



# FALCON'S VIEW

183rd Fighter Wing

Illinois Air National Guard, Springfield, Ill. September 2014, Vol. XIV, No.8

## ANG partnership makes PANAMAX possible

by Jessica Casserly  
12th Air Force (Air Forces Southern) Public Affairs

8/13/2014 - DAVIS-MONTHAN AFB, Ariz.

-- Approximately 65 members of the Air National Guard's 183rd Fighter Wing in Springfield, Illinois are renewing a long standing partnership with 12th Air Force (Air Forces Southern) members during PANAMAX 2014, Aug. 8-15.

The annual U.S. Southern Command-sponsored exercise, which focuses on ensuring the defense of the Panama Canal, is a collaborative effort between Air Force, Army and Marine personnel, as well as partner nations. But the relationship between 12 AF (AFSOUTH) and 183rd FW members is a particularly vital one.

The 183rd FW provides a welcome source of experience to draw from, according to Mr. Thomas Cheatham, the 12 AF (AFSOUTH) Operational Planning Team lead for PANAMAX 2014.

"With the amount of experience the 183rd has from participating in exercises like these over the years, they are able to not only fall in with, but also lead some of the efforts," Cheatham said. "They don't just augment [12 AF (AFSOUTH)], they compliment us."

Filling roles in the Combined Air Operations Center, intelligence, air mobility operations and the Crisis Action Team, the 183rd FW is providing significant support for PANAMAX 2014.

"We filled all of the positions [12 AF (AFSOUTH)] asked for our support with," said Lt. Col. Karen Hendrickson, Operations Director for the 183rd Air Component Operations Squadron

see *PANAMAX* pg. 6



Members of 12th Air Force (Air Forces Southern) and the Air National Guard's 183rd Fighter Wing in Springfield, Ill. work side-by-side as part of the Crisis Action Team, during PANAMAX 2014, Davis-Monthan Air Force Base, Ariz., Aug. 12, 2014. The 183rd FW has been partnering with 12 AF (AFSOUTH) during PANAMAX for at least four years, bringing continuity and experience to the exercise. (U.S. Air Force photo by Tech. Sgt. Heather R. Redman/Released)

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## Important Information

### Social Media

Get connected with the 183rd Fighter Wing by liking us on Facebook. You can also stay in touch many other military organizations and publications by clicking on their social media or web links below.



183rd Fighter Wing  
Public Website

# Attention!

The deadline for the September 2014 issue of the Falcon's View is, 1700, 6 September.



### September Lunch Menu

*\*Menu subject to change*

#### Saturday

BBQ Chicken Breast  
Roast Pork  
Rice Pilaf  
Sweet Corn  
Tossed Salad  
Rolls  
Fruit Punch

#### Sunday

Fried Chicken  
Baked Ham  
Au Gratin Potatoes  
Carrots  
Tossed Salad  
Rolls  
Fruit Punch

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### What's in a name?

by Col. Jeffrey A. Rice

Vice Commander, 183rd Fighter Wing

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If you joined this unit after September of 2008, you might be wondering why we are the 183rd Fighter Wing. Where are the fighters? Well, the short answer is that it's a complicated process to change the name. You see, we don't get to just simply change our name out there on the sign and on our stationary and that's it. The Air Force has a very involved process that units must follow in order to change their names. The official document to be submitted is called an Organization Change Request (OCR) and it is a rather complicated exercise that has many levels of input, review, and approvals. AFI 38-101, Air Force Organization, is the guiding instruction for the OCR. Here is just a part of what the instruction says about this process.

#### 6.2. Organization Change Request (OCR).

A request for organization action such as unit activation, inactivation, redesignation, or variation to a standard structure must include answers to the following questions, as they apply.... AF/A1M will review organization change requests and, upon approval, direct MAJCOMs, FOAs, DRUs or HAF/HR to reflect the action in the RCS: HAF-A8P(M)9227 Report, Programming Actions Involving Units, Installations, and Unit Equipment per AFI 16-403. Also, MAJCOMs, FOAs and DRUs are required by AFI 84-105, Organizational Lineage, Honors, and Heraldry, to submit to the Air Force Historical Research Agency a monthly report of any changes in organizations using RCS: HAF-HO(M)7401,



Air Force Organization Status Change Report. Implementation of actions must be in accordance with applicable provisions of AFI 10-503, Strategic Basing.

The questions referred to in the above paragraph are actually eight questions. Each of those questions then asks for detailed specific unit information and justification. These questions, in turn, then also have their own review and approval levels. Once the answers get approved then

the entire package has to be approved at various levels all the way up to Headquarters Air Force. As you can see, there are many, many levels of input and approval in the mix. It is not a simple or a quick process. The Air Force is also trying to align us and five similar units and, since we are a bit unique, there has been a great amount of back and forth on what we should or should not be called.

The good news is that we started the OCR process several years ago so we should be nearing the end of this exercise. This issue was the C2 council's top issue to address with Lt Gen Clarke at the July Air Directorate Field Advisory Council meeting.

There is progress being made but, as I said before, it takes time.

So what might our new unit designation be? We are a wing but what type of wing? Air Operations? Certainly. Maintenance, yes. Unique? Definitely! The most likely name will be the 183rd Command and Control Wing. It still remains to be seen but stay tuned.

What's in a name? A great amount of thought and effort which is as it should be. We should not take a name change lightly. Whatever the final name, it will continue to reflect the great professionalism, dedication and spirit of the people here at the 183rd!

## Ultraviolet rays and your eyes

*by Tech. Sgt. Bryan Chenoweth  
NCOIC Optometry, 183rd Medical Group*

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We all know about the affect ultraviolet (UV) rays can have on our skin, but have you ever thought about how it can affect your eyes? UV rays come in three forms; UV-C is absorbed by the ozone and is not any threat. UV-A and UV-B radiation can have short and long-term effects on the eyes and vision.

Excessive exposure over short amount of time can result in a condition known as photokeratitis also called “sunburn of the eye.” No doubt most of us know what this feels like as we may have experienced this at some point in our lives; these may be symptoms such as painful, red eyes, a foreign body sensation or gritty feeling in the eyes, sensitivity to light and tearing. Fortunately, this is usually temporary and rarely causes permanent damage to the eyes.

Long-term exposure to UV radiation can be more serious. Research has shown that exposure to small amounts of UV radiation over a period of years increases the chance of developing an early cataract and may also cause damage to the retina leading to macular degeneration. If we live long enough everyone develops cataracts, however, this is a cataract that develops earlier in life than the average person, and is only correctable through surgery. Currently there is no cure for macular degeneration and according to the CDC it is “the leading cause of permanent impairment of reading and fine or close-up vision among people aged 65 years and older.”

How do we combat this enemy? Since it is not clear how much exposure to UV radiation will cause damage, the AOA recommends wearing quality sunglasses that offer UV protection and wearing a hat whenever you spend time outdoors. According to the AOA; to provide enough protection for your eyes, sunglasses should:

- block out 99 to 100 percent of both UV-A and UV-B radiation;
- screen out 75 to 90 percent of visible light.

So next time you are at the store choosing those new sunglasses to make you “look good” make sure you choose the pair that not only look good but protects your eyes from the sun’s harmful rays.

### UV Radiation Checklist

If you can answer “yes” to one or more of the following questions, you could be at higher risk for harm to the eyes from UV radiation:

- Do you spend a great deal of time outdoors?
- Do you spend time skiing, mountain climbing or at the beach?
- Do you use a sunlamp or tanning parlor?
- Do you live in the mountains or the United States Sunbelt?
- Are you a welder, medical technologist or do you work in the graphic arts or in the manufacture of electronic circuit boards?
- Do you take prescription or over-the-counter drugs that can increase your sensitivity to UV radiation (check with your optometrist, pharmacist, or physician)?
- Have you had cataract surgery in one or both eyes?

Checklist and information from:  
AOA (American Optometric Association)  
Center for Disease Control (CDC)

### Back to school safety tips

by Master Sgt. Mike Niepert

Ground Safety Technician

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With summer ending and the start of school just around the corner, the wing safety office would like to remind motorists and parents to be proactive and keep in mind some important safety tips to protect students as they head back to school.

#### Bus Safety

Motorists are reminded that state law requires vehicles to stop for school buses loading and unloading children unless the bus is across a divided highway with a median. Drivers should also remember that children will be gathered at bus stops on the side of the road and should be alert to kids that may be crossing the road to reach a bus stop. Parents should ensure that children have a safe area to wait for the bus that is off the roadway and visible to oncoming traffic.

Here are some simple reminders for drivers:

- Slow down and be especially alert in residential neighborhoods and school zones
- Take extra time to look for kids at intersections, on medians and on curbs
- Enter and exit driveways and alleys slowly and carefully
- Watch for children on or near the road in the morning and after school hours
- Reduce any distractions inside your car so you can concentrate on the road and your

surroundings. Put down your phone and don't talk or text while driving.

- Remember it is illegal to text and drive in Illinois.

#### Reminders for your kids

- They should cross the street with an adult until they are at least 10 years old
- Cross the street at corners, using traffic signals and crosswalks
- Never run out into the streets or cross in between parked cars
- Make sure they always walk in front of the bus where the driver can see them

#### Home Alone Safety

The start of school means time at home unsupervised for many students. Here are some suggestions to help home alone kids feel safe and protected. Teach your "home alone" children:

- to check in with you or a neighbor immediately after arriving home
- how to call 9-1-1 or your area's emergency number
- how to give directions to your home in case of emergency
- how to use the door and window locks and the alarm system if you have one
- to never let anyone into your home without asking your permission
- to never let a caller at the door or on the phone know that they are alone
- to carry a house key with them in a safe place - don't leave it under a mat or hidden outside the house

see *School Safety* pg. 6

## PANAMAX

from front, *PANAMAX*

and 12 AF (AFSOUTH) Crisis Action Team A3 for PANAMAX 2014. “Either they didn’t have the personnel to fill it or they wanted to give the experience to our folks.”

After at least four years of taking an active role in PANAMAX exercises, the 183rd FW has been able to develop proven rules of engagement that help ensure PANAMAX is successful.

“The military personnel here turnover on a regular basis and [guard members] have the potential to stay longer,” Hendrickson said. “So [183rd members] might have some standing ROE of how we normally operate together. We’ve already got that interoperability.”

While they bring a lot of experience to the exercise, Hendrickson and her fellow 183rd FW participants also benefit from the opportunity to exchange ideas with 12 AF (AFSOUTH) personnel and strengthen current methods of operation.

“I think both 12 AF (AFSOUTH) and 183rd personnel, because of their previous experience, may have another way of doing things and if you can combine that knowledge together then we can pass on information to someone who is new and doesn’t have it,” Hendrickson said. “Or if [12 AF (AFSOUTH) personnel] have figured out a better way to present it, then we can take that and pass it back to our folks. So, it’s a sharing of experiences, processes and products.”

As she comes to the end of her first PANAMAX exercise, Hendrickson said she will use her experiences from the exercise to better her unit and future PANAMAX exercises.

“I’m always looking for how the unit can operate better, how can we take lessons from this and train our next team that comes down,” Hendrickson said. “I’ve identified skill sets from our personnel where I think, this person in this area can influence how we operate.”

## Safety cont.

from pg. 5, *School Safety*

- how to escape in case of fire
- to not go into an empty house or apartment if things don’t look right - a broken window, ripped screen, or opened door
- to let you know about anything that frightens them or makes them feel uncomfortable



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## Retiree News

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 back to our previous location inside **KINGPIN LANES**, 3115 E. Sangamon Ave. Join them Tuesday, October 7th. They say they meet at 8 a.m. but if you are not there by 7:30, the early birds have taken the good seats!

## Chaplain's Perspective

### Spiritual resilience: Total well-being

by Lt. Col. Jeffrey Laible  
Chaplain, 183rd Fighter Wing

Spiritual resilience works in conjunction with all the dimensions of human functioning to achieve a state of total well-being. When all the components of your life are healthy and work together, you can achieve a sense of balance that leads to your total well-being. In this position, you are at your best to perform both personally and professionally.

Together, the following dimensions contribute to the total well-being of Service members:

**Spiritual:** At the heart and soul of wellness, spirituality is the driving force to total well-being. It refers to your value system (ethics, moral compass), your search for meaning and purpose and your connectedness with others. It strengthens your beliefs, priorities and values that sustain you beyond family and institutional sources of strength.

**Physical:** Health is maintained through physical activity, nutrition and good sleeping patterns.

**Social/Family:** Good relationships with your family, friends, the community and others with whom you share common values, beliefs or commitments can fulfill and nourish you personally.

**Emotional:** How you manage your emotional responses to events, such as joy, anger, fear, etc., can affect your state of being. It also involves your psychological outlook, such as self-esteem, and your intellect/cognitive skills, such as problem-solving, analyzing, etc.

The four dimensions of your well-being are intertwined and inseparable. Each dimension is connected to the other dimensions as they work in unison to establish your state of being. In other words, your well-being is an integrated system. "Integrated" means that when there is growth in one area of your life, the effect of this change can stimulate growth in other areas. The spiritual dimension is a mechanism that integrates the other components and through which growth occurs.

## Information Protection

### 100 percent shred policy is coming soon

by Tech. Sgt. Nicholas Ressler  
Chief of Information Protection, 183rd Fighter Wing

In an effort to increase the security of the Wing 100% shred is being implemented soon. This practice is being implemented to reduce the likelihood of a breach of PII, OPSEC, Classified and any other information that, if released, could be harmful to the Wing or its members. Everyone is expected to comply with this practice. In order to set up everyone up for success, there will be a final shred truck visit to purge yourself and your squadron of those pesky piles of paper (projected date Oct UTA).

Many of you may be wondering how to implement such a policy with your current shred capabilities, the answer is the Wing graciously purchased new shredders that will be distributed accordingly. The new shredders should match the specifications of the SEM Model 244 (pictured here).



These low maintenance shredders are designed to help the user prevent jams by identifying if they are inserting too much paper. This level 6 security rated crosscut shredder is very versatile regarding all of your shredding needs. These highly efficient, self-lubricating paper eating machines can run through 17 reams of paper in a single hour. Shredding 25 feet of paper in a minute with a 28 gallon receptacle will make shredding easy and applicable for all ranks. Happy shredding!

# CONGRATULATIONS

## Promotions!



*Welcome  
Glad you're here!*

### SENIOR MASTER SERGEANT

Aaron N. Myers 183 FW

### MASTER SERGEANT

Adam R. Barton 217 EIS

Victor K. Nomichith 183 ACOS

### TECHNICAL SERGEANT

Karen I. Harrold 183 FSS

Bradley C. Wade 183 ACOS

### SENIOR AIRMAN

Benjamin D. Casson 183 CF

Kasey A. Dale 183 ACOS

Jordan E. Gary 183 AIS

Jack R. Pearce III 217 EIS

Fernando Silva 183 SFS

Cody M. Wilson 183 SFS

Lt. Col. James P.E. Durban 183 ACOS

Lt. Col. Mark B. Huls 183 SG

Capt. Cheon J. Yoon 183 SG

Staff Sgt. Ryan P. Guina 183 FW

Staff Sgt. Michael D. McPeak 183 SFS

Staff Sgt. Bethany M. Ranford 183 CPTF

Senior Airman Robert J. Gasparas 183 SG

Senior Airman Kevin R. Troxell 183 ACOS

Airman 1st Class Ryan P. Buckley 183 SFS

Airman 1st Class Trent A. Nation 217 EIS

Airman 1st Class Drennard J. Woods 183 FSS

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In case you missed it, the display case outside of the dining facility has been updated with photos of 183rd personnel. Do you have a great idea for the next display update? If so, please email it to the 183rd Public Affairs inbox ([183fw.pa@ang.af.mil](mailto:183fw.pa@ang.af.mil)).



**RETIRED**

Master Sgt. David L. Winkelman 183 MXS

Tech. Sgt. Hank G. Farrell 183 MXS

## Family Readiness

### HELP WANTED

The 183rd 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: 183rd Family Readiness Group, 3101 J. David Jones Parkway, Springfield, IL. 62707-5001  
Phone: 217.757.1569 email: [toni.clark.ctr@ang.af.mil](mailto:toni.clark.ctr@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 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](mailto: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.

## Officer 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.

10C0	Operations Commander	14N4	Intelligence
11B4Y	Bomber Pilot	16G4	AF Ops Staff Officer
11F4B	Fighter Pilot	16R4	Planning/Programming
11F4F	Fighter Pilot	17D3B	Cyberspace Ops
11F4U	Fighter Pilot	17D4A	Cyberspace Operation (ACOS)
11F4Y	Fighter Pilot	21R3	Logistics Readiness
11G4	Generalist Pilot	21R4	Logistics Readiness (ACOS)
11H4E	Rescue Pilot	32E4	Civil Engineer
11M3B	Mobility Pilot (ACOS)	38P4	Personnel
11M3S	Mobility Pilot	41A4	Health Service Admin
11M3T	Mobility Pilot	43H3	Public Health
11R4Y	Recon Surv EW PL	43H4	Public Health
12B3D	Bomber CSO	46F4	Flight Nurse (AMOS)
12B4Y	Bomber CSO	47G3	Dentist
12F4Y	Fighter CSO	48A3	Aero Med Spc
12F4W	Fighter CSO	48A4	Aero Med Spec
12M3S	Mobility CSO	48R3	Res Trnd Flt Surg
12M3T	Mobility CSO	51J4	Judge Advocate
12M4S	Mobility CSO	52R3	Chaplain
12M4T	Mobility CSO	87G0	Wing Inspector General
12R4C	Recon Surv EW CSO	87I0	Wing Inspections
13B4B	Air Battle Manager (AOG)	87Q0	Complaints Resol
13M4	Airfield Operations (AOG)	97E0	Executive Officer
13S4	Space and Missile		

## Enlisted 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.

1A071	In-Flight Refueling	2W191	Aircraft Armament Systems
1A271	Aircraft Loadmaster	3A171	Administration
1C072	Aviation Resource Mg	3D053	Cyber Systems Surety
1C171	Air Traffic Control	3D071	Knowledge Mgmt
1C191	Air Traffic Control	3D072	Cyber Systems Operations
1C371	Command Post	3D152	Cyber Transport Systems
1C571	C2 Battle Mgt Oprs	3D156	Airfield Systems
1C771	Airfield Management	3D157	Cable & Antenna Systems
1C791	Airfield Management	3D177	Cable & Antenna Systems
1N071	Operations Intelligence	3D190	Cyber Operations
1N171A	Geospatial Intelligence	3E052	Elec Pwr Production
1W071	Weather	3E151	Heat/Vnt/AC/RFG
2A571	Aircraft Maintenance	3E351	Structural
2A651C	Aerospace Propulsion	3E451	Water/Fuel Sys Maint
2A652	Aerospace Ground Equipment	3E691	Operations Management
2A671G	Aerospace Propulsion	3E951	Emergency Management
2A672	Aerospace Grd Eqpmt	3E090	Electrical
2A751	Acft Mtl Technology	3M051	Services
2A752	Non Destructive Inspection	3M071	Services
2A753	Acft Strc Maint	3P051	Security Forces
2F071	Fuels	3S071	Personnel
2G051	Logistics Plans	3S373	Manpower
2G071	Logistics Plans	4A171	Medical Material
2T051	Traffic Management	4N071	Aerospace Med Svc
2T071	Traffic Management	5R051	Chaplain Assistant
2T171	Vehicle Operations	5R071	Chaplain Assistant
2T271	Air Trans	6F071	Financial Management/Comp
2T351	Veh/Veh Equ Maint	8F000	First Sergeant
2T370	Veh/Veh Equ Maint	8I000	Superintendent
2W051	Munitions Systems	9E000	Command Chief