



## COMMAND COMMENTARY

### Summer Almost Gone

**By Col. Shawn D. Ford**

*Commander, 132d Wing*

I hope everyone is enjoying the heat of summer, but I can't believe it is already August. Before we know it, school will be back in session and we'll be watching football games. Until then, I plan to enjoy a giant turkey leg (only 54g of fat, 464g of cholesterol, and 127g of protein) and a Bauder Peppermint Bar (only 29g of fat, 48g of sugar, and 12g protein) at the Iowa State Fair.

I know it seems like a while ago, but I wanted to thank everyone who helped make our 75<sup>th</sup> Anniversary Celebration and Family Day event a success. With the exception of the heat, I couldn't have wished for it to be any better. I'm proud of what you were able to accomplish in such a short time with a very limited budget. You truly lived up to the 132d reputation for excellence. I hope you, your friends, and family were able to have a good time.

Speaking of excellence, I would like to congratulate some of our recent award winners (our Wing took every NGB/A1 FSS award):

- NGB/A1 Special Recognition Team/Program: 132d Wing Fatality Search and Recovery
- NGB/A1 Personnel CGO of the Year (ARC): 2Lt Joseph Appenzeller
- NGB/A1 Force Support SNCO of the Year (ARC): MSgt Leanne Praska
- NGB/A1 Force Support NCO of the Year (ARC): TSgt Eric Gleason
- NGB/A1 Force Support Airman of the Year (ARC): SSgt Rietveld
- NGAUS Theodore Roosevelt Leadership Award for CGOs: Capt Brandon Cochran
- NGAUS Distinguished Service Medal: Brig Gen William Dehaes
- 2016 State Family Readiness Family of the Year: The Cochran Family
- 2016 State Family Readiness Volunteer of the Year: Jordan Appel

By now most of you have received the Air Force Green Dot training. My hope is that the training reinforces the importance of a healthy work environment for all our Airmen. This type of environment is critical in taking a proactive approach to eliminating the chance of violence at our base. If you do not feel like the 132d is a safe place to work, let someone know (supervisor, first shirt, leadership, etc.). If you don't feel the situation has been fixed, please schedule an appointment to talk with me so that the issue can be addressed. I am committed to creating an environment of trust that allows you to fulfill your desire to serve our state and nation.

Finally, I get a few questions each drill regarding the results of the Commander's Coin competition that closed out in January. We selected the ideas from two submittals (Chaplain Doty and TSgt Johnson) and have combined them into a coin design. I haven't been able to spend much time on this project, but when the final artwork is complete, I'll include it in a future article. Thank you for the submissions and desire to help shape this Wing. Have a great drill weekend.



*My wife was extremely eager to get a picture of me in front of this shed at the fair.*

# CHAPLAIN'S CORNER

**By Maj. David Doty**

*Chaplain, 132d Wing*



Catholic Mass—Saturday UTA @ 1500

Protestant Worship—Sunday UTA @ 1100

Sometimes I think this world has gone crazy. There is so much turmoil in the world that it seems like peace will never be found. How can we deal with such turmoil? From politics to relationships and everything in between there seems to be a great deal of conflict today. I have four tips to ease the strains on peace.

1. *Get in your opponents face.* NO, not in a confrontational way but deal with matters face-to-face. That is always the best way to understand the other person. Too many times I have witnessed social media be the downfall of a friendship because of something that was posted and seen by many when it should have been dealt with by a few. Face-to-face is the way to get rid of a barrier between each other and be able to look into each other's eyes.
2. *Do the little things.* I have always heard the phrase "kill them with kindness." Small acts of kindness can ease a tense situation. Romans 12:21 says, "Do not let evil defeat you; instead, conquer evil with good." Jesus also taught us to turn the other cheek when confronted with a wrong. This is not meant to be perceived as being weak but humble in strength.
3. *Focus on the opportunity.* There are times when we cannot see the opportunity that is right in front of us (we can't see the forest for the trees). Opportunities present themselves in many different ways. If we are not willing to see the opportunity that is right in front of us then we may be overlooking a blessing that God has presented to us.
4. *Pray for and with an opponent.* Praying for an opponent is a good thing. I think there is something better, praying with them. It is easy to pray for someone from a distance that you feel has wronged you. It is a totally different scenario to be face-to-face (see #1) with them when you both kneel in prayer. To be in close proximity with another person while praying may make your conflict seem small. When lifting the other person up in prayer while they are right in front of you will put a totally different perspective on the conflict.

Finding peace in conflict is a difficult thing to do but necessary for one to find fulfillment and peace in life. Find peace with those around you and the world will be a better place.

Blessings

## LEGAL

### Status of Discipline Quarter 2 CY16

- An Airman First Class was discharged for drug abuse
- A Senior Airman received a reduction in rank for fitness failure
- A Technical Sergeant received a Letter of Reprimand for fitness failure
- An Airman First Class received a Letter of Reprimand for failure to report to duty
- An Airman First Class received a Letter of Reprimand for failure to provide medical documentation in a timely manner
- An Airman First Class received a Letter of Reprimand for Operating While Intoxicated
- A Master Sergeant received a Letter of Counseling for fitness failure
- A Technical Sergeant received a Letter of Counseling for fitness failure
- A Technical Sergeant received a Letter of Counseling for failure to follow orders or directives
- A Technical Sergeant received a Letter of Counseling for inappropriate use of Government computers
- Two Technical Sergeants received Letters of Counseling for dereliction of duties
- A Technical Sergeant received a Letter of Counseling for failure to report to duty
- A Staff Sergeant received a Letter of Counseling for fitness failure
- A Senior Airman received a Letter of Counseling for misuse of Government Travel Card (2<sup>nd</sup> Offense)

# SAFETY



- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.



### How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



### What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

**IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.**

**If you have any questions or concerns, call OSHA at 1-800-321-OSHA (6742).**



For more information:  
**OSHA** Occupational Safety and Health Administration  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA (6742)

# ENVIRONMENTAL

## Iowa: A National Wind Energy Leader

According to the American Wind Energy Association, Iowa ranked first in the nation in 2015 for the relative amount of electricity the state generated via wind power: a whopping 31%! In absolute terms, Iowa ranks second behind Texas for total installed energy capacity at over 6,000 megawatts. That's enough electricity to power over 1.6 million U.S. households. Projections even show that enough wind energy could be produced in Iowa by 2030 to power 6.3 million U.S. households.

Renewable wind energy production is tied to significant environmental benefits. Generating wind power produces no air emissions and consumes almost no water. In 2014, Iowa avoided consuming 3.5 billion gallons of water and generating 1.3 million cars-worth of emissions by generating wind energy in place of traditional forms of energy.

Visit [awea.org](http://awea.org) or [iowawindenergy.org](http://iowawindenergy.org) for more national and state-specific wind energy information.



# 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](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)



# SAFETY



## Improving the Unit Process Operations: Safety



### August Safety Focus Area

#### Heat Illness Awareness Month

- In 2014 alone, 2,630 workers suffered from heat illness and 18 died from heat stroke and related causes on the job.<sup>2</sup>
- In general every year on average, extreme heat causes 658 deaths in the United States.<sup>3</sup>
- ❖ Download OSHA's Heat Safety tool app on your smartphone!



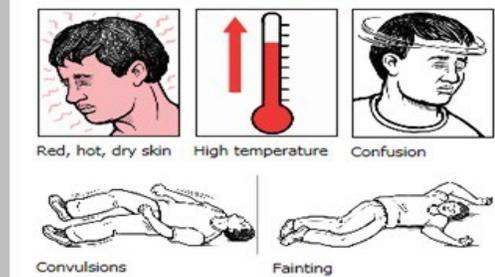
#### Heat Exhaustion



#### Tips for preventing Heat Illnesses<sup>3</sup>

- Drink more (nonalcoholic) fluids throughout the day regardless of your activity level.
- Limit your time outdoors to morning and evening hours when it's not as hot.
- Take frequent breaks in the shade.
- Wear light colored loose fitting clothes.

#### Heat Stroke



<sup>1</sup> nsc.org <sup>2</sup> osha.gov <sup>3</sup> cdc.gov

## VETERAN STAND DOWN

Veterans Stand down is an opportunity to help Veterans in need get services and help with items such as meals, clothing, haircuts, dental care, job leads, state issued identification and more. We help approximately 1000 people each year, our stand down is one of the biggest and best in the nation.

Last year was my first stand down and it really opened my eyes to what the definition of need was. So many people were appreciative and a few personally thanked me, the experience brought a smile to my face many times. It was nice to get outside of the gates and share with the community.

This would be a great opportunity to help those less fortunate, and it would also show people in the community that we care about those around us. I have a nice list of volunteers and I appreciate those who have come forward, however, I could use a few more people. Please consider helping us fill this rewarding need.

This year we will be moving to a new site. This year we will be at the corner of E12th and Des Moines Street near I-235 (you can see East D.M. High School across the interstate). We will be setting up tents and fencing on Thursday the 15<sup>th</sup> of September and tearing down on Sunday the 18<sup>th</sup>, start time on both days will be 0800hrs.

If you would like to help us out then you can contact me at DSN: 261-8553 or you can send an e-mail to [john.w.connett.mil@mail.mil](mailto:john.w.connett.mil@mail.mil) and I will put your name on the list and contact you afterwards.

I hope to hear from some more of you during this UTA, MSgt John Connett.

# PEOPLE

## Promotions

Lt. Col	Mountain, Jason	1-Jul-16
Maj	Benkoski, Aric	22-Jun-16
Maj	Nimmo, Joshua	10-Jun-16
Maj	Martinez, Robert	14-Jun-16
Maj	Timmins, Jason	1-Jul-16
SMSgt	Shepherd, Robert	15-Jul-16
SMSgt	Wetzler, Robert	15-Jul-16
MSgt	Coop, Justin	15-Jul-16
MSgt	Iversen, Andrew	15-Jul-16
MSgt	Mohs, Eric	15-Jul-16
MSgt	Sanders, Samantha	15-Jul-16
TSgt	Sanders, Gary	15-Jun-16
TSgt	Geppert, Andrew	15-Jun-16
TSgt	Lane, Gregory	15-Jun-16
TSgt	Kinney, Richard	1-Jul-16
TSgt	Newton, Christopher	1-Jun-16
TSgt	Clayberg, Jonathan	1-Jul-16
TSgt	Jensen, Andrew	1-Jul-16
TSgt	Maher, Francis	15-Jul-16
SSgt	Bond, Brandon	15-Jun-16
SSgt	Clark, Brooke	15-Jun-16
SSgt	Umsted, Aaron	15-Jun-16
SSgt	Parsons, Jacob	15-Jun-16
SSgt	Walters, Andrew	1-Aug-16
SSgt	Mancuso, Anthony	1-Aug-16
SrA	Crisman, Benjamin	15-Jun-16
SrA	Gadbaw, Cody	15-Jun-16
SrA	Bierman, Patrick	15-Jun-16
SrA	Fausett, Michael	15-Jun-16
SrA	Frank, Alexander	15-Jul-16
SrA	Allen, Joshua	1-Aug-16
A1C	Brooner, Nicholas	15-Jun-16
A1C	Lenae, Nickolas	15-Jun-16
A1C	McDonald, Dalton	15-Jun-16
A1C	Howard, Trenton	15-Jun-16
A1C	Brinkmeier, Zachary	15-Jun-16
A1C	Heckman, Kaitlynn	15-Jun-16
A1C	Pentico, Zach	1-Jul-16

## Moving In

TSgt	Arne, Mitchell	JFHQ CST	1-Jun-16
TSgt	Emmerson, Alison	233 IS	14-Jun-16
SSgt	Dodge, Nicholas	CF	2-Jun-16
SSgt	Ploeger, Michael	SFS	17-Jun-16
SrA	Bush, Anthony	233 IS	11-Jun-16
SrA	Anliker, Cain	CES	2-Jul-16
A1C	Wright, Jamil	CES	7-Jun-16
A1C	McMahon, Matthew	SFS	11-Jun-16
A1C	Ross, Hayden	SFS	6-Jul-16
A1C	Sheehey, Natalie	FSS	8-Jul-16
A1C	Woodley, Clayton	SFS	11-Jul-16
A1C	Rodish, Allison	233 IS	20-Jul-16
A1C	Martin, Connor	124 ATKS	25-Jul-16
A1C	DeMello, Taylor	233 IS	02-Aug-16
AB	Gunderson, Benjamin	CES	27-Jun-16

## Moving On

A1C	Jenkins, Deonte	St Flt	28-Jun-16
A1C	Kabore, Issaka	St Flt	3-Jul-16

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

MSgt Michael A. Duder  
SSgt Ryan P. Myers

**Congratulations!**

# E-BULLETIN BOARD



## 2016 Wellness Calendar



<p><b>August</b>                  Consumer Awareness Home Buying  <b>TAG Fun Run 17 August</b>                  Youth Symposium (age 11-17)                  Tricare Rep August 10                  MMFC Laser Tag</p>	<p>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.</p> <p style="text-align: center;">Health &amp; Wellness Class: Sunday 1:00 &amp; 2:00pm, BX gym</p>		
<p><b>September</b>  <i>Suicide Awareness Month</i>                  Stress Management/Balance Your Thinking  <b>TAG Fun Run 21 September</b></p>	<p><b>October</b>                  Money Talk- how to communicate money issues with your partner  <b>TAG Fun Run 19 October</b>                  Trunk or Treat</p>	<p><b>November</b>                  Retirement Planning TAP Pre-Separation Counseling  <b>TAG Fun Run 16 November</b></p>	<p><b>December</b>                  The Good and Bad of Anxiety and How to Make it Work for You  <b>TAG Fun Run 21 December</b>                  Community/Wing Holiday Party</p>

# DFAC LUNCH MENU

## SATURDAY

### Main Line

Country Style Steak  
 Spaghetti  
 Mash Potatoes w/Gravy  
 Prince William Vegetables/Corn  
 Garlic Toast  
 Cookies

### Short Line

Buffalo Chicken Sandwich  
 Curly Fries  
 Cookies

## SUNDAY

### Main Line

Parmesan Crusted Pork  
 Pepper Steak  
 Rice  
 Medit. Blend Vegetables/Green Beans  
 Scotcheroots

### Short Line

Brisket Sandwich  
 Onion Rings or Chips  
 Scotcheroots

# PSYCHOLOGICAL HEALTH

## Mental Health and Back to School

**Jenny Schoer, MSW, LISW**

*Director of Psychological Health, 132 Wing*

Summer is almost over and that means time for shopping for back to school supplies for anyone that has school aged children.

It's also a good time to begin re-establishing routine to prepare our children for the school year.

When we discuss mental health, often persons think of adults, however one in five children aged 13-18 live with a mental health condition. Below are some simple strategies you can utilize to get your kids ready for school:

1. Reinforce Good Sleeping Habits: Not only is it helpful to have good sleeping habits to avoid a grumpy teenager or child in the morning who hasn't gotten enough sleep but good sleeping habits also helps to prevent depressive symptoms and can lead to improved attention in class.
2. Stay Connected to Your Child Daily: Often it's difficult to find time to sit together as a family, but ensuring you have time to be connected to your child acknowledges to them their importance and will assist you in identifying any struggles they may be having.
3. Teach your Child Simple Coping Strategies to help them cope, suggestions include journaling, talking to a counselor, or even teaching your child about tactical breathing techniques.

If you believe your child may be living with a mental health condition, want more information, referral or education on how to best help your child already diagnosed with a mental health condition please feel free to reach out to me at the DPH office, Jennifer Schoer, 261-8212, [Jennifer.l.schoer.civ@mail.mil](mailto:Jennifer.l.schoer.civ@mail.mil)

## AUGUST UTA EVENTS

6 August , PR, Maj Aric Benkoski, DFAC, 0730  
6 August, PR, MSgt Justin Coop, Wing Classroom, 1500  
6 August, PR, MSgt Drew Iversen, Wing Classroom, 1500  
6 August, PR, MSgt Eric Mohs, Wing Classroom, 1500  
6 August PR, SMSgt Robert Wetzler, Wing Classroom, 1500  
6 August, RE, Anthony Ballantini, Defender Classroom , 1500  
14 August, "Trench Run", 0730 start, Camp Dodge, Open to the public, (Warrior Rdy Sports Program)

## 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.

**Friday, August, 5th, the Featured Beer is:  
Summer Lager**

# SAPR CORNER

## The Brain Needs a Break

**Ann McMillan,**

*SARC, 132d Wing*

I have a thought. I have a belief. I have experience. I have a certainty. I feel compelled to read the research and verify.

Never mind there is 3,000 or 4,000 plus years behind it. I want the modern current research to verify, back up my certainty.

The brain needs breaks. The body needs breaks. If not the brain will reach a breaking point. Home life and relationships falter, gaps in work performance, compassion decreases, impaired listening, disinterest in the world around you. Energy reserves become depleted.

How to restore your brain? Meditate, naps, meandering walks in the outdoors, retreats with limited or no talking, yoga (yes yoga restores the mind as well as the body).

For me, not waiting until I am depleted means I can provide support for those who come to me in crisis. Work must be completed, deadlines met. Family enjoyed. But when the oxygen mask drops in the plane, whose do you put on first? Work? Family? Or yours?

Are you someone who needs to verify information yourself? You can read the article from Scientific American, "Why Your Brain Needs More Downtime" <http://www.scientificamerican.com/article/mental-downtime/> and from there follow many more links of verification.

Need help deciding how to restore your brain to higher health?  
You can contact one of us from the 132 Wing Care Team:

Ann McMillan, SARC 261-8207

Ashley Woods, AFRPM, 261-8788

Jennifer Schoer, DPH 261-8212

Chaplain Doty 261-8215

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](http://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.)



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

# 132D WING ABOUT ME: MSG –COMM FLT

## Introduction to the Mission Support Group

**By Col. Monica Blakley**

*MSG Commander, 132d Wing*

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 the story”

## Communications Flight

To quote Lt. Gen. William J. Bender, Chief Information Officer of the Air Force with over 4,000 flight hours in 10 different airframes: “Whether we’re talking about base network support where you’re focused on providing customers “five 9s” of reliability, client support, cable and antenna maintenance or about a thousand other jobs Communication Squadrons do, the base mission doesn’t happen without communication.” [Link](#)

Something is wrong with your computer? Need a SIPR (Secret Internet Protocol Router) token? A new account? Maybe need a new computer. We can help you! These are some of the most visible things that the Communications Flight does to support the Wing mission. They’re just the tip of the iceberg of what we do.

We have a total of 13 fulltime technicians and AGRs (Active Guard Reserve) combined with 23 DSGs (Drill Status Guardsman) running the networks mostly behind the scenes. With such a small team, we maintain all of the networks that, by all rights, should take an organization at least twice or even three times our size.

With the rise of so many threats to our computers, the work that goes on behind the scenes cannot be overlooked. Our Information Assurance shop is constantly scanning the network for any opening a hacker could exploit. They spend a lot of time making sure we’ve properly implemented defensive measures to keep your computers up and running so you’re able to accomplish whatever your mission is.

Our Plans shop is always looking to the horizon to bring in new equipment to ensure you have the best computer tools available to you. In addition, they’re making sure that we advise in the renovation that’s been going on to make sure you have the best connectivity possible.

Nobody likes going to jail and the Knowledge Operations shop is working hard to make sure you not only have access to the information you need when you need it, but that we’re also able to record it in compliance with law. Nearly everything the AF and ANG does are based on AFIs (Air Force Instruction) while records management mandated by law.

When it comes to making sure you have access to your electronic files or connecting your computer to the internet, our Infrastructure shop can’t be beaten. They’re the ones making sure that there is a connection from your computer to the wall, from your building to our servers, and from our servers to the larger Air Force network. With all of this construction going on, these Airmen are the ones out working with the construction teams to make sure that cables aren’t cut while digging. Beyond that, they’re also managing all of our myriad telephones and voicemails enabling us to talk with ease to anybody on or off base.

Defending the base? Our RF Transmissions work center makes sure that our Defenders have the resources they need to communicate across the base. They also work to maintain the mass notification system keeping us all informed of imminent threats or natural disasters.

And finally, but certainly not least, is our Network Control Center. This workcenter works very closely with all of our shops to make sure your files are both accessible and backed up. These are the people who are monitoring the network traffic and helping identify problems.

Four Wing missions: DOMOPS, ISR, RPA and COS.

“Nobody talks without Communications.” 36 Airmen. One Flight.



# NO MAN'S LAND 10K

## TRENCH RUN OPEN TO THE PUBLIC

Find out more at [https://www.facebook.com/iowa-National-Guard-Warrior-Ready-Sports-Program-WRSP-1663160057246903/?ref=br\\_rs](https://www.facebook.com/iowa-National-Guard-Warrior-Ready-Sports-Program-WRSP-1663160057246903/?ref=br_rs)

Registration Opens May 7th

<http://www.iowanationalguard.com/recruiting/NMLTR/>

LIMITED TO  
1,000 PARTICIPANTS

Ages 16 & up

T-Shirt • Race Number • Post-Race Refreshments • Prizes



HOME BASE  
IOWA



Lean in  
**16**

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NATIONAL GUARD 

NATIONALGUARD.com

