



## COMMAND COMMENTARY

### Happy New Year!

**By Col. Shawn D. Ford**

*Commander, 132d Wing*

I hope everyone had a happy Holiday Season and are ready for an exciting 2016. We have a lot of significant events to look forward to in 2016; some include:

- The Wing's 75<sup>th</sup> Anniversary. We will plan a small ceremony in February on the actual anniversary date; however, we plan to wait until warmer weather for the main celebration. We will celebrate 75 years of aviation on 11 June (the Saturday of June Drill) with a combined Family Day/Open House. More words to follow, but this will be a great opportunity to celebrate 75 years of excellence.
- Full Operational Capability (FOC) for the ISR and Ops Group. We will be completing Building 430 and moving a significant number of base personnel in for the FOC. The move represents the culmination of three years of hard work.
- Stand-up of the Cyber Ops Squadron (COS). The Site Activation Task Force (SATAF) visit will take place in January and then it's full-speed ahead as the COS makes its mark on the Air National Guard and state of Iowa.
- Security Forces Deployment. Our security forces unit will meet their deployment tasking while continuing to provide 24/7 protection to you and our facilities. Not an easy task.
- Medical Group training deployment. Our medical group will accomplish vital training while providing medical services to veterans in the state of California, a win-win.



A couple more items to note:

Please submit your entries for a new CC coin to Jaime Carter prior to the end of January drill. Currently we have two submissions and would like to see more suggestions from you.

I had the opportunity to meet the General Manager of the BX this week, and he reminded me that they will price match any item that the BX sells and deliver it our BX for pick-up. This may be a consideration for anyone looking to upgrade their TV for the Super Bowl and save on sales tax.

I hope to see you at the Snakepit the Friday before drill. As promised in last month's article, I'll be providing 5 gallons of home brew IPA for people to try. Even if you don't drink, please join me for some socialization. Remember, what's in your glass isn't important; the opportunity to get together is.

Please keep up the hard work and dedication to the Wing, your state, and this nation. When I look at what you have accomplished this past year, I know we will be successful and am reminded of a quote from Will Durant (a historian and philosopher), "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

# CHAPLAIN'S CORNER

## Today, Live by Faith

**By Maj. David Doty**

*Chaplain, 132d Wing*



Catholic Mass – Saturday UTA @ 1500

Protestant Worship – Sunday UTA @ 1100

By the time you read this, baseball's spring training will be about six weeks away. This is an annual event that reminds us that even the best in their respective game needs a time of focused training and practice. All you have to do is watch one spring training game and you realize that the fundamentals tend to break down with even the best players if they do not work on their skills. That is why even the best hitter has a batting coach. This is someone else who helps analyze their swing. The pros recognize that it isn't enough to play the game—you have to work on your game, too.

Those of us in the Air Guard are no different. No matter how long we've served, no matter how many briefing or trainings we've heard, no matter how many deployments we've been on—if we are not consistently evaluating both our performance and our strategies, at some point we will begin to swing and miss.

Self-evaluation is not a new concept. The book of Genesis records that God set aside a time for evaluating his own work. At the end of six long days of creating, Scripture tells us that before he rested, he evaluated. He saw all that he had made and, behold, "it was very good" (Gen. 1:31). Now God obviously had an advantage in that all he creates is good and so the evaluation probably didn't take too long. But he looked at it nonetheless. Later we learn that he evaluated Adam's situation and saw that it was not good for man to be alone, and we are all grateful that God took time to work on the system that day.

The point is, no matter how good the system, a consistent time of evaluation can produce tremendous benefits. I challenge you to take a time, at this beginning of this new year, for evaluation. Step back and look at your life and see where, if any, changes need to be made or worked on.

Have a great 2016!

## SOCIAL MEDIA

Show off your 132d Wing pride by following us on our different social media accounts. Tag us in appropriate photos or tweets and like and retweet ours. It's a good way to see the past and present and knowing events for the future. Don't forget your OPSEC rules.

"Like" us on Facebook at [www.facebook.com/132dWingDesMoinesIowa](http://www.facebook.com/132dWingDesMoinesIowa)



Follow us on Twitter at <https://twitter.com/132dWing>



Follow us on Instagram at <https://instagram.com/132dWing>



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# SAFETY



## Improving the Unit Process Operations: Safety

January Safety Focus Area and Briefing Points

### Cold Weather Injury Prevention

- Cold weather injuries can be **PERMANENT** but are **PREVENTABLE!**

#### Be Aware During Outdoor Winter Activities:

- Working/Occupational, Sledding, Ice Skating, Ice Fishing, Hunting, Running/Exercise, etc...

#### Susceptibility Factors:

- Previous cold weather injury, Inadequate nutrition, Alcohol or nicotine use, Dehydration, Over-activity, Under-activity, Long exposure to the cold...

#### Hypothermia

- Symptoms: shivering, dizzy, drowsy, withdrawn behavior, irritability, confusion, slowed/slurred speech, altered vision  
→ *The “umbles-stumbles, mumbles, fumbles, and grumbles..”*
- Treatment: prevent further exposure, evacuate if severe, remove wet clothing, rewarm body, warm liquids, give CPR if needed.
- Prevention: layers worn loosely, stay dry, keep active, eat properly and often, warm liquids and water, get plenty of rest.

### Frost Bite

- Symptoms: initially redness in light skin or grayish in dark skin, tingling, stinging sensation, turns numb, yellowish, waxy or gray color, feels cold/stiff, blisters may develop.
- Treatment: prevent further heat loss, remove constricting clothing, rewarm affected area evenly with body heat until pain returns, do not massage.
- Prevention: layers worn loosely, stay dry, avoid wind, thermal socks, insulate yourself from the ground.

### Chilblains (Repeated/prolonged exposure of bare skin)

- Symptoms: initially pale and colorless, worsens to achy, prickly sensation then numbness, red, swollen, hot, itchy, tender skin upon rewarming, blistering.
- Treatment: prevent further exposure, wash, dry gently, rewarm (apply body heat), don't massage/rub, dry sterile dressing, seek medical aid.
- Prevention: keep dry and warm, cover exposed skin, wear uniform properly, use the “Buddy System.”

### Other Injuries related to cold exposure:

Dehydration, Sunburn, Carbon Monoxide Poisoning...

# WEEKEND MENU

Saturday		Sunday	
9-Jan		10-Jan	
1100-1300		1130-1300	
Saturday Main Line	Saturday Short Line	Sunday Main Line	Sunday Short Line
Shrimp Scampi/ Grilled Chicken	Tenderloin	Meat Loaf/Stuffed Alaskan Fish	Breaded Chicken Sandwich
Steamed Rice	Tator Tots	Mashed Potatoes Gravy	Waffle Fries
Fettuccini w/Alfredo Sauce		Steamed Rice	
Broccoli/Cauliflower	Broccoli	Brussel Sprouts Corn	Corn
Garlic Cheddar Biscuit		White Bean Soup	
Brownie	Brownie	Pineapple Upside Down Cake	
Entrée comes with side, dessert, salad bar and beverage. Non-AGR Enlisted meals are at no cost. Officer/AGR/Civilian meal cost is \$5.55			

# PEOPLE

## Promotions

CMSgt	Huffman, Tony	15-Dec-15
MSgt	Gibbens, Lucinda	1-Jan-16
TSgt	Sargent, Brandon	1-Jan-16
TSgt	Hutcheson, Seth	1-Jan-16
SSgt	Wells, Dustin	15-Dec-15
SSgt	Pratt, Seth	1-Dec-15

## Moving In

MSgt	Kreft, Michael	232 IS	3-Dec-15
TSgt	Holden, George	132 OSS	3-Dec-15
SSgt	Clay, Benjamin	COS	29-Nov-15
SrA	Bond, Brandon	COS	11-Dec-15
A1C	Caves, Justus	232 IS	16-Dec-15

## Moving On

Col	Greenwood, Randy	WING	6-Jan-15
Capt	McKinney, Crystal	DTOC	15-Nov-15
MSgt	Fee, Todd	232 IS	31-Dec-15
MSgt	Isaacson, Robin	JFHQ	31-Dec-15
TSgt	Rousseau, Joshua	FSS	5-Dec-15
SrA	Brommel, Colby	232 IS	4-Dec-15

### *The Airman's Creed:*

*I am an American Airman.  
I am a Warrior.  
I have answered my Nation's call.*

*I am an American Airman.  
My mission is to Fly, Fight, and Win.  
I am faithful to a proud heritage,  
A tradition of honor,  
And a legacy of valor.*

*I am an American Airman.  
Guardian of freedom and justice,  
My Nation's sword and shield,  
Its Sentry and avenger.  
I defend my Country with my life.*

*I am an American Airman,  
Wingman, Leader, Warrior.  
I will never leave an Airman behind,  
I will never falter,  
And I will not fail.*



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

SMSgt Randall Keller  
SrA Nicole M. Coulter-Ledbetter  
SrA Henry C. Lee  
A1C Joshua M. Subra

**Congratulations!**

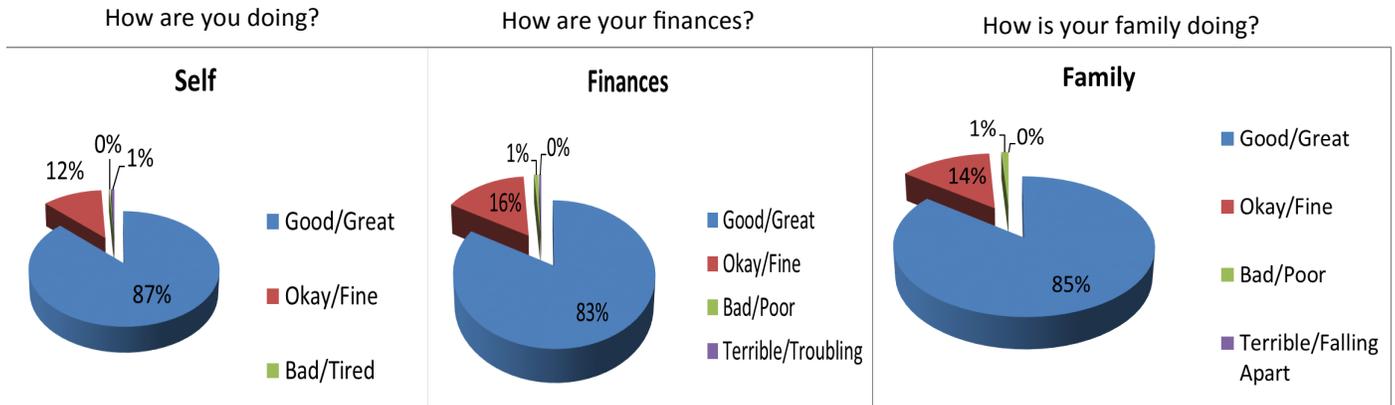
# MENTAL HEALTH

**By Jennifer Schoer, MSW, LISW**

*Wing Director of Psychological Health, 132d Wing*

First and foremost I want to thank everyone for taking part in the Health of Forces survey during last UTA, your assistance in the completion of this in a timely manner is greatly appreciated and will provide NGB with requested data regarding the health of the National Guard.

I wanted to take a minute to share with you the results specific to the 132<sup>nd</sup> Wing. Below you will find pie charts indicating the results to the questions:



If you have any additional questions regarding the outcomes of health of the forces survey data, please feel free to contact me at 515 414 9398.

If you find you or a fellow airman have concerns in any of these or any other areas please reach out to your Wing Care Team members who can assist:

Jennifer Schoer, Director of Psychological Health

Chaplain Doty, Chaplain

Ashley Woods, Airman and Family Readiness Program Manager

## ENLISTED ADVISORY COUNCIL (EAC)



132d Wing  
EAC President  
SSgt Jon Linn  
Fire and  
Emergency

### E1-E6's We Want You!!!

Do you have questions about \_\_\_\_\_ and want to make a connection with others that may have the same questions? Want to get involved in a base organization and make a difference? The Enlisted Advisory Council Meets **Every UTA Sunday at 0930 in the Wing Classroom**. All E6's and Below are Welcome. Learn More, Join Us!

Contact:

SSgt Jon Linn (x754) [jonathan.j.linn.mil@mail.mil](mailto:jonathan.j.linn.mil@mail.mil)

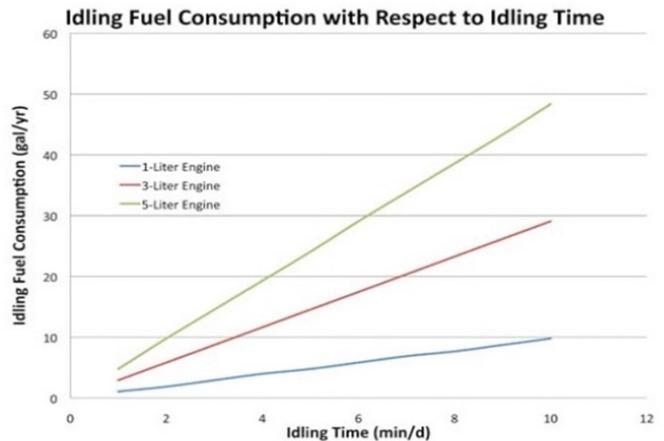
TSgt Keith Sweeney (x557) [keith.m.sweeney.mil@mail.mil](mailto:keith.m.sweeney.mil@mail.mil)

SSgt Jamie Young (x303) [jamie.k.young2.mil@mail.mil](mailto:jamie.k.young2.mil@mail.mil)



# ENVIRONMENTAL

Sometimes you really want to let your car warm up.



Source: Argonne National Laboratory.

For all the rest of the time, it only takes [30-60 seconds](#) for the fluids to warm up enough to drive. A better (and faster) way to warm your vehicle is to simply drive off slowly. City [ordinances](#) limiting vehicle idling are becoming more common. [Reducing idling](#) has benefits for air quality, public health, and it saves money.

# LEGAL

## *Fourth Quarter Status of Discipline*

*By Lt Col Brian C. Bowman*

Below are the administrative actions served by commanders during the fourth quarter of CY 2015:

- A Staff Sergeant was administratively separated for drug abuse.
- A Senior Airman was administratively discharged for fraudulent enlistment.
- Two Airmen First Class received entry level separation.
- A Staff Sergeant received a Letter of Counseling for fitness test failure.
- A Senior Airman received a Letter of Reprimand for government travel card delinquency.
- An Airman First Class received a Letter of Reprimand following a conviction for public intoxication.
- An Airman First Class received a Letter of Reprimand for misuse of government travel card.
- A Staff Sergeant received a Letter of Reprimand for Fitness Test failure.

# JANUARY UTA EVENTS

- 8 Jan, PR Col Crawmer, 1530, Wing Classrm
- 9-15 Jan, Vigilant Guard, JGHQ
- 9 Jan, CBRNE Exercise 0800 (POL area, EM, Fire, poss. Bio and SFS)
- 9 Jan PR Tony Huffman to Chief, 1500 Wing Clsrm
- 9 Jan RE, Dean Schmadeke 1500, SFS Defender Clsrm
- 9 Jan, post UTA, Officers Assoc offsite
- 9 Jan, WG GP Staff Holiday Potluck 1630-1900, DFAC
- 10 Jan, ISRG COC Ceremony 1330 DFAC
- 12 Jan 2015 AF Military Athlete of the Year (ANG suspense)



# CHIEFS ADVICE

## Airman Handbook desktop icon available December 18

By Gloria Kwizera, Air Education and Training Command Public Affairs / Published December 15,

2015

**JOINT BASE SAN ANOTNIO-RANDOLPH, Texas** -- Airmen will be able to access the Airman Handbook via a desktop icon beginning Dec. 18.

The Airman Handbook is a compilation of policies, procedures and standards that guide Airmen's action within the profession of arms.

Each desktop will have an icon with an e-Link to the handbook for easy and immediate access.

According to Kevin Denter, Profession of Arms Center of Excellence professionalism program analyst, the handbook is a professional development tool for all Airmen: Active Duty, Reserve, Guard and Civilian.

"The handbook is an indispensable resource for Airmen to continue to learn, grow and propel our Air Force into the future," Denter said. "It is a single publication that addresses important information on Air Force history, doctrine, values, customs, courtesies and much more.

During the April 2014 biannual Enlisted Board of Directors meeting, a decision was made to combine the Professional Development Guide and Air Force Handbook, into one publication so all Airmen would have a true-desktop reference for the profession of arms.

"The Handbook provides reference material for the Promotion Fitness Examination and United States Air Force Supervisory Examination," Denter added. "Specifically, individual enlisted promotion testing study guides were developed using information from the handbook."

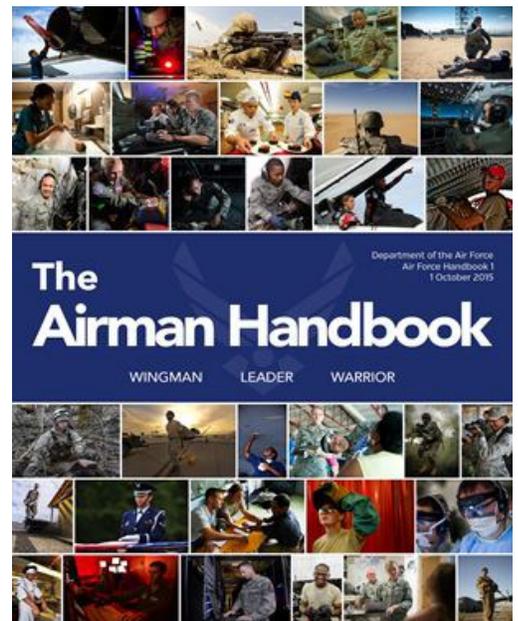
Denter further clarified that the handbook is published with all the information needed to effectively study for promotion. However, the study guides were developed so Airmen will not have to decipher what information is testable and what is not testable. The bottom line is that although both publications include similar information, the study guides are exclusively testable information for those studying for enlisted promotion.

"Since the Air Force is no longer printing the reference material required for promotion testing," Denter continued, "the study guides were built to provide only testable information thus reducing the number of pages required if Airmen decide to print a copy at their expense."

The study guides are available at [www.studyguides.af.mil](http://www.studyguides.af.mil).

"Airmen will now be only 'one click' away from this critical professional development tool," Denter said.

For more information about professional development tools, visit <http://www.airman.af.mil/Tools.aspx>.



# 2016 ICE FISHING DERBY

## 2nd Annual 132WG 2016 ICE FISHING DERBY



**When:** February 20<sup>th</sup> 2016

**Where:** 12 Mile lake near Creston Iowa

**Time:** 0700-1200

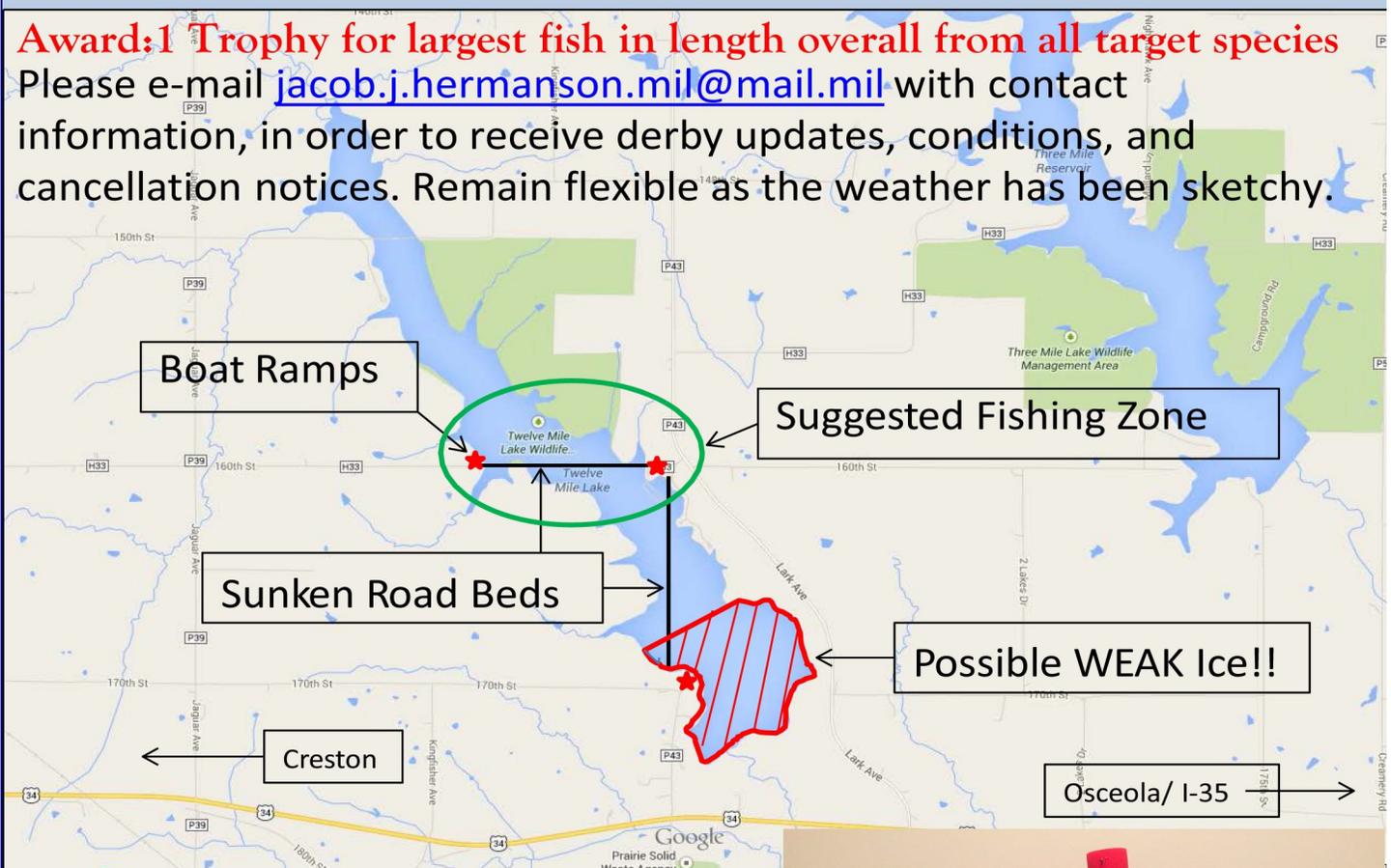
**Who:** 132d Members, Retiree's, Families, and Friends

**Rules:** All Iowa DNR regulations apply; **THINK SAFETY!!!**

**Target Fish:** Crappie, Walleye, Yellow Perch, Bluegill

**Award:** 1 Trophy for largest fish in length overall from all target species

Please e-mail [jacob.j.hermanson.mil@mail.mil](mailto:jacob.j.hermanson.mil@mail.mil) with contact information, in order to receive derby updates, conditions, and cancellation notices. Remain flexible as the weather has been sketchy.



Fish story time and social is at MSgt Doug Worrall's shop. Chili will be provided, bring your own snacks and drinks. Stay and fish or come to Worrall's. Further details and info to follow.

Limited assistance/equipment can be provided upon request. Team up with other unit members recommended. Any questions contact MSgt Jacob Hermanson 515-261-8394 or email above. Cell#=515-205-9117  
**2015 Champion..... Rick Reid**

