



## COMMAND COMMENTARY

### Happy Anniversary!

**By Col. Shawn D. Ford**

*Commander, 132d Wing*

This month the Wing turns 75 years old and has come a long way. In 1941, the 124<sup>th</sup> Observation Squadron was started with 27 Officers, 110 Enlisted, and just 5 Douglas O-38 aircraft. Today, we have over 900 unit members, multiple enduring missions, and the support needed to ensure future generations have the opportunity to serve their Nation, State, and Community. On Friday, 26 February, we will take a moment to recognize the dedication and hard work of all past and present Airmen who have gotten us to this significant milestone. This February event will be low key, but we will plan a larger celebration on Saturday, 11 June with a combined Family Day/Open House when the weather is a little bit warmer.

Last month, we had a very successful Site Activation Task Force (SATAF) visit from the National Guard Bureau. Their outbrief concluded that we are the best prepared unit for the Cyber Operations mission conversion that they have ever seen. I know there was some stress involved in leaning forward to prepare for the mission change that was not finalized until a few months ago, but the risk and hard work have paid off.

In addition, we provided Airmen to participate in Vigilant Guard (our state's Domestic Operations exercise) and sent others to Kosovo to help with our State Partnership Program. I continue to get nothing but positive feedback from the contributions that you make as you selflessly serve. Please keep up the great work.

As you prepare for February drill, be aware that Brigadier General Knapp, the ANG Assistant to the Air Combat Command Surgeon, will be visiting our Wing. Show him the same warm welcome and job excellence that the Midwest is known for, and I'm confident that we will have another senior leader on our side.

It is hard to believe that it is already February, but I can honestly say that I'm ready for warmer weather. Please keep an eye on your Airmen as we head into the final stretch of winter; it is not difficult to get a little stir crazy or have the short days and long nights create a "seasonal" depression. For me, I try to reflect on what I enjoy about spring and remind myself that I'll be able to do that again in about a month.

Continue to think of great ways to improve your Wing and get those suggestions to your leadership. We will also provide you the opportunity to give us some feedback during March and April drills through a unit Climate Assessment Survey, and I look forward to your feedback. Until then, enjoy drill and thank you.



# CHAPLAIN'S CORNER

**By Maj. Gabriel Casciato**

*Chaplain, 132d Wing*



Catholic Mass – Saturday UTA @ 1500

Protestant Worship – Sunday UTA @ 1100

My job right now is trying to start a new church. Right now we meet in an elementary school and have to set up and tear down our gear every week. Needless to say I find myself often thinking what it will be like when we have a building. I found a design that I think might work. According to Reuters there is a church in Taiwan that is seeking to build a church in the shape of a giant high-heeled shoe made of metal and blue glass tiles.

<http://www.reuters.com/article/us-taiwan-church-shoe-idUSKCN0UX2FQ>.

Of course, there actually is more to the story, but it did get me to thinking about the way we present ourselves. We are remarkably insecure beings as a rule. We are constantly searching for affirmation and validation. We need people to tell us that we are valuable. But in our quest for that validation, so often rather than just put our best foot forward, or (heaven forbid) just be honest with friends and family about the reality of our inner worlds, we really engage in propaganda. We use social media in attempt to control other people's perceptions of us. We sometimes exaggerate stories of our own importance. We make ourselves out to be invaluable. We build the churches of our lives in "interesting" shapes, all in the effort to draw people to pay attention to us.

But the truth is it is exhausting. It is remarkably difficult to keep up such appearances. And in the end we are always found out. The gimmicks that we used to attract people eventually wear thin and grow stale. But I think there is another way. It's more difficult. But it's more real. Be you. Don't use gimmicks and fakery to earn respect. Earn it the old fashioned way. Be a loyal friend. Strive to be good at your job. Be reliable. Have integrity. Be the kind of person that other people would legitimately respect. It may not be as cool as a shoe shaped building. But it is more real and more lasting. And far less exhausting.

It's so overused that it's almost cliché but that doesn't remove the truth of the statement. God made you specifically the way you are because He wanted you that way. That is beautiful. Don't insult His artwork by fakery.

## FEBRUARY UTA EVENTS

- 4-8 Feb, "Disney Award" Evaluation – FSS Services
- 5 Feb, Lucinda Gibbens PR to MSgt 1500 Honeywell (lwr lv bldg. 124, old weapons bay)
- 5 Feb, PR Matt Seeley, Steve Edwards to MSGT 1500 Wing Clsm,
- 5 Feb, Gen Knapp visit Med Gp, (Capt Cochran POC, 1500-1600 mission briefs MDG)
- 6 Feb, 0730 Gen Knapp will present Award to MDG, (MDG clsm)
- 6 Feb, PR Elmquist/Welsh, Wing Clsm 1300
- 6 Feb, CoC ISRG Lt Col Greenfield 233d Sq CC, 1430 DFAC
- 6 Feb, PR Randy Kellar to Chief, 1530 Wing Clsm
- 7 Feb, Newcomer's Brief, CE clsm, in place 0745
- 7 Feb, 1st Sgt's board for MSG/Wing, CC conf rm, 0900
- 7 Feb, EAC 0930 Wing clsm
- 7 Feb, PR ISRG- Matt Flowers and Erica Leister- 1500 Wing clsm



# February DFAC

## SATURDAY

1100-1300

### Main Line

Spaghetti  
 Stuffed Pork Chops  
 Parsley Buttered Potatoes  
 Green Bean Casserole  
 Peas & Carrots  
 Garlic Bread  
 Brownies  
 Soup: Chicken Tortilla

### Short Line

Baja Tilapia Fish Taco Bar  
 Mexi Rice  
 Mexi Corn  
 Avocado  
 Fruit Pico  
 Tomato Pico  
 Black Beans  
 Jalapenos  
 Chopped Tomato & Onion  
 Cilantro  
 Taco Sauce  
 Shredded Lettuce  
 Sour Cream  
 Brownies  
 Soup: Chicken Tortilla

Red—Eat Rarely  
 Yellow—Eat Occasionally  
 Green—Eat Often

### Salad Bar

Lettuce	Spinach
Cottage Cheese	Sweet Pickles
Black & Green Olives	Cheddar/Blue Cheese
Cherry Tomatoes	Cucumbers
Pepperoncini	Avocados
Red Onion	Green Peppers
Pineapple Chunks	Crab Meat
Boiled Eggs	Kiwi
Nutri-Grain Bars	Ham Chopped
Peas	Bacon Bits
Cheese Sauce	Crackers

Croutons/Chow Mein Noodles

## SUNDAY

1030-1230

### Main Line

Beef Rib Eye with Au Jus  
 Savory Baked Chicken Breast  
 Steamed Rice  
 Baked Potato w/Sour Cream  
 Parmesan Asparagus  
 Chef Cut Vegetable Mix  
 Dinner Roll  
 Patriot Cake Bowl

### Short Line

Burger/Chicken Sandwich Bar  
 Bacon  
 Spiral Fries  
 Pickles  
 Tomato Pico/Avocado  
 Sliced Tomato/Red Onion  
 Ketchup/Mustard/Mayo  
 Jalapenos  
 Crumbled Blue Cheese  
 Shredded Lettuce  
 BBQ Sauce  
 Shredded Cheddar Cheese  
 Patriot Cake Bowl



# SAFETY

## WHAT CAN I DO TO PREVENT SLIPS, TRIPS, AND FALLS?

### WORK AREA



- Wear appropriate slip-resistant shoes
- Slow down to negotiate turns, corners, obstacles, and areas of limited visibility
- Keep workspace and walkways clean, clear, and well lit for you and your visitors

### WET FLOORS



- Clean up wet areas and spills immediately
- Make sure signs warn others of the danger of wet surfaces when mopping
- Use caution in areas where wet floors are likely: entrances, rest rooms, and mopped floors

### PARKING LOT AND GROUNDS



- Stay alert for uneven surfaces
- Watch for curbs and potholes when moving between vehicles
- Assume there is ice if the temperature is close to freezing; slow down and take short strides

### STAIRS



- Take only one step at a time
- Keep one hand free to grasp the handrail
- Limit your load and make sure your vision is not obstructed

### CORDS



- Do not allow electrical cords or other objects to extend across a walkway
- Tie up any cords that might pose a trip hazard
- Tape down or secure cords temporarily located in traffic areas

### LADDERS



- Stand on a ladder instead of a chair, table, bucket, or box
- Use the correct ladder for the job
- Never step on the top platform of any ladder, including a stepladder



## Improving the Unit Process Operations: Safety



### February Safety Focus Area

#### SLIPS, TRIPS, AND FALLS

- Make up majority of general USDoL accidents
- One of most frequently-reported injuries
  - ~25% of reported claims/year
- In colder climates, slips and falls on snow and ice are a leading cause of injuries, **with the majority of incidents occurring as employees come and go from work**
- Most could have been prevented

Typical Injuries	Typical Injury Sites
Sprains & Strains	Knee, ankle and/or foot
Bruises & Contusions	Wrist and/or elbow
Fractures	Back &/or shoulder
Abrasions	Hip
Lacerations	Head

#### CONTRIBUTING FACTORS:

- Freezing rain or snow melting during day and freezing at night
- Failure to spread ice melt or salt on ice
- In a hurry – walking too fast
- Not wearing proper footwear for icy surfaces
- Poor vision due to blowing snow or carrying objects that could block view

#### RISK CONTROLS:

- Wear proper footwear on icy surfaces.
- Use YakTrax or other traction devices to improve grip and prevent slipping. (Visit Safety)
- Avoid walking on icy surfaces if possible. Park vehicle closer to destination if possible to minimize walking distance on icy surfaces.
- Slow down and be prepared for a potential slip or fall.
- Avoid carrying large items when walking on icy walkways.
- Remove snow and ice off walkways as soon as possible and spread ice melt or salt on slippery areas. Facility Managers ensure compliance!

# PEOPLE

## Promotions

1Lt	Rudolf, Joshua	4-Oct-15
CMSgt	Kellar, Randall	1-Feb-16
SMSgt	Castings, Gregory	15-Jan-16
SMSgt	Schoenbeck, Jason	15-Jan-16
MSgt	Shatek, Nicholas	15-Jan-16
MSgt	Elmquist, Kirk	1-Feb-16
MSgt	Flowers, Matthew	1-Feb-16
MSgt	Edwards, Steven	1-Feb-16
MSgt	Seeley, Matt	1-Feb-16
MSgt	Leister, Erica	1-Feb-16
MSgt	Christensen, Daniel	1-Feb-16
SSgt	Bahzal, Jared	1-Jan-16
SSgt	Schnetter, Brian	1-Jan-16
SSgt	Garrow, Quinton	15-Jan-16
SSgt	Welsh, Melissa	15-Jan-16
SrA	Burke, Hogan	1-Feb-16
SrA	Blake, Torrie	1-Feb-16
SrA	Rokes, Benjamin	1-Feb-16
SrA	Albee, Sarah	1-Feb-16
SrA	McKean, Christopher	1-Feb-16
A1C	Marlowe, Madeline	1-Jun-15

## Moving In

MSgt	Fleury, Nicholas	FSS	1-Dec-15
SrA	Stern, Matthew	CES	1-Jan-16

## Moving On

LtCol	Kowalczyk, Stanley	WING	1-Jan-16
TSgt	Kinnan, Tim	PA	1-Jan-16
TSgt	Welch, David	OSS	22-Jan-16
SSgt	Simmons, Tyler	CES	11-Jan-16
SrA	Summy, Jeffrey	CES	10-Jan-16

## Retirements

LtCol	Nicholson, Donald	1-Feb-16
CMSgt	Yost, Michelle	15-Jan-16
SMSgt	Schmadeke, Dean	31-Jan-16
MSgt	Penberthy, Eric	1-Feb-16
TSgt	Olson, Shane	1-Feb-16



### *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,*

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

MSgt Head, Orval D.  
 TSgt Schroeder, Bryan R.  
 SSgt Lane, Gregory L. Jr.  
 SSgt Myers, Ryan P.

**Congratulations!**

# LEGAL

## Don't forget to Provide Proof of your Health Insurance Coverage When Filing Taxes this Year.

By Lt Col Brian C. Bowman, 132 WG Staff Judge Advocate

This is the first year that Affordable Care Act ("ACA") requires health care validation when filing taxes. All active-duty, Guard, Reserve, retiree and civilian Airmen will need proof of health care coverage when filing their federal tax returns for 2015. Failure to provide proof of coverage will result in a monetary penalty.

Under the ACA, U.S. citizens and legal residents are required to obtain and maintain a minimum standard of health care insurance, called minimum essential coverage. The proof of minimum essential coverage will be provided by the Department of Treasury Internal Revenue Service Form 1095. TRICARE is one of many health providers qualifying for this coverage.

In January 2016, Defense Finance and Accounting Service is required to provide each employee with the IRS Form 1095 for employment during 2015. A hard copy form is scheduled to be mailed to each employee and the form is also available electronically through MyPay under the taxes section.

# ENVIRONMENTAL

## Think Spring!!

### National Bike to Work Week is 16-20 May 2016\*



The Base is planning organized rides, training events, and a family ride event function. It will be a great chance to get yourself and your wheels ready for the summer riding season. Want to help? Contact the Safety (261-8219) or Environmental (261-8760) offices.

\* <http://bikeleague.org/content/bike-month-dates-events-0>

# 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>



Visit our Youtube page at [https://www.youtube.com/channel/UCUdb6J0A4B4r2C99mYW7\\_BQ](https://www.youtube.com/channel/UCUdb6J0A4B4r2C99mYW7_BQ)





## 2016 Wellness Calendar



<p><b><u>January</u></b></p> <p>TAG Fun Run January 20</p>	<p><b><u>February</u></b></p> <p>Money Matters- basic financial preparedness and investing (Military Saves Week Feb 22-27)</p> <p>TAG Fun Run 17 February</p> <p>Tricare Rep February 24</p> <p>MMFC Skate North</p>	<p><b><u>March</u></b></p> <p>4-Lenses</p> <p>TAG Fun Run 16 March</p> <p>MMFC Art</p>	<p><b><u>April</u></b></p> <p>Month of the Military Child</p> <p>Youth camp opportunities, scholarships, positive parenting</p> <p>TAG Fun Run 20 April</p> <p>Easter Egg Hunt</p> <p>Tricare Rep April 13</p> <p>MMFC Golf</p>
<p><b><u>May</u></b></p> <p>Clean Eating/Healthy Lifestyle</p> <p>Free/Low Cost Summer Activities</p> <p>TAG Fun Run 18 May</p> <p>MMFC Zoo</p>	<p><b><u>June</u></b></p> <p>Education/GI Bill</p> <p>TAG Fun Run 15 June</p> <p>75<sup>th</sup> Anniversary/Family Day</p> <p>Youth Symposium (age 7-10)</p> <p>Tricare Rep June 15</p> <p>MMFC Diversity</p>	<p><b><u>July</u></b></p> <p>No Scheduled Drill</p> <p>TAG Fun Run 20 July</p> <p>MMFC Monkey Joes</p>	<p><b><u>August</u></b></p> <p>Consumer Awareness</p> <p>Home Buying</p> <p>TAG Fun Run 17 August</p> <p>Youth Symposium (age 11-17)</p> <p>Tricare Rep August 10</p> <p>MMFC Laser Tag</p>
<p><b><u>September</u></b></p> <p>Suicide Awareness Month</p> <p>Stress Management/Balance Your Thinking</p> <p>TAG Fun Run 21 September</p> <p>Resource Fair</p>	<p><b><u>October</u></b></p> <p>Money Talk- how to communicate money issues with your partner</p> <p>TAG Fun Run 19 October</p> <p>Trunk or Treat</p>	<p><b><u>November</u></b></p> <p>Retirement Planning</p> <p>TAP Pre-Separation Counseling</p> <p>TAG Fun Run 16 November</p>	<p><b><u>December</u></b></p> <p>The Good and Bad of Anxiety and How to Make it Work for You</p> <p>TAG Fun Run 21 December</p> <p>Community/Wing Holiday Party</p>

Chapel Services: Catholic Mass- Saturday 3:00pm Protestant Service- Sunday 11:00am

Health & Wellness Class: Sunday 1:00 & 2:00pm, BX gym

Programs available to you all year round! Take advantage of some of the free programs listed as they become available to you and your family. Topics will be discussed Sunday of UTA at 12:30 in the Chapel. For more information or if you would like a certain topic to be covered, contact the 132<sup>nd</sup> Wing Airman and Family Readiness Office (515) 261-8786.

# 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

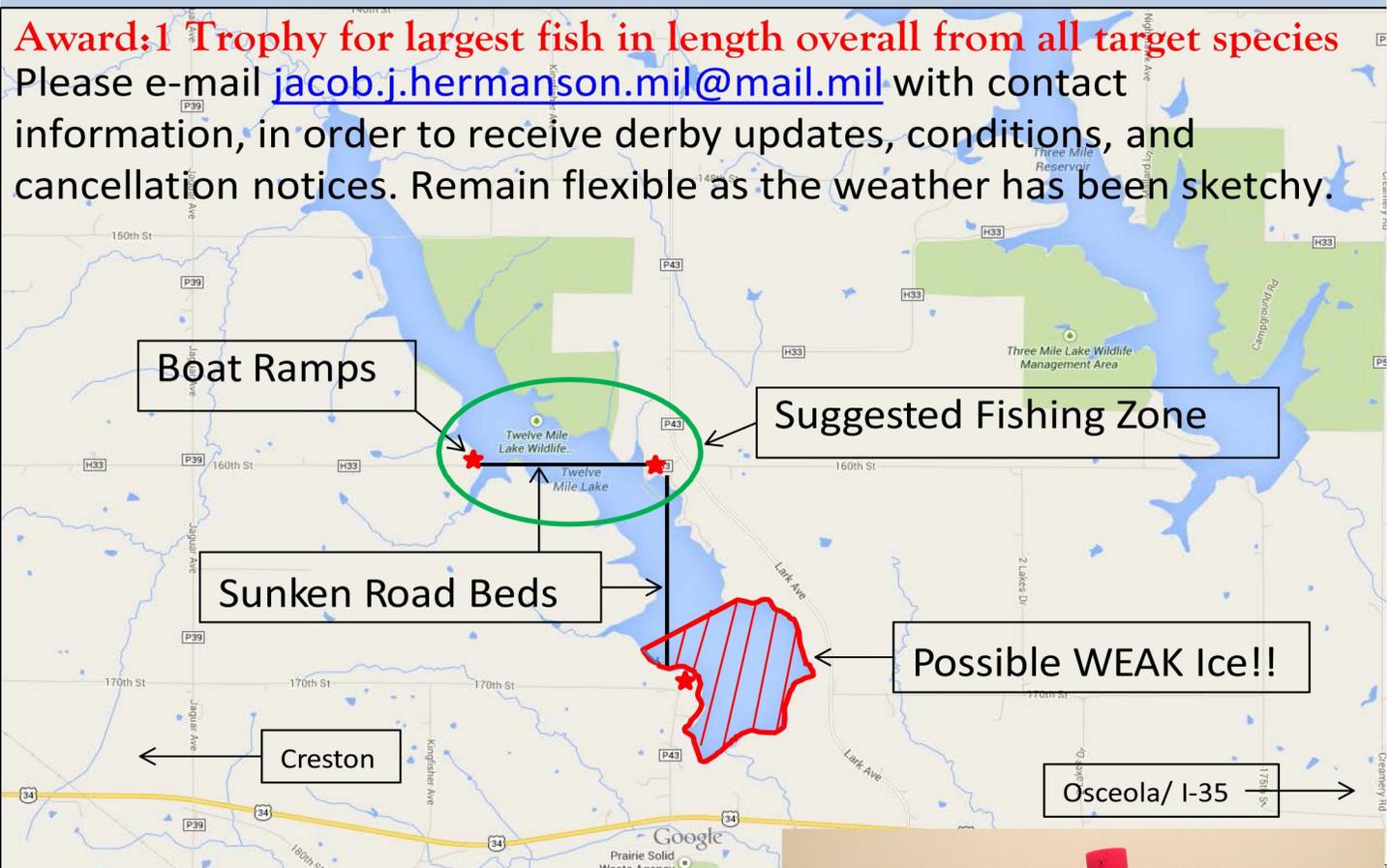
**Who:** 132d Members, Retiree's, Families, and Friends

**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**

