Vol. 26, November 2012

The Intake

COMMAND COMMENTARY

132d FW…. Family?

By Col. Drew DeHaes

Commander, 132nd Fighter Wing

It has been said that the Guard is like family. Over the years, I have come to believe that statement. With family comes a sense of pride, a pride in who we are and what we stand for. However, over the past several years some things have occurred in the Wing that doesn't exude family or family values. My point in this article and my briefing at the mass training on Saturday will be to point out some of the events that have occurred and my feelings about these events.

Positive drug tests, sexual harassment, carrying a concealed weapon on base, hostile work environment, inappropriate email, conduct unbecoming, falsifying records, inappropriate relationships……I could keep going. In most cases people are held accountable for their actions (I say most cases because on some occasions, events are never brought to the attention of base leadership). The punishment has ranged from Letters of Counseling to separation and many other options in between. Due to federal laws in our country, the guilty party has the right to privacy and therefore, the Wing cannot release punishment that was handed out. Also due to federal law, the extent of punishment is guided by federal statutes. I obviously believe we must follow federal law, but it does pose a problem. Many times the offense is widely known (due to our active rumor mill), but the punishment is rarely known. Starting in January, I have asked our Staff Judge Advocate to publish a quarterly "Status of Discipline" article that will be sent base wide via email. The article will list the offenses and punishment that has been handed down over the previous three months. The information will not have the name of the offenders. My goal is not to start a mad scramble to try and identify the person being punished. My goal is to inform the base of what can be expected if you cross the line. Backing up, I have some questions.

How did we get to this point? Where are our Wingmen? Where is my family? In a family you don't harass, conduct yourself in a poor manner, falsify records or exhibit conduct unbecoming a member of the Iowa Air National Guard. I will be the first to admit; I have my warts, am far from perfect and ask for God's forgiveness every day. I can say I work very hard to be a person who is approachable, fair and upholding the highest levels of integrity. I also try to be a good wingman to my fellow airmen. I have two requests. One, when you see a person not living up to the standard, make it your mission to hold your wingman accountable for his/her actions (If the individual out ranks you, you should still respectfully address the situation, wrong is wrong, period). It rests with each of us to be the standard bearer and if we ignore the behavior, we have just created a new standard (this applies to both work and play). Two, if you cannot or don't have an impact in correcting the poor behavior, go to your supervisor, if he/she won't listen, go to your Squadron Commander, if he/she won't listen go to your Group or Wing CC. If after following your chain of command you are still not satisfied with the answer/correction to the behavior, seek the help of the Inspector General either on base or at JFHQ. I ask that you let us handle the matter at the lowest level possible and keep bumping it up the chain until the situation is properly addressed. If your leadership isn't aware of the problem, we can't fix the problem.

The Guard is like family. If you treat your wingmen with respect and hold yourself to a higher standard we can virtually eliminate all issues that negatively impact our family. Have a good drill weekend.

CHAPLAIN'S PATH

Even Superman gets Disappointed

By Chaplain (Capt.) Gabriel Casciato
132 FW Chaplain

Well, it's official. Superman has quit the Daily Planet. Clark Kent, who has worked at the newspaper since 1940, will walk out in protest after the Daily Planet was bought out by a larger conglomerate. He is quoted as saying, "Why am I the one sounding like a grizzled ink-stained wretch who believes news should be about, I don't know, news?" after the conglomerate has shifted focus away from "hard news" to "soft" or entertainment focused news.

Don't worry, this won't be an article about any upcoming political events… I'm politicked out anyway. But it did get me thinking about disappointment. It's been said 2 things are certain, death and taxes. But I think a third one should be added as well, disappointment. Whether it's your sports team letting down, your politician, your spouse… disappointment is an unavoidable part of life in this world. So, I found myself thinking lately, how should we think about and deal with the inevitable disappointments in life? I have a couple of thoughts for you.

First of all, remember that disappointment does not mean that something strange is happening to you. When events don't go the way we would like, that's normal. It's not fun. We wish it didn't happen. But in a world of people with competing agendas and technology that has not exactly made life less frustrating (everyone stop reading and click save on whatever it is was you were just working on when this article came through), disappointments are bound to come. This is not strange. You are not a failure. It just happens. Secondly, embrace your disappointment. It sounds strange to say that but we must embrace it. We often switch our disappointment to anger or sadness or self-condemnation. We take it out on someone else, who most likely doesn't deserve it, or on ourselves. This is not healthy. Instead, just admit that you are disappointed. Admit that you were hoping this situation would go a different way and that the fact that it didn't go your way, is a loss of some kind. Train yourself to say, "Well, that's disappointing," and own those feelings. Finally, react appropriately. Most often, this means we must control or influence those things that you can control or influence and stop worrying about those things that are beyond that. You can't control other people, the weather, or your crashing computer. What you can do is minimize the damage, talk to that person, or begin the long hard process of trying to recover your data. Remember what the wise man said, "Who of you by worrying can add a single hour to your life?" Disappointment is normal. Embrace it and don't worry. Just react appropriately.

MENTAL HEALTH & WELLNESS

Stress and Alcohol Use

By David N. Brown Ph.D. LMFT
Wing Director Psychological Health

Many military personnel experience stress related to their deployment, service, and return home. These natural stress reactions can range from mild to severe. One common approach to managing stress is the use of alcohol. Military personnel, like civilians, may use alcohol as a way to relax, reduce anxiety and other bad feelings.

Initially, alcohol may seem to make things better. They may help you sleep, forget problems, or feel more relaxed. But in the long run, using alcohol to cope with stress can cause a new set of very serious problems.

It is often hard to decide whether alcohol use is becoming a problem. It can happen gradually and sometimes can be hard to notice by the person who is using. Here are some questions that you can ask yourself to see if you are developing a problem:

Have friends or family members commented on how much or how often you drink?
Have you have found yourself feeling guilty about your drinking?
Have you tried to cut down your alcohol use?
Does your drinking ever affect your work or family life?

If you find that you are answering "yes" to one or more of these questions, perhaps it is time to reevaluate your use, cut back, and seek help from friends, family, or a professional. For questions or assistance contact David Brown, Wing Director Psychological Health at 515-306-8015 or david.brown.ctr@ang.af.mil . Source: Walser, R.D. (2004). *Drinking to reduce stress.* Iraq War Clinicians Guide, 2nd Edition. National Center for Post-traumatic Stress Disorder, Department of Veterans Affairs.

National Native American Heritage Month

Remember the legacy

By Senior Master Sgt. Brad Thomas
132FW Human Resource Advisor

November is National Native American Heritage Month. National Native American Heritage Month honors the many contributions and accomplishments of American Indians and Alaska Natives. During November, we remember the legacy of the first Americans and celebrate their vibrant culture and heritage. Since the Revolutionary War, Native Americans and Alaska Natives have played a vital role in our country's freedom and security. They proudly serve in all departments of the United States Government today.

From the Aleutian Islands to the Florida Everglades, American Indians and Alaska Natives have contributed immensely to our country's heritage. Iowa's heritage includes the tribes of Dakota, Illini, Ioway, Missouria, Winnebago, Sioux, Sac, Fox, Chippewa, Cherokee, Omaha and Otoe tribes. During National Native American Heritage Month, we commemorate their enduring achievements and reaffirm the vital role American Indians and Alaska Natives play in enriching the character of our Nation. Please see the base bulletin board for more information on National Native American Heritage Month.

Annual Awards and Mandatory Training

Awards and Mandatory Training

By Capt. Mark Williams
Installations Deployment Officer

0645 - Buses start running
0700-0740 - In-Processing for TFAT and Tier 2A will begin in the West Hangar **Do not show up at 7:40 to get a seat**
0735 - Individuals being recognized during the award ceremony be in Service Dress and in seats ready for a briefing
0740 - Everyone will be in their seats to begin the Awards Ceremony
0800 - Awards Ceremony Begins
0945 - Awards Ceremony Ends
0945-1210 - TFAT Training (All 132d Personnel)
1210-1245 - Lunches are available in the Hangar (Personnel from MSG, MDG & Wing not requiring Tier 2A are expected to scan out)
1245-1600 - Tier 2A Training (All MXG & Ops, some Wing, MSG and MDG personnel)

Special Note for Lunches

During the lunch break on Saturday we will only have 30 minutes to distribute the box lunches. In order to make this go as smoothly as possible please be prepared to do the following.

When you arrive to the hanger for the day's events you will have to scan in, just like you did during the ORE. If you are non-pay for meals you will receive a stamp on the back of your hand. If you are a paying member, you will not receive a stamp. When it is time for lunch break you will be dismissed by section, to avoid a bottle neck. Once dismissed proceed to the tables positioned at the back of the hanger. There will be 4-5 tables for non-pay and 2 tables for pay and the tables will be marked. If you have a stamp for non-pay just show your hand and take a lunch. If you are a paying member proceed to the first pay table, sign the AF Form 79 and pay for your meal. No bills larger then a $10. $4.55 is the cost; exact change is not mandatory but is appreciated and will speed up the process. You will receive your meal at the second pay table.

If you do not wish to have a box lunch, you are expected to bring your own. Nobody needing Tier 2A training will be able to leave for lunch so be prepared with snacks or drinks for the entire day.

HRA CORNER

A Push on the Flywheel - Trust

By Senior Master Sgt. Brad Thomas
132FW Human Resource Advisor

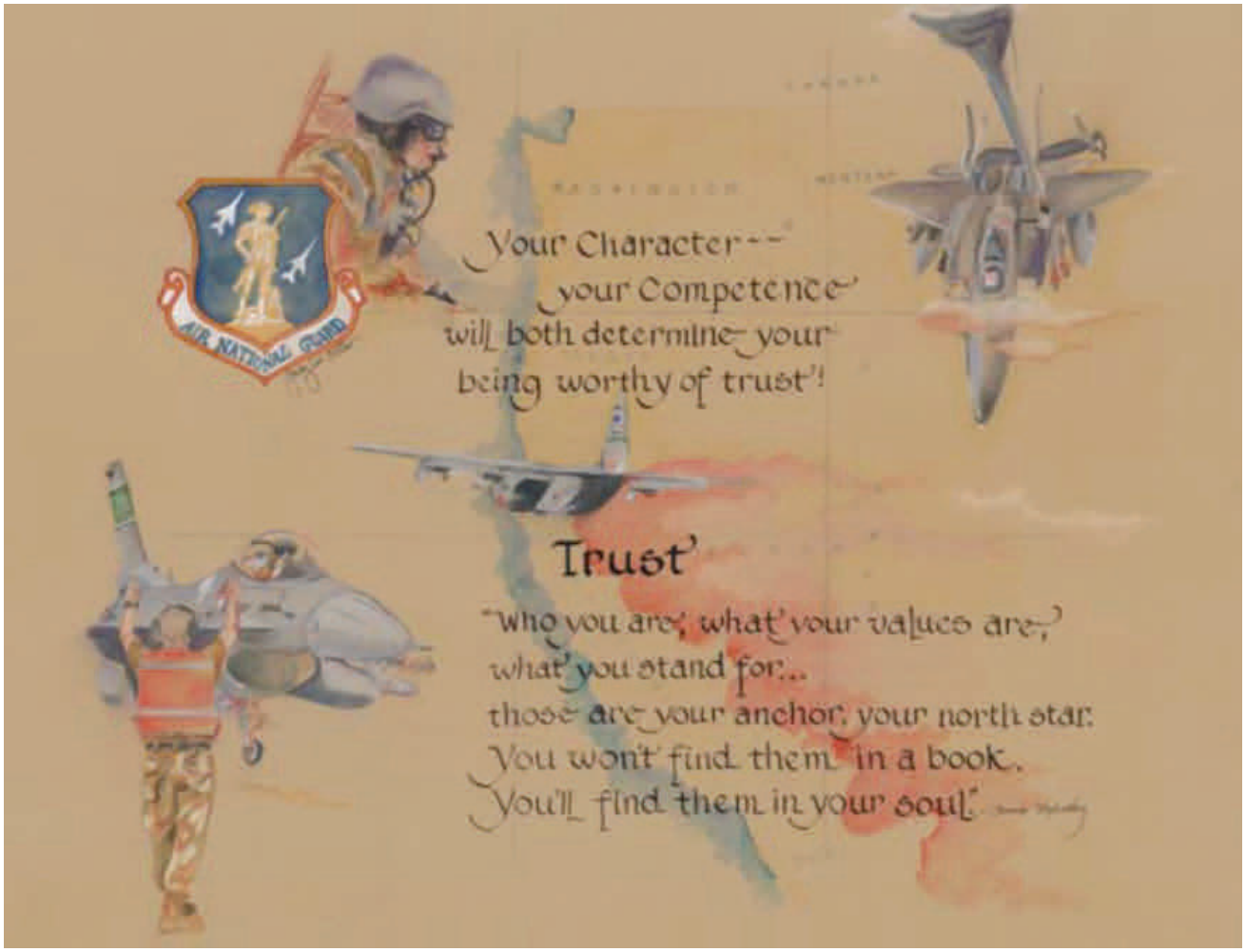
It is said that ***trust*** is the easiest thing in the world to lose and the hardest thing in the world to get back. How we initiate, develop, and encourage trust at the 132d Fighter Wing directly impacts our ability to successfully complete our mission. If you and your Airman do not have mutual trust, you cannot have a culture of success. Do your part to trust your fellow Wingman and more importantly, to instill trust in them.

Delivering on our Promise: *Continue the momentum! Interweave these points on your agendas for all meetings and monthly roll-calls.*

- Trust flows from being trustworthy! It is born from honoring commitments, speaking your truth, standing for what is right and listening to the voice of one's conscience.
- Be trustworthy. In order to lead, you must be trusted, to be trusted, you must be trustworthy. Your integrity can never be taken away.

Flywheel Challenge: Ask yourself: *"What did I do today to push on the flywheel?"*

- Are you consistently accountable; not only for your actions, but the actions of your subordinates?
- Integrity is the trusting, unbreakable bond that unifies leaders and Airmen. How do you create a culture of conscience?



PEOPLE

Moving On

HATTING, PATRICK D	LTC	31-Dec-12	HQ
RAMIREZ, RUEBEN J	CMS	1-Jan-13	MDG
BREITSPRECKER, HEIDI R	MSG	7-Jan-13	COM
KRALIK, TRACY L	MSG	11-Nov-12	AMS
LANG, STEVEN C	MSG	31-Dec-12	MX
TICHY, ALAN R	MSG	6-Jan-13	MX
TROWBRIDGE, JAMES W II	MSG	30-Nov-12	LRS
BELCHER, JASON	TSG	1-Nov-12	FSS
GARRETT, PATRICK W	TSG	3-Nov-12	FSS
HEMMER, RANDALL A	TSG	10-Nov-12	LRS
SOKOL, RICHARD J	TSG	31-Dec-12	MX

LANG, STEVEN C MSG MX

Moving In

HEER, KEVIN J.	COL	1-Oct-12	FW
GILL, KERRY S.	LTC	1-Oct-12	JFHQ
SQUIRES, BENJAMIN R	MAJ	1-Oct-12	MDG
DUTCHER, BRIAN C.	CPT	14-Sep-12	
ABDON, MARK A.	SSGT	25-Sep-12	CEFO
GREEN, BRIAN L	SSG	12-Oct-12	MXAAW
KLINGE, TANNER W	SSG	14-Oct-12	FSS
KING, JOSHUA M.	SRA	7-Sep-12	MXAAW
STAGER, MEGAN P.	SRA	1-Sep-12	FSS
BALLARD, DALLAS D.	A1C	4-Oct-12	MXS
BURCH, TAMARA M.	A1C	6-Sep-12	LRS
COON, ALLISON S	A1C	18-Sep-12	FSS
HUNDLEY, CHRISTOPHER E.	A1C	10-Sep-12	MXAAA
KLOBASSA, RYAN F	A1C	17-Oct-12	FSS
MCCORD, STEVIE K.	A1C	11-Sep-12	SFS
MCKEAN, CHRISTOPHER L	A1C	25-Sep-12	CF
NOEL, TAG T.	A1C	12-Oct-12	SCXK
PORTER, MICHAEL J	A1C	3-Oct-12	MXS
QAISI, AYMAN A.	A1C	11-Sep-12	MXMP
SETSODI, CARA J.	A1C	25-Sep-12	MXMW
THOMPSON, MATTHEW S	A1C	26-Sep-12	SFS
ALBEE, SARAH N.	AB	13-Oct-12	CP
LEE, HENRY C.	AB	5-Sep-12	MXMF
NEWTON, MEGAN M	AB	28-Sep-12	FSS

TROWBRIDGE, JAMES W II MSG LRS

SOKOL, RICHARD J TSG MX

Promotions

Baron, Janelle N	1LT	22-Oct-12
Betts, Jeremy R.	E-7	1-Nov-12
Bizios, Tina S.	E-7	1-Nov-12
Gault, Scott A.	E-7	1-Nov-12
Mader, Benjamin J.	E-7	1-Nov-12
Sebben, Jay R.	E-7	1-Nov-12
Morgan, Nicholas P.	E-5	15-Oct-12
Ostrander, Dustin L.	E-5	15-Oct-12
Boveia, Joseph D.	E-4	1-Oct-12

Master Sgt. Tracy Kralik will be having a technician retirement celebration in the Snake Pit Lounge Thursday, 8 November @ 1630. Please stop and enjoy free refreshments and appetizers, and congratulate Tracy on his retirement.

November Community Activities

★★★ 2012 HIRING OUR HEROES JOB FAIR ★★★

WEDNESDAY, NOVEMBER 14

2:00 TO 6:00PM

EXHIBITOR SET-UP BEGINS AT 11:00 AM

WILLIAM C. KNAPP VARIED INDUSTRIES BLDG
IOWA STATE FAIRGROUNDS
3000 E. GRAND AVE., DES MOINES, IOWA 50317

Sponsored by VA Central Iowa Women Veterans Program

Women Veterans Appreciation

Sat. Nov. 17, 2012
10am-1pm
Gold Star Museum
at Camp Dodge

Registration begins at 10am
Speakers from 11am-noon
Lunch served at noon
Tour the Gold Star Museum and network with other women veterans

For questions and RSVP please contact Michelle Finley, Women Veterans Program Manager at 515-699-5824

A STAR-SPANGLED SALUTE

★★★ THE ONLY ONE OF ITS KIND ★★★

★A FREE CONCERT★

BY THE **IOWA MILITARY VETERANS BAND**

DIRECTED BY JAMES E. GOODWIN

SUNDAY, NOVEMBER 11, 2012 • 2 P.M.
CIVIC CENTER OF GREATER DES MOINES

HONORING IOWA MILITARY MEN AND WOMEN — PAST AND PRESENT.