



# The Intake

132d Fighter Wing, Des Moines, IA

## COMMAND COMMENTARY

### Embracing Culture of Adaptability: **Courage**, Accountability, Transparency, Decisiveness

By Col. Kevin J. Heer

Commander, 132d Fighter Wing



I am reading the book Daring Greatly by Brené Brown. I ended up reading her book after watching two TED videos online where she discusses vulnerability and its connection to “whole-hearted” living. She made this connection that really resonated with me: When we think of being vulnerable OURSELVES, we fear this as weakness. But when we see others who dare to be vulnerable – we immediately recognize this as courageous. After spending her life researching this subject she concludes that the one thing people who live life with their whole heart have in common is the willingness to be vulnerable.

***“Vulnerability sounds like truth and feels like courage. Truth and courage aren’t always comfortable, but they’re never weakness” – Brené Brown***

So let me ask you, “How are you doing this holiday season? How are you *really* doing?” If you are struggling, distressed or not sure why you aren’t feeling the holiday spirit, are you willing to share that with someone? The willingness to be vulnerable when we struggle is an act of COURAGE. If you are willing to make the courageous decision to ask for help, you will find that you are surrounded by family, friends and a guard family that wants to support you during this difficult time. Your Wingman, first shirt, commander, chaplain or DPH are readily available. They all want to be there for anyone who needs a friend to listen during a difficult time.

If your answer above was, “Yeah, I’m doing pretty well right now.” Great! Do you have the courage to look around you and reach out to a Wingman who needs help? Are you willing to engage with someone that may need your help right now? You don’t need all the answers, just a willingness to listen. It takes real courage to ask a friend if they need help.

I believe the ability to perform “big” acts of courage is developed by performing thousands of “small” acts over a lifetime. These acts of courage confront us every day and have the opportunity to change the lives of others for the better. I challenge you to be courageous.

Proud to serve with each of you,

Hook

# CHAPLAIN'S CORNER

## Bah, humbug! - Really?

**By Capt Tony Davy**

*132d Fighter Wing Chaplain*

Catholic Mass – Saturday UTA @ 1500

Protestant Worship – Sunday UTA @ 1100



Do you find yourself exasperated with the hustle and bustle of the Christmas season? I must be honest, at times I do. As I ask others how they feel about the Holiday, they often point out the same sentiment. Why does a season that is supposed to be about sharing, giving, loving, and enjoying our families, faith, and fellowship seem to bring out the base in us? It may be because we are goal-oriented by nature (for the most part) and our goal is to get gifts – for everyone on our list. This pursuit sounds quite simple, but it causes a great deal of stress.

This stress is something most of you (I presume) are VERY familiar with as a part of life during Christmas. We have to determine who gets gifts, what kind of gift to get each of them, where to get them, when to get them. We haven't even considered how to pay for them yet! Does this sound familiar to you?

It becomes really easy for the uneasiness and pressure of getting gifts to slowly (or quickly – depending on our stress threshold) erode the essence of the season. It's almost as if we are giving things to make ourselves feel better because people will think better of us. After all, most of us have always heard "it's better to give than to receive". This is true, but we must remember that giving should come from a heart full of cheer.

The Dickens character of Ebenezer Scrooge seems to embody our fight against the DUTY to give. Scrooge missed out on so much of life amassing things for himself – even as everyone around him enjoyed each other. They married, danced, fellowshiped freely, and endured life's trials TOGETHER. Scrooge did everything ALONE. No wonder he said, "Bah, humbug!"

I don't know your situation. Maybe the Christmas season provides no trouble for you. Possibly, you are struggling with it all and watching it sour your attitude/demeanor and skew the character that people see in you. Regardless of where you fall in the Christmas season spectrum, I encourage you to count the things that really matter: family, faith, fellowship. These are a few of the major elements that make life a joy to live – not a sentence to endure.

Find someone for whom you can do something special. Reach out and provide warmth, exuberance, and joy to those around you. Our giving does not have to be material. In fact, my experience is that the most enjoyable gives I have received in my life have had little to do with money or things. Rather, it was tied to people and the words, places, and events they chose to share with me.

---- Be intentional about your attitude and the gift you give others ----

In His service,

Chaplain (Capt) Tony Davy

# THANK YOU!



"As the coordinators for the Warm Winter Drive, we want to send a sincere thank you to the members and families of the 132nd Fighter Wing. Thank you so much for giving us the opportunity to provide these gracious gifts to children throughout our community. To date we have collected 50 coats, 70 pairs of gloves, and 60 hats. We have also raised an outstanding amount of monetary donations that will be used to buy additional winter items for these youth. The Warm Winter Drive will continue through December 7. Donations can be dropped in the wrapped boxes throughout base or the Family Support Office. Again, thank you to all of those that brought clothing donations or participated in Denim Day. Your contributions helped a local child in need this winter season."

## ADJUTANT GENERAL

On Thursday December 11, 2014 at 2 p.m. The Adjutant General will conduct a Command Retreat at the Freedom Center, Building S70. The Retreat will celebrate the 378th birthday of the National Guard, provide recognition for members of the command that distinguished themselves through significant performance, and the Adjutant General will deliver his Holiday message. In addition, those Soldiers who enlist at the Military Entrance Processing Station on this date will be sworn in during this ceremony.

Maximum participation of all employees of the Iowa National Guard is encouraged, with the understanding by the Command Group that there are still on-going mission requirements.



# MENTAL HEALTH & WELLNESS

## Alcohol and the Holidays

By David N. Brown Ph.D., LMFT

Wing Director of Psychological Health



Every holiday season, people have to deal with the increased pressures and stress that the holidays place upon most of us. Whether we're traveling to be with family or doing our last-minute gift buying, most people feel under pressure during the holidays. As you might guess, the holiday season is one of the most dangerous times of the year for alcohol-related accidents and death. There are several reasons for this:

- More people drink during the holidays due to numerous parties and other festivities.
- Many holiday drinkers don't drink often, so they have a lower alcohol tolerance.
- Problem drinkers love the holidays because there are more social occasions to drink.

People are hurrying more than normal and winter road conditions make driving more dangerous.

You can make your holidays happier and safer by following these five simple tips for consuming alcohol in moderation throughout the season:

1. **Resist the pressure to drink** or serve alcohol at every social event. Just because it's there, does not mean you have to drink it.
2. If you want to serve alcohol to your guests at a holiday party, also **offer nonalcoholic beverages**.
3. **Designate a driver before the party begins**. If you or your friends are going to a party and plan to use alcohol, decide in advance who will be the designated driver. Decide that drinking and driving is not an option.
4. **Choose your number ahead of time**. If you are going to drink, do what responsible drinkers do. Decide ahead of time how many drinks you will have and stick to it.

**Remember that alcohol is a complement**, not the purpose. Sometimes we lose sight of a holiday celebration or party and see it as a chance or opportunity to drink socially. While it is such an opportunity, the main purpose of a party is to have fun with people you know. Drinking is always an option and optional.

You can ensure your holiday season is a relaxing, enjoyable and peaceful one as long as you remember to drink in moderation, and encourage your family members, guests and loved ones to do the same.

If you have questions or need more information, 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	
6-Dec		7-Dec	
1100-1300		1030-1230	
Main Line	Short Line	Main Line	Short Line
Spaghetti w/Meat Sauce	Bacon Turkey Sub	Rib Roast	Chili Dog
Chicken Parmesan w/ Spaghetti Noodles	Chips	Marinated Pork Chop	Tatar Tots
Garlic Bread		Scallop Potatoes	Green Beans
Corn		Green Beans	
Mixed Vegetables		Corn	
Cookies—C.Chip, Sugar, Oat- meal Raisin	Cookies— C.Chip, Sugar, Oatmeal Raisin	Garlic Cheddar Biscuit	
		Cream Pies—Banana, Choc, Cookies & Cream	Cream Pies—Banana, Choc, Cookies & Cream

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 geo-tagging, 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

Dude, there's only TWO of you.



21% of all waste in the landfill is food. That's more than either plastic or paper. When food decomposes in the landfill it's sealed away from oxygen. That causes it to release methane which is 20 to 25 times stronger than carbon dioxide as a greenhouse gas. Shop smart.

# PEOPLE

## Promotions

Heath, Christopher M.	MSgt	1-Dec-14
Cotten, Joshua R.	MSgt	1-Dec-14
Steppe, Mickey	TSgt	1-Dec-14
Smith, Susan A.	SSgt	1-Dec-14
Archer, Brant	SSgt	1-Dec-14
Berry, Michael	SrA	1-Dec-14
Coulter-Ledbetter, Nicole	SrA	1-Dec-14
Lee, Henry	SrA	1-Dec-14

## Moving In

1LT	Johnson, Christopher	DTOC	31-Oct-14
SSgt	Myers, Ryan P	ISRG	2-Oct-14
A1C	Burns, Cody J.	SFS	16-Oct-14
A1C	Mena, Ryan C.	SFS	5-Nov-14
AB	Stadtmueller, Seth	ISRG	25-Nov-14



CMSgt Russell A. Starmer



SMSgt Zita M. Lovell



SMSgt David W. Titus



SMSgt Ricky A. Gates

## Moving On

Lt Col	Kabitzke, John D	JFHQ
Maj	Kulish, Clarence J	JFHQ
1Lt	Gates, Brandon J	MDG
CMSgt	Starmer, Russell A	TRNS FLT
CMSgt	Hoops, Charles K	CE
SMSgt	Manning, Danny J	TRNS FLT
SMSgt	Lovell, Zita M	TRNS FLT
SMSgt	Gates, Ricky A	TRNS FLT
SMSgt	Titus, David W	TRNS FLT
MSgt	McDonald, Richard L	TRNS FLT
MSgt	Ahart, Kathleen M	LRS
MSgt	Zajicek, Lynn L	TRNS FLT
MSgt	Keller, Douglas L	TRNS FLT
TSgt	Dluhos, John F	CES
SrA	Maples, Joshua A	SFS

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

TSgt Jake Garrison and SSgt Nathan Subra have received a 90% or above on his CDC test

**Congratulations!**

# IG NUGGETS FOR THE NOGGIN'

## What's in a word?

The Secretary of the Air Force Inspector General has directed the name change of Self-Assessment Checklists, SAC's as we commonly refer to them, to Self-Assessment Communicators. Why you may ask; because they are a tool to **Communicate**. When you assess your communicator not only do you communicate to your supervision and commander but also to leaders at the major command (MAJCOM), National Guard Bureau (NGB) and Headquarters Air Force (HAF). This is one of the tools "Big Air Force" uses to assess the functional effectiveness and compliance in the field along with adequacy of organization, policy, guidance, training, and resources. Senior AF leaders also use the checklist, I mean communicator, as one of their tools to direct a targeted, more detailed and thorough inspection of specific programs, organizations, or issues.

Next time you're in MICT assessing your Communicator, know that your input is valuable to your local command and to your Air Force. Always remember, assess honestly, assess often, and provide supporting documentation as able.

## 132D SECURITY FORCES CRIME PREVENTION

### 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

# December Military Family Connection

Friday Dec. 19, 2014  
6:00-8:00 PM

Science Center of Iowa  
401 W. Martin Luther King Jr  
Pkwy, Des Moines IA 50309

**Families from all branches are welcome!**

**Dinner will be provided.**

**Guests must register at the following link for each family member that will be attending:**

**[facebook.com/iowacypr](https://www.facebook.com/iowacypr)**

***UNDER EVENTS TAB or email us***

***This is one you don't want to miss!***

For questions or more information contact:

Chris Cox

Child and Youth Program Coordinator

O: 515-727-3064

[christopher.j.cox18.ctr@mail.mil](mailto:christopher.j.cox18.ctr@mail.mil)

Ashley Wood

Airman and Family Readiness Program

O: 515-261-8786

[ashley.wood@ang.af.mil](mailto:ashley.wood@ang.af.mil)



# FAMILY READINESS

## Monthly Military Family Connection

Date: December 19, 2014

When: 6:00-8:00pm

Where: Science Center or Iowa

What: This months Military Family Connection will be at the Science Center. Families of all branches are welcome. Dinner will be provided. Please RSVP as space is limited.

## Home Brewing, Lotions, and Lip Balms

Date: December 12, 2014

When: 6:00pm

Where: Wing Classroom, Bldg. 100

What: Learn how to make home made beverages, lotions, and lip balms. Social to follow. Please RSVP if you plan to attend.

## Military Home Ownership Assistance Program

The State of Iowa welcomes home eligible military service members and veterans with a \$5,000 grant that may be used toward down payment and closing costs to purchase a home located in Iowa.

When combined with one of Iowa Finance Authority's other down payment assistance programs, eligible service members could receive a total of up to \$7,500 in grant funds toward the purchase of a home in Iowa!

This program is jointly administered by the Iowa Finance Authority and the Iowa Department of Veterans Affairs.

# MILITARY BENEFITS

## The 8th Annual Blue Ribbon Bacon Festival

*\*Military members have first priority to purchase tickets\**

The next Blue Ribbon Bacon Festival will be held at the Iowa Events Center on Saturday, January 31, 2015. This event always sells out within the first hour. Tickets go on sale to the general public on 12/13/14 beginning at 12:13:14pm. The first 250 military members can pre-purchase tickets beginning on 12/13/14 beginning at 11:00:00am.

Where: Wells Fargo Box Office

When: January 31, 2015

