Vol. 29, Issue 10, November 2014

The Intake

132d Fighter Wing, Des Moines, IA

COMMAND COMMENTARY

Cycle of Excellence

By Col. Kevin J. Heer

Commander, 132d Fighter Wing

I remember my first visit to the 132d Fighter Wing in 1998. I was on active duty looking for the opportunity to serve as a drill status guardsman starting a civilian career and establishing roots to raise a family. By the time I visited Iowa I had interviewed with several similar units. All the units I visited had positive attributes and great Airmen dedicated to serving their states and country. However, there was something unique about my visit to Des Moines. There was a culture of excellence that was unmistakable.

I have had the privilege to serve in this great organization for 15 years now. I have served as a drill status guardsman, full-time Title 10 and Title 32. I have served as flight, squadron, group and wing commander as well as HQ staff. In all these positions, and all this time I have pondered this question, "What makes this place excellent?" While I am certain I don't have the answer to this question, I do have some thoughts for your consideration.

I believe there is a cycle of excellence that goes like this: At some point, an organization identifies itself as above average and holds itself accountable to achieving above average results. As it is recognized as superior, above average talent is attracted to the organization. This talent leads to increased expectations and performance as the organization is now recognized as excellent. Now exceptionally talented individuals desire to be a part of the organization because they recognize the shared value of excellence. And the cycle continues as the organization continues to increase in performance and excellence.

Two questions for you to think about: 1) what started this cycle and 2) what can end it?

1. Although I don't know who or what started it, I believe that we have inherited this organization mid-cycle. There are many of us who have been through iterations of this cycle as it has progressed and matured over the years. I believe that we all have an obligation to the Airmen who have served at the 132d before us to continue this legacy and perpetuate the cycle for Airmen who will join this unit after we are gone.
2. As long as we collectively adhere to the core value of excellence, the cycle will continue. Airmen at every level of the organization play an essential role in furthering this characteristic of our organization. Leaders must recruit, retain, reward and promote those in the organization who embrace excellence. Peers and coworkers must hold each other accountable and encourage excellence in all we do. Finally, subordinates must challenge their bosses when they do not create an environment where excellent performance is allowed to thrive.

We have the great privilege of being part of this incredible legacy of excellence as we continue the cycle serving our nation, state and community as a unified, total force wing.

Proud to serve with each of you,

Hook

CHAPLAIN'S CORNER

Holiday Stress Anyone?

By Maj David Doty

132d Fighter Wing Chaplain

Catholic Mass – Saturday UTA @ 1500

Protestant Worship – Sunday UTA @ 1100

A brief list of stressors associated with Christmas: shopping for gifts, getting to the necessary holiday parties, putting up the decorations, cooking a meal, wrapping the gifts, making enough cookies and breads to give away, buying a tree, fighting the traffic, having enough money to buy gifts, (If married) figuring out when to celebrate at both sets of parents without offending either, all the stores are out of the gift you're looking for, three frightening words – Some assembly required, having the right clothes for social occasions, gaining weight, Christmas programs for the kids at school and at church, untangling the strands of lights, sending out Christmas cards, hearing "Grandma Got Run Over By a Reindeer" for the 150th time, cleaning the house, forgetting someone for whom you should have purchased a gift, facing relatives you don't get along with, knowing that maybe you'll spend Christmas alone, three often overlooked words – batteries not included, being a part of a family that celebrates separately because of a divorce, Christmas lights that won't work, arranging travel schedules, missing loved ones who have passed away, paying off the credit cards, and I am sure you can add to this list.

We are coming to a time of the year that really stresses people out. Stress is a part of our normal, everyday lives but it seems like the holidays add to our stress levels. How do you relieve the pressure you are under? Do you have a certain way or ritual you follow to ease the stress level in your life? Everyone is different so that question is answered differently by every person out there. Thanksgiving and Christmas can cause people stress. The older I get (I am not old yet) the more I realize how much I need to be thankful for the things that are really important; family, friends, home, etc. And as Christmas approaches I need to refocus on the true meaning of the season. It's not the list above, it's the Christ who came to us to bring peace. My wish is that you find peace and thankfulness this year. Blessings!

ANNUAL AWARDS CEREMONY 2014

The Annual Awards will be at an off base location this year. Time and place for reporting at the awards location will be commander directed down to every airmen due to OPSEC measures. If you didn't receive the information, please contact your supervisor. Uniform for the day is ABU's at the location, except for award winners or individuals that will be on stage during award ceremony. They will need to be in service dress uniform.

MENTAL HEALTH & WELLNESS

Having Purpose May Add Years to Your Life

By David N. Brown Ph.D., LMFT

Wing Director of Psychological Health

We have all heard how having a purpose, belief system, or meaning in one's life improves coping skills, fosters optimism and hope, and encourages a sense of relaxation. Now we have found out that finding a direction for life and setting overarching goals for what you want to achieve can help you live longer.

Researchers found that greater purpose in life consistently predicted lower mortality risk across the lifespan, showing the same benefit for younger, middle-aged, and older participants across the follow-up period.

So why is this the case: For instance, adults who have just retired might need a sense of direction after they have left the workplace, since they have lost a source for organizing their daily events. Sense of direction also had similar benefits for all adults, regardless of work status. The thinking is that having a clear purpose might lead people to adopt healthier lifestyles, thereby boosting their longevity.

There are many ways to that individual can explore their purpose in life:

- Cultivating your spirituality, whether at a church or synagogue, in your family, in nature or walks with a friend, may help uncover what's most meaningful in your life.
- Asking yourself questions of self-discovery such as: What do you value most in your life? What inspires you and gives you hope? What brings you joy?
- Seeking out a trusted adviser or friend who can help you discover what's important to you in life. Others may have insights that you haven't yet discovered.
- Reading inspirational stories or essays to help you evaluate different philosophies of life.

For further information or assistance, please contact David Brown, Director of Psychological Health at 515-306-8015 or at david.brown.ctr@ang.af.mil or Chaplain Doty at 515-261-8215 or david.doty.1@ang.af.mil.

WHAT'S FOR LUNCH?

Saturday		Sunday	
1-Nov		2-Nov	
1100-1300		1030-1230	
Main Line	**Short Line**	**Main Line**	**Short Line**
Parmesan & Herb Tilapia Fillet	Sloppy Joe	Pineapple Ham	Chicken Patty Sandwich
Chicken	Onion Rings	Roast Turkey	Tatar Tots
Rice	Green Beans	Mash Potatoes w/Gravy	Creamed Corn
Creamed Corn	Peanut Butter Crispy Bar	Stuffing	Cupcakes—Vanilla, Chocolate & Red Velvet
Steamed Broccoli/Cauliflower		Green Beans Casserole	
Peanut Butter Crispy Bar		Peas	
		Cupcakes—Vanilla, Chocolate & Red Velvet	

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.

SAFEGUARDING YOUR DIGITAL FOOTPRINT

Social media is a great resource for Airmen and their families to share information and stay connected to relatives at home and abroad. OPSEC and personal privacy concerns should be paramount when using social media.

The following tips will make it more difficult for unwanted users to acquire your data through social media:

- Be cautious when accepting friend requests and interacting with people online. You should never accept a friend request from someone you do not know, even if they know a friend of yours.
- Don't share information you don't want to become public. Remember, once you put something out there, you can't control where it goes.
- Disable location-based social networking, or geotagging, on all social media platforms.
- Avoid posting work or personal schedules and travel itineraries, especially deployment information.
- If you ever hesitate before clicking 'post', reconsider the content you are about to share.
- Adjust your privacy settings to ensure your posts and profile information is secured and seen only by approved audiences. Check out https://www.facebook.com/notes/facebook-security/ownyourspace-a-guide-to-facebook-security/10150261846610766 for more details on how to secure your profile. Or watch it on YouTube: http://www.youtube.com/watch?v=xCHTmzfsGmI

Perhaps the simplest advice on how to maintain social media OPSEC comes from a passage in the 2011 U.S. Army social media and OPSEC guidance: "If you aren't comfortable putting the same information on a sign in your yard, don't put it online."

ENVIRONMENTAL

Think before you print!

When (then) Lt Col Blakley accepted her new job as MSG Commander she bravely tackled the files left by her predecessors. When you choose to print hardcopies only when necessary you save, trees, energy in manufacturing and shipping, and finally the energy used in recycling. While you may never get your workplace to be ***paperless*** you can start by just using ***less paper***.

People

Promotions

Tonja Winekauf	Maj	8-Jun-14
Eisenhauer, Jared	MSgt	1-Nov-14
Henning, Matthew	MSgt	1-Nov-14
Reber, Katie J.	MSgt	15-Oct-14
Christopher Zinnel	TSgt	1-Nov-14
Fagerstrom, Michael	TSgt	1-Nov-14
McDonald, Richard Jr	TSgt	1-Nov-14
Stockbauer, Michael	TSgt	1-Nov-14
Boveia, Joseph	SSgt	15-Oct-14
Briles, Todd	SSgt	1-Nov-14
Ellis, Ryan	SSgt	1-Nov-14
Ouimet, Sonja	SSgt	1-Nov-14
Taylor, Stacia	SSgt	1-Nov-14
Lassuy, Austin	SrA	1-Nov-14
Luse, Kaleb J.	SrA	1-Nov-14

Moving In

MAJ	MORFITT, ANTHONY R.	WING JAG	19-Sep-14
SSGT	GEPPERT, ANDREW P.	ISRG	30-Sep-14
A1C	KABALA, TREVOR	ISRG	4-Oct-14
A1C	DAVIS, KRISTOPHER K.	CF	5-Oct-14

Members that have achieved a 90% or above on their CDC test :

Jerad Newman received a 90% or above on his CDC test

Congratulations!

CMSgt Myron Seeley

Moving On

SSG	BALES, MICHAEL T	TRNS FLT
SRA	MYERS, ANDREW J.	ATKS
SRA	STONEHOCKER, AARON J	TRNS FLT
SRA	WEIR, KALEY J.	WG
1LT	CARRISON, JONATHAN D	OSS
SRA	KOONTZ, DRAKE A	TRNS FLT
CMS	SEELEY, MYRON C	TRNS FLT

IG Nuggets for the Noggin'

What is AFIS (Air Force Inspection System)?

You play an important role in AFIS and are a valued member of the 132d team!

If you remember from our Volk Field briefing, AFIS is a radical change in how we operate and inspect all the way from the lowest airman to the top leaders at the Headquarters Air Force. A ***validated*** and ***trusted*** Commanders Inspection Program (CCIP) is the cornerstone of AFIS. Two components of our CCIP are the Wing's inspection program and self-assessment program.

First, our Wing's inspection program is executed by the Wing IG with help from WIT (Wing Inspection Team) members. WIT members are made up from subject matter experts that probably work side by side with you on drill weekends and are called upon periodically to help out with certain inspections/exercises. Together we ensure that the CCIP is ***validated*** through inspections and exercises, looking at AFI requirements and MICT checklists/communicators.

Second, our self-assessment program, using MICT, reports compliance with requirements listed in the self-assessment checklists/communicators to the chain of command and appropriate staffs. Commanders need you to be honest when answering these checklists/communicators, this is the ***trusted*** part.

Every airman has a role in AFIS. Whether assigned a checklist/communicator to assess in MICT, a WIT member entrusted to report his/her findings of an inspection, or an airman performing their job. The common thread is we all have the ability to communicate to our supervision when something is broke and needs attention or improvement.

With the ever shrinking budget and manning shortfalls it is important to our Wing that every airman reports honestly and often allowing our commanders to focus their limited resources toward the highest priority items ensuring mission success.

132nd Security Forces Crime Prevention Hotline

132ND SECURITY FORCES CRIME PREVENTION HOTLINE

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

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

Warm Winter Drive

28 October—7 December

Donate used or new cold weather gear such as hats, mittens, gloves, earmuffs, winter boots, coats, etc. to help local area elementary school age children in need.

Elementary children will receive your good will donation directly from their school.

Drop—Off Locations:

Building 231,

Chapel

Building 240,

Communications Break Area

Building 110,

DFAC

Building 124,

Operations & Intel

Building 180,

Main Entryway

Building 100,

Main Foyer

Contact SMS Reed x513, MSG Safranski x537, or Jaime Carter x201, with any questions.

132nd Fighter Wing
Holiday Party
December 5

West Hangar 6:30-8:30pm

ACTIVITES

- **Craft Table**
- **Cookie Decorating**
- **Santa Air Arrival**
- **Pictures with Santa**
- **Gifts**
- **Sing-A-Long and Stories with Mrs. Claus and the Elves**

If you and your family are unable to attend the Dec 5th event please join us on Dec 4th (same time & place) for Community Night.

This year we will be sponsoring the youth of Orchard Place!

Help us keep the Grinch from stealing Christmas!

Come join us for holiday fun & Don't forget to wear your pajamas!

Gift recommendations…

* No larger than 12"x12"x12" and cost no more than $20
* Print full name and age of child on 5"x7" card with gift
* Gifts from each family should be tied together

* Please bring gift(s) to the ENGINE SHOP BAY the week of the event during business hours and NLT 5:00 p.m. on Dec 5th.

132nd Fighter Wing Fall Gathering

Join us for a night of fun and creativity!

When: Friday November 14, 2014

Time: 6:00-9:30pm

Where: Okoboji Grill, 8481 Birchwood Ct, Johnston, IA 50131

Who: All members, family, and friends

What: A fun social gathering! We will paint a picture led by a Des Moines Wine and Canvas instructor. Okoboji Grill will offer their full menu.

Cost: $35 per a person. Cost includes a 16"x20" canvas to take home, instruction, paint, brushes, and all other supplies needed. Food will not be provided but is available for purchase.

To register go to:

https://www.wineandcanvas.com/private-events-calendar-des-moines-ia.html

Paint this picture to take home!

For questions or more information contact:

Ashley Wood

(515)261-8786

Ashley.wood@ang.af.mil

Sponsored by: 132nd Wingman Support Team

Lower risk drinking limits

	Daily	Weekly
Men	4	14
Women	3	7
Anyone over 65 years old	3	7

AVOID alcohol if you:

- Have a health condition made worse by drinking.
- Plan to drive a vehicle or operate machinery.
- Are pregnant or trying to become pregnant.
- Take medications that interact with alcohol.
- Are underage.

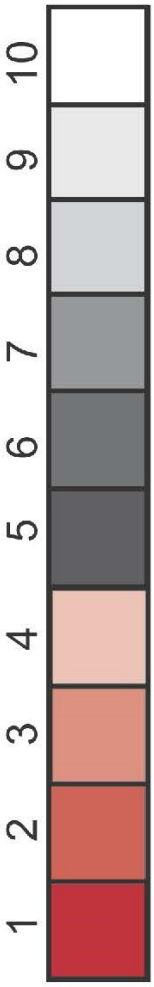
Standard drink amount

Any drink containing about 14 grams of alcohol*

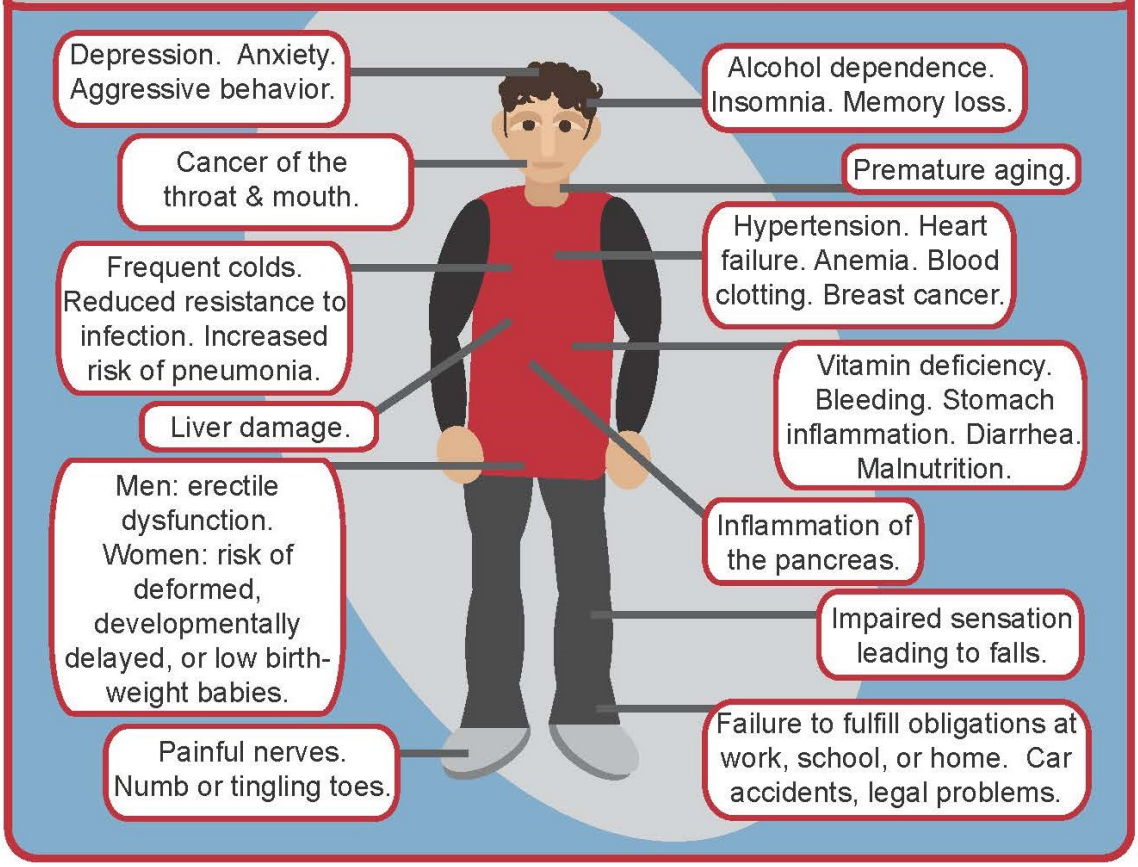
Alcohol: One drink =

12 oz. beer | 5 oz. wine | 1.5 oz. liquor (one shot)

* NIAAA (www.rethinkingdrinking.niaaa.nih.gov)



Risks of unhealthy drinking



IDPH

SBIRT Iowa is sponsored by the Iowa Department of Public Health, Division of Behavioral Health and funded by the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment.

IOWA NATIONAL GUARD
WARRIOR AND FAMILY SERVICES BRANCH
JFHQ A-1 Room 186
7105 NW 70th Ave
JOHNSTON, Iowa 50131

October 1, 2014

To Supporter of Military and Their Families:

1. The Holiday Adopt a Military Family Program is facilitated by the Warrior and Family Services Branch to assist the connection between Military Families in need with those wanting to help our Military Families. This program began several years ago in response to the desire to connect resources with Military Families experiencing financial and other challenges.

2. It is our goal to match needy Military Families with those wanting to donate food, clothing, toys, and wish list items, making it a wonderful holiday season for all.

3. The Holiday Adopt a Military Family Nomination forms are distributed to Joint Forces Headquarters (JFHQ) Directorates, Family Assistance Specialists (FAS), Family Readiness Support Assistants (FRSA), Airman & Family Readiness Program Managers, Unit /Wing Commanders, Chaplains (CH) and First Sergeants throughout the Iowa National Guard. The Nomination forms are to be completed and sent to Sondra VanDerPol at the below address she will match to a Contributor ensuring the Families' names are not listed to protect their privacy.

4. **The Nomination forms should arrive November 14, 2014, in the Warrior and Family Services Branch Office, and they will be matched with a Contributor. The Nomination form is then emailed/ sent to the generous Contributors, who will collect or purchase items for the Families. Those items should arrive before December 10, 2014, to the State Warrior & Family Services Branch office at the below listed address.**

5. Wrapping gift items prior to bringing them to the office is encouraged. Please label all packages for the individual Family members, including the Family number on the gift tag. The State Warrior and Family Services Branch Office will coordinate with each Family when the items are ready for pickup.

6. Anyone can be a contributor and our office and staff wish to thank the Contributors for their kind and thoughtful donations to this program. **If interested in contributing to this program, please complete the attached form; any inquiries, forms, or donations should be addressed to or dropped off to:**

RESOURCE FAIR

Buying a home? Interested in a career change? Want to get more involved? Want to know more about military benefits? Seeking financial assistance? Don't miss this event!

Many resources and information available for all members and their families!

Date: 1 November 2014

Time: 1-3pm

Where: 132nd FW West Hangar

Who: All members and their families

For more information contact
Ashley Wood
(515)261-8786
Ashley.wood@ang.af.mil

Represented agencies available: ESGR, Polk County VA, Yellow Ribbon, Homes for Heroes, Iowa National Guard Child and Youth Program, Personal Financial Counselor, Hero 2 Hired, JCEP, Psychological Health, Volt Staffing, EANGI, Iowa National Guard Officers Association, NCOGA, Base Honor Guard, Iowa Workforce, and many others.

Visit each resource representative for entry into a drawing for gift cards, t-shirts, and other great prizes!

Refreshments provided

November 13th, 2014

Run 3:30-4:30pm
Meal/Activities 5:00-7:00pm
@ Dodge House

Open to All Units

TAG Family Fun Run

HONOR.APPRECIATION.PRIDE

In Conjuction With Monthly Military Family Connections

Inflatables and Other Fun Activities
Main Dish Provided
Families Bring Side Dish

To register your 3-4 person team contact Eric Christoffel at eric.p.christoffel.mil@mail.mil or 515.252.4723

child & youth program
iowa national guard

FOLLOW US

- *Employees must either use authorized physical fitness time or be in an authorized leave status.*
- *Family members will be required to sign waiver to participate.*
- *Uniform is civilian attire or APFU/AFPTU. Runners must wear a reflective belt on Camp Dodge roads.*

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Offers FREE Tax Consultation & eFiling

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- Take advantage of our simple, easy process
- Use your tax refund wisely - save money and pay off debt

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Provided by the Department of Defense at no cost to service members (active duty, Guard, and Reserve) and their family members.

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

season presented by:
Mercy
IOWA NATIONAL GUARD NIGHT WITH THE
IOWA WILD
HOCKEY LIVES HERE
SATURDAY
NOV. 15 AT 7:00 PM
WELLS FARGO ARENA
IOWA WILD
VS.
OKLAHOMA CITY BARONS
IOWA NATIONAL GUARD/VETERANS APPRECIATION NIGHT
IOWA
NATIONAL GUARD
FOR TICKETS PLEASE SEE
SFC CINDI RAGLAND,
FREEDOM CENTER, RECRUITING HQ
570 CAMP DODGE
IOWAWILD.COM | 515.564.8700
WELLS FARGO ARENA