



# The Intake

132d Fighter Wing, Des Moines, IA

## COMMAND COMMENTARY

### “Punch It!”

**By Col. Kevin J. Heer**

*New Commander, 132nd Fighter Wing*

Could we pack anything else into one UTA! Change of Command, Family Day, promotions, retirements and final prep for Volk AT -- Fasten your seat belts! As we celebrate with our families and fellow Airmen this weekend at these events, take some time to reflect on where we have been as a Wing and where we are going this next year. I am excited for the opportunity at Volk to share my thoughts on leadership and discuss our Wing Mission, Vision and Values. All four group leadership teams will participate in team building workshops facilitated by our Human Resource Advisor, because I feel that effective teams are a force multiplier and essential to leading Airmen. The Top Five and Command Chief participated in this training last month as we continue to develop a more effective Wing Leadership Team.

One of my first tasks as Wing Commander will be to sort through the 224 pages of data in our Unit Climate Assessment – thank you for your candid feedback on what you like and what can be improved. I intend to share with you my initial thoughts from the data at Volk, but the analysis at the Wing, Group and Squadron level will continue for months. We will face the brutal facts about how we can improve and communicate to each of you what we have learned about our Wing, and more importantly what we plan to do for improvement. Your willingness to take the time to complete the survey matters! The results will also be analyzed by the Wing Integrated Delivery System and Community Action Information Board as we develop our action plan to care for all our Airmen and families in the coming years.

Time to get to work! Thank you for serving your Nation, State and Community!

Col Hook



# CHAPLAIN'S CORNER

## Go Big or Go Home!

**By Maj Gabriel Casciato**

*132nd Fighter Wing Chaplain*

Catholic Mass – Saturday UTA @ 1500

Protestant Worship – Sunday UTA @ 1100



I recently read about a man who epitomized "go big or go home." Samuel Porter, who was 66 when these events took place in 2007, is the current title holder for "Chaplain's Favorite Dumb Criminal." Mr. Porter walked into a Pittsburgh Giant Eagle and wanted to get some change for his \$1 Million bill.

And you thought getting change for a \$20 was difficult. Not only is this request absurd, it's illegal. You see, since 1969 the largest genuine bill in circulation is the \$100. The largest ever printed by the Bureau of Engraving and Printing was for \$100,000, and it never appeared in general circulation. His bill was as fake as his integrity.

Integrity is a funny thing. It takes a lifetime to build and an instant to destroy. What makes it such a big deal is that integrity is the quality that underlies every other quality our country expects of the members of her Armed Forces. It's more than doing what we say we will do in the manner we said we would do it. It's an honesty of lifestyle that allows other people to trust us and believe in us. It's what we do when we think no one is watching. It's what we do or don't do when we think we can "get away with it." It's taking the hard and high road not because it's expedient, but because it's right.

We live in a world that is increasingly jaded. Sometimes it feels like all the good themes have been used up and all the heroes are in the past. More than ever, our country is searching for people of honest integrity; not pretenders who want to be thought of as genuine or the lazy who do the right thing when it's convenient or only when other people are around. They are looking for the real deal. I'm talking old school "knights and cowboys" integrity that would rather die that compromise character or honor. Some things are not supposed to go out of style. And integrity is one of them.

My prayer is that the men and women of our military would be seen as those kinds of people; men and women whose integrity is unblemished whether on the battlefield or surfing the internet at home. I know that sometimes living that way makes things more difficult. I know that sometimes living that way puts one "behind the 8 ball" because it gives lesser men and women a perceived advantage. But integrity was never supposed to be convenient, only essential. Our country is expecting us to have that kind of character. Let's step up to the plate and give them what they need; men and women of uncompromising integrity.

Cheers,  
Chaplain Casciato

## CHANGE OF COMMAND



**Change of Command Ceremony**  
**132d Fighter Wing, West Hangar**  
**7 June 2014, 0800 hours**  
**Uniform of the Day or ABU's**

# MENTAL HEALTH & WELLNESS

## Caffeine and Sleep (Or lack thereof)

By David N. Brown Ph.D., LMFT

Wing Director of Psychological Health

People who have heard me speak, know that I can get fairly passionate when talking about the need for sleep. Because if you don't sleep well (meaning not getting 7-8 hours per night), your ability to concentrate, to calmly deal with daily pressures, or to simply feel good is compromised. Many factors can negatively impact sleep. The Internet and e-mail are available nonstop. Stores are open longer hours, and many jobs require workers to perform shift work. Another factor is caffeine use, especially with the growing popularity of energy drinks. Some probably need to look more closely at this, particularly if you are bothered by restlessness, sleep problems, headaches or anxiety. If your caffeine totals more than 500 milligrams (mg) a day, you may want to cut back, or at least try to avoid caffeine use less than 6 hours before you go to bed.



Here are some typical caffeine contents in popular drinks.

Type	Size	Caffeine
Brewed coffee	8 oz.	95-200 mg
Latte or mocha	8 oz.	63-175 mg
Black tea	8 oz.	14-70 mg
Green tea	8 oz.	24-45 mg
Diet Coke	12 oz.	23-47 mg
Mtn. Dew	12 oz.	42-55 mg
Amp	8 oz.	71-74 mg
5 Hour Energy Shot	2 oz.	200-207 mg
Red Bull	8.4 oz.	75-80 mg
Rockstar	8 oz.	79-80 mg.



Again, caffeine use can interfere with sleep and may negatively impact us in a variety of other ways as well. For more information about caffeine use or if you are having difficulty sleeping, please contact David Brown, Director of Psychological Health at 515-306-8015 or at [david.brown.ctr@ang.af.mil](mailto:david.brown.ctr@ang.af.mil).

## WHAT'S FOR LUNCH?

Saturday	Sunday
7-June	8-June
1100-1300	1030-1230
<b>Contracted Box Lunch</b>	Penne Pasta in Red Sauce w/Beef
One 6" Sub Ham and Turkey	Garlic Breadstick (With Pasta Only)
Chips	Pulled Pork on Bun
One Additional Side	Baked Beans
Soda	Cole Slaw/Green Beans
	Cookies

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

# People

## Promotions

Reed, Tonya G. E-8 15-Apr-14  
Stock, Jason E. E-7 1-Jun-14  
Miller, Lucas A. E-5 1-Jun-14  
Berns, Emily K. E-4 15-May-14  
McCauley, Cole D. E-4 15-May-14  
Sherman, Alexander M. E-4 1-Jun-14  
Bierman, Patrick G. E-3 1-Jun-14  
Crisman, Benjamin C. E-3 1-Jun-14

## Moving In

SSG KICKEGAARD, SHANE DET 1 4-May-14  
LtCol DEPREE, MICHAEL J. ATKS 13-May-14

## Moving On

SMS ADAMS, ERIC T LRS 27-Apr-14  
SSG WALTER, JONATHAN C TRNS FLT 2-May-14



# LEGAL BRIEFS

## Know Before you Owe on Student Loans

**By Capt Bret Lucas**

*132nd Fighter Wing / JA*



The Consumer Financial Protection Bureau (CFPB) recently launched the next phase of its Know Before You Owe student loan project by releasing a beta version of the Financial Aid Comparison Shopper, an interactive, online tool designed to help families plan for the costs of post-secondary education. The Financial Aid Comparison Shopper is available here: [www.consumerfinance.gov/payingforcollege](http://www.consumerfinance.gov/payingforcollege) Now is the peak time when colleges send letters of acceptance. After the acceptance letters come, financial aid information which is often jargon-filled and unique to the institution sending it soon follows. This can make it difficult for families to understand costs, evaluate loan options, and figure out how much debt to take on. The beta version of the Financial Aid Comparison Shopper has more than 7,500 schools and institutions in its database, including vocational schools and community, state, and private colleges. It draws information from publicly available data provided by government statistical agencies. With the prototype, students and their families can compare the following across multiple financial aid offers: Estimated monthly student loan payment after graduation; Grant and scholarship offers; School-specific metrics such as graduation, retention, and federal student loan default rates; and estimated debt level at graduation in relationship to the average starting salary. The Financial Aid Comparison Shopper also includes a "Military Benefit Calculator" that can estimate education benefits for service members, veterans, and their families. The calculator includes military tuition assistance and Post-9/11 GI Bill benefits.

In addition, for those who are having trouble with their private student loans, the CFPB last month launched its student loan complaint system to help consumers deal with their lenders and servicers. Consumers can file complaints about any kind of student loan. While the CFPB will primarily manage the private student loan complaints, the CFPB will work closely with the Department of Education to route complaints that fall under their purview as the overseer of federal student loans. While the benefits of college are great, the financial pain does not have to be too. It is important that you use all the tools at your disposal to make the best informed decision on how to fund higher education.

# Environmental



## 132d FW Tour Metro East Landfill

**By Shannan Garretson**

*State Environmental Specialist*

On 28 May 2014, Unit Environmental, Safety and Occupational Health Coordinators (UECs) along with a crew of environmentally passionate recyclers toured the Metro Park East Landfill in Pleasant Hill to better understand what happens to garbage after it's thrown away.

The facility serves 16 communities in the Greater Des Moines metropolitan area by receiving over 350 truck-loads of trash each day. In order to protect the environment, the trash is compacted and buried in a manner that seals it in. The bottom of the landfill has a carefully designed plastic liner. The trash is then covered with layers of clay and soil preventing rain from entering and contaminated water (called Leachate) from leaving. Metro east uses innovative methods for capturing and processing the leachate as well as 59 monitoring wells to ensure the groundwater is safe. They also protect the air. All landfills create the greenhouse gas methane. Metro east recovers the methane preventing it from reaching the upper atmosphere and providing a source of renewable energy.

According to the [U.S. EPA's 2012 report](#) the average American creates 4.38 lbs. of trash per day, up from 2.68 lbs. in 1960. While positive uses for the garbage are being investigated and new technologies emerge, the biggest take away from this outing is garbage in the landfill will forever stay in the landfill. The more waste we create, the more we add in landfills, the larger the mountain grows. The first area of the Metro Park East landfill is already the highest point in Polk County. Are we capable of reducing our waste so that future sections of the landfill will be mole-hills and not mountains?

Want to help?

- 1) **Reduce** the amount of garbage you produce. Use reusable water bottles, grocery bags, and coffee cups.
- 2) **Reuse** items for their intended purpose, or find someone who can. Donating to charity second hand stores or Habitat for Humanity's Restore, post to Craigslist free section, etc.
- 3) **Recycle**. Use your community recycling program and follow their rules. Additionally, your Unit ESOH Coordinator can point you toward resources for recycling your household items.

# AWARDS



The Small Group (Personnel and Training Team) nominated consists of CMSgt Kim Kiser, MSgt Kate Schultz, MSgt Kevin McNeal, MSgt Paul Havran, MSgt Gary Burch, and TSgt Eric Gleason. The combined length of Federal Service for these candidates exceeds 117 years.

These members are being nominated due to their tenacious engagement with The Adjutant General's directive to place 100% of 132d Fighter Wing's displaced personnel. This initiative led to a wide range of events, activities, analysis and innovative approaches to place personnel with minimal to no negative impact. Over 90% of affected personnel were placed in positions of equal or greater grade, with maximum flexibility using both major conversion reshape and Recruiting and Retention guidance. This small group planned, trained, and orchestrated 42 – 2 hour meetings, 14 action committees, 5 large scale placement events, and 17 training and educational seminars requiring significant in-depth analysis of member qualifications and organizational needs. These imperative measures not only brought jobs to members but also counseled and educated displaced individuals to sustain and motivate reengagement in the job selection process.

The Personnel and Training Team integrated and engaged each organizations leadership while embracing the reshape rules of engagement and ensuring member welfare always remained at the forefront of all placement decisions. The results of this team aggressively mitigated any potential negative impacts on personnel by using maximum flexibility to retain grades, ranks, and promotion potential in every instance possible. The Personnel and Training Team performed numerous roles to ensure commitment above and beyond finding creative solutions to personnel placement, often while deciphering overlapping manning documents and maintaining 100% personnel accountability and control.

The dedication and hard work of this small group ultimately resulted in the precision placement of over 170 full-time personnel and 350 drill status guardsmen, while maintaining unit strength over 80%, a first-time ever achievement by a converting Air National Guard unit. The Personnel and Training Team met or exceeded every objective laid out in The Adjutant General's charter.

# RETIREMENTS



MSgt Doug Asher



MSgt Gene Marsh



MSgt Todd Moomaw



CMSgt Jeff White



## 124<sup>th</sup> ATKS URT Application



### **To apply, applicant must meet the following minimum requirements:**

1. Four year college degree (Bachelors) *By May 30th 2015*
2. GPA of at least 2.1
3. AFOQT scores of: Pilot - 25, Navigator - 10, Academic Aptitude – No Minimum, Verbal - 15, Quantitative - 10
4. Test of Basic Aviation Skills (TBAS) results
5. Enter flying training before (32 years of age if currently in military, 30 years of age non-prior service)
6. Physically able to pass the Flying Class 1 physical
7. United States Citizen
8. Capable of obtaining & maintaining a Top Secret security clearance (No criminal record excluding minor traffic infractions and pass drug screening tests)
9. Selectee will be required to attend training for AFSC 18X

### **Pilot Training application must consist of:**

1. Cover letter
2. Resume consisting of a chronological statement of military/civilian experience & education
3. Transcripts of all college work
4. Minimum of 3 letters of recommendation
5. AFOQT test scores
6. Must complete Pre-Screening Questionnaire
7. Test of Basic Aviation Skills (TBAS) results

### **Timeline:**

- \*URT application due into the 124th Attack Squadron no later than Friday September 5, 2014
- \*The most qualified applicants will be eligible for an interview.
- \*Interview letters will be mailed out on October 3, 2014
- \*The URT interview board will be held on November 1 and 2, 2014

Please scan your complete application and email it to TSgt Nicholas Rohmiller at [nicholas.rohmiller@ang.af.mil](mailto:nicholas.rohmiller@ang.af.mil)  
Contact Lt Col Jeff Bulman at [jeffrey.bulman@ang.af.mil](mailto:jeffrey.bulman@ang.af.mil) with questions.



# FAMILY READINESS

## Kids Summer Camp

**By Shalee Torrence**

*132nd Fighter Wing Family Readiness*



***Sign up today for Military Kids Summer Camp***



Who: Iowa Air National Guard Youth (Ages 7-16)

What: Summer Re-wind Youth Resident Camp

When: August 3-9, 2014

Where: Okoboji/Spirit Lake, Iowa

\*\*\*Lodging, meals & camp activity fees all included, transportation may be provided\*\*\*

### Why Sign Up?

Camping is more than simple programming for your child; it is a place to build friendships and develop character. Additionally, camping is experiencing laughter, creating smiles and being able to reach out and touch nature with your own hands.

Summer Camp is all about developing the camper. Filling a child's day with fun-filled, character-developing experiences, led by committed and caring staff is what the time at camp is all about. Campers develop wonderful friendships while gaining a new sense of independence. With activities like archery, swimming, horseback riding, arts and crafts, low/high ropes course, and rock climbing (just to name a few) campers try things outside of their normal routine, gain new hobbies, and discuss what they learn about character and personal growth. Activity and fun play is just the beginning.

Camp Leaders & Iowa National Guard Child & Youth Leaders create an environment where campers feel comfortable being who they are and are free to share that with others, in turn, campers get to learn about others too. Summer camp teaches positive values, resiliency skills, and value based youth programming in a natural setting. This camp offers several opportunities to build relationship skills and network with other military youth from Iowa at no cost to the Iowa National Guard youth.

\*\*\*If you are interested in reserving a spot, please email Shalee Torrence at [shalee.torrence@ang.af.mil](mailto:shalee.torrence@ang.af.mil) with your child's name, age, and the Airman's (Parent/Guardian) contact information (email/phone). Spots are limited and will be placed on a first come, first serve basis with priority given to families with Airmen currently deployed/separated at training schools. Registration deadline is 11 July 2014.



# 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.**

# COMMUNITY ACTIVITIES



## THE ADJUTANT GENERAL'S 2014 SUMMER CONCERT SERIES

**THURSDAY NIGHTS ★ 7:00 - 9:00 P.M. ★ FEATURING:**

**MAY 22: THE TONY VALDEZ LARGE BAND**

**MAY 29: ABBY NORMAL - "1980S BLOCK PARTY"**

**JUNE 5: THE EL DORADOS - "CRUISE NIGHT"**

**JUNE 12: THE NADAS**

**JUNE 19: NO CONCERT: JOHNSTON GREEN DAYS, SIMPSON BARN**

**JUNE 26: SIDEWINDER, 34TH ARMY BAND**



**FREE ADMISSION ★ CONCESSIONS AVAILABLE  
LAWN CHAIRS, COOLERS & PICNIC BASKETS PERMITTED**



## COMMUNITY ACTIVITIES

# WISCONSIN

### ***VOLKAT GOLF OUTING***

Date: 06/25/2014, Time: 1530 Shotgun Start

Format: 4-Person Best Shot

#### **Hiawatha Golf Club**

10229 Ellsworth Rd, Tomah, WI 54660

18 Holes 1/2 cart 35.00 Per Person

If interested send your names to the contact information below NLT June 17th.

*Jay Sebben—Phone: 515-261-8367, Email: [jay.sebben@ang.af.mil](mailto:jay.sebben@ang.af.mil)*

*Josh Jamieson—Phone: 515-261-8411, Email: [joshua.jamieson@ang.af.mil](mailto:joshua.jamieson@ang.af.mil)*