



FALCON'S VIEW

183rd Fighter Wing

Illinois Air National Guard, Springfield, Ill.

January 2013, Vol. XIII, No. 1

Opportunity knocks

By Col. Ronald Paul

Commander, 183rd Fighter Wing

Greetings, and welcome to the New Year! I would like to thank all current and former members of the 183rd for the warm welcome back to Illinois. My family and I are thrilled to be back in Springfield. After living in Florida the past three years, it is a little strange scraping ice off my windshield in the morning, but that is an easy adjustment.

Speaking of adjustments, I know a lot of you are wondering what the “new guy” is going to be like and what he is going to change. I have had the luxury of working with many of you in the past, so the following words should not come as a surprise.

There are a couple things I see as important. First, the Air Force’s Core Values provide a foundation as to how we will approach our mission: Integrity first, service before self, and excellence in all we do. If each of us adheres to these three tenants, we are sure to be a winning team. Let’s have an honest approach, be team players, and do it right the first time.

I am a firm believer in accountability and individual responsibility. We are all part of the team and we all have a job. Our main responsibility is to ensure we are ready to perform the mission. Readiness

involves several aspects, including core task training, ancillary training, medical, physical fitness, family care, etc. We should be striving to be fully ready in all aspects. If we are not doing that, we need to fix it.

In approximately five months, we will have a Consolidated Unit Inspection (CUI). It is imperative that each member of the 183rd is ready in the areas mentioned above and we all need to be responsible, accountable and ready to perform the mission. In addition, we need to ensure our programs are up to speed and in compliance with instructions.

The 183rd Fighter Wing is a top-notch organization. I have seen the Wing in action many times and I know what we can accomplish. We need to perform at our absolute best for this CUI. This is our report card. It is an opportunity to show the inspectors how good we are. I am asking each of you to dig deep and have a relentless pursuit for perfection in all areas. This is how we need to approach the CUI. I realize in many instances perfection is not totally achievable, but in our pursuit for perfection, we are fully capable of being Outstanding.

In the next five months, we will ensure personal readiness and keep all programs in compliance. This is the foundation to remaining a top-notch unit ready to execute our missions at any time. It also lends credibility and viability when pursuing expanded roles in the future.

As I stated, this is our opportunity. Let’s make the most of it!



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<u>Duty Performed</u>	<u>Pays out (approx.)</u>
JAN 5-6	JAN 16
FEB 9-10	FEB 20
MAR 2-3	MAR 13

PLEASE NOTE: Duty hours for each UTA/SUTA will be 0800-1200 and 1300-1700 unless otherwise scheduled in advance. Mark your calendar! For more pay information, see the DFAS website at <http://www.dfas.mil/index.htm>. Pay information is under the Money Matters heading.

"Like" us on Facebook

The 183rd Fighter Wing is now on Facebook!

We will use this page to bring you newsworthy topics related to the 183rd as well as disseminate other information that may be relevant to drill, weather, etc. When you search for our page look for the photo below as the profile picture. This is the official page established here by the unit. If you find the page that has the wing crest as the profile picture, you have found a 183rd page that has been launched by Wikipedia, and is not the official page. Please direct your questions or comments to the Public Affairs office by email: 183fw.pa@ang.af.mil



January Lunch Menu

**Menu subject to change*

Saturday and Sunday Box meals, services will be training all weekend.

Saturday: Ham, Turkey and Roast Beef Subs, Chips, Fruit, Cookies, Drink



Sunday: Ham, Turkey and Roast Beef Subs, Chips, Fruit, Cookies, Drink

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Attention!

The deadline for the February issue of the Falcon's View is, 1200 hrs. January 5!



Congratulations to the 183rd's best!

Senior Non-commissioned Officers

Master Sgt. JohnPaul D. Parks	217th EIS
Master Sgt. Joseph D. Hicks	183rd FSS
Master Sgt. Lauri L. Skeeters-Smith	183rd LRF
Master Sgt. Phillip R. Clemens	183rd SC
Master Sgt. Loni K. Crowder	183rd ACOS
Master Sgt. Richard A. Davis	183rd AIS
Master Sgt. Elizabeth C. Bruce	183rd MDG
Master Sgt. Leo L. Leonhard II	183rd MXS

Non-commissioned Officers

Master Sgt. Barbie L. Miller	183rd AIS
Tech. Sgt. Joseph L. Horn	217th EIS
Tech. Sgt. Jason M. Arndt	183rd FSS
Tech. Sgt. Nathan M. Montgomery	183rd LRF
Tech. Sgt. Stephen A. Horcharik	183rd SFS
Tech. Sgt. Michelle L. Mulcahy	183rd MDG
Tech. Sgt. Andria J. Sapp	183rd FW
Tech. Sgt. Stephen M. Koldenhoven	183rd AMOS
Tech. Sgt. Heather C. Hill	183rd ACOS

Airman

Senior Airman Kirsten M. Bredesen	217th EIS
Senior Airman Dezire G. Renfro	183rd ACOS
Senior Airman Ashley H. Adams	183rd AOS
Senior Airman Jack M. Elston	183rd SFS
Senior Airman Jennifer S. Cole	183rd AIS
Senior Airman David M. Wiant	183rd SC
Senior Airman Tyler J. Pibbs	183rd AMOS
Airman 1st Class Erin M. Hanney	183rd FSS

First Sergeant

Master Sgt. Andrew J. Grzesiak	217th EIS
Master Sgt. Brian W. Wyatt	183rd SFS

Honor Guard

Senior Master Sgt. Daina L. Braun	183rd FSS
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Master Sgt. Phillip R. Clemens “consoles in” using a laptop computer to configure an Intermediate Transfer Node (ITN) switch.



Senior Amn. Erin M. Hanney reviews and updates information for the wing wide Child Care Program.

Master Sgt. Andrew J. Grzesiak as First Sergeant, acts as principal advisor to the commander on all issues related to the enlisted force.



Senior Master Sgt. Diana L. Braun displays the Illinois Flag prior to the start of the annual Springfield Mile motorcycle race.

Master Sgt. Barbie L. Miller identifies on a map, areas that could face spring flood danger, for the Joint Task Force South (JTF-S) Commander.



MERRY CHRISTMAS



183rd Family Readiness Group receives donation

By Tech. Sgt. Andria Sapp
183rd Public Affairs

Local Springfield, Ill. heroes are spreading holiday cheer to local charities this holiday season.

Members of the Springfield Fire Department Local 37 are continuing their annual 12 Days of Christmas Campaign by donating \$17,000 to 18 local charities Dec. 8-19. The 183rd Fighter Wing's Family Readiness Program is one of the many recipients of Local 37's gracious donations.

Col. Ronald E. Paul, commander of the 183rd Fighter Wing, and Joe Ward, coordinator for the 183rd Fighter Wing Family Readiness Program, accepted a check from the members of the Springfield Fire Department Local 37 Dec. 18. The donated money will go to the Wing Family Readiness Program to assist in the unit's annual Children's Christmas Party and Family Day picnic.

Each recipient had to be nominated as a possible charity. The 183rd's nomination came from several people including Senior Master Sgt. Richard J. Reimann, a member of the 183rd's Air Operations Group and Springfield Local 37 Fireman. Reimann has deployed several times and says he knows how important the Family Readiness Group is to the families of our deployed members.

"With the Guard being a community based organization, any benefits the Guard receives is directly returned to the community," said Reimann. "Guardsmen are community members willing to sacrifice their time with their friends and family, and possibly even their lives, in order to assist state and federal missions."

Col. Paul said that he was extremely grateful and appreciative of the generosity of the members of Local 37.

"To know that our deployed members are being thought of and remembered means so much to the 183rd, especially around the Holidays," said Paul.



The other recipients included: Toys 4 Tots, Red Cross, Camp Care-a-lot, Camp Leap, Inner City Mission, Contact Ministries, Senior Services of Central Illinois, Phoenix Center, Mini O'Beirne Crisis Nursery, Shop with the Kids, Central Illinois Food Bank, St. John's Breadline, Springfield Jewish Federation, Catholic Charities, Big Brother/Big Sister, Sojourn Shelter, Boys and Girls Club and Ronald McDonald House.



Senior Airman Evan Stevens of Rochester poses with Illinois Air National Guard and USO of Illinois leadership after receiving the USO of Illinois' USO Service Salute award Dec. 12, at the Union League Club in Chicago. (U.S. Army photo by Capt. Dustin Cammack, Illinois Army National Guard Public Affairs)

Unseen gifts

by Chaplain 1st Lt. Jon Bormann
183rd Chaplain

Texting drives me crazy! You have stopped to take the time to call someone on the phone in order to have a conversation. It rings and rings so when the prompt beeps you leave a message. Seconds later they send a text message asking if you wanted something. Yes, what I wanted was to talk to you and at the very least convey my intent through a voice message. What I do not want to do is try to shrink my thoughts and conversation down to 140 characters. (I am aware that this notion is exceedingly antiquated in the 21st century.)

I say this because, if we are not careful, we can become more and more removed from human contact. Sociologically, people have fewer close friends than just a couple decades ago and have an increasingly difficult time meeting new people. It is essential that we carve in much needed time for a robust social life. Very often our need for camaraderie and friendship is neglected to meet out all the other demands that weigh upon us.

I had the opportunity back in November to go to Soldier Field and watch the Chicago Bears play. In those stands was an amazing swath of people cheering the Bears to victory. It was a powerful experience to be caught up in that frenzy. There is always something extraordinary in the air when large numbers of people come together. But what is more important than any football game is the powerful force of transformation upon this world that can occur when human beings are united in a common cause.



Protestant Chaplain

1st Lt. Jon Bormann

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jon.bormann@ang.af.mil

In the multiplicity of persons within our Guard family we have the mechanism of doing great things together. It is vital that every drill weekend we take the opportunity that is given in those two days to do all we can to encourage and support our fellow Airmen. It is impossible for any single individual to achieve all that is demanded of him or her and to accomplish the greater mission without the support of colleagues and leadership.

We have so many demands upon us, and it is tempting to come to the unit and just take care of what tasks are assigned to us. However, we have been given the

greater responsibility of caring for our fellow Airmen. Take time to actually get to know the people with whom you work. Leaders, find the ways in these times of stress to provide words of affirmation to your troops. And let us all recognize the great gift we are to one another here at the 183rd.



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Lt. Col. Bob Barry

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Base Chapel Office:

Bldg. P-48, Room 302

Phone 217-757-1367

DSN 892-8367

Fax (217)757-1509

Catholic Mass:

Sunday 8:30 a.m.



Protestant Service:

Saturday 12:30 p.m.

Cold weather clothing

Submitted by Maj Sean Heup
Inspector General, 183rd Fighter Wing

5.1.3 Utility Uniforms. Desert sand (tan) turtlenecks may also be authorized; thermal undergarments may be desert sand, white or cream colored and are authorized for wear as weather conditions warrant.

5.1.8.1. Optional Undergarments. Sleep Shirt. The sleep shirt may be worn under the ABU coat. The sleep shirt will not be worn as an outer garment. The sleep shirt **WILL NOT** be visible under the ABU coat except at the neck. The sleep shirt will be a solid color; colors authorized are green or sand.

6.1.10.1. Outer Garments. The sage green fleece is authorized for wear as an outer garment with the ABU only. It can only be worn over the ABU coat. It is **NOT AUTHORIZED** to be worn solely over a t-shirt, thermal underwear, etc.



6.1.10.1.1. Outer Garments. The sage green fleece will be zipped **NO LOWER THAN THE TOP OF THE NAME TAP**. The collar will be folded over and resting on the shoulder, chest, and back when the zipper is not completely zipped. The bottom length of the green fleece will match as closely as possible to the bottom length of the ABU coat. It will be worn with the sleeves down, not pushed or rolled up, and will remain in neat and serviceable condition at all times.

6.1.8.1. Outer Garments. The APECS (with an Air Force digitized tiger stripe print) will have a slip-on rank that will be worn on the rank tab. The APECS will be zipped no lower than mid-point on the rank tab at all times when worn. **THE HOOD WILL BE STOWED WHEN NOT IN USE.**



Authorized Cold Weather Items



6.3.8. Cold Weather Accessories. Cold weather accessories will only be worn when wearing authorized outer garments

6.3.8.1. Gloves (black or sage green). Gloves may be worn with all authorized outer garments. They will be all one color, leather, knitted, tricot or suede, or a combination of leather, knitted, tricot, and suede. Black or sage green gloves may be worn with the ABU, FDU and all authorized outer garments to the ABU or FDU. Only black gloves may be worn with the service dress uniform and all approved outer garments worn with the blue service and service dress uniforms.

6.3.8.2. Scarf (black). A scarf may be worn with all authorized outer garments except the pullover and cardigan sweaters (when worn solely as an outer garment). The scarf must be tucked in and will only be worn with an outer garment. The scarf will not exceed 10 inches in width and can be knit, all wool or cotton simplex, with or without a napped surface.

6.3.8.3. Earmuffs (black). Earmuffs may be worn with all authorized outer garments and may wrap around either the top or rear of the head. Earmuffs may be made of any material and will only be worn with an outer garment

(Exception: gloves may be worn solely with the service dress uniform, ABUs and BDUs).

Announcements



Promotions!

Staff Sergeant

Warren W. Godfey
Travis T. Littig

Airman 1st Class

Heather E. Harrison

Senior Airman

Erick C. Baumberger
Erin M. Hanney
Ryan E. Hill

Welcome Aboard!

Col. Ronald E. Paul	183rd FW
Lt. Col. Samuel M. Sims	183rd ACOS
Capt. Maria L. Delimata	183rd ACOS
Capt. Emily M. Fisher	183rd MDG
Capt. Joseph A. Gamez	183rd CE
1st Lt. Jera C. Muder	183rd ACOS
2nd Lt. Stephanie M. Durham	183rd AMOS
Airman Aaron M. Eldridge	183rd CE
Airman 1st Class Matthew A. Bialas	183rd MDG
Airman 1st Class Alexander Biermann	183rd AIS
Airman 1st Class Alexander D. Zillion	183rd EIS
Staff Sgt. Jay R. Groves	183rd ACOMS
Staff Sgt. Jason S. Simmons	183rd SFS

Happy Retirement to:

Col. Michael A. Meyer	183rd FW	Nov. 7
Staff Sgt. James T. Miller	183rd CE	Nov. 14
Master Sgt. Michael J. Behrens	183rd EIS	Nov. 14
Master Sgt. Nicholas A. Zummo	183rd AOS	Nov. 14
Senior Master Sgt. Orvie E. Gunn	IL ANG HQ	Nov. 19

183rd Fighter Wing Holiday Party! “Country Showdown”

Hilton Downtown

January 5, 2013 6:00 p.m. - midnight

Tickets: \$10.00 for 1 or \$16.00 for 2

POC: Master Sgt. Reynolds 757-1705

Tech. Sgt. Ball 757-1702



Lodging for January drill

Remember to call 757-1411 to make your reservations for January drill, the system will not allow you to make any reservations 7 days prior to our scheduled UTA.

If you plan on staying at the Hilton it will be at your own expense.

Sittercity Military Program

Find local sitters and nannies in your area!

The Department of Defense pays your Sittercity membership to help you connect to quality caregivers in your neighborhood.

Sittercity helps you find: Child care, Senior care, Pet Care, Tutoring and Housekeeping. Activate your paid membership at: sittercity.com/dod

Retiree Breakfast Gathering: Retirees gather on the first Tuesday of each month to share breakfast and talk about the good ole days. Join them at King Pin Lanes, on the corner of Sangamon Ave. and Dirksen Parkway, They say they meet at 8 a.m., but if you're not there by 7:30 the early birds have taken the good seats!

183rd AOG leads the way for key AF exercise

*By Capt. Stacey Rieger
183rd AMOS*

Davis-Monthan Air Force Base, Ariz. - It has been just a little more than a year since the 183rd Air Operations Group (AOG) became initial operations capable, and members are already taking the lead in planning for one of the Air Forces' major exercises, Blue Flag. More than 50 members from the Springfield base traveled to Davis-Monthan Air Force Base, Ariz., Dec. 3-14 to participate in Blue Flag 13-1 Crisis Action Planning (BF 13-1CAP).

"183rd AOG is supporting BF 13-1 CAP by providing 54 subject matter experts and planners in a multitude of mission areas to include manpower and services, intelligence, operations, logistics, communications and installations," said Col. Ricky Yoder, commander 183rd AOG. "During CAP, 183rd AOG planners integrate into multiple teams within the 612th Air Operations Center and Air Force Forces staff of Air Forces Southern (AFSOUTH) and take part in the Joint Operational Planning Process - Air (JOPP-A) to develop air, space and cyberspace courses of action for Lt. Gen. Robin Rand, 12th Air Force/AFSOUTH commander, to present to a notional Joint Task Force - Blue Flag in a fictional crisis in U.S. Southern Command," Yoder explained.

For many BF CAP participants, this was not their first trip to the sunny desert base, as many members have supported other exercises including PANAMAX and Integrated Advance. Maj. Lance Range, of Jacksonville, Ill., served as the executive officer for the Crisis Action Team (CAT) cell and is part of the A1 on the AFFOR Staff.

"I have been involved with Integrated Advance and have worked with members of the AFSOUTH A1 directorate," said Range.

Range said he felt this exercise gave him a better understanding of the overall picture.

"It was great to get a better perspective of the exercise according to the OPSO and A3 perspective," he said.

Capt. Chad Hembrook, of Springfield, Ill. and a member of the 183rd Air Mobility Operations Squadron, said he gained new insight into the different orders that are produced as part of JOPP-A. Hembrook had participated in previous exercises with the 612th AOC and AFSOUTH including PANAMAX, but Blue Flag is a different exercise with different objectives.

While there is a lot of work that goes on during BF 13-1 CAP, participants don't just show up without any preparation. Before traveling to Tucson for the exercise, members of 183rd AOG received academic training from the 505th Command and Control Wing, Hurlburt Field, Fla., via Defense Connect Online. Members from the 183rd Air Component Operations Squadron also supported the exercise in advance of the December CAP by participating in the Mission Analysis portion of JOPP-A with their counterparts at 12AF via telecommunications.

"While previous AFSOUTH exercises focus on specific problem sets such as defense of the Panama Canal or Personnel Recovery, Blue Flag exercises all directorates, divisions and teams of the Air Force Component Headquarters in the full spectrum of conflict to include kinetic and non-kinetic combat operations," Yoder explained.

The diligent work accomplished over the two-week CAP process sets the foundation for execution in February, when the 183rd AOG members return to Davis-Monthan AFB for the Blue Flag 13-1 exercise.

Bacterial vs. Viral Infections

*by Capt. Amanda Shull
Medical Group*

This is the season for sneezing, runny noses, coughs, and sore throats. How can you tell if what you have is viral or bacterial? What is the proper treatment for your symptoms? When should you see your family physician?

According to the National Institute of Allergy and Infectious Disease, bacterial and viral infections are very similar. Both are spread through coughing and sneezing, as well as, contact with contaminated people, surfaces, water, food, and creatures. These microbes can cause mild, moderate, and severe diseases. The symptoms for both types of infections can include coughing, sneezing, fever, inflammation, vomiting, diarrhea, fatigue, and cramping. These symptoms are brought on by your immune system, and it is the body's way of trying to rid itself of the infectious organism.

It can be difficult at times to distinguish whether or not your symptoms are being caused by bacteria or a virus. However, your doctor is usually able to pinpoint the cause by listening to your medical history and performing a physical exam. If needed they can order a blood and urine test, as well as, cultures to help identify bacterial or viral growth.

Dr. James M. Steckelberg, a physician for the Mayo Clinic, describes the difference between bacteria and viruses. Bacteria are single-celled microorganisms that thrive in many different types of environments, and most cause no harm to people. Viruses are even smaller than bacteria and require living host to multiply. The most significant difference is that antibiotic drugs usually kill bacteria, but they are not effective against viruses.

As stated in the Merck manual, one of the most significant breakthroughs in medical history was the discovery of antibiotics use against bacterial infections.

However, the inappropriate use of antibiotics to treat viral infections, and the general over use of antibiotics has caused bacteria to become resistant. That is why it is important to be properly diagnosed before starting on an antibiotic.

Although antibiotics are not able to fight off viral infections there has been a decrease in the incidence of viral disease due to the introduction of vaccines. That is why it is important to see your family physician yearly, and to make sure you and your family are up to date on your vaccinations.

The Common Cold: A cold is caused by a virus and can last up to two weeks. The Center for Disease Control and Prevention (CDC) states that there are over 200 viruses that cause the common cold, and the most common is the rhinovirus. The symptoms associated with the cold include a runny nose, sore throat, sneezing, coughing, watery eyes, and mild head and body aches.

The CDC explains that when the germs that cause colds first invade the nose and sinuses, the nose makes clear mucus that helps clear out the germs. Approximately two to three days later the mucus changes to a white or yellow color, which is from the body's immune cells trying to fight off the virus. The normal bacteria that lives in the nose will start to grow back and will then change the mucus to a greenish color. This is a normal course for a runny nose with a cold caused by a viral infection, and there is no need for antibiotics.

The common cold is usually self-limiting and not life-threatening, and therefore there is usually no need to contact your family physician. However, you should contact the doctor if you or your child has a temperature higher than 100.4 degrees Fahrenheit, symptoms last more than 10 days, or symptoms are not relieved with over-the-counter medicines. If your child is younger than 3 months of age and has a fever you should always contact their pediatrician.

Since the common cold is caused by a virus, antibiotics will not help you get better. Making sure you get

cont. on pg12

Unit Spotlight



Who: Tech. Sgt. Jason M. Arndt

What: Production Recruiter, Force Support Squadron

When: Enlisted in the 183rd Aug. 7, 2003

Why: I enlisted for several reasons. The first was that I am one of five children in my family and I wanted to go to college. After paying out of pocket to go to Lincoln Land full-time for a year and working full-time my brother, who recently retired from the 183rd, convinced me to join the Guard in order to get the tuition assistance. I also joined to make a difference. I wanted to deploy and do my part to help fight the war.

Recent/Favorite Deployment: When I first joined the Guard I was in the weapons shop. I deployed three times while in weapons. The first time was to Qatar in 2004 for four months. Then I went to Iraq twice, once in 2006 and again in 2008. I had no idea what to expect during my first deployment, but it was

a good learning experience. It helped me get a full time job when I returned. I was glad to be able to deploy and do my part to keep the troops on the ground safe.

Career Progression: I moved over to personnel Sept. 2008. Just a few months ago I was selected to become a recruiter. If I could impart one shred of wisdom to my fellow Guardsmen it would be that we are all recruiters. If all 900 of us would talk to just two people, we would grow our forces tremendously. The college benefits and health insurance are huge incentives that your friends need to know about, especially our friends with high school seniors. They can enroll while still in school and typically their one-year waiting period is complete when they return, and they can start taking advantage of the college benefits right away.



Master Sgt. Steve Parker (right) donates the proceeds from his 2012 Family Support Group Bass Tournaments to Joe Ward (left), 183d Airman & Family Readiness Group Manager. This annual event has been so successful for Parker, that he held two bass tournaments this last year. His generosity and hard work over the years has been greatly appreciated by the Family Program Office. (National Guard photo by MSgt Shaun Kerr)

Dangers of short daylight hours

*Submitted by Master Sgt. Michael Niepert
Wing Safety*

We are just about one month into the winter season and the days do not seem to be getting any longer. Most of us are still encountering the cold, dark days and the dangers are still there. What are some of the dangers and how can you mitigate those risks?

Keeping to an outdoor exercise routine at this time of year presents challenges such as wearing the proper clothing, being seen during darkness and black ice in your path. You want to make sure you are taking every precaution to prevent a weather-related accident.

According to eHow.com, the shorter daylight hours result in an otherwise well-lit evening run becoming dark and hazardous. Drivers are less likely to expect runners to be out in the colder weather. Winter running apparel should include plenty of light reflective surfaces for safety. Wear bright colors and include light-reflective accessories in your apparel. Apply light-reflective tape in an array of neon colors to jackets and pants to make your outfit more readily visible. While this refers specifically to runners, it also applies to all other outdoor activities. Even when you do not expect to be out after dark, you want to be prepared should your plans take an unexpected turn.

Read more:

http://www.ehow.com/about_6326044_winter-running-apparel-women.html#ixzz23Sqnsu61

<http://www.drpribut.com/sports/spcold.html>

<http://www.articledashboard.com/Article/Learn-to-drive-in-winter-to-improve-your-hazard-perception-skills/2918895>

Seasonal Affective Disorder, also known as SAD is more common in northern states/countries (think North Dakota, Alaska, the U.K.) due to the shorter daylight hours in those regions. While it is possible to suffer in the summer, winter depression is the most common of these disorders, which usually begins in late fall or early winter. It is known to go away by summer. Winter depression is often the result of

less daylight, winter weather and the holidays. Below are links to some additional information:

<http://www.webmd.com/depression/guide/seasonal-affective-disorder>

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499/>

<http://www.sleeppassport.com/sad-disorder.html>

Medical News cont.

cont. from pg 12

plenty of rest, and using over-the-counter medicines and other self-care methods may help you or your child feel better. Make sure you always use the over-the-counter medications as directed. It is important to practice good hygiene and to avoid close contact with people who have colds or upper respiratory infections.

Pneumonia: According to the CDC pneumonia is an infection in the lungs that can cause mild to severe illness in people of all ages. There are certain people that have a higher probability of becoming ill with pneumonia. These include adults 65 years of age and older, children under the age of 5, people up through age 64 with underlying medical conditions, and people 19 through 64 who smoke cigarettes or have asthma.

Pneumonia can be caused by bacteria or viruses. The most common bacterial cause is *Streptococcus pneumoniae*. The most common viral causes are influenza, parainfluenza, and respiratory syncytial viruses. The symptoms of pneumonia include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain.

Pneumonia causes more deaths globally than any other infectious disease. Globally, pneumonia kills more than 1.5 million children under the age of 5 each year. There are several vaccines that prevent the infection of bacteria or viruses that could cause pneumonia. These include pneumococcal, *Haemophilus influenzae* type b (Hib), pertussis (whooping cough), varicella (chicken pox), measles, and Influenza (flu) vaccine.

It is imperative to practice good hygiene which includes washing your hands regularly, cleaning hard surfaces that are touched frequently, and coughing or sneezing into a tissue or into your elbow or sleeve. Also by limiting ones exposure to cigarette smoke you further reduce the risk of getting pneumonia. Strengthen your body's defenses by eating well, drinking lots of water, exercising regularly, and staying away from people who appear sick.

Family Readiness

HELP WANTED

The 183rd Family Readiness and Support Group needs your help. We are trying to recruit members, both new and old. I would like to have your input. From previous members, what worked and what did not. From new members, what do you have to bring to the group and what you would you like to see incorporated into the group? So, let's band together, combine our ideas, and build a Family Support Group that we all will want to participate in. Please see me, Joe Ward, Family Readiness Coordinator for Volunteer Sign-up Forms.

Volunteer Sign-up Form

Unit:	E-mail Address:
_____	_____
Name:	Specialty:
_____	_____
Address:	Phone Number:
_____	_____
City:	State & Zip Code
_____	_____

Please return to: 183rd Family Readiness Group, 3101 J. David Jones Parkway, Springfield, IL. 62707-5001
Phone: 217.757.1569 email: joe.ward.1@ang.af.mil

If you have a member of your family that is a past or current member of the 183rd, or have information that a current or past member of the 183rd has passed away recently, please contact Mr. Joe Ward, Family Program Coordinator. We want to ensure that no one is forgotten for the annual Wreath Laying Ceremony commemorating all past and current members that have lost their lives each year. The Family Support Group is still sending sympathy cards to all deceased members' families as well, but once again, we need the information. You can contact Joe by e-mail at joe.ward.1@ang.mil or by calling 217-757-1569.

1. AUTHORITY: U.S. Code: Title 10, Subtitle E, Part I, Chapter 1007, Section 10204, and other subsets of Title 10.

2. PURPOSE: To collect the information necessary to process the action indicated by the form you are completing

3. ROUTINE USES: This information will not be disclosed outside the Department of Defense.

4. DISCLOSURE: Voluntary. However, failure to provide the information requested will result in the form not being processed, and may result in a denial of the intended action.

Vacancies

The following is a list of enlisted vacancies as of November 29. Members applying for these positions must currently hold the AFSC for the position being applied for. If interested in applying for these positions, please contact Master Sgt. Matt Allen at 217-757-1292 / DSN 892-8292. Additional positions are available for new Guard members and transfers from active duty. Please contact Master Sgt. Allen for more information.

CE			SFS		
E-5	3E4X1	Water/Fuel System Maint	E-5	3P0X1	Security Forces
			E-5	3S0X1	Personnel
FSS			EIS		
E-5	3M0X1	Services	E-5	2S0X1	Material Management
MXS			E-5	2T3X1	Veh Equ Maint
E-5	2A7X3	Aircraft Structure Maint	E-5	3D1X7	Cable & Antenna Sys
E-5	3D0X1	Knowledge Ops Mgt	E-5	3D1X6	Airfield Systems
HQ IL ANG			E-6	2T3X0	Veh Equ Maint
E-6	1C0X2	Aviation Resource Mg	E-6	3D1X6	Airfield Systems
E-6	3D0X2	Cyber Sys Operations	PA		
E-6	3D1X3	RF Transmission Sys	E-6	3N0X1	Public Affairs
LRF					
E-5	2S0X1	Material Mangement			

The following is a list of officer vacancies as of November 29. Contact Senior Master Sgt. Diana Braun at 217-757-1566 or DSN: 892-8566 if interested in applying for these positions. Prior service members are encouraged to explore these exciting new opportunities.

183 FW			AOS		
O-4	052R3	Chaplain	O-4	013S4	Space and Missile
O-6	011F3Y	Fighter Pilot	O-4	013B4B	Air Battle Manager
SG			O-4	011B4Y	Bomber Pilot
O-5	043H3	Public Health	O-4	012F4Y	Fighter CSO
O-6	048A3	Aero Med Specialist	O-4	012F4W	Fighter CSO
O-6	048R3	Flight Surgeon	O-4	012B4Y	Bomber CSO
ACOS			O-4	011F4Y	Fighter Pilot
O-4	043H4	Public Health	O-4	011F4B	Fighter Pilot
O-4	016G4	AF Ops Staff Off	O-5	013S4	Space and Missile
O-5	017D4A	Cyberspace Operation	O-5	013B4B	Air Battle Manager
AMOS			O-5	011F4U	Fighter Pilot
O-4	041A4	Health Services Admin	O-5	011M4T	Mobility Pilot
O-4	012M3T	Mobility CSO	O-5	011G4	Generalist Pilot
O-5	021R3	Logistics Readiness	O-5	011F4H	Fighter Pilot
AOG			O-6	011F4Y	Fighter Pilot
O-4	016G4	AF Ops Staff Off	HQ IL ANG		
			O-4	017D4B	Cyberspace Operations
			EIS		
			O-4	017D3B	Cyberspace Operation