



COMMAND COMMENTARY

Time to Celebrate!

By Col. Shawn D. Ford

Commander, 132d Wing

June is here and all the effort and hard work of the 75th Anniversary Planning Committee will be realized as we take time during drill to recognize the hard work and heritage of our unit. I look forward to seeing you, your friends, and family enjoying the events planned for Saturday afternoon. In the spirit of celebrating 75 years, I found this photo of some old crusty fighter pilots in the 132d archives. Although the picture didn't have a date, I am amazed at how Lt Col Gooch doesn't seem to age a bit through the years.

I want to say thank you to everyone who took the time to complete the Unit Climate Assessment. You provided some great feedback, and I am looking forward to seeing the changes the Squadron Commanders plan to make. You will also notice some changes at the Wing level as we work to make improvements. For example, last month we added a Unit Spotlight feature to the E-intake, and in the future, you will notice more diversity in our hiring boards. We've got a few more ideas in the works and will let you know when we roll them out.

Speaking of changes, we now have an approved program that will allow 132d military members to apply for permission to bring personally owned firearms onto our base. This is not a concealed carry program; just a policy for personal firearms to be in the vehicle. The specifics of the policy can be found on the Security Forces SharePoint page, and is a process that will involve chain of command approval, background checks, and SFS training just to name a few. The safety of the Airmen on this base is our top priority so we will monitor the progress of this program and make adjustments as necessary to maintain a safe and secure work environment.

Finally, a couple months ago I mentioned the new Air Force Green Dot program that is focused on violence prevention. Your Wing Leadership Team received the training this past week and it is encouraging to see a new approach to creating a healthy environment. The training is only 90 minutes long and will take the place of this year's annual SAPR training. I'm curious to hear what you think of the training so let me know your opinion the next time you see me.

Have a great drill weekend.



CHAPLAIN'S CORNER

By Maj. Gaberiel Casciato

Chaplain, 132d Wing



Catholic Mass—Saturday UTA @ 1500

Protestant Worship—Sunday UTA @ 1100

They say that from the lips of babes comes the truth. Proud papa Michael Richardson figured that out the hard way when his 6 year old son offered him the phone. It seems that Michael had ran a red light in his wife's car on the way to the car wash. The 6 year old boy was so grief stricken that he called 911 to report it (Caution-<http://www.reuters.com/article/us-massachusetts-red-light-idUSKCN0YO1M9> < Caution-<http://www.reuters.com/article/us-massachusetts-red-light-idUSKCN0YO1M9> >). Mr. Richardson apologized and the dispatcher said he just wanted to make sure everyone was ok. I have to admit that my first reaction was great amusement; not a great first reaction for a chaplain I'll admit. I am kind of big on confession after all. When I got to thinking about it, the kid actually impresses me. We talk all the time about how integrity is doing the right thing even when no one is watching. Here is a kid that really understands that. While I question the wisdom in throwing others under the bus, I am awed at this kid's moral sensitivity. It makes me question how I am doing in this area. Am I as morally sensitive as I was or have I become jaded in my old age? I don't want to lose my idealism. But as life progresses and we encounter more and more gray and are more and more forced into a pragmatic view of life, sometimes it seems inevitable. But I don't think it is. I think it is possible, and even advisable, to maintain our moral sensitivities. How do we do that? One, hang out with younger people. 18 year olds are notoriously idealistic. Let their idealism infect us. Two, connect with your faith tradition. I know of no religion where you are encouraged to say you belong to it and then do nothing with it. Go to church/synagogue/whatever. Read texts by the greatest thinkers in your tradition. Do something with your faith. Stretch yourself. Lastly, accept no compromise in yourself. Hold yourself to a higher standard than you hold others. I know that if I was the dad in this story, I would be bringing it up for years to come. And if I was the boy, I wouldn't ever want my standards to drop.

SACK LUNCH

Serving Thursday—Sunday (1100—1200)

**Turkey & Ham Sandwich,
Chicken Breast Wrap
Chips
Granola Bar
Fruit—Varies
Soda**



SAFETY

Boat Safety tips

In 2008, there were 4,789 reported boat accidents across the country resulting in 709 deaths and 3,331 injuries. Here are some facts and tips from the Coast Guard to keep you and your family safe this boating season.

90
PERCENT

of drowning victims were not wearing a life jacket

10
PERCENT

of fatalities occurred on boats where the operator had received safety training

+66
PERCENT

of all fatal boating accident victims drowned

Before the season starts

Be sure your watercraft is safe by arranging with the Coast Guard Auxiliary for a courtesy vessel examination. Call 262-857-2181 in the Kenosha area to set up a vessel examination.

Before you leave the dock

Have a boater's checklist and run through it prior to embarking. Have a life jacket (personal flotation device, PFD) for each person on board. By law, children 12 and under must be wearing a life jacket at all times. Review emergency procedures with all passengers.

Once under way

Never drink alcohol and pilot a boat; it is illegal and carries a hefty fine. Alcohol is the leading factor in deadly boating accidents. Maintain a safe speed, be aware of other boaters and swimmers. Know the right of way while on the water. Be familiar with the waters you are navigating.

Be smart

The top five contributing factors in boat accidents are careless or reckless operation, operating inattention, no proper lookout, operator inexperience and improper passenger or skier behavior.

Be prepared and informed

The Coast Guard Auxiliary offers affordable ABC-Safe Boating classes throughout the year. The nine hour course, divided over three sessions, include in-depth training on many pertinent boat safety topics. Wisconsin DNR hold one more class this season starting June 10. This course will qualify the attendee to operate a PWC without adult supervision for ages 12-18 and those born after Jan. 1, 1989 (this is a new law in Wisconsin this year). The classes are three consecutive Thursday from 6-9 p.m. at Gander Mountain in Kenosha. Course registration is required and may be made by calling 262-492-6479.



Throwable PFD
Must have at least one approved PFD on board and easily accessible



Sound producing device
Must carry a horn, whistle or have a bell on board



Fire extinguisher
Fire extinguishers are required on boats with a motor



Life vest (PFD)
One for each person on board. Children 12 and under must be wearing life vest at all times.



Visible Distress Signal (VDS)
Must have on board a light producing (for night time) and one daytime smoke producing visible distress signal. Example: Daytime flare (smoke) night time flashlight

Registration stickers
By law, state validation and number stickers must be affixed to front of boat

On board safety checklist



graphs.net

SOURCE: Coast Guard Auxiliary

KENOSHA NEWS GRAPHIC BY KRISTIN FINALDI

Lawn Mower Safety Tips

PROTECT

- Children should not play on or around lawn mowers—this includes riding along or on top of the lawn mower
- Children under 12 should not be allowed to operate a push mower and children under 16 should not operate a driving mower

PREPARE

- Pick up objects such as stones, sticks, toys before mowing to prevent injuries from flying objects
- Wear sturdy shoes to operate lawn mower (no sandals)
- Keep pets locked up while mowing

SUPERVISE

- A responsible adult should ALWAYS supervise
- Children should be supervised indoors while the lawn in being mowed

DID YOU KNOW?

3,780 kids under the age of 14 were brought to the emergency room last year for lawn mower injuries.

(Consumer Safety Report)



Monroe Carell Jr.
Children's Hospital
at Vanderbilt

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. **If you have any memories you'd like to share from the past 75 years be sure to use tag us @132dwing with #132dWing75yrs**

"Like" us on Facebook at 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



SAFETY



Improving the Unit Process Operations: Safety



June Safety Focus Areas

SURF & TURF

Boating Safety

- .08 is the legal limit, just like driving! ²
- Throw-able flotation devices must be on vessels 16 ft or longer. ²
- Create/find a pre-departure checklist.
- Children 13 and under are required to wear life jackets. ²

Lawn Mowing Safety

- Wear appropriate footwear!
- Drive up and down slopes, not across to prevent mower rollover. ³
- Use a stick or broom handle to remove debris from mowers. ³
- Recommend that children be 12 years old before mowing the lawn. ³



¹ nsc.org ² iowadnr.gov ³ aap.org

DONATION ASSISTANCE FOR ALUMNI

"Alumni assistance requested in support of the
F-100 Super Sabre"

The "silver squadron" alumni association is trying to raise enough money to cover fuel costs to get an F-100 Super Sabre on our ramp for the 75th Anniversary event on 11 June. If you are interested in making a voluntary donation to support this cause, please contact:

Maj. Gen. (Ret.) Greg "COA" Schwab at gjschwab@aol.com
or
Keith "Herbus" Acheson at herbnkz@msn.com



PEOPLE

Promotions

Lt. Col	Squires, Benjamin	3-May-16
Capt	Torrence, Daniel	4-May-16
1Lt	Judd, Colby	13-May-16
MSgt	Sweeney, Spencer	1-Jun-16
TSgt	Roszkowski, Kristopher	1-Jun-16
TSgt	Jetter, Eric	1-Jun-16
TSgt	Fisher, Alex	1-Jun-16
TSgt	Cleghorn, Gregory	1-Jun-16
TSgt	Cavan, Khonesawan	1-Jun-16
SSgt	Britt, Brandon	1-Jun-16
SSgt	Green, George	15-Jun-16
SrA	Devens, Marcus	15-Jun-16
SrA	Batha, Brooke	15-Jun-16
A1C	Houston, Jackson	1-Jun-16
A1C	McIntosh, Michael	1-Jun-16
A1C	Kepler, Jonathan	15-Jun-16

Moving In

Maj	Strotkamp, Timothy	124ATKS	17-May-16
SrA	Dunne, Andrew	232 IS	14-May-16
A1C	Heller, Aaron M.	232 IS	16-May-16
A1C	England, Alexander	132 ISS	11-May-16
A1C	Kepler, Jonathan	CES	14-May-16
A1C	Kabore, Issaka	MDG	11-May-16

Moving On

Maj	Kickbush, Mark	DTOC	31-Jul-16
MSgt	Wessels, Mark	SFS	3-Jun-16
MSgt	Smith, Marty	CES	5-Jun-16
MSgt	Worrell, Thomas	COS	17-Jul-16
MSgt	Workman, Kevin	124ATKS	29-Jul-16
TSgt	Bell, Crystal		8-May-16
TSgt	Cole, Ricky	FIN	31-Jul-16
SSgt	Dluhos, John	CES	4-Jun-16
SSgt	Lack, Eric	WG	21-Jun-16
SSgt	Nichols, Charles Jr.	SFS	1-Jul-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,
And I will not fail.*



MSgt Kevin Workman, Retirement will be held Friday July 8th at 1500 in the Wing Classroom

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

SSgt Goins, Marcus E.
SrA Henry C. Lee

Congratulations!

E-BULLETIN BOARD



124th ATKS URT Application



To apply, applicant must meet the following minimum requirements:

1. Four year college degree (Bachelors) *By May 30th 2016*
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 (clean criminal record, financial record, driving record, no substance abuse, etc.)
9. Selectee will be required to attend training for AFSC 18X: RPA (Unmanned) Pilot or 11U: Pilot

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)

Timeline:

- * URT Applications are due into the 124th Attack Squadron no later than Friday April 29, 2016.
- * The most qualified applicants will be eligible for an interview.
- * Interview letters will be emailed out on May 3, 2016.
- * The URT interview board will be held on May 13, 2016.



Please scan your complete application and email it to TSgt Nicholas Rohmiller at nicholas.j.rohmiller.mil@mail.mil

Contact: Lt Col Todd (Freak) Miller at todd.d.miller16.mil@mail.mil or Maj Tony (Cage) Bradley at anthony.s.bradley8.mil@mail.mil with questions.



2016 Wellness Calendar



January	February	March	April
TAG Fun Run January 20	Money Matters- basic financial preparedness and investing (Military Saves Week Feb 22-27) TAG Fun Run 17 February Tricare Rep February 24 MMFC Skate North	4-Lenses Tricare Rep March 23 TAG Fun Run 16 March MMFC Art	<i>Month of the Military Child</i> Youth camp opportunities, scholarships, positive parenting TAG Fun Run 20 April Easter Egg Hunt MMFC Golf
Clean Eating/Healthy Lifestyle Free/Low Cost Summer Activities TAG Fun Run 18 May MMFC Zoo	June Education/GI Bill TAG Fun Run 15 June 75 th Anniversary/Family Day Youth Symposium (age 7-10) Tricare Rep June 15 MMFC Diversity	July No Scheduled Drill TAG Fun Run 20 July MMFC Monkey Joes	August Consumer Awareness Home Buying TAG Fun Run 17 August Youth Symposium (age 11-17) Tricare Rep August 10 MMFC Laser Tag
September <i>Suicide Awareness Month</i> Stress Management/Balance Your Thinking TAG Fun Run 21 September	October Money Talk- how to communicate money issues with your partner TAG Fun Run 19 October Trunk or Treat	November Retirement Planning TAP Pre-Separation Counseling TAG Fun Run 16 November	December The Good and Bad of Anxiety and How to Make it Work for You TAG Fun Run 21 December Community/Wing Holiday Party

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 132nd Wing Airman and Family Readiness Office (515) 261-8786.



MMDDYY-AFSC-## (HRO)

Volunteer with the Polk County Conservation Board

The Polk County Conservation Board (PCCB) was created by the voters of Polk County in 1956 to acquire, develop, and maintain areas devoted to conservation and public recreation. PCCB's mission is to provide the county's citizens with quality outdoor recreation, conservation education, and long term protection of Polk County's natural heritage.

Visit PCCB's [website \(http://www.polkcountyiowa.gov/conservation/how-to-help-volunteer/\)](http://www.polkcountyiowa.gov/conservation/how-to-help-volunteer/) to discover many short and long term volunteer opportunities. Examples of opportunities include maintaining wildlife areas and nature trails, teaching environmental education classes to school children, and conducting ecological and biological resource inventories. This is a perfect excuse to get you and your family off the couch, away from technology, and outdoors this summer!

DRILL STATUS GUARDSMEN OFFICER POSITION

132 FW Des Moines Air National Guard Base, Des Moines Iowa

Must be a current member of the
132nd FIGHTER WING

132 COS Squadron

1-3 Cyber Warfare Ops Officers

175

Required Rank (E-4 - E-7 / Lt-Maj)

Application deadline:

1600 and 12 Jun 2016

Application Checklist:

- Able to obtain TS SCI Clearance
- Color Vision No
- Depth Perception No
- P: U: L: H: E: S:
- Current Qualifying 132FW Career Opportunity Worksheet

Officer Position – Officer Qualification Package must be submitted to Recruiting 5 business days prior to Application Deadline.

Send DSG hiring process checklist and attachments to:

brian.c.dutcher.mil@mail.mil

You will be notified of your qualification status and possible interview times via your Primary E-Mail address provided

More information about the position is available in the Information Centers and on the Conversion website. For additional job specific questions please contact the appropriate local subject matter expert.



JUNE UTA EVENTS

- 9 June, Blood Drive, CE Classroom 1000 –1500
- 9 June, Dragon Warrior "TAG" Fun Run, 1730 start— end at Concert Series
- 9 June, TAG concert series, "Brother Trucker" 1900 Pool complex
- 10 June, RE, Kevin Workman 1500 Wing Clsrm
- 10 June, RE, Lt Col Garrow, 1500 MDG Classroom
- 11-12 Enhancing Human Capital briefs Sat 0700-1200, Sunday 0730 - 1230, DFAC
- 11 June, 75th Anniversary (Open House) Static A/C, Family Fun, Guard night at Principle Park
- 12 June, PR, Maj Ben Squires to Lt. Col, 0700 MDG classroom

BEER OF THE MONTH

We will feature a different homebrew tasting on tap at the Snakepit Lounge the day before drill weekend. Donations to cover the cost of materials are welcome; all profits will be donated to the Snakepit.

**Wednesday, June, 8th, the Featured Beer is:
German Pilsner**

132D WING ABOUT ME: MSG –CE

Introduction to the Mission Support Group

By Colonel Monica Blakley

Our mission is to develop increasingly proficient expeditionary combat ready forces while providing outstanding support capabilities that exceed expectations. We are unique in that we are made up of five separate and distinct Squadrons (plus Contracting) with many different AFSCs and skillsets. For the next few months each area will have an opportunity to “tell their story”. This month, we are starting with Base Contracting.

Civil Engineering - Get ‘er dun!

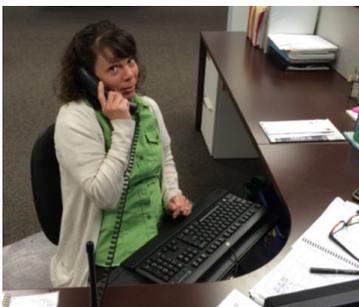
Got power? Got lights? Got a clean, dry, environmentally stable environment to work in? Hug a Civil Engineer/Technician today, we are the BOOM! \$40M+ base construction in last 5 years...BOOYAH!

The Civil Engineering Squadron encompasses a variety of missions to include construction, design, contingency support, fire protection, environmental and facility maintenance/repair to include fire suppression, electrical, HVAC, mechanical, power, structural and pavement.

Federal and State contingencies are the primary function of the Emergency Management team. They operate under man-made and natural disasters utilizing skills in detecting, measuring, and decontaminating CNBC contaminants while also providing expertise in all forms of disaster response. They support “high-vis” community functions from the basketball tournaments to air shows to regional response exercises. In addition, they provide an independent, high tech communication network housed in both the Emergency Operations Center (EOC) and Mobile (MEOC) trailer.

Our Fire Protection services has evolved from a response force to providing urban search and rescue, fire safety education and proactive inspections of our base facilities. To maintain the fire fighters deployment capabilities, they actively seek out training opportunities to include teaming up with the Des Moines International Airport, UPS, local fire departments and Air Force provided training.

Facility maintenance meshes a team of military and state employees. They are specialized in the all aspects of maintaining the base to the highest standards. They are the individuals that maintain, repair, plow, clean, paint, drywall, roof, mow, install and ensure adequate back-up power for this base.



Environmental ensures the base operates in an earth friendly manner preserving our air, soil, and water for future generations. They have a hands-on approach for disposal of hazardous and non-hazardous waste fortifying a successful recycling program. They are a wealth of knowledge on federal environmental standards and often provide expertise in programs that could have national implications.

Pictured is Ms. Kim McWilliams, “The Face” of Civil Engineering!

REQUIRED TRAINING

EXPEDITIONARY SKILLS RODEO (ESR)

All Airmen are required to attend this training!!!

ESR TRAINING WILL BE OFFERED:

- ⇒ Sunday, April 10th: 0700 - 1130 & 1200 - 1630
- ⇒ Thursday, June 9th: 0700 - 1130 & 1200 - 1630
- ⇒ Friday, June 10th: 0700 - 1130 & 1200 - 1630

EACH TRAINING SESSION WILL HAVE A MAXIMUM CAPACITY OF 150

****Work with your UDM to get scheduled****

SABC—Will be held in the old FAB Shop
CBRNE—Will be held in the old Engine Shop



Once accomplished, the training is current for 3 years

TRAINING WILL BE LOCATED IN BLDG 160

SAPR CORNER

SAPR Corner

Ann McMillan, SARC

You are not alone.
It was not your fault.
It is possible to heal.
It is not too late.



The above is on the front page of MaleSurvivor <http://www.malesurvivor.org/index.php> for good reason. Survivors of sexual abuse feel alone and need to hear, "It's not your fault and you are not alone." As Green Dot training kicks off this month think about how you can actively convey to male survivors of sexual abuse, "You are not alone, it's not your fault."

Below are links to listen to brief stories of male survivors of sexual abuse, 2:42 min and 5 min. Hopefully, you have the time to watch, learn and understand a little more, what it is to be a male survivor of sexual abuse.

Caution – This information can be difficult to read and listen to. Do not hesitate to reach out. You can contact me, Ann McMillan SARC 515-371-2743, Jenny Schoer Behavioral Health (515) 414-9398, the web site <http://www.malesurvivor.org/index.php> or the links at the bottom for support.

The Bristlecone Project: Men Overcoming Childhood Sexual Abuse - Documentary Trailer https://www.youtube.com/watch?v=2YJXXgJMqA&list=PLPykOpfh5kZizRmJePgTPBejQcRwEVIA_&index=4 2:42 min - Portraits and Biographies of Male Survivors of Childhood Sexual Abuse

Michael's Story of Surviving Military Sexual Assault <https://www.youtube.com/watch?v=vr3LKIMS0AI> 5 min - <http://protectourdefenders.com> The men who raped Michael told him that if he reported the crime, they would kill him. When Michael's PTSD was triggered by 9/11, he told his story to his wife Geri for the first time. Now Michael and Geri are speaking out to change the way rape in the military is handled. This is their story.

Confidential crisis intervention, support and information to members of the DoD community who have been sexually assaulted.
Work: 261-8207 - Local 24/7 sexual assault response: 515-371-2743
24/7 online help: www.Safehelpline.org
or call DSN: 877-995-5247- Commercial: 94 877-995-5247
Text: 55-247 (inside the U.S.) 001-202-470-5546 (outside the U.S.)

JOB OPENING

Two future First Sergeant opportunities exist in the 132d Security Force Squadron and the 124th Attack Squadron.

Applicant Responsibilities:

1. Ensure you meet the below minimum qualifications to be considered for meeting the board.
2. Submit the following documentation to the Force Support Squadron to be considered for the First Sergeant Selection Board
 - a. Letter of Intent (132 FW Sup 1 to AFI 36-2113, Attachment 4)
 - b. First Sergeant Applicant Eligibility Checklist (DSM Form 20)
 - c. Report of Individual Personnel (RIP - available via vMPF)
 - d. Current physical fitness assessment report - Must meet eligibility requirements of AFI 36-2113 for 8F000 SDI (Last two must be greater than 80 or last one greater than 90)
 - e. Current military resume (per AFH 33-337 Tongue and Quill)
3. Ensure your request is received by CMSgt Kiser, on or before the closing date. A detailed position description and more information can be found in AFI 35-2113.

Position: First Sergeant, SDI 8F000
Announcement Date: 1 May 2016
Closing Date: 12 June 2016
Boarding Date: August UTA

75th ANNIVERSARY & FAMILY DAY EVENT



Come Celebrate 75 Years of Aviation and Support at the 132d Wing

MARK YOUR CALENDARS! Come celebrate 75 Years of Aviation and Support at the 132d Wing on June 11th, 2016. Airmen, family, and friends together with the members of our Silver Squadron are invited to participate in a private event to commemorate a major milestone in the history of the 132d Wing. Combined with our annual "Family Day" event, this featured event will begin with short remarks at 1 p.m. on the West Ramp highlighting 75 Years of service at the 132d Wing. Afterwards, Airmen, family, friends, and alumni are encouraged to take part in; vintage and current military aircraft on static display on the South and West ramps, peruse the resource fair featuring over 22 vendors in the West Hangar, purchase goods from the AAFES truck sale, participate in games along with other kid's activities (face painting, bouncy house, and snacks). The 34th Army Band's Rock Ensemble, Sidewinders will be performing from 2-4 p.m. and adult refreshments will be available and served by the Snake Pit starting at 3 p.m. But the fun doesn't stop there! Following the official end of activities on base at 4 p.m., the 132d Wing will continue the festivities at Principal Park for a 7:08 p.m. game versus Round Rock; sponsored by the 132d Wing Recycling Fund! Although tickets will be available at the 75th Anniversary event, you can get your tickets early by visiting Ashley Wood in the Family Readiness Center office or by e-mailing her at ashley.n.wood38.mil@mail.mil.

Additional information:

This event is open to current and former members of the 132d Wing along with family & friends. Please note that members are required to escort family and friends on base if they do not have a dependent ID card. Wing members are required to attend and will not be released any earlier than 1500. Parking on the West ramp is limited to family, friends, and for Wing alumni. Bring a lawn chair; seating will not be provided.

Uniform:

Civilian casual starting at 12:30 p.m.

Schedule of Events:

Opening remarks (West Ramp): 1 p.m.

Family Day, Vendor Fair, AAFES Truck Sale and Static Aircraft Displays begin: 1:30 p.m.

34th Army Band: Sidewinders Concert (West Ramp): 2 – 4 p.m.

Official activities end at 132d Wing: 4 p.m.

132d Wing Night at the Iowa Cubs: Game begins at 7:08 pm vs. Round Rock

PHOTO CAPTION:

First Annual Training at the Des Moines Air National Guard Base post-World War II (1947). Photo from the archives of the Iowa Gold Star Military Museum.

LEGAL

WILLS AND DURABLE POWERS OF ATTORNEY

By Capt. Bret Lucas

Advice from an attorney, to prepare for end of life, is a necessity to ensure your loved ones will be taken care of upon your death. With a number of upcoming deployments, now is a good time to check that your legal documents are up to date or to finally get that will that you have been putting off.

As a member of the Iowa Air National Guard, you are entitled to free legal advice and document preparation. The JAG office is here to help you with mission related legal assistance as well as personal assistance with a Will, Power of Attorney, or Durable Power of Attorney for Health Care. We can also offer advice and counsel on matters such as divorces, child support, credit issues, and landlord-tenant issues.

Internet wills and other legal documents may seem like a good, cheap alternative to attorney prepared documents but they can also be riddled with legal pitfalls. Every state has different rules and requirements for all legal documents, and only an attorney from the state you live in will be able to advise you if the documents you have are legally sufficient. When preparing internet based documents, you are acting as your own attorney. The forms are provided to you but they are provided with a mountain of "fine print" that basically states if the documents don't work, it is your own fault. A document prepared by an attorney, has that attorney's signature on the document which has the effect of stating "I certify this document is effective and legally sufficient"

Estate planning is often a difficult subject to discuss and a conversation we like to avoid, but it is necessary. If you do not have a Will or Durable Power of Attorney for Health Care, please come to the JAG office and we can help you. We are fast and free.

DSM SILKIE HIKE

DES MOINES SILKIE HIKE



8:00 AM
Finkbine Dr - Iowa State Capitol
Facebook.com/DesMoinesSilkieHike

The Silkie Hike will take place June 18, 2016 in Des Moines, Iowa, starting at the state capitol grounds on Finkbine. Parking is available around the capital for free and it is free to participate. Donations accepted for the hike with money going towards the irreverent warrior foundation. Meet at the state capital at 830am, hike starts at 930am .

Please donate to Irreverent Warriors to help us fulfill our Mission:

<http://www.irreverentwarriors.com/donate/>

https://www.facebook.com/irreverentwarriors/photos_stream

info@irreverentwarriors.com

PSYCHOLOGICAL HEALTH

Do you have attitude?

Wing Director of Psychological Health- Jenny Schoer, MSW, LISW

Trick question! Everyone has attitude; the question is really: Is your attitude positive or negative?

“The primary cause of unhappiness is never the situation but your thoughts about it. Be aware of the thoughts you are thinking. Separate them from the situation, which is always neutral. It is as it is.”

— Eckhart Tolle

Your attitude is everything. How you view the world manifest itself in your actions and behaviors. It is how you see the things around you, how you deal with the situations you face, and what you think about life.

Have you ever had such a bad day and saw a friend, family member, coworker or stranger who was “excessively happy” to the point of annoyance? Well great news, I can teach you how to be annoyingly happy as well :)

Control: Stop giving it away. Have you ever had a situation where you are annoyed by someone and you say “they make me so mad”? If so, you have given your control to that person. Just like the quote says in the beginning, nobody can make you feel a certain way, the way you feel is a result of your perception of your interaction with that person. A simple example of this is two people riding a rollercoaster, one is smiling and excited and the other is screaming from fear and can't wait to get off at the end. The rollercoaster ride itself is neutral, if it wasn't everyone would have the exact same reaction to the ride, the individuals thoughts about the ride (safety, etc.) result in the different feelings and behaviors of the persons riding it.

Who are your three? Who do you surround yourself with, it's very difficult to be positive if you surround yourself with people who carry a negative attitude. Take a look at who your top three people are that you spend the most time with, are they positive? Negative? What potential impact can this (or has this) had on your attitude. BUT don't blame them, reference bullet point #1, if they are negative and you as a result became negative you gave them your control.

Balance Your Thinking Often times we are far more critical of ourselves than others. If you are struggling with negative self-thoughts, balance your thoughts by doing the following: look for evidence that your thought is true/untrue, check for a double standard- meaning if your friend made a mistake and said they were the worst person in the world, I doubt you would reply “yeah buddy, you reallllllly are a horrible person”, if we wouldn't tell our friends or family something so negative then why tell ourselves those thoughts?

Also, there's an app for that! The National Center for Telehealth and Technology put out an application for your smart phone called LifeArmor, this app allows you to browse information on several topics including: alcohol and drugs, anger, anxiety, depression, families, parenting, life stress, sleep and work adjustment. You can then click on an area that interests you and it will provide you options for learning more about the topic, self-assessment, tools to manage your symptoms and videos of others speaking about their experience with that topic. So if you are interested go into the app store and download LifeArmor today!

For more information on how to generate positive thinking patterns, come see your friendly neighborhood DPH- Jenny Schoer 515 261 8212.

BLOOD DRIVE

The upcoming 132d Wing Blood Drive will be held in conjunction with the 4-day June MUTA to allow our Traditional members the option to participate as well.

Members who wish to participate should coordinate their donations with their supervisors. Training and mission requirements should be taken into consideration prior to scheduling a donation.

Members wanting to schedule an appointment may email or call MSgt Mark Nehring at 515-261-8522 or mark.j.nehring.mil@mail.mil up until the day BEFORE the Blood Drive. The day of the Blood Drive, walk-ins are welcome and encouraged!

Who: All unit members who wish to participate
What: 132d Wing Blood Drive
When: Thursday 9 June, 2016, 1000 - 1500
Where: Bldg 410, CE Classroom

Contact MSgt Mark Nehring with any questions.

