



FALCON'S VIEW

183d Fighter Wing

Illinois Air National Guard, Springfield, Ill. December 2013, Vol. XIII, No.11

183d Security Forces team returns from multifaceted deployment

by Master Sgt. Shane Duzan
183d Security Forces

For a select few of us on Team 21 this was not our first rodeo! However, for the majority of the team this would be their first deployment, and it was sure to be a challenge. Though this was an involuntary deployment that was assigned to the 183d Security Forces Squadron (SFS), every member of the team stepped forward and volunteered to answer our nation's call as a member of the largest team the 183d SFS has deployed at one time.

I have personally been on five overseas deployments and I will say that Team 21 was by far the best team I have ever deployed with. As soon as the team arrived at Bagram Air Field (BAF), Afghanistan, 183d SFS personnel were put in charge of three security sectors. Master Sgt. John VanPelt took over Echo Sector which consisted of the entire flight line and was also the busiest air hub in the AOR. Master Sgt. Jon Mahan took over as NCOIC for Alpha sector which included the busiest pedestrian Entry Control Point (ECP) in the AOR. This ECP screened over 5,000 local nationals each day. I started as NCOIC in Bravo Sector which included a seven kilometer perimeter and two hospital ECP's, staffed by Korean and Egyptian Coalition Forces. Tech. Sgt. Stephen Horcharik became the NCOIC of the largest Tactical Automated Sensor System (TASS)

in the world. Staff Sgt. Ryan Razo and Senior Airman Michael Gochanour were assigned to the Joint Defense Operations Center (JDOC) as "outside the wire (OTW) radio operators". I think it is fair to say that the 183d SFS was running the show!



ABRAHAM LINCOLN CAPITAL AIRPORT, IL- Proud and grateful friends and family members anxiously await the arrival of their loved ones. The 183d Security Forces squadron deployed in February of this year, and returned home on Oct. 8. (Air National Gurd photo by Master Sgt. Shaun Kerr)

Throughout the deployment I heard nothing but good things about Team 21. I would hear from other sector's flight sergeants that "those Springfield guys are awesome; they came to work and never complain." As one of the team leaders, never hearing anything negative made me proud.

It would take me pages upon pages of writing
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“Like” us on Facebook

The 183d Fighter Wing is now on Facebook!

We will use this page to bring you newsworthy topics related to the 183d 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 183d page that has been launched by Wiki-



pedia, and is not the official page. Please direct your questions or comments to the Public Affairs office by email: 183fw.pa@ang.af.mil

Attention!

The deadline
for the JAN2014
issue of the
Falcon's View
is, 1700 hrs.
Dec. 7!



December Lunch Menu

**Menu subject to change*

Saturday

TURKEY	BAKED GLAZED HAM
MASHED POTATOES	GRAVY
STUFFING	CARROTS
GREEN BEANS	MINESTRONE SOUP
ROLLS	COOKIES/CAKE

Sunday

BAKED CHICKEN BREAST	BAKED FISH
BUTTERED EGG NOODLES	RICE PILAF
VEGGIE BLEND	BROCCOLI
MINESTRONE SOUP	COOKIES

Contents of the Falcon's View are not necessarily the official views of, or endorsed by, the US Government, DoD, the Department of the Air Force or the Air National Guard. The editorial content is edited, prepared, and provided by the Public Affairs office of the 183d Fighter Wing. All photographs are Air Force photographs unless otherwise indicated.

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Reflection, 2013 at a glance

by Col. Ronald Paul
Commander, 183d Fighter Wing

I would like to wish you and your families the best during this holiday season. May you experience joy and happiness as you celebrate.

You have accomplished a great deal this year, both on and off base. The year started off in high gear, as we feverishly prepared for our Consolidated Unit Inspection (CUI). Many of us received on-the-job training in the new inspections system, and some have become experts. Our preparation paid off in June when we demonstrated we are the best Air National Guard wing in the country. All five of our inspections were highly successful. In fact, we researched, and we haven't found a wing with better overall CUI results since implementation of the new inspection system. It makes me feel good when other commanders call and ask how we did it. My response is the same every time: The people in the trenches did it, not me. Thank you for all your dedication and enthusiasm during the CUI.

During the course of the year, we hosted multiple visitors to the base. We had Governor of Illinois, The Adjutant General of Illinois, the Director of the Air National Guard, the Vice Chief of the National Guard, Congressional staff members, the city of Springfield Strategic Leadership Council, and more. We were glad to show off our base to all visitors and let them know we are a first class organization. To all who prepared the base and participated in hosting these visitors, I thank you.

In 2013, we had approximately 150 personnel volunteer for deployments across the world. Most of these deployments were 4-6 months long, and in austere areas. I am very impressed with all personnel who stepped up and took on these challenges. It takes

a great deal of patriotism to leave family, friends, full-time jobs, and school to serve our country. To those who were, and are currently deployed in 2013, I salute you.

Our base has taken on a new look in 2013, with several ongoing construction projects. Communications and Air Operations Group are getting settled in to their new homes, while Security Forces and the Air Component Operations Squadron are eagerly awaiting completion of their facilities. Base construction is a long process, and our new facilities provide us top notch facilities to accomplish the mission. Thanks to all who remained flexible, enduring multiple moves while waiting for project completion.

So, what's on the horizon for 2014? There a couple things I want to emphasize. First, is retention. It is important to keep members who are trained and on-board. We are focused on continuous improvement, and retaining trained members helps the unit get better at mission accomplishment. Next, I would like to emphasize recruiting. We are always

looking for highly motivated individuals to join our unit. If you know someone interested in joining the team, please get them in touch with our recruiters. Also, if you know someone leaving active duty, they may be interested in joining the Guard.

In 2014, we will also continue exploring and pursuing additional missions. We have a great foundation with outstanding people. Additional missions are scarce, but we have demonstrated we are capable, and we have voiced that we are willing to accept the challenge. I will keep you posted on our progress.

Once again, thank you for a banner year. Your hard work has paid off, and I am proud of everyone. Finally, I extend to you and your families the most heartfelt wishes for a happy and safe holiday season. I eagerly look forward to all the exciting things we will accomplish in the coming year.



AOG holds second Illini Thunder training exercise

*by Capt. Jennifer Menser
183d Air Operations Group Public Affairs Officer*

Mortar attacks, airplane crashes and water contamination plagued the 183d Fighter Wing during November drill. Air Operations Group (AOG) squadrons participated in a recent exercise to protect the Panama Canal. The only difference between this operation and previous efforts such as Haiti is the exercise was played out on computer screens at the 183 Air Operations Group. The whole scenario is part of Exercise Illini Thunder.

Illini Thunder is an ongoing exercise focused on the defense of the Panama Canal, ensuring free trade and commercial traffic through the vital waterway. The exercise planning began back in 2011 with the final execution phase held during November drill. “The exercise planning group developed the exercise at the correct level for tactical, operational and strategic purposes,” stated Lt Col Arfino Arbas from A9, Analysis, Assessments and Lessons Learned.

Airmen from across the Air Operations Group Squadrons partnered together for the exercise. The five squadrons of the Air Operations Group in the exercise were the Air Intelligence Squadron (AIS), Air Mobility Operations Squadron (AMOS), Air Component Operations Squadron (ACOS), Air Communications Operations Squadron (ACOMS) and the Air Operations Squadron (AOS) working together to defeat the Brigada de los Martires de Liberacia (BML). Training prepares us for whatever

mission we may be tasked with.

Colonel Marshal Furr, Commander of the Air Component Operations Squadron stated, “Illini Thunder was a success and a phenomenal demonstration of the integration of all five Squadrons working together as a single entity.” This is the second of many Illini Thunder exercises that the AOG will host.

The 183d also hosted 14 members from Davis-Monthan AB, including both military and civilian members who participated during the exercise. The exercise also drew interest from Camp Lincoln with five officers observing the exercise. Brigadier General Richard Hayes, Assistant Adjutant General, Army of the Illinois National Guard served as the Joint Force Air Component Commander during the exercise.

During a closing ceremony of the exercise, superior performers were recognized. Those individuals recognized were: Capt. Tarkeshwar Singh, Senior Airman Jarred Webb, Tech. Sgt. John Montgomery, Staff Sgt. Andrew Whalen, and Maj. Jonathan Edwards from the AOS; Tech. Sgt. Bryan Velazquez and Staff Sgt. Jennifer Burg from the AIS; Senior Airman Tyler Phibbs and Tech. Sgt. Janmichael Ostertag from the AMOS; Capt. Seth Delahunt and Staff Sgt. Christopher Ward from ACOMS; and Tech. Sgt. Heather Hill, Senior Master Sgt. John Marinelli, Master Sgt. Robert McGrath, Maj. Leo Daub and Lt. Col. Craig Reichert from ACOS.

By practicing and building on these operations, the 183 AOG squadrons are ready for the inevitable next call to assist our partner nations. We have to practice together with our fellow airmen to ensure we are able to react quickly in the future; not as strangers, but as friends who shared common experiences and training.

Why is the main entrance closed?

The structure being constructed at the main entrance will be used for commercial vehicle inspections. It provides an area that is somewhat protected from the elements allowing Security Forces personnel to conduct their searches out of the rain, blinding sun, and other weather elements. Also being installed is an under vehicle inspection system, increasing inspection effectiveness. The structure should be complete before the end of the year. When completed it should look identical to the construction that already exists at the main entrance (color, finish, etc.).



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to tell about all the good things the team did while we were deployed, but I will name a few. Senior Airman Zachary Pearce volunteered 273 hours of his “off-duty” time to the Bagram USO, assisting military members from all branches with staying connected with their loved ones. Senior Airman John Chenault worked countless hours on his well-deserved days off to improve the security in his sector, doing so all the way up to the week we left. Staff Sgt. Razo also



ABRAHAM LINCOLN CAPITAL AIRPORT, IL- Senior Airman Zachary Pearce is greeted by his wife, Senior Airman Erin Pearce, and their new daughter as he arrives home. This was the first time that Airman Pearce had held his daughter. (National Guard photo by Master Sgt. Shaun Kerr)

volunteered several hours of his “off-duty” time to go on OTW missions with the Reaper teams securing the Base Security Zone around BAF.

The biggest downfall was, upon arrival at BAF, the team was scattered to the wind. We were split up into the five security sectors along with TASS and JDOC. Losing team integrity made it difficult for the team leaders to get administrative issues taken care of in a timely manner. What did help was that the team leaders were in key positions in the different sectors so we could contact each other easily.

Like I mentioned, this was by far the best team I have had the privilege of deploying with. As a team leader I cannot speak highly enough of the hard work and dedication that the members of Team 21 put forth.

EVERY AIRMAN COUNTS: Treating each other with dignity and respect

*by Gen. Larry O. Spencer
Air Force Vice Chief of Staff*

WASHINGTON (AFNS) --

When I was a young Airman, during the heat of an intense intramural flag football game, a fellow Airman, who was frustrated that he could not stop me from advancing the ball, yelled the “N” word out loud. I was shocked and confused. Having been raised in Southeast Washington, D.C., I was certainly no stranger to harsh language or “trash talk.” However, this was different—and it literally hurt. I thought I had left that type of behavior behind me. I was an American Airman and I didn’t expect that kind of verbal attack from a fellow Airman.

You must understand that growing up as I did, I never heard terms like dignity, respect, integrity, service or excellence. I was not a bad person and my parents taught me to respect myself and others; however, this notion of devotion to a larger purpose, to institutional values, was new to me. The Air Force stood for something and I liked it. Those words meant I could always trust and depend on my fellow Airmen. But at that moment, on that field, those values had been violated and I felt let down.

Standing in the bright lights that lit-up the football field, I was at a loss... Then something remarkable happened. Several Airmen, on both sides of the ball, spoke up -- forcefully. They chastised the offender and made it clear they did not approve of his outbursts or attitude. The referee, who was an NCO, also stepped forward and not only ejected him from the game, but directed him to report to his first sergeant the following day. The next day, not only did my teammates (on both teams) go out of their way to apologize for this single Airman’s behavior, but

the Airman who committed the act also personally apologized.

As an officer, some of the best experiences in my life have been the opportunities I’ve had to command. I especially enjoyed my squadron command because it was in the midst of Operation Desert Shield/Storm and my entire unit was singularly focused. That period was particularly taxing because in addition to my squadron commander duties, I was also responsible for making sure that Airmen deployed properly and airplane loading plans were followed precisely.

One busy night on the flightline, a young Airman approached me and said she was being harassed by several male Airmen. She went on to say that this wasn’t the first time the harassment had occurred and typically she would just “grin and bear it.” However, since we were literally preparing for war, she did not want to be distracted and just wanted the behavior to stop. Although she was not assigned to my squadron, we quickly and decisively dealt with those involved. Several months later I ran into the female Airman at the gym. I reminded her about her words, “grin and bear it,” and asked why she put up with that behavior without speaking out. She explained that she so badly wanted to be part of the squadron that she remained silent as not to “make waves.”

Her story bothered me a lot. For a young Airman to feel like she had to “go along to get along” by accepting behavior that was repulsive was unacceptable to me. We were part of a premiere Air Force fighter wing gearing-up for war. We had to trust each other and have each other’s back. In my way of thinking, treating each other with dignity and respect was a given—unfortunately, in her case it was not.

Dignity and respect are not just words. Merriam Webster defines dignity as “the quality or state of being worthy, honored, or esteemed;” and respect as “a feeling or understanding that someone

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Scandal has lessons for Airmen

*by Col. Quinn Gummel
Vice Commander, 9th Reconnaissance Wing*

BEALE AIR FORCE BASE, Calif. (AFNS) -- Last week, Jonathan Martin, an offensive lineman on the Miami Dolphins football team, walked out and quit the team due to a perceived hostile work environment, allegedly characterized by demeaning, racially-biased communications and financial extortion by at least one team captain, and other senior members of the team. Though a lot of details are yet unknown, the events thus far are sufficient to provide a lesson for our own military community.

Like a professional sports team, our Air Force is comprised of motivated people, held to a high threshold of performance, where teamwork is essential to success. How does a professional athlete, who has passed so many hurdles, and is presumably fulfilling a dream to participate at the height of his profession suddenly up and quit? We might ask ourselves what would drive a dedicated and professionally fulfilled Airman, proudly serving our nation, to become similarly disenchanting.

Let's start at the top. Like a Head Coach or General Manager, commanders are ultimately responsible for what happens in their organization. The unit climate is actively set by the things the commander says and does; passively set by the items which are ignored or allowed to pass without comment; and reflected in the appointment of subordinate leaders. Within the Dolphins, it appears that leadership accepted at least some level of hazing toward newer/younger players. Beyond being an ineffective leadership tool which destroys morale, hazing and other demeaning "rites of passage" typically spiral into increasingly harsh treatment that quickly surpasses all misguided intent and results in physical or emotional injury.

Selective enforcement of "acceptable" levels of this destructive behavior is impossible, and commanders who explicitly allow some of these activities tacitly approve all of them. That the individual in question did not discuss the issue with any other figures of authority within the organization speaks to a lack of basic trust in the leadership chain. Clearly Mr. Martin felt his leadership condoned the activities he was subjected to.

Mid-level leaders, either team captains or other "players council" members, appear to be complicit, either by their own actions or through concurrence by silence, in maintaining the established environment. While seemingly unaware of the most egregious activities, they were certainly aware of other incidents.

What about the "Wingmen"? Although teammates were reportedly unaware of the most extreme instances, they were all apparently subjected to at least some level of hostility and harassment themselves. Also, while the most serious allegations rise from a relatively short time period, they merely culminate a progressive string of increasing severity. While some would fail to get involved either out of fear or lack of concern, a proactive Wingman (of the sort we should aspire to be) would be engaged, take notice and question the negative impacts to the teammate.

Regardless of how the Dolphins' situation plays out, there are important lessons for all of Team Beale. Commanders need to foster an environment free from hostility and not tolerate any such behavior, no matter how "minor". Supervisors need to nurture a workplace where subordinates feel safe coming forward with their concerns. Finally, all of us should strive to be great Wingmen, standing up for, and supporting, each other when necessary. I continue to be impressed by your consistent professionalism and dedication to duty. Together, we can continue to make Team Beale a model for a safe and inclusive workplace.

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or something is important and should be treated in an appropriate way.” We all want to be respected by others... both as human beings and as military professionals. During my career, I’ve witnessed Airmen treating others with disrespect and dishonor. As vice chief of staff, I cringe when I read reports of sexual assaults in our Air Force. I personally know the hurt of racially charged words and I have seen and witnessed the hurt associated with victims of sexual assault. Airmen who act in this manner are not representative of the Air Force I serve and I won’t tolerate it. Neither should you.

I know the vast majority of our Airmen don’t act that way—they understand the importance of fostering a culture of dignity and respect and they live it every day. To those Airmen, I say thank you for living up to Air Force core values and I ask you to join me in re-doubling our efforts to NOT TOLERATE those who don’t live-up to those standards. Airmen don’t sexually harass or assault fellow Airmen (or anyone for that matter). Airmen don’t care about their fellow Airman’s race, ethnicity, religion or sexual orientation. We focus on character, commitment, professional competence and leadership. And, if we run into that small percentage of Airmen who violate those standards, we speak up and report that behavior to the appropriate officials.

For those who cannot or will not live up to Air Force standards, I offer a simple phrase: “shape up or ship out.” If we have members who won’t subscribe to integrity, service and excellence, we don’t want them.

We all signed up to be part of the best Air Force the world has ever seen. The Air Force didn’t become the best by accident. Dedicated, committed Airmen who live by our core values each and every day made it that way. You and I now have a sacred responsibility to not only keep us the best but to make the AF even greater. That’s a big responsibility, but it starts by treating everyone with dignity and respect and remembering that every Airman counts.

183d Fighter Wing members donate regularly

*by Senior Master Sgt. Devra Schoby
183d Air Component Operations Squadron*

A little over a year ago, Col Paul approved to have Central Illinois Community Blood Center conduct blood drives at the 183d on a quarterly basis. Since that time we have had 112 presenting donors, 98 collected units and 20 first-time donors. I can’t be more proud to be part of such a great unit that so willingly gives to this community!

Here are some blood facts:

- An adult has approximately 10-12 pints of blood
- About 1 in 7 patients require a blood transfusion
- More than 4.5 million people need blood transfusions each year
- 38% of the U.S. population is eligible to give blood, but less than 10% actually donate
- A person with AB+ blood is a universal recipient, and a person with O- blood is a universal donor

If you think about the fact that only 10% of the U.S. population donates blood that puts those of us that donate in an elite group. I am very proud to say I am a blood donor and my small contribution helps save lives.

Thank you for donating. I hope the 183d can continue to make a difference for our community.



**CENTRAL ILLINOIS
COMMUNITY BLOOD CENTER**

Give what's in your heart.

Professional Military Education facilitators wanted

*submitted by Master Sgt. Jennifer Weitekamp
183d Air Operations Group*

Anyone interested in becoming an Enlisted Professional Military Education (EPME) Satellite Site Facilitator, for either Airman Leadership School (ALS) or Noncommissioned Officer Academy (NCOA), must submit an application package to MSgt Jen Weitekamp at jennifer.weitekamp@ang.af.mil.

Application Package Requirements:

1. Letter of Intent, endorsed by Unit CC (Why do you want to be a facilitator?)
2. Proof of Associate's degree or higher
3. Proof of Resident EPME completion at the level to be facilitating or higher
4. Valid, passing Fitness Assessment with ZERO EXEMPT AREAS
5. RIP from vMPF
6. Full length photo in service blues (any combination)

Once approved, the individual will need to register for the ANG Instructor Certification Program (ICP) course held at McGhee Tyson ANGB, TN. This course is funded with School Days and scheduled through the Base Education and Training Manager (BETM). See FY14 schedule below.

CLASS NUMBER	START	END	SIZE
ANGC ICP 2014-1	4 Nov 13	15 Nov 13	16
ANGC ICP 2014-2	6 Jan 14	17 Jan 14	16
ANGC ICP 2014-3	10 Mar 14	21 Mar 14	16
ANGC ICP 2014-4	05 May 14	16 May 14	16
ANGC ICP 2014-5	18 Aug 14	29 Aug 14	16

If you have any further questions, please contact Master Sgt. Jennifer Weitekamp (217) 757-1373, Master Sgt. Stacy Hamilton (217) 757-1471, or Senior Master Sgt. Ed Ferguson (217) 757-1448.

Professional Military Education

*submitted by Master Sgt. Jennifer Weitekamp
183d Air Operations Group*

Satellite NCO Academy and Airmen Leadership School

Registration period for the next Satellite NCOA (14-4) and Satellite ALS (14-4) classes will be opening Tuesday January 7th at 1200 EST. Please see the course dates for each class listed below. Registration will be approved on a first come-first serve basis and will be closed either once we have reached the maximum allowed number of seats or the registration closing date- January 31. Due to the level of interest, we anticipate these classes filling up very quickly.

Classes consist of meeting two nights a week from 1700-2100 during Phase I and then two weeks in-residence at McGhee Tyson ANGB, Tennessee. Students do receive In-Residence credit for attending either course via the Satellite Program. Traditional and Technician Airmen will be paid a P-Day for each night of class. There has to be a minimum of 8 students signed up and a maximum of 14 for the class to be approved.

Class Dates:

Satellite NCOA Class 14-4 (Phase I: 10 Mar-6 Jun, Phase II: 9 Jun- 25 Jun)

Satellite ALS Class 14-4 (Phase I: 19 Apr- 1 Jun, Phase II: 10 Jun- 25 Jun)

If you meet the requirements to attend In-Residence NCOA or ALS and would like to attend via the Satellite Program, please contact Master Sgt. Jennifer Weitekamp (757-1373), Master Sgt. Stacy Hamilton (757-1471), or Senior Master Sgt. Edward Ferguson (757-1448).

Security incidents on the rise

by Tech. Sgt. Nicholas Ressler
183d Fighter Wing Information Protection Office

Security Incidents have been on the rise in the Air National Guard. In 2012, the third and fourth quarters reported 46 security incidents while 2013's first quarter reported 51 incidents. That is more than double the average for the previous two quarters. As

professionals, we must look at the causes of drastic increases and as the Chief, Information Protection the primary cause appears to be training. As members become more aware of what to look for, they are more likely to identify deficiencies and report them. One misconception is reporting

equates to whistleblowing. Don't worry, I checked the thesaurus, it doesn't. What the thesaurus does say is "exposure", "recording", and/or "informing" are synonymous with reporting. The goal of our Wing wide information security program should be to expose our weakness and make them strengths, to record them so we do not repeat them, and to inform the masses to prevent future incidents. This allows us to make the 183d stronger as a whole while uniting us to benchmark our procedures for the Air National Guard.

By definition a security incident, according to

AFI 31-401 Chapter 9 paragraph 9.2.1.1. - 9.2.1.2., may be either a security violation or a security infraction.

Security Violation - Any knowing, willful or negligent action:

1. That could reasonably be expected to result in an unauthorized disclosure of classified information.
2. To classify or continue the classification of information contrary to the requirements of this order or its implementing directives.
3. To create or continue a Special Access

Program contrary to the requirements of Executive Order (EO) 12958, as amended.

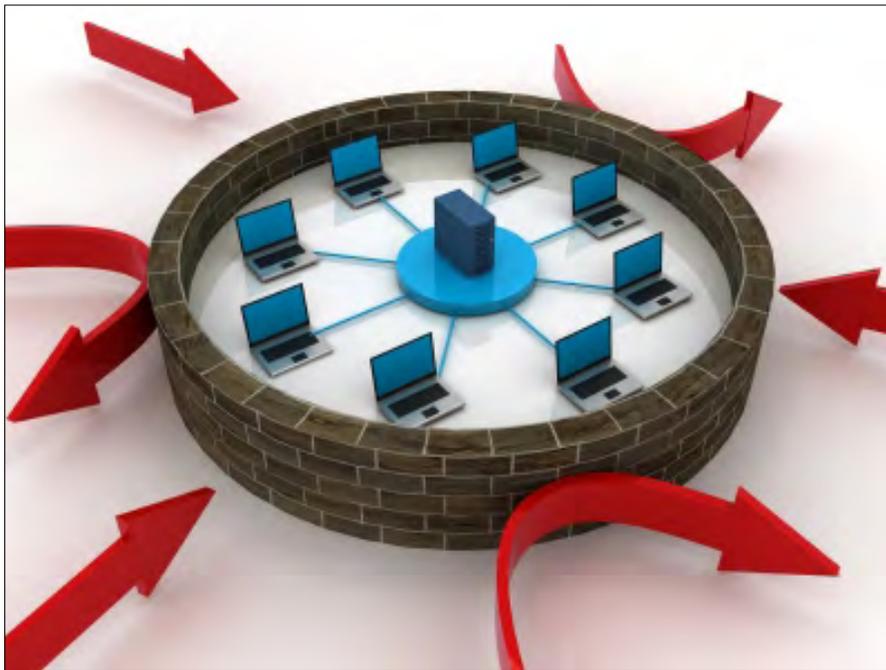
Security Infractions - Any knowing, willful or negligent action contrary to the requirements of EO 12958, as amended that is not a security violation.

These two definitions are vague descriptions

of mishaps that tend to occur from time to time. Avoidable mistakes are, generally, not catastrophic to national security. These scenarios, in their simplest form, state there are some preventive measures needing addressed to minimize wing vulnerabilities.

Most of us have seen questionable situations in our lifetime and some in our careers. Question them. Help make us stronger and remember "Expose, Record, Inform".

To report a questionable situation please call Tech. Sgt. Nick Ressler at 757-1450 or contact your unit security manager.



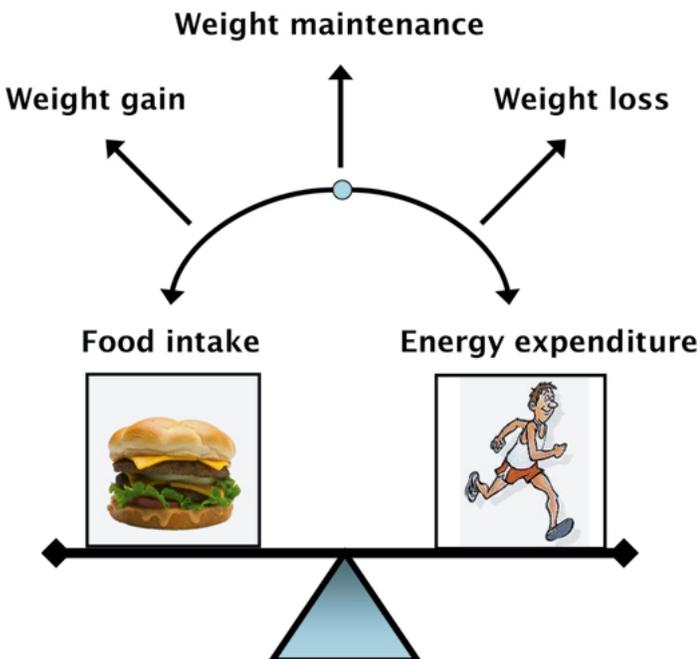
Staying in shape 24/7

by Senior Airman Beth Snisky
183d Medical Group

The Physical Fitness test comes only once a year for most of us, yet it is always getting here too quick and then one has to struggle to get into “PT test passing shape”. As Airmen, we should be healthy and able 24/7, 365. Here are some basic tips to get health and stay healthy all year long.

According to healthfinder.gov, to stay at a healthy weight, balance the calories you eat with the calories you use. To lose weight, you need to use more calories than you eat. A healthy diet and physical activity can help you control your weight. How do I know if I’m at a healthy weight? Finding out your body mass index (BMI) is the best way to learn if you are at a healthy weight. If you are already at a healthy weight, continue to get regular physical activity and choose healthy foods.

What can losing weight do for you? If you are overweight or obese, losing weight can lower your risk for serious health conditions such as, type 2 diabetes, heart disease, high blood pressure, early death. Plus, eating healthy and being physically active can give you more energy throughout the day. Move more and eat healthy foods to help, lower your blood



pressure, lower your blood sugar, raise your “good” cholesterol, and lower your “bad” cholesterol.

Make a promise to eat well, move more, and get support from family and friends. If you need to lose weight, do it slowly over time. Set realistic goals. Start out by setting small goals, like I want to lose 1 to 2 pounds a week. I will add 10 minutes of physical activity to my daily routine. I will avoid second helpings of meals this week. Keep a food and activity diary. Write down when you eat, what you eat, how much you eat, and your physical activity. Print a food and activity diary or make your own. When you know your habits, it’s easier to make changes.

Get active! Move more to balance the calories you take in with the calories you use. Aim for 2 hours and 30 minutes of activity a week. Try to be active for 30 minutes 5 times a week. If you don’t have time for 30 minutes of activity, get moving for shorter 10-minute periods throughout the day. Remember that some physical activity is better than none.

Eat healthy. Here are some easy ways you can eat healthy. Choose fat-free or low-fat versions of your favorite foods. Drink water or fat-free milk instead of soda or other sugary drinks. Fill half your plate with vegetables and fruit. When you eat out, ask for sauces or dressings “on the side” so you can control how much you use. Eat smaller portions, eating healthy food is important. But you also need to pay attention to how much food you eat. Here are some tips for watching your portions. Start the day with a healthy breakfast. Eat small, healthy snacks during the day. This will keep you from overeating at mealtimes. Put a small amount of food in a bowl instead of eating out of the package or container. Serve food on plates and leave the main dish on the stove. You will be less tempted to go back for seconds. If you are eating out, only eat half of your meal, take the other half home. Read the label to find out how many servings are in a package. There may be more than one! Eat slowly, this will give you time to feel full. Don’t eat in front of the TV. It’s harder to keep track of how much you are eating. Ask your doctor for help. You may also want to talk to a doctor or nurse about different ways to lose weight. Your doctor can explain your options, like joining a weight-loss program.

Chaplains Corner

Holiday help

by Capt. Jon Bormann
183d Fighter Wing Chaplain

Protestant Chaplain

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It can be easy to get caught up in all the hoopla of the holidays; so many family get-togethers, presents to buy, decorating, or any of the myriad of demands that press upon us this time of year. It is important (but difficult) to maintain some semblance of balance as we enter this time of year.

As we rush around, hurried and frazzled, it is easy for our minds to forget about those who are left out of the joy of the holiday season. If we take the time to stop and reflect, we likely know many people who are facing some kind of loss this holiday season. Death, divorce, deployment, and depression affect so many of the people we encounter on a daily basis and on our drill weekends.

December is a difficult month when one is facing the hardships that this life brings. If we are sensitive and cognitive of this reality we have a great opportunity to care for our fellow Airmen and for all the people around us.

At our suicide prevention briefings, I try to emphasize that important role and privilege we have of caring for one another as members of the 183d. During the upcoming winter drills, where the holidays and the winter season weigh heavy on so many, redouble your efforts to be a source of encouragement and help to your fellow Airmen. Ensure that those with whom you work are doing well, and if needed, help them access the resources provided that assist when we face times of crisis. In the chaplains' office we are always available during drill and around the clock during the month.

New Faces

Lila Dilbaitis
Director of Psychological Health



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Toni Clark
Family Readiness Program Coordinator



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Holiday safety

by Master Sgt. Mike Niepert
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Christmas trees alone are responsible for 200 fires every year. Dry Christmas trees can cause a major house fire in a matter of minutes. Christmas trees should be kept well watered and discarded when they begin to show signs of drying. When displaying a tree, cut off about two inches off the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly. Stand your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways. Christmas tree lights should be checked for shorts and should never be left on when no one is home. Keep fire hazards away from the Christmas tree including flames from open candles, fireplaces and possible shorts in other electrical fixtures including lamps.

Christmas Lights Fire Safety. Christmas lights create a wonderful atmosphere during the holiday season, but they should be checked for safety to prevent holiday fires. Never use nails to attach Christmas lights to the house as that can cause shorts in the wires and potentially start a fire. No more than three strands of holiday lights should be placed on one extension cord. Check lights for shorts and frayed ends before decorating. Lights that appear worn or may not conform to current fire safety standards should be discarded.

Christmas Decorations Fire Safety. Extra care should be taken when choosing

Christmas decorations to be sure that they do not pose a fire hazard. Avoid using flammable Christmas tree ornaments, since those have increased potential for starting a holiday fire. Keep candles out of reach of small children and away from other decorations, and never leave them burning unsupervised. Keep holiday decorations, including stockings, away from a burning fireplace.

Here are more thoughts on Holiday safety:

- When preparing a holiday meal for friends and family, be sure to wash hands, utensils, sink, and anything else that has come in contact with raw poultry. Keep in mind that a stuffed bird takes longer to cook.
- Never defrost food at room temperature. Thaw it in the refrigerator, in cold water or in the microwave.
- While doing holiday cooking, keep your knives sharp. Most knife injuries occur due to dull blades.
- When putting up holiday decorations, always use the proper step stool or ladder to reach high places. Do not stand on chairs, desks or other furniture.
- When you climb, always face the ladder and grip the rungs to climb – not the side rails. Always keep three points of contact on the ladder whether two hands and one foot, or two feet and one hand.
- When climbing, keep your hips between the side rails and do not lean too far or overreach. Reposition the ladder closer to the work instead.
- Prepare your car for the winter by checking items such as the brakes, spark plugs, battery, and tires. Check your owner's manual for the recommended interval for a tune-up.
- Always have a winter survival kit in the car such as food, blankets, cell phone, water and nonperishable food items. You never know when you might need them. Have a safe and merry holiday season!



Announcements

Visit MyPers online for 24/7 access to your personnel records

Did You Know... The myPers website provides a 24/7 online self-service capability to numerous personnel actions?

Log on to myPers.af.mil using your CAC:

1. Go to myPers.af.mil
2. Click the "CAC" Login" selection
3. Select the appropriate certificate
4. Input your Personal Identification Number (PIN #)
5. Review the home page and select from the helpful links to learn more about services available

--OR--

If accessing with your Username (User ID) and Password:

1. Go to myPers.af.mil
2. Click in the "User ID" box and input your user name
3. Click in the "Password" box and input your password
4. Click "LOG-IN"

Cannot remember your User ID and/or password? Click on the link, "Forgot your username or password?" and simply follow the steps provided. Please note using the "User ID/Password" option will limit access to some online self-service applications. The myPers website is your Total Force source for personnel information and online service. Go check it out!

Know a good dentist?

To all unit members:

With the retirement of Dr. Petro Krafcisin, our base is left with only one dental officer, Lt. Col. Todd Martin. With over 800 members and one dental officer, we need your help. The next time you are getting your teeth cleaned or your cavity filled, ask your dentist about joining the 183d Fighter Wing. Many may not be aware of the benefits the Guard has to offer, such as TriCare,



possible retirement, lifelong friendships, and the pride associated with serving your country. Any questions regarding this position may be forwarded to:

Chief Master Sgt. Wayne Vorreyer (217)757-1359
wayne.vorreyer@ang.af.mil
Lt. Col. Todd Martin (217)757-1221
todd.martin@ang.af.mil

Retiree News

WE HAVE MOVED! As always, the retirees gather on the first Tuesday of each month to share breakfast and talk about the good ole days. We have now moved the location to **Leann's Parkway Cafe**, 2715 N. Dirksen Parkway, Springfield. Join them Tuesday, Dec 3. 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!

CONGRATULATIONS



Promotions!

LIEUTENANT COLONEL

Shawn L. Green	183AIS
Laura C. Rubler	183ACOS
Christopher Sebor	183AMOS
Jerri L. Howerton	183AOS

MAJOR

Tara L. DeJanovich	183CPTF
Maria L. Delimata	183ACOS
William J. Glenn	183ACOS

CAPTAIN

Ashley R. Whitley	183MDG
Jera C. Muder	183ACOS

1ST LT

Eric J. Marks	183CES
Stephen T. Summers	217EIS
Angela D. Ressler	183MDG
Stephanie M. Durham	183AMOS

MASTER SERGEANT

Joshua S. Bialas	183MDG
Michael J. Bishop	217EIS

TECHNICAL SERGEANT

Steven D. Hedges	183MXS
Steven R. Patterson	183MXS
Michael J. Davis	183CES
Jon M. Hopkins	183SC

STAFF SERGEANT

Heather A. Dyer	183MXS
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SENIOR AIRMAN

Zachary T. Duba	183MXS
Dennis R. Ferguson	183CES
John O. Prytherch	183CES
Brian L. Tanke	183SFS

AIRMAN 1ST CLASS

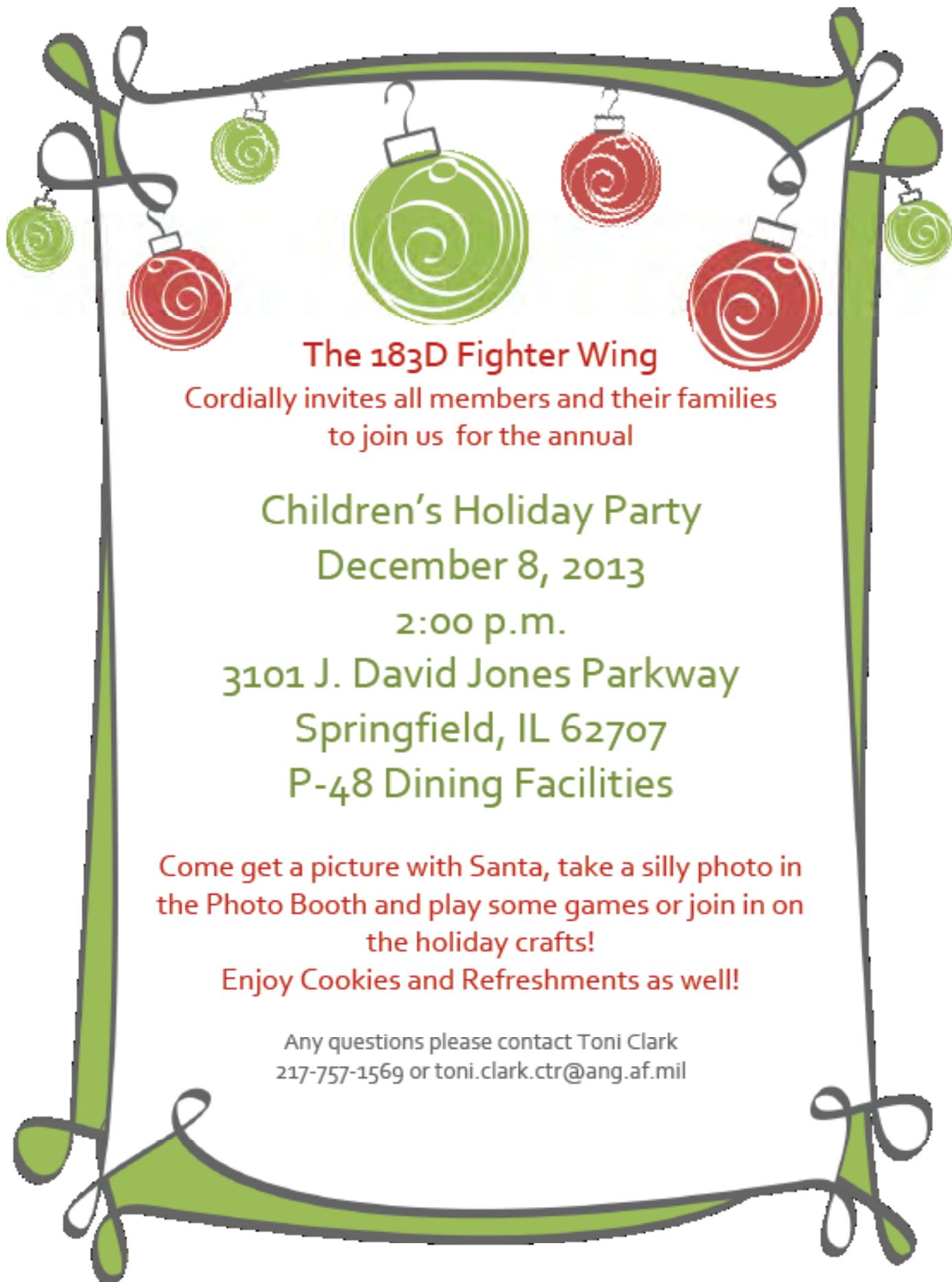
Logan J. Coventry	183CES
Blake A. Nord	183CES

Retirements

Lt. Col.	Steven Taylor	183AMOS
Maj.	Suzanne Smith	HQ/ILANG
SMSgt	Rolando R. Paloma	183ACOS
Tech. Sgt.	Ted E. Lyons	183MXS

Welcome Aboard!

Lt. Col.	Lynne C. Payne	183AIS
Capt.	Robert W. Haynes	183AOG
Tech. Sgt.	Hilary A. Bush	217EIS
Staff Sgt.	Emily M. Longest	183MDG



The 183D Fighter Wing

Cordially invites all members and their families
to join us for the annual

Children's Holiday Party

December 8, 2013

2:00 p.m.

3101 J. David Jones Parkway

Springfield, IL 62707

P-48 Dining Facilities

**Come get a picture with Santa, take a silly photo in
the Photo Booth and play some games or join in on
the holiday crafts!**

Enjoy Cookies and Refreshments as well!

Any questions please contact Toni Clark
217-757-1569 or toni.clark.ctr@ang.af.mil

WING HOLIDAY PARTY

HOSTED BY THE 217TH ENGINEERING INSTALLATION SQUADRON

**DONNIE B'S AT THE ROUTE 66 HOTEL
SATURDAY 2014.01.11**

COMIC CHRIS BOOM BOOM JOHNSON

**COMIC CON THEME:
DRESS AS YOUR FAVORITE SUPER
HERO OR TV OR MOVIE CHARACTER**

\$10/PERSON-TICKETS GO ON SALE 7 DEC

FOR MORE DETAILS CONTACT

**MSGT SCOTT REYNOLDS 217.757.1705
scott.reynolds@ang.af.mil**

**TSGT ASHLEY BALL 217.757.1702
ashley.ball@ang.af.mil**

Family Readiness

HELP WANTED

The 183d Family Readiness and Support Group needs your help. We are trying to recruit members, both new and old and we would like 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, Mrs. Toni Clark, Family Readiness Assistant 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: 183d Family Readiness Group, 3101 J. David Jones Parkway, Springfield, IL. 62707-5001
Phone: 217.757.1569 email: toni.clark.ctr@ang.af.mil

If you have a member of your family that is a past or current member of the 183d, or have information that a current or past member of the 183d has passed away recently, please contact Mrs. Toni Clark, Family Readiness Assistant. 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 Mrs. Toni Clark by e-mail at: toni.clark.ctr@ang.af.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

To inquire about the following officer vacancies, contact Master Sgt. Matt Allen at 217-757-1292 / DSN 892-8292 if interested in applying for these positions.

OFFICER VACANCIES

52R3	Chaplain	12F4Y	Fighter CSO
11F3Y	Fighter Pilot	12F4W	Fighter CSO
48R3	Res Trnd Flt Surg	12B4Y	Bomber CSO
48A3	Aero Med Spc	12M3T	Mobility CSO
17D3B	Cyberspace Ops	11F4Y	Fighter Pilot
35P4	Public Affairs	11F4U	Fighter Pilot
10C0	Ops Commander	11F4B	Bomber Pilot
48A4	Aero Med Spec	11B4Y	Bomber Pilot
41A4	Health Service Admin	11M3T	Mobility Pilot
32E4	Civil Engineer	11M3S	Mobility Pilot
13B4B	Air Battle Mgr		

ENLISTED VACANCIES

1C072	Avaiation Resource Mgt	3D152	Cyber Transport Sys
1C371	Command Post	3D156	Airfield Sys
1C571	C2 Battle Mgt Oprs	3D157	Cable & Antenna Sys
1C771	Airfield Mgt	3E072	Elec Pwr Pro
2A571	Aircraft Maint	3E451	Water/Fuel Sys Maint
2T051	Traffic Mgt	3E691	Ops Mgt
2A671G	Aerospace Propulsion	3S271	Education & Training
2A751	Aircraft Mtl Techology	4N071	Aerospace Med Svs
3D052	Cyber Sys Ops	5R051	Chaplain Asst
3D071	Knowledge Ops Mgt		

