



FALCON'S VIEW

183d Fighter Wing

Illinois Air National Guard, Springfield, Il. December 2015, Vol. XIV, No.11

Gen. Grass issues Thanksgiving message to civilians and uniformed personnel

*By Gen. Frank J. Grass
Chief, National Guard Bureau
November 24, 2015*

ARLINGTON, Va. - They had almost no food. They faced a harsh winter in poorly constructed shelters. And nearly half of them died from sickness. Yet the pilgrims who came to America wanted a day to give thanks.

In the midst of the Civil War, one of the darkest periods in American history, President Abraham Lincoln proclaimed a national day of Thanksgiving, a day for Americans to express gratitude for their blessings. Every year since, Americans have come together to reflect and to give thanks the fourth Thursday in November.

I, too, am thankful for the nearly 450,000 National Guard members for the work and sacrifice they make to keep our nation and communities strong and secure. I have met with Guardsmen and women

servicing overseas and in our 50 states, three territories and the District of Columbia. I have talked with Guard members who have lost friends in battle or have come home with permanent injuries. Despite their tremendous losses, they were thankful for the opportunity to serve.

I am thankful to the families and employers of Guardsmen who sacrifice each day to ensure our Soldiers and Airmen can focus on fighting our nation's wars and protecting our homeland. Each has experienced loss, but they are thankful.

I am also thankful for the partnerships we have established with state and interagency domestic responders, and with 76 nations through our State Partnership Program. Our partners have seen firsthand the devastation wrought by natural disasters and by combat, but each has also saved lives and brought relief to the suffering. They are thankful.

Whether you are in uniform or a civilian, deployed or home, it is your service and commitment that allows

us to enjoy the spirit of Thanksgiving. For that, we all are thankful!



IN THIS ISSUE

Page 3
Commander's Holiday message

Page 4
**Medical:
Weight loss goals**

Page 5
**Chaplain:
Holiday stress**

Page 6
Announcements

Important Information

Social Media

Get connected with the 183d 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.



183d Fighter Wing
Public Website

Attention!

The deadline for the December 2015 issue of the Falcon's View is, 1600, 5DEC.



SATURDAY, December 5th

Prime Rib Roast	Smoked Ham
Mashed Potatoes	Corn Bread Stuffing
Brown Gravy	California Blend
Green Bean Casserole	Cherry Pie
Salad Bar	

SUNDAY, December 6th

Cajun Chicken Breast	Baked Rigatoni
Wild Rice	Sweet Corn
Steamed Carrots	Garlic Bread
Chocolate Chip Cookies	Salad Bar

**Menu subject to change*

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Holiday message

by Col. John Patterson
Commander, 183d Fighter Wing

The end-of-year holidays are upon us already, and I want to extend my wishes for a special holiday season for you all. May you experience much joy and happiness as you celebrate during this wonderful time of year!

We have had another busy and successful year, and have much to be thankful for. I recently attended both the Air Combat Command and Air National Guard Wing Commander conferences. The number one takeaway from both was overall fiscal challenges, of course, but I left both meetings with the feeling that while the active duty Air Force and Air National Guard enterprises are struggling through hard times, we are cruising right along here at the 183d Fighter Wing. The constant refrain over four days was that units were at the breaking point for personnel and training, and seeking major relief. Like everyone else, while we do face some challenges, none seem to be as significant as other units are facing, or are being managed effectively at the local level to mitigate their impact. The continual downsizing of the active component, the shrinking availability of dollars and new airframes, questions surrounding the future of the A-10 and F-16, a shortage of active duty cockpits and sorties available to train new pilots, the huge drain on Intelligence, Surveillance and Reconnaissance (ISR) platforms, the inevitable march toward “associating” all flying wings, and the skyrocketing cost of the F-35, have teamed to create the “perfect storm” of difficulties for the Air Force enterprise.

In contrast, we have some pretty smooth sailing. Our engine work continues to expand, and we're putting the finishing touches on Bldg. P-1 in the spring. For those that may not know, we work on

the F110-GE-100/-129 for the active duty and ANG, including the QF-16 Full Scale Aerial Target engines, are starting work on the TF-34 for the A-10, and in talks with NGB and the depot to further expand this list. We certainly have the capability and talent to expand this mission, and continue to put out a great product. The Air Operations Group (AOG) has become the premier Air Operations Center integration unit in the Combat Air Force, and has expanded its reach past Southern Command (SOUTHCOM) and into Pacific Command (PACOM) and European Command (EUCOM), cultivating new and/or stronger relationships in Korea and Poland. Joint Task Force

– Illinois (JTF) also resides primarily within the AOG, and they have made great strides in fleshing out and exercising state disaster plans in conjunction with the Army Guard and other partner agencies. The Mission Support Group keeps the base in top-notch condition and maintains a steady pace of deployed members, and the 217th EIS continues to support missions all over the globe. They presently have a team doing great things in the Central Command Area of Responsibility (CENTCOM

AOR). We wish them continued success and pray for their safe return soon.

So, all in all, while we are experiencing some challenges, none are insurmountable and we continue to do our best to mitigate any potential harm to our operations. From a macro-perspective, things are going pretty well for us. Now, if we can get our state and federal budgets squared away, we'll get on with the business of superior mission accomplishment that we are accustomed to! So please take some time this holiday season reflect on our past successes, be thankful for the position we are in, keep our deployed personnel in your thoughts and prayers, thank your families for all that they do to support you, and don't forget to set aside some time to recharge yourselves to get ready for a great New Year! Cheers!



What will motivate you to your weight loss goals?

*by Senior Master Sgt. Natalie Durbin
183d Medical Group*

Losing weight is something that does not happen overnight. It takes time, commitment, and usually is not easy. Research shows that people that lose weight gradually are more likely to keep the weight off than people who lose large amounts of weight at a time. This is probably due to the fact that gradual weight loss comes from a lifestyle change. You need to find what works for you since there is not a fix all solution for everyone. I hope that these tips for changing your lifestyle, balancing calories and helpful resources will get you started on your weight loss goals.

Healthy lifestyle changes do not have to all happen at once. Start out slow with one change at a time. Switch to whole grain bread, eliminate one soda a day, exercise 2 times a week, or drink more water. As these changes become habit you can add more changes to your daily routine. These healthy changes will not only help control your weight but according to the Centers for Disease Control and Prevention (CDC) can help reduce your risk of developing conditions like hypertension, type 2 diabetes, and high cholesterol.

It is all about calorie balancing and is simple when you think about it. If you take in more calories than your body uses then you store those as fat and gain weight. Likewise, if you use more calories than you take in you will use up stored fat and loss weight. Where it gets hard is counting those calories and keeping track. That is where some of the resources I will mention later come in. If you know you are going to eat a few extra

calories one day, maybe due to a special event, try to burn extra calories that day by working out an extra 30min or going for a walk. Another idea is to find ways to reduce the calories in some of your favorite foods or make healthier choices when eating.

When you think you are ready to commit yourself to losing weight there are a lot of resources out there to help you. A great app to help you count calories is My Fitness Pal. After a small set up profile is entered it will determine the amount of calories and other nutritional levels for you. Then all you do is plug in whatever you eat for the day into the program, you can even use the bar scan feature so you do not have to search for the foods you eat. Instead scan the foods bar code and it automatically records the food. There are additional features that allow you to create meals and set weight loss goals. You can also add any physical activity in and it will increase your calories allotted for the day.

The Centers for Disease Control and Prevention (CDC) has many resources on their

website to help you live a healthy lifestyle. They offer a Body Mass Index (BMI) calculator, meal planning, healthy recipes, food diaries and many more tips to help keep you on track. Not everyone will have success with the same plan. So you need to pick the methods that work for you. Maybe a fitness buddy to exercise with every day is what you need or someone to report into weekly. For some people just writing down their daily activity and caloric intake is

what they need. There are many other websites out there to help you depending on what motivates you.

The bottom line is do not expect quick results, a gradual weight loss is best. Just remember you probably did not gain the weight overnight so do not expect to lose it that way. Take small steps at a time to change your current lifestyle and find a plan or program that works best for you.



Tips to manage holiday stress

Lt. Col. Jeffrey Laible

Chaplain, 183d Fighter Wing

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The holiday season is upon us and we are moving quickly into a spiritually fulfilling, and sometimes intense, time for many faithful believers. There are holiday parties, family gatherings, shopping, decorating, expectations (sometimes realistic and other times unrealistic), extra events at school, Church, and so much more. All of these extra events, along with the stress that most of us experience in life, can be overwhelming. So what are some practical ways that we can navigate through this busy time of the year?

First, assume responsibility. You may not be responsible for what happens to you, but you are responsible for what happens in you! Nobody can make you “stressed out” – you choose to get stressed or to get calm.

Second, use the A-A-A Strategy. There are choices you have with any stress.

A) Accept it. Do I have control over this or not? If I do have some control, then I can move on to alter or avoid it. If I don't have control over it, then why am I wasting energy on this – where else can I place my energy and receive a positive result?

B) Alter it. What about this stressor can I change? What one thing could I alter that would make the most amount of difference in the least amount of time? What will help most in the long run? What is

my plan, beginning today, to alter this stressor?

C) Avoid It. What about this stressor can I avoid? Is this something that can be shared or delegated? Finally, put it in perspective. When I'm 75 years old and I look back on my life, how big of an issue will this really be? Don't sweat the small stuff!

Base Chapel Office:

Bldg. P-48, Room 302

Phone (217)757-1367

DSN 892-8367

Fax (217)757-1509

Protestant Service: Saturday 12:30 p.m.

Catholic Mass: Sunday 8:30 a.m.

*** Times may be subject to change**



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Announcements

**OFFICER VACANCY ANNOUNCEMENT
183D FIGHTER WING
3101 J. DAVID JONES PARKWAY
SPRINGFIELD, IL 62707-5001**

TITLE: Wing Inspector General

AFSC: 87G0

UNIT OF ASSIGNMENT: 183d Fighter Wing (C81CFL5S)

AUTHORIZED GRADE: Lieutenant Colonel /O-5

OPENS: 11 January 2015

CLOSES: Open until filled

SELECTION BOARD: TBD

SELECTING OFFICIAL: Col John E. Patterson, 183 FW/CC

REMARKS: Applicant must; be either a Major/O-4 or Lieutenant Colonel/O-5, meet physical fitness requirements IAW AFI 36-2905, have demonstrated ability to prepare written reports, have No Unfavorable Information File, civil convictions (other than minor traffic violations), or open IG investigations.

WHAT TO SUBMIT: All interested applicants must submit the following documentation:

- **Resume:** include information pertaining to past/present military & civilian work experience
- **Record Review:** available on the virtual MPF or by contacting your CSS
- **Current Air Force Fitness Test**

SUBMIT APPLICATIONS TO:

Col. John Patterson
183 FW/CC
3101 J. David Jones Parkway
Springfield, IL 62707-5001

Questions about interviews or selection should be directed to:

Col. John Patterson

Comm: (217) 757-1219

DSN: 892-8219

john.patterson.3@ang.af.mil

Announcements

WING INSPECTOR GENERAL

1. Special Duty Summary. Plans, directs, conducts, and manages all Wing Inspector General (IG) programs. Provides policy guidance, procedures, planning, oversight, and direction for implementing the Air Force Inspection System, Complaints Resolution Program, and Fraud, Waste, and Abuse (FWA) Program and the Commanders' Inspection Programs (CCIP) at wing/wing equivalent level. Related DoD Occupational Group: 271200.

2. Duties and Responsibilities:

2.1. Directs, conducts, and leads all Wing IG activities. Operates and manages the Wing Office of the Inspector General, responsible for overall operation, administration, and management of Wing IG inspections, Complaints Resolution, FWA Program, and Commanders' Inspection Program (CCIP).

2.2. Organizes IG activities. Develops, establishes, and controls methods and procedures to implement IG policies and programs. Provides oversight and policy guidance concerning IG programs, plans, requirements, management, education and awareness initiatives.

2.3. Provides IG support. Maintains liaison with MAJCOM/IG and SAF/IG where appropriate to receive, process, refer, and manage Wing Inspection information, resources, assets, and activities to support operation and management of the Air Force's Inspection and Complaints Resolution and FWA Programs. Certifies Wing IG personnel and evaluates IG programs and activities.

3. Special Duty Qualifications:

3.1. Knowledge. Knowledge of Air Force Inspection objectives, leadership and management concepts and their relationship to mission accomplishment is mandatory.

3.2. Education. For entry into this SDI, a Master's degree in management, industrial management, education, psychology, criminal justice, public administration, or business administration with a major in management is desirable.

3.3. Training. For retention of this SDI, completion of the Air Force Basic Inspector and Installation Inspector General Training Course taught by SAF/IGQ is mandatory. Wing Inspectors General assigned to Nuclear Certified Units must also attend the Air Force Nuclear Inspectors Course.

3.4. Experience. Previous IG and command experience at the unit, wing or MAJCOM is highly desired.

3.5. Other. The following are mandatory as indicated:

3.5.1. For entry into this specialty, recommendation by unit commander.

3.5.2. For entry and retention of the SDI:

3.5.2.1. Must meet requirements listed in Chapter 8 of AFI 90-201, The Air Force Inspection System.

3.5.2.2. No Unfavorable Information File, civil convictions (other than minor traffic violations), or open IG investigations.

3.5.2.3. Demonstrated ability to prepare written reports.

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, Jessica Bode, 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: jessica.a.bode2.civ@mail.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 Jessica Bode, 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 Jessica Bode by e-mail at: jessica.a.bode2.civ@mail.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.