRP payment the W2 will be issued via MyPay under the Travel & Other section. Please view and print your W2 from the MyPay site as DFAS will not be mailing out paper copies.**



ALL Air National Guard members and retirees are now able to refer new recruits and receive rewards for doing it!

The NGB has rolled out a new referral program at www.refer2ang.com. Anyone full-time, traditional, or retired can go to the website, set up an account and start referring. After registering, the member will receive an info packet on the program as well as business cards to hand out to their referrals.

The rewards are issued on a tiered system, the more recruits referred the better the incentive gift. Members can select gifts from a backpack (1 recruit), to fitness kits (2 recruits), all the way up to a 3D 40 inch high definition television or gaming kit containing a gaming platform and 40 inch HDTV(5 recruits)!

Now get out there and start headhunting!

DIAMOND TALK

Make your life better, really!

By Master Sgt. Kimberly R. McWilliams

132MDG First Sergeant

There have been times in the last two years I didn't love life. Work was draining my energy and I wasn't feeling very good about a lot of things. Then the Medical Group lost a good friend and co-worker to suicide. We were devastated! We couldn't believe she didn't trust us enough to talk to us and let us help. We were her friends, her extended family, her Wingmen! Why does tragedy make us rethink how we live? Why do we wait? The Medical Group's loss made me rethink a few things. You know all those resources the military and support agencies we always hear about, I used them. I used Military One Source,

the Financial Advisor out at Camp Dodge, a local counselor that gave free sessions and a medical provider (who wasn't free). I made lists of everything that I was frustrated by. I asked a lot of questions because I didn't want to hinder my military career. They helped me prioritize and figure out what triggered my feelings of frustration or feeling overwhelmed. They helped me establish a plan. Also, because of my military status, they provided treatment that wouldn't take me of worldwide duty for an extended time frame. I'm not saying what I did, will work for everyone or that it will work out the way it did for me. But if you don't ask the questions, how will you ever know?

VACANCIES'

Non-Rated Officer

The 132nd Fighter Wing will convene a Non-rated Officer Selection Board during the June 2012 UTA. Packages are due 06 May 2012 to the Force Support Squadron. Question should be addressed to Major Stan Kowalczyk, 515-261-8525.

For more information see: www.132fw.ang.af.mil/shared/media/document/AFD-120103-034.pdf

Pilot Training Candidate

The 124th Fighter Squadron is looking for the next Pilot Training candidate. The Pilot Training interview board will convene 23 June 2012. Pilot Training application is due to the 124th Fighter Squadron no later than 16 April 2012.

For more information see: www.132fw.ang.af.mil/shared/media/document/AFD-111116-033.pdf

PEOPLE

Movin' Up

to Colonel

Chidley, Mark A.

to Lt. Colonel

Duong, Jim P.

to Major

Neal, Mason M.

to Captain

Drinkall, Lee RI

to Chief Master Sgt.

Lane, Gerald L.

to Senior Master Sgt.

Lehmann, Jason T.

Smith, John W., Jr.

to Master Sgt.

Flesher, Scott P.

Freiberg, Matthew L.

Havran, Paul F.

Leonard, Sean P.

Marsh, Gene B.

Randall, Eric C.

VerSteegh, Jeffrey D.

to Tech Sgt

Benton, Madonna M.

Clark, Joshua A.

Cotten, Joshua R.

Crockett, David B.

Curry, Robert T.

Davis, Timothy R.

Dean, Robert W.

Fisch, Paul

Holst, Tye W.

Lee, Andrew M.

McLaughlin, Zachary S.

Padgett, Samantha A.

Robinson, Jay M.

Schultz, Ronald D.

Schwalbach, Russell R.

Sirna, Nicholas M.

Smith, Jesse M.

Srigley, Jessica L.

Waechter, Matthew T.

White, Stephen E.

York, Taylor J.

Zajicek, David E.

to Staff Sgt.

Ferguson, Tyler R.

Jetter, Eric D.

Larsen, Matthew J.

Sawvell, Cory L

Young, Kayla M.

to Senior Airman

Baack, Joerge B.

Briles, Todd R.

Gabriel, Cole B.

Horn, Shawne M.B.

Hutcheson, Seth D.

Judd, Colby D.

Kaufman, Joshua R.

Nelson, Ross D.

Oetker, Zachary S.

Taylor, Alex C

Taylor, Stacia L.

Titus, Abigail M.

Trexel, Isaac C.

Vos, Anna M.

Williams, Jeffrey L.

Wirth, Travis E.

Yaley, Justin A.

to Airman 1st Class

Whitson, Steven J.

Kelley, Michael J.

Kvidera, Dakota L.

Morris, Brandon A.

Wortman, Corey L.



Movin' On



Col James H. Bartlett

ADVERTISED EVENTS

February

Promotions:

2/4 -1300 - Bldg. 100, Wing Classroom, **Maj. Mason Neal**

2/4 - 1530 - Bldg. 100, Wing Classroom, **Chief Master Sgt. Gerald L. Lane**

Retirements:

2/4 - 1500 - DFAC. **Col. James H. Bartlett**

Other Events:

2/5 - 1330 - Bldg. 110, FSS Conference Room, **FRG Meeting**

2/5 - 1430 - West Hangar, **Commanders Call with MG Orr**

March

Promotions:

TBA

Retirements:

3/3 -1430 - DFAC. **MSgt Jerry Roby**

Other Events:



More News, Photos, and Videos

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State Office: 800-294-6607 x4192



www.132fw.ang.af.mil

AIRMAN & FAMILY READINESS

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. All workshops are FREE of charge. Family Members are placed on Invitation Travel Orders and reimbursed mileage, lodging and per diem. Please contact Samantha Padgett at 515-261-8786 or via email at Samantha.Padgett@ang.af.mil to register.

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