



## WOMEN'S HISTORY MONTH

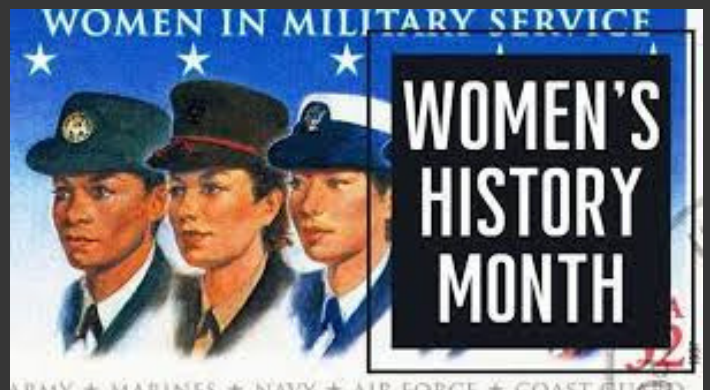
Women's History Month in the military is a time to reflect on the invaluable contributions of women throughout history who have served their countries with dedication and valor.

From the Revolutionary War to modern conflicts, women have played pivotal roles in various capacities within the armed forces. Their resilience, intelligence, and bravery have shaped military operations and paved the way for greater gender equality within the ranks.

As we commemorate Women's History Month in the military, it is essential to recognize not only the women who have served in uniform but also those who have supported them on the home front.

Their contributions, whether as spouses, mothers, or advocates, have been instrumental in the success of military operations and the well-being of service members.

By honoring women's history in the military, we pay tribute to their enduring legacy and inspire future generations to continue breaking barriers and serving with distinction.



# Recipe for Change



by Ch. David Doty  
132d Wing Chaplain

Do you need to make a change in your life? I am sure most, if not all, people need to change something in their lives that are causing them hardship or pain or, maybe, it could be a change to strengthen an existing habit or trait. A study published by the European Journal of Social Psychology says it takes 18 to 254 days for a person to form a new habit. The study also concluded that, on average, it takes 66 days for a new behavior to become automatic. There's no right or wrong timeline. The only timeline that matters is the one that works best for you.

**1. Insight** – before someone can change some aspect of their life they need to recognize it. This may sound simple, but a lot of people refuse to see their own problems because of being too defensive. Ask someone you trust to give you open and honest feedback on areas of your life you would like to change. Be open to their suggestions and know that they are giving you this feedback out of love and respect.

**2. Motivation** – learning about what you want to do differently is much easier than actually accomplishing change. This requires determination and intentionality. We all have known someone who recognizes a problem they have but lacks the motivation to deal with it or change it. We may be that person.

**3. Learn new information** – many of you have worked extremely hard to accomplish certain goals. To improve in these areas, you need to know what you are doing but, also, what you are doing wrong. You need to know what right looks like. A sports coach sees your talents and abilities from a different, outside, perspective. They can help improve areas of weakness and strengthen areas you have already mastered. A life coach can do the same for our personal habits and abilities.

**4. Practice over time** – anyone can make a change for a brief time, but the real test of any change is the length of time it lasts. Be sure to wait out any changes before investing too much into any other change. The first time you do something you may understand the mechanics but not have the ability to do it well. Practice over time give you the “muscle memory” to repeat that action and sharpen it so that it becomes automatic. Keep practicing and work for the long-term change for the better.

If you need help with getting started in changing something in your life, stop by building 231 to speak with a Chaplain or Religious Affairs Airman. We are here for you. Blessings!

**Group Cup Event of  
the Month: Spoons**  
*(Saturday 1530 @DFAC)*



## ARRIVALS

1 Lt	Sterbick, Lucas	132 WG	31-Jan-24
2 Lt	Swanson, Jack	168 MDG	4-Feb-24
SSgt	Blanchett, Joseph	124 ATKS	20-Feb-24
SSgt	Lawlor, Jeremiah	132 LRS	2-Jan-24
A1C	Polonsky, Cooper	233 IS	3-Feb-24
AB	Bingham, Carter	132 CE	26-Jan-24
AB	Schuck, Sicily	232 IS	4-Feb-24

## DEPARTURES

MSgt	LaRue, Rich	132 WG	28-Feb-24
TSgt	Martin, Christopher	132 WG	3-Feb-24
SSgt	Groepper, Grayson	232 IS	30-Jan-24
SrA	Dale, Caleigh	132 OSS	14-Feb-24

## PROMOTIONS

Maj	Adkinds, Nicholas	132 IS	17-Jan-24
Capt	Novachich, Samantha	132 OSS	13-Dec-23
SMSgt	Kauffman, Zachary	132 CE	1-Mar-24
TSgt	Sapienza, Austin	132 OG	1-Mar-24
TSgt	Walley, Josiah	132 OSS	1-Mar-24
SSgt	McGuire, Jordan	132 OG	1-Mar-24
SSgt	Mundil, Joseph	132 LRS	1-Mar-24
SSgt	Voitel, Cale	132 CS	1-Mar-24
SrA	Black, Caleb	132 OSS	1-Mar-24
SrA	Cyr, Caleb	168 COS	1-Feb-24
SrA	Morgan, Lila	132 OG	15-Feb-24
SrA	Yang, Sean	168 COS	1-Mar-24
A1C	Jepchirchir, Valerie	168 COS	1-Feb-24
AMN	Fenton, Gavin	132d LRS	15-Feb-24



# Iowa Air National Guard Area Defense Council

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Maj. Lanny Zieman  
lanny.zieman@us.af.mil  
319-360-3749



The Area Defense Counsel represents you in ANG adverse actions. The ADC provides you free confidential legal advice and representation regarding Air National Guard matters such as:

- Involuntary discharge
- Non-judicial punishment
- Administrative demotions
- Command Directed Investigations
- LORs, LOCs, LOAs, UIF, and control roster
- Referral EPRs/OPRs

The Iowa Air National Guard Area Defense Counsel reports to the Chief of ANG Defense Services. The ADC is independent of the Iowa ANG commands and the Adjunct General.

- ***TSgt received an LOR for Intoxication on Duty***
- ***TSgt received an LOC for Fitness Failure***
- ***TSgt received an LOC for Lack of Integrity***
- ***TSgt received an LOC for Fitness Failure***
- ***SSgt received an LOR for Reporting Late to Duty***
- ***SrA received an LOR for DUI***

## Status of Discipline

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Master Sgt. Kirk Elmquist  
132d Wing Legal Office





# Drill Weekend

## LUNCH MENU

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HOURS:

1100-1230 FRIDAY,  
SATURDAY & SUNDAY

## SATURDAY

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### Main Line

- Chicken Lo Mein
- Beef Fried Rice
- Broccoli
- Asian Veggie Mix

### Short Line

- Gyro
- Fries

## FRIDAY

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**\*\*Sack lunches will  
be available:  
sandwich, chips,  
fruit, cookie\*\***

## SUNDAY

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### Main Line

- Salmon
- Pot Roast
- Roasted Potatoes
- Cabbage
- Mixed Veggies

### Short Line

- Ruben
- French Fries
- Soup

## Dessert

Cookies