




The Intake

132d Fighter Wing, Des Moines, IA

COMMAND COMMENTARY

A March to Remember!

By Col. Drew DeHaes

Commander, 132nd Fighter Wing



I have to admit, I can't remember a better mustache March in my 26 years in the Air Force! The totals are in and we had a monstrous turn out by our base members. The females did their part too by heckling and calling out either the unwilling or one's inability to grow a stache. Congrats to SMSgt Fred Timmerman for bringing home the "Best Mustache" award and good luck as he competes as our Wing's representative to Air Combat Command.

With March fading away in the rear view mirror, I am focusing all my attention on placing the remaining folks that are in transition flight. I know you are tired of hearing it, but the Network Warfare Squadron bed down/slow decision on the PCR has hampered our progress in placing our final folks. All communication on the PCR is positive and I am absolutely certain that our remaining transition team warriors will be placed in the very near future. Keep the faith!

Tuesday I spent the entire day in meetings with NGB A7, NGB legal, an Air Force property representative, ATAG, 132d BCE, USPFO, Iowa JAG, 4 FAA representatives and the Des Moines Airport authority. We discussed our future base needs, our current lease (signed through 2060) and a host of other issues. We continue to work with all parties as we determine our needs in regards to airport access, potential excess property and a potential Army Aviation bed down opportunity. I only mention this to lead turn any rumors that may or may not occur. It was a good day of meetings with the 132d's interest well represented. I will let you know more as the details become available.

Last but not least, there will be an advertisement for my replacement as Wing Commander in the next couple of weeks. When I took command back in May 2010, I gave the window of Jun 14-Apr 15 as when I would leave command. I am sensitive to giving my replacement ample time to lay out their vision and goals heading into the Sept 2015 Unit Effectiveness Inspection. Hitting the beginning of my transition window helps the new commander get his sea legs before this major inspection. As it stands right now, the tentative plan is for a change of command over June drill (pending date verification with new CC once selection is complete). I will be writing my final Intake article in May so I will wait until then to share my parting thoughts. Until then, keep your eye on the ball and have a great drill weekend!

CHAPLAIN'S CORNER

“A Fool Gives Full Vent to his Anger.”

By Maj Gabriel Casciato

132nd Fighter Wing Chaplain

Catholic Mass – Saturday UTA @ 1500

Protestant Worship – Sunday UTA @ 1100



Todd Fox has been a naughty boy. The Fargo ND man was been detained for "reckless endangerment" and "illegal use of high powered fire breathing weaponry" (I didn't even know that last one was a thing). What did he do? Well, according to fobserver.com he "...because so fed up with the week-long blowing snow epidemic in his area that he decided to KILL IT WITH FIRE." Fox apparently used a flamethrower on the mountains of snow in his front yard. He told police that he lacked the will power to move "four billion tons of <snow>."

When I first read this, I admit I laughed because I am also so sick of winter. But then I got to thinking about the process. I thought about how sometimes, in my moments of frustration, I have over-reacted to other situations. Chaplain or not, the truth is that sometimes my temper has a way of running away with me. Whether it's the maniac driving faster than me, the grandma driving slower than me, or the computer that has developed enough sentience to thwart my every attempt at productivity, my temper can run away with me.

There is an ancient proverb that says, "A fool gives full vent to his anger." I have found that to be true. I have never once given voice to my anger in the moment and afterwards thought to myself, "Wow. I'm so glad I lost my cool. That was really productive in this situation." Quite the contrary, it seems to be the cool heads that can fix the problems. I have found that the people who appear cool all the time, do get angry. They are just wise enough to know that losing it will not fix the problem, mend relationships, or help advance their career. Quite contrary, it is apt to do exactly the opposite. It's far more likely to exacerbate the problem, damage relationships, and potentially end your career.

So, when we feel like busting out the flame thrower, what should we do instead? First of all, never underestimate the power of a deep breath. Slow down. Ask yourself, "is this response going to make me feel better or is it going to fix the problem?" Fixing the problem should be the focus. Next, remember that you have 2 ears and 1 mouth and you should keep the proportions intact. Listen more than you speak. Finally, from a calm position of strength, having really listened to the other side of the problem, assert for your position. Being calm does not equal being a doormat. Be calm. Be a listener. Be assertive. And put the flame thrower down please.

LEGAL BRIEFS

First Quarter Status of Discipline

By Lt Col Brian C. Bowman

132nd Fighter Wing / JA



Below are the administrative actions served by commanders during the first quarter of CY 2014:

- An A1C from the MSG administratively discharged for unsatisfactory participation.
- An A1C from the MSG administratively discharged for unsatisfactory performance.
- An A1C from the MSG administratively discharged for failure to make satisfactory progress in required training program.
- An A1C from the MSG administratively discharged for failure to report for scheduled IADT within 365 days of enlistment.
- A Captain received a Letter of Reprimand for fitness failure.
- A MSgt from the OG received a Letter of Reprimand for not responding to a customer's request in a timely manner.
- A MSgt from the OG received a Letter of Reprimand for failing to comply with a direct order.

MENTAL HEALTH & WELLNESS

Safe Ride

By David N. Brown Ph.D., LMFT

Wing Director of Psychological Health

You may have heard about a new program, an emergency transportation service that is available to full-time, DSG and civilian members of the 132nd Fighter Wing – Safe Ride. This program has been funded through the generosity of your donations. It is staffed by volunteer members of the Wing, who will contact a local cab company and direct them to the requester’s location. Here is how the program works.



The Safe Ride phone will be answered 24/7. The phone number is **515-208-5144**.

Safe Ride **CAN** be used:

- If you are calling from and need a ride to a location within the Des Moines Metro area (Des Moines, West Des Moines, Johnston, Norwalk, Cummings, Urbandale, Clive, Bondurant, Altoona, Grimes, Ankeny, Pleasant Hill, Carlisle, Windsor Heights) and —
- If your designated driver plan falls through and you have no other ride home.
- If you need a ride for other emergency reasons or if under duress, or
- If your car breaks down.

Safe Ride **CANNOT** be used:

- If it is the primary and only plan following the use of alcohol.
- As a means to get to and from work.

As a means to get from one bar to the next.



The trip must end at home or such place as auto dealership to arrange tow or car repair or hospitals in case of emergencies. You are allowed up to two (2) trips per year. Gratuities are not included and are up to the discretion of the rider. Again, if you find yourselves in one of the situations that the program is intended for, please don't hesitate to call Safe Ride at **515-208-5144**.

WHAT'S FOR LUNCH?

Saturday		Sunday	
5-Mar		6-Mar	
1100-1300		1030-1230	
Saturday Main Line	Saturday Short Line	Sunday Main Line	Sunday Short Line
Country Fried Steak / Baked Fish	Breaded Chicken Sandwich	Baked Ham / Ginger BBQ Chicken	Corn Dog
Mash Potatoes w/Gravy	Skinny Fries	Potatoes Au Gratin	Curly Fries
Broccoli	Corn	Cauliflower	Carrots
Corn	Brownie	Carrots	Assorted Pies
Dinner Roll		Dinner Roll	
Brownie		Assorted Pies	
Entrée comes with side , dessert, salad bar and beverage. Non-AGR Enlisted meals are at no cost. Officer/AGR/Civilian meal cost is \$4.65.			

People

Promotions

Bowman, Brian C.	Lt Col	1-Aug-13
Doty, David M.	Maj	7-Sep-13
Nehring, Mark J.	E-7	1-Apr-14
Royer, Marsallyn J.	E-7	1-Apr-14
Holden, George A.	E-6	1-Apr-14
Matlock, David A.	E-6	15-Mar-14
Judd, Colby	E-5	15-Mar-14
Hoyt, Brooke M.	E-4	15-Mar-14

Moving In

MAJ	HAUG, ERIK L.	ATKS	21-Mar-14	
CAPT	HOWARD, ROGER J.	JFHQ	16-Mar-14	
TSgt	ADAMS, BRYAN D.	ISRG	1-Mar-14	
TSgt	RENEE, JENNIFER L.	ISRG	1-Mar-14	
TSgt	TORRES, DEANN DRA	L.	LGRM	28-Feb-14
A1C	HOUSER, COLE	ISRG	26-Feb-14	
A1C	ISAMAN, SANDA C	ISRG	2-Mar-14	



MSgt Dean R. Foster



MSgt Jody E. Ross

Moving On

MSG	FOSTER, DEAN R	3-Mar-14
MSG	ROSS, JODY E	31-Mar-14
TSG	JOHNSTON, JEREMY I	29-Mar-14
TSG	TAHA, JOSH M	30-Mar-14
SSG	ABDON, MARK A	1-Mar-14
SSG	FERGUSON, TYLER R	1-Mar-14
SSG	MCGEE, DANIEL R	1-Mar-14
SSG	THOMPSON, BRANDON L	3-Mar-14
A1C	KLOBASSA, RYAN F	6-Mar-14

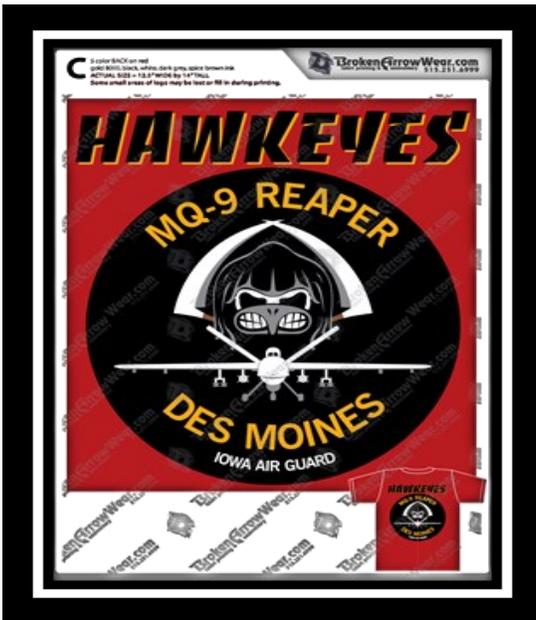
SNACKO

Hawkeyes it's a new year and that means new 132nd heritage memorabilia. New this year is a few Hawkeye pieces that aren't going to last long. First and foremost in reference to our final fighter legacy are the new "FAREWELL FALCON" photos depicted below; easily framed and reasonably priced, they can make an excellent gift or mantel piece. Additionally this will be the **last** print of our fighter history that the 132nd will sell.

IOWA AIR NATIONAL GUARD



FAREWELL FALCON
SEPTEMBER 25, 2013
1941-2013



On a more novel note, sport Herky as he transitions to the new mission with the new 124th ATKS t-shirts shown below. Also, limited F-16 children's tees and Lithographs are still available for purchase; these make a nice gift especially for those brothers and sisters who no longer wear the uniform but once upon a time may to support our now fabled fighter mission. Lastly and as always available for purchase: are patches, coins, and stickers.

These items will be available for purchase every UTA/SUTA during the lunch period at the DFAC. Additionally the items can be ordered from the SNACKO upon request, for more information contact [2d Lt Justus Westphal](#) ext.480 or [2d Lt Justin Rhode](#) ext.428 or by email.



Social Media

Stay connected with social media without sacrificing caeer

By Airman 1st Class Zachary Vucic

Air Force News Service



Engaging in social media can be a positive experience that entertains, keeps people connected and allows opinions to be expressed on a wide variety of topics.

In some cases though, social media can ruin personal reputations or careers, and create an open window for criminals to access personal information.

According to the Air Force's top social media expert, safe use of social-media outlets is simple -- use common sense.

Tanya Schusler is the chief of social media for the Air Force Public Affairs Agency, Joint Base San Antonio-Lackland, Texas. She said in many cases, problems arise when people are "too trusting" with their personally identifiable information.

"It can be something as simple as sharing your location when visiting your favorite store or restaurant," said Schusler. "This tells your social network one critical piece of information -- you're not home."

To take full advantage of social media, and still post to Facebook and tweet to friends safely, Schusler offered the following advice:

Many Airmen cause issues by posting photographs of themselves violating appearance standards, acting inappropriately and most importantly, violating operational security protocol. If you're not within regulations, don't post it.

Airmen should not post information about deployments or photos of secure areas within their workplace. Even if the Airman takes the information down shortly after posting, someone has already seen it. The information can be printed, screen captured, copied etc. Once information is released to the internet, it's there permanently.

When posting personal opinions about Air Force topics, provide a disclaimer stating the opinion as your own, and not that of the Air Force. This can be done either as a disclaimer on a profile, or on each individual post and will alleviate any potential confusion from followers reading the post.

If an Airman posts a statement about hurting himself or others, time is of the essence. Contact 911 if you know the location of the Airman. If you do not know the person's location, contact the command post or your supervisor for assistance in locating the Airman. It is important to seek help for these individuals immediately.

Using certain security features within social media sites can help mitigate some of the risk of personal information being shared. However, privacy policies change almost daily, and Airmen may not know about the updates. Therefore, do not rely on site security measures alone. Be careful of whom you allow into your social media networks, and don't trust that the account will always remain secure. Assume personal responsibility.

Airmen's social-media pages are their personal space, and they are encouraged to tell their personal Air Force stories through social networks. They simply need to ensure the information they post is cleared for release and within regulations. Don't jeopardize the mission or put anyone's life, or lives in danger. Think before you post.

"We don't want Airmen to feel like they are stifled from sharing information," Schusler said. "We just want to emphasize the use of common sense to keep people safe."

If Airmen have questions about acceptable posting to social media, there are resources available to them for guidance. AFPAA has published a new booklet, the Air Force Social Media Guide, available for download here, or at <http://www.af.mil> on the homepage under the social media icons. Airmen can also contact their local public affairs office with questions. Robert.shepherd@ang.af.mil or 515-261-8290 or [Click Here for PDF version](#).

FAMILY READINESS

Upcoming Opportunities for Military Families

By Shalee Torrence

132nd Fighter Wing Family Readiness



APRIL: CELEBRATING THE MONTH OF THE MILITARY CHILD

Secretary of Defense Caspar W. Weinberger in 1986 designated each April as "The Month of the Military Child". Recognizing the contribution that the military child makes as their parent or parents serve our nation, it is during April of each year that all branches of services provide special days and events to honor the family and their children.

To kick off the Month of the Military Child, Governor Terry Branstad will hold a proclamation ceremony to designate April 15th as "Purple Up for Military Kids Day" on Thursday, April 3rd at the Capitol Building in Des Moines. Please join us as schools, businesses and organizations across the state wear purple on April 15th to show support and recognize the sacrifices of all military children, regardless of service branch.

To celebrate military kids throughout the month of April in Iowa, we encourage your family to participate in at least one of the following events:

- April 5: Children's Easter Egg Hunt (132nd FW, Building 110, 2:00-3:30 p.m.)
- April 10: Military Family Connection & Youth Event (Camp Dodge, 5:30-7:30p.m.)
- April 15: Purple Up Day (Please join us in wearing purple in support of military kids this day)
- April 25: Military Parent's Night Out (Valley Community Center, West DSM, 5:30-9:30 p.m.)
- April 26-27: Military Teen Overnight Lock-In (Des Moines, IA)

For more information regarding these events please contact the Airman & Family Readiness Office at 515-261-8786 or email me at shalee.torrence@ang.af.mil.

Also, please visit Military OneSource for more information and resources relating to military children at <http://www.militaryonesource.mil/cyt>.



Integrity first
Service before self
Excellence in all we do

COMMUNITY ACTIVITIES

132nd Fighter Wing Family Readiness Group
Sponsored by the Wingman Support Team

Easter Egg Hunt

Saturday April 5th

Please arrive at 1:45PM & kick off will be at 2:00PM

132nd FW Lawn Area outside of Bldg. 110

Please bring your own basket or goodie bag!

All ages are welcome to attend.

We will have designated areas for age groups 12 months thru 12 yrs.

Crafts and refreshments will be provided following the hunt!

Remember you must have a valid military ID to enter the base. If you do not, please contact your Airman and ask them to sponsor you onto the installation.

"Celebrating Month of the Military Child"

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DES MOINES
EXCHANGE

You asked...
and we **listened!**

Expanded hours,
better service!



New Des Moines Exchange Hours Starting January 6th, 2014

Monday.....	1000 - 1400
Tuesday.....	0900 - 1500
Wednesday.....	0900 - 1500
Thursday.....	0900 - 1500
Friday.....	0900 - 1500
Saturday.....	Closed
Sunday.....	Closed

EXCHANGE

Community Activities

[Registration Form](#)

[Release Form](#)

APRIL 26-27th

**OPERATION:
MEGAPHONE**
WORLDWIDE LOCKIN 2014

#omp2014

Registration Deadline Apr 18th
by Email or Facebook

Location: Oak Moor Fitness Center
4731 Merle Hay Rd, Des Moines, IA 50322
Drop off @ 9pm
Pick up @ 7am
Grades: 7th and up



facebook



515.727.3064
christopher.l.coz18.ctr@mail.mil



515.362.3710
courtney.m.adams14.ctr@mail.mil



712.233.0817
joretta.nedal@ang.af.mil



515.261.8786
shalee.torrence@ang.af.mil

WHERE

Valley Community Center
4444 Fuller Road, West Des Moines, IA

MILITARY PARENT NIGHT OUT

Have a night out on us while dropping your kids (ages 3+) off in a fun and safe environment sponsored by the Iowa National Guard Child & Youth Program and the Wingman Support Team. Military kids will enjoy fun activities to include games, crafts, gym play, movies and snacks at the Valley Community Center in West Des Moines, supervised by Iowa National Guard child & youth staff and volunteers.

DATE

FRIDAY, APRIL 25, 2014

TIME

5:30—9:30 PM

[Registration-Release](#)

RSVP

Registration forms due by April 18

For more information please contact the Airman & Family Readiness Program at 515-261-8786 or email shalee.torrence@ang.af.mil.