



The Intake

132d Fighter Wing, Des Moines, IA

COMMAND COMMENTARY

What a Ride!

By Col. Drew DeHaes

Commander, 132nd Fighter Wing



Four years fly by when you are having fun. I can't say that the last 4 years haven't had moments of gut wrenching emotions or the proverbial highs and lows, because they have. What I can say is that I wouldn't trade my tenure as your commander for my previous 26 years of military service. I have had the distinct honor of leading the best military organization in the Air National Guard and will be indebted to many of you for being my Wingman for the past 4 years. You know who you are. The ones that lifted my spirits, kicked me in the backside when I needed a swift kick and who emailed or asked me how I was doing just to check on their commander. Thank you for your incredible Wingmanship.

As I write this final article, we are well on our way in the conversion process. Your new leadership team is as strong as I have seen in my 16 years in Des Moines. People are being trained, buildings are being designed/remodeled and the final personnel placements are being made. The one thing that I still can't deliver on is the programmatic change request for the Network Warfare Squadron. The PCR passed the Air Force board Tuesday, and is now on to the next step in the process. I am being told it will happen, but I am not going to pretend I can guess the date. Hopefully soon! We have a Wing full of folks willing to embrace change and accept the challenges of conversion to the new missions. Not an easy thing to do after 72 years of manned flight. We are leaving our comfort zone and excelling in the face of numerous challenges. For that, I commend each of you and encourage you to keep up the excellent work.

As I return to United Airlines to continue my civilian career, I do so knowing you will be in good hands with your new commander. I have known Col Heer for over 24 years and can wholeheartedly speak to his leadership, core values and work ethic. The 132d FW will flourish under his command and I know you will support him as you have supported me over the past several years. The Change of Command will be Saturday June 7th in the west hangar, time TBD. I hope to see each of you there so I can thank you personally. I would like to close by saying it has been my honor to serve as your commander. Thank you and have a great drill weekend!

CHAPLAIN'S CORNER

Spring is Here!

By Maj David Doty

132nd Fighter Wing Chaplain

Catholic Mass – Saturday UTA @ 1500

Protestant Worship – Sunday UTA @ 1100



Just one look at the calendar and you can see that we are well into spring. Usually at this time of year there is an annual tradition that many dread...spring cleaning!!! This is the ritual of going through closets or basements and dragging out those things that have cluttered those spaces so that new space can be made for new stuff. It is a time to open up windows and let the sun shine in. The bleakness of winter is over and the new colors of spring are here.

2 Chronicles 29:1-29 is about cleaning house and not just any old house. It's about cleaning the Lord's house, the temple in Jerusalem. It took place around 715 BC in the first year of King Hezekiah's reign. Philippians 3:13 says, "No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead." Paul realized he did not have it all together. Coming to that understanding is huge. I am going to paraphrase, "don't worry about your past, there is nothing you can do about that but rather keep your eyes on the goal which is in front of you." Also, Hebrews 12:1 says this, "let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." Paraphrase, "do some spring cleaning."

What are the things in your life that are dragging you down or holding you back from reaching your full potential? If so, are you doing those things to "clean up" your life? If you need help cleaning up your life there are resources available to you. Contact a chaplain, chaplain assistant, Dr. Brown, Shalee Torrence, your supervisor, first sergeant, friend, or family member. Seek the help you need to get your life cleaned up.

LEGAL BRIEFS

Drunk Driving and Drunk Boating

By Capt Bret Lucas

132nd Fighter Wing / JA



As summer approaches, please remember the perils of operating a car or boat while under the influence of alcohol.

In Iowa, a person is considered to be operating while intoxicated (Car or Boat) if the person...

- Is under the influence of alcohol or other drug or a combination of such substances or...
- Has a blood, breath, or urine alcohol concentration of 0.08% or more or...
- Has any amount of a controlled substance present in his or her person, as measured in blood or urine.

Drunk Driving Penalties:

| | Court Fines | Potential Jail Time | License Suspension or boat operation ban |
|----------------|-------------------|---|--|
| 1st Conviction | \$1,250 | 2 days - 1 year | 6 months |
| 2nd Conviction | \$1,875 - \$6,250 | 7 days - 2 years | 2 years |
| 3rd Conviction | \$3,125 - \$9,375 | Minimum 30 days and up to 5 years in prison | 6 years |

*the "look-back" period for OWI's is 12 years for prior convictions

Additional Requirements: You must complete a substance abuse evaluation and treatment, if recommended, and you must also attend and pass a course for drinking drivers.

Under Iowa state law, any licensed person operating a motor vehicle (car or boat) automatically gives his or her consent to an approved test (blood, breath, or urine) for the purposes of showing intoxication. Any driver refusing to take a chemical test is subject to license revocation for one to two years

As always, if you have questions or need advice, please schedule an appointment with the Base Legal Office at 261-8507

MENTAL HEALTH & WELLNESS

Benefits of the Sun

By David N. Brown Ph.D., LMFT

Wing Director of Psychological Health

Each day, Apollo's fiery chariot makes its way across the sky, bringing life-giving light to the planet. For the ancient Greeks and Romans, Apollo was the god of medicine and healing. Today's scientists have come to a similar recognition that exposure to sunlight can have beneficial, as well as some not so beneficial (just ask anyone with a bad sun burn) effects on human health.



Here are some of the beneficial aspects:

- **Your vitamin D levels rise.** Sunlight hitting the skin can lead to the creation and activation of vitamin D. Studies suggest that this vitamin helps fight certain conditions, from osteoporosis to cancer to heart attacks.
- **You'll get more exercise.** If you make getting outside in the sun a goal, that should mean less time in front of the television and computer and more time walking, running and doing other things that put the body in motion.
- **You'll be happier.** Light tends to elevate people's mood. Physical activity has been shown to help people relax and cheer up, so if being outside replaces inactive pursuits with active ones, it might also mean more smiles.
- **Your concentration will improve.** Children with ADHD seem to focus better after being outdoors. It might be a stretch to say that applies to adults, but if you have trouble concentrating, outdoor activity may help.
- **You may heal faster.** In one study, people recovering from spinal surgery experienced less pain and stress and took fewer pain medications when they were exposed to natural light.
- **You may be calmer.** Ultraviolet radiation increases blood levels of natural opiates called endorphins that produce feelings of euphoria and calmness.

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

Source: Harvard Health Letter & Mead, N. (2008). Benefits of sunlight: A bright spot for human health. *Environmental Health Perspectives*, 116(4). pp. 160– 167.

WHAT'S FOR LUNCH?

| Saturday | Sunday |
|--|--|
| 3-May | 4-May |
| 1100-1300 | 1030-1230 |
| Contracted Box Lunch | Contracted Box Lunch |
| One 6" Sub Chicken/ Smoked Pork/ Smoked Roast Beef | One 6" Sub Chicken/ Smoked Pork/ Smoked Roast Beef |
| Chips | Chips |
| One Additional Side | One Additional Side |
| Soda | Soda |
| <p>Non-AGR Enlisted meals are at no cost. AGR's, Officers and members on orders are encouraged to bring exact change of \$4.65 for their meals at Saturday's training event</p> | |

People

Promotions

| | | |
|----------------------|--------|-----------|
| Hynnek, Chad M | Lt Col | 28-Apr-14 |
| Gunsolly, Tatum L | Maj | 28-Apr-14 |
| Hackley, Glen D | Maj | 28-Apr-14 |
| Pinter Jr. Donald F. | Maj | 28-Apr-14 |
| Britt, Brandon R. | E-4 | 1-May-14 |
| Parsons, Cory J. | E-4 | 1-May-14 |



Moving In

| | | | |
|-----|-----------------------|------|-----------|
| MAJ | APPEL, DANIEL R. | ATKS | 1-Apr-14 |
| SSG | ADKINS, NICHOLAS A. | ISRG | 4-Apr-14 |
| A1C | DALL, COLTON D. | CES | 5-Apr-14 |
| A1C | FRANK, ALEXANDER | ISRG | 8-Apr-14 |
| A1C | MASAKOWSKI, DANIEL T. | FSS | 10-Apr-14 |
| AB | KORNDER, RYAN | ISRG | 17-Apr-14 |
| AB | BURRIOLA, ANTHONY J. | ISRG | 23-Apr-14 |
| AB | ORMORD, ZACHARY J. | CF | 15-Apr-14 |

Moving On

| | | | |
|-----|----------------------|----------|-----------|
| CPT | BUMP, CHRISTOPHER G | SFS | 6-Apr-14 |
| SRA | LIENEMANN, THOMAS A | TRNS FLT | 5-Apr-14 |
| SRA | MULLEN, ADAM D | TRNS FLT | 7-Apr-14 |
| SSG | SANDERSON, MATTHEW W | FIN | 30-Apr-14 |

132nd Security Forces Crime Prevention Hotline

- Enhance Base Security
- Help Reduce On-Base Crime
- Accepts On and Off-Base Calls
- Anonymous
- Secure
- Fast

132ND SECURITY FORCES CRIME PREVENTION HOTLINE

This program allows personnel to anonymously report a crime. If you know of a crime that has been committed, see a crime in progress, or if you see a suspicious person, vehicle, or situation that you believe indicates a crime is occurring, call the Crime Prevention Hotline at **515-261-8228**. All calls received through the hotline are anonymous. If it is an emergency situation, dial **911**.



132nd Security Forces
Squadron

Building 300
3100 McKinley Avenue
Des Moines, IA 50315
(515)261-8228

Air National Guard SAPR

Deskins: Military leadership committed to fixing sexual harassment, assault

By Army National Guard Staff Sgt. Michelle Gonzalez

National Guard Bureau

WASHINGTON (4/22/14) - Bare walls dominate the office décor, evidence that the newest tenant has recently moved in.

"I'm still getting used to it," says Air Force Brig. Gen. Dawne Deskins about her promotion to brigadier general last month.

For Deskins — the sixth woman promoted to general in the New York National Guard — spearheading the Air National Guard's Sexual Assault Prevention and Response program for the 100,000 Air National Guard members is the latest opportunity in a 30-year career.

"It's an exciting time to be in this program. It's a terrible thing that's happening within our ranks, and we've got to get our arms around it, because if we don't, someone else will. I know our leadership all the way up is committed to fixing this."

With her experience as a commander, Deskins was attracted to the opportunity to work as the special assistant to Air Force Lt. Gen. Stanley Clarke, the director of the Air National Guard, and influence the program at a higher level.

"As a commander, there was nothing more important to me than taking care of the people under my command. I held that responsibility very closely and very dear to my heart that I was supposed to create an environment where people could come safely to work and felt that they would not be in any kind of hostile work environment."

Deskins' military experience has been extremely positive and harassment free. "I want every Airman to have that experience," she says. "I bring a perspective of what I know things should look like."

Her goals: improve training for commanders at all levels, improve the process of reporting across the Guard and improve success with local law enforcement.

"Our availability to train people is a little bit different," Deskins says referring to the drill status of Guard members. "Ultimately we need to educate all of our Air National Guard leaders so that they can better implement these programs by understanding the nature of this crime, the people who commit it and the impact on the survivors so that we can support them."

Deskins plans to look at the similarities of reporting across the Army, Air Force and the Guard to integrate reporting and improve the process.

"Ultimately, I would hope that as we go through our climate assessments, that we'll see trust in the system," Deskins says on how she would measure the success in the program. "That we will find that eventually reports will go down because we've had an effect at the culture level."

Leading the Air National Guard's sexual assault prevention program at a time where sexual assault in the military has garnered national attention, Deskins is carving a moment in the program's history.

But it is not the first time Deskins is part of history: She helped coordinate the military response following the Sept. 11 attacks and the official 9/11 Commission report credits Deskins and the personnel she led that day with responding well to a confusing set of circumstances.

Her transition from active duty to the Air National Guard came in the mid-90s, at a time when air defense sector missions were being transitioned under the Guard's jurisdiction. An assignment opportunity in air defense became available in New York. Taking her family into consideration, the reductions taking place at that time, and being able to use a honed skill set, the opportunity to join the Guard was a good fit.

Deskins doesn't limit her opportunities.

"Gen. Clarke asked me if I was willing to look at an opportunity outside of New York. My response was 'yes, as long as I can make a difference.'"

And by taking charge of the Air National Guard's SAPR program she can make a difference.



Volk 2014

Are You ready to be inspired at VOLKAT 2014!

By Lt Col Blakley

132nd Deputy MSG Commander

Very soon, we will all be enjoying a spectacular opportunity to learn, to grow, and to develop as Airman; building up our team camaraderie!! Here is a quick synopsis of what the week will look like:

The report no later than time on Sunday is 1400 and the kickoff for the entire Wing is at 1530. Monday, Wednesday, and Thursday's schedule is a shortened day and then reassembling in the afternoon for an outdoor activity – with the exception of Wednesday, which the afternoon is off. Monday is the Scavenger Hunt, and Thursday is the Intramural Day with a choice of Warrior Dash, sand volleyball, indoor basketball (3 on 3), 1.5 mile run, or kickball; followed by the Wing Party that evening. Tuesday's schedule is flipped and we have an outdoor activity in the morning, may be as early 0600 if you are taking or assisting in the fitness assessment. Other choices are 5K run or Crossfit with Maj Latcham. Everyone has to participate in or assist in something. We will reassemble mid-morning for training for the remainder of the day. Friday morning we have a Capstone event for the entire Wing, which includes a group photo. Following the Capstone event and once all DSG's have completed DTS later that morning, you will be released.

So please make sure that by the end of the May UTA you have signed up for an event for Intramural Day and that you have designated what activity for Tuesday morning you will be involved in. If you have any questions, please see your supervisor or UDM.

Off Base Training Survey

Have you ever wanted to change how we look at our training in the future? Here is your chance to make things better the next time. Follow the link below to take a very brief survey of 6 questions. Please include your personal recommendations for improvements. Remember if you do not suggest improvements, then we can not make things better for the future.

<https://www.surveymonkey.com/s/DDVGDH3>



Integrity first
Service before self
Excellence in all we do



Volk Intramural Day

The 132d Volk Field Intramural Day is fast approaching. The emphasis for this afternoon of activities is for everyone from the 132d to have a fun afternoon of activities. The winning Group will earn a 2 hour time off award during the August or September UTA.

The Volk intramural day consists of five team events and one individual event. The team events are: basketball, volleyball, kickball, soccer, and the 132d Warrior Dash (formerly known as the obstacle course). The individual event will be a 1.5 mile sprint with Frisbee Golf after the run is completed.

The winning Group will have the most compiled points from the following categories: Intramural Day, The Scavenger Hunt, and the fitness challenge. The points will be awarded as follows:

| | 1st Place | 2nd Place | 3rd Place | 4th Place | 5th Place |
|-------------------|-----------|-----------|-----------|-----------|-----------|
| Warrior Dash | 30 | 25 | 20 | N/A | NA |
| Team Events | 25 | 20 | 15 | N/A | NA |
| 1.5 mile sprint | 20 | 15 | 10 | N/A | NA |
| Fitness Challenge | 25 | 20 | 15 | 10 | 5 |
| Scavenger Hunt | 25 | 20 | 15 | N/A | N/A |

Everyone needs to get with their Unit Deployment Manager (UDM) to inform him/her of the event you would like to take participate in. They will need to know what team you want to be a part of, if you are participating in a team event. Teams do not have to be from the same group, but they do need a team name. The number of members per team varies; please see your UDM for this event specific information. Flyers on the Warrior Dash will be distributed through the base. Information on rules can be provided by the UDM's as well. Signing up for an event must be completed prior to COB 4 MAY.

Fitness Challenge

The fitness challenge is a way to keep people engaged in healthy activities while up at Volk Field and to enhance the squadron intramural competition. Each participant will receive tickets for their activity from Sunday - Wednesday. Points are awarded per 15 minutes of activity. The point value is based on average calories burned per hour. Final tallies are based on percentages. Therefore, a smaller group has the same chance of winning. The first place squadron will receive 25 points toward their intramural score, second place 20 points, third place 15 points, fourth place 10, and fifth place 5 points.

Tickets will be handed out each day in the dining facility over the lunch hour. Updates will be provided Tuesday and Thursday morning. The final results will be announced on Thursday at the Wing BBQ. Listed below is the point's value for activity:

| Running | Cycling | Cardio | Lap Swimming | Strength Training | Walking |
|--------------|--------------|--------------|--------------|-------------------|-------------|
| 6 pts/15 min | 5 pts/15 min | 4 pts/15 min | 3 pts/15 min | 2 pts/ 15 min | 1 pt/15 min |

Cardio: Circuit training, cross fit, aerobics

Cycling: Includes spin classes and stationary bike

Strength Training: includes weight lifting, push-ups/sit-ups and yoga

Lap Swimming: does not include recreational swimming

FAMILY READINESS

Active Military Family Retreat

By Shalee Torrence

132nd Fighter Wing Family Readiness

Active Military Families is written specifically for the challenges of military families. It is an experience for the whole family! Active Military Families addresses worries about separation, maintaining bonds, expression of emotions and also can be utilized to build teamwork when together. Active Military Families is learning plus fun-filled action that can increase connections and skills for life long success. Other topics included are communication how to's, positive thinking, expression of emotions in a healthy way, diplomacy and respect, planning together as a team. Active Military Families celebrates strengths of each family and helps members recognize and build on great things about themselves! The program involves short presentations, family learning and life experiential games. Check out the preview video at the link listed.



http://www.youtube.com/watch?feature=player_embedded&v=8WQpQIna9yc

The retreat will be 6-8 June at the Double Tree Inn just off Fleur Dr. Your room for Friday and Saturday night, dinner both nights, and the retreat are all included at no cost to you. We have to limit the event to the first 5 families that sign up with either Chaplin Doty or Shalee Torrence.

**Iowa
Air
National
Guard**

**132d
Fighter
Wing**



**Active Military
Families Retreat**

...
**a weekend event
designed for the
whole family
(Ages 5+)!**

**This is also the
drill with
Family Day
(7 June)**



Iowa Air National Guard Families (limit of 5 families)

6-8 June – Double Tree Inn – Des Moines, IA
Hotel room, meals, and retreat – all included

Reserve your spot no later than 23MAY

For more information or to sign up call or email:

Chaplain David Doty 261-8215 david.doty.1@ang.af.mil or
AFRG Program Manager, Shalee Torrence 261-8786 shalee.torrence@ang.af.mil



132nd Fighter Wing Family Day

When: June 7th from 11:00AM—3:00PM

Where: 132nd Fighter Wing

**Lunch: 11:00AM—12:30PM
at the Dining Facility ****FREE******

**Event activities will be located in
baseball field area to include:**

- *Bounce Houses *Mechanical Bull**
- *Dunk Tank *Face Painting *Mini-Golf**
- *Large Slide *Pony Rides**
- *Live Super Heroes & Princesses**

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.