



FALCON'S VIEW

183d Fighter Wing

Illinois Air National Guard, Springfield, Ill.

August 2013, Vol. IX, No.7

EXCELLENT!

*by Master Sgt. Shaun Kerr
Public Affairs Manager, 183d Fighter Wing*

The verdict is in. The 183d Fighter Wing is indeed, EXCELLENT! This is the finding of the Air Combat Command Inspector General (ACC/IG) team who came here to assess the unit, and determine its state of readiness through an intensive audit of its procedures and programs. The ACC/IG team was not the only team of inspectors here. They were just one piece of the Combined Unit Inspection (CUI) that took place over a ten day period. The CUI is multifaceted inspection process comprised of ACC/IG, Logistics Compliance Assessment Program (LCAP), Environmental Safety and Occupational Health Compliance Assessment and Management Program (ESOHCAMP), Article 6, and Health Services Inspection (HSI) teams. Over 100 inspectors from these various teams were either here in person or inspected their respective sections virtually from another location.

The CUI concept was developed to reduce costs. It does so by holding several inspections at a location simultaneously, and reducing the footprint the inspection teams leave on base while they are there.

Inspectors looked at unit compliance across all disciplines to include maintenance, support and administration, legal processes, medical programs, safety, and environmental. The purpose of the inspection is to conduct and assess areas mandated by

law, as well as mission areas identified by senior Air Force and Major Command (MAJCOM) leadership as critical or important to the health and performance of a unit.

"The LCAP and CUI teams spent a great deal of time reviewing our programs and evaluating how well we did our own self-assessments," said Lt. Col. Reginald McCutcheon, Commander, 183d Maintenance Squadron. "I'm very pleased with the results; it demonstrates the outstanding dedication of the Centralized Repair Facility (CRF) team. The processes validated ours and our customer's beliefs that our products are the best in ANG."

Self-assessments performed by the 183d were documented using the Management Internal Control Toolset (MICT) program. This is a system by which each organization on base can access a single, or multiple checklists, that it must be in compliance with. Users of the MICT program can upload documentation to support their compliance for each checklist item. Inspection teams can then access this info in order help determine whether that area complies or not.

"The safety portion of the 2013 ESOHCAMP inspection went very well, I was thrilled with the results," said Senior Master Sgt. Brian Willoughby, 183d Fighter Wing Chief of Safety. During the 2010 ESOHCAMP, there were 14 Ground Safety findings and 2 Weapons Safety findings. This year there were 12 and 3, respectively. All were minor findings and half of them were fixed or corrected the same day they were identified. The Ground Safety inspector commented on how the 183d had quick responses

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Important Information

“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 Sept.
issue of the
Falcon's View
is, 1200 hrs.
Aug. 4!**



August Lunch Menu **Menu subject to change*

183D SERVICES IS GRILLIN' OUT!

Saturday

Cheeseburgers	Brats
Chicago style Hot Dogs	Peppers/Onions
Pasta Salad	Chips
Baked Beans	Salad Bar
Cookies	

Sunday

Marinated Chicken Breast
Chicago style Hot Dogs
Cheeseburgers
Potato Salad
Baked Beans
Chips
Salad Bar



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Governor Pat Quinn appoints Brig. Gen. Richard J. Hayes

Press Release

Illinois National Guard

SPRINGFIELD, IL (06/04/2013)--- Governor Pat Quinn appointed Brig. Gen. Richard J. Hayes of Buffalo Grove as the Assistant Adjutant General of the Illinois National Guard on June 3.

As assistant adjutant general, Hayes will serve as the principal assistant to The Adjutant General Brig. Gen. Daniel M. Krumrei in all matters pertaining to supervision and management of the Illinois Department of Military Affairs and the Illinois National Guard, which consists of 13,000 Citizen Soldiers and Airmen.

“Brig. Gen. Richard Hayes is a leader both in the Illinois National Guard and in the private sector,” Governor Quinn said. “His experience and commitment to his state and nation will be invaluable as he embarks on this mission to help lead the Illinois National Guard and its 13,000 Citizen Soldiers and Airmen.”

Hayes has been an Army officer for 26 years. He led the Illinois National Guard’s assistance to New Orleans following Hurricane Katrina, deployed to Kosovo to assist with peacekeeping operations,

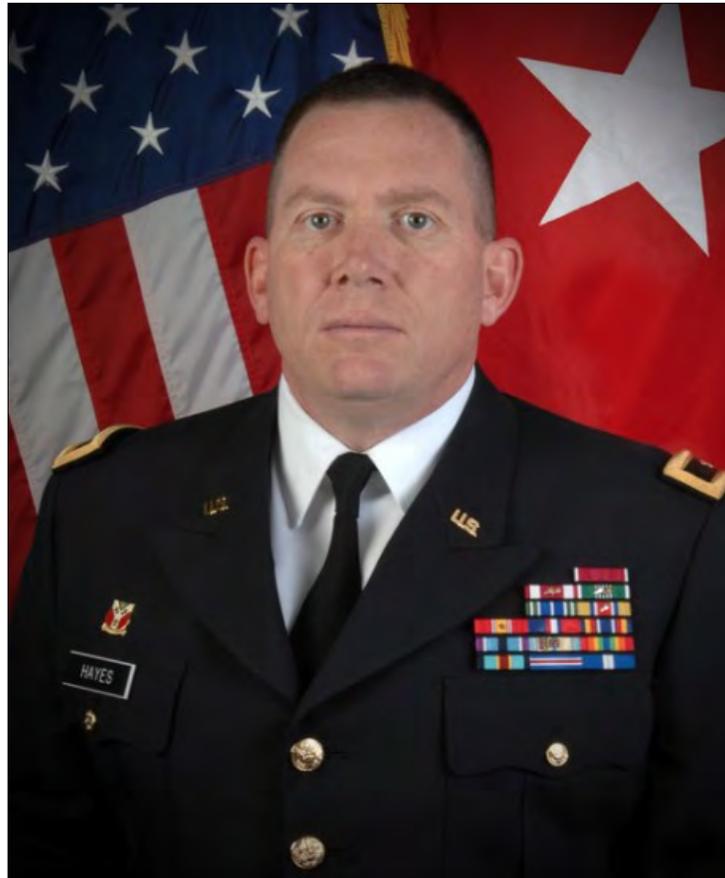
and leads all of the Illinois National Guard’s domestic operations. He has also been a successful business leader. He currently serves as a senior executive with a large engineering and construction company based in Lisle, Ill.

“General Hayes’ acumen as a businessman will be a great benefit to the Illinois National Guard as we continue to get stronger despite limited finances,” said Brig. Gen. Krumrei. “He is a leader who listens to his subordinates and makes wise decisions based on all the available information. That’s a vital skill

both in the military and in the private sector.”

Hayes was commissioned in 1987 from the Reserve Officer Training Corps program at the University of Kansas and joined the Illinois National Guard in 1989. Since 1989 he has served in various positions within the field artillery, infantry, and joint force headquarters. On Saturday, Hayes was awarded his second Legion of Merit for his service as Commander of the Illinois National Guard’s 129th Regional Training Institute. The Legion of Merit is the U.S. military’s sixth highest award.

“I take pride in leaving every organization that I’ve led better than it was when I arrived,” Hayes said. “It is really the people in those organizations that make the positive changes. At the end of the day, leading is really about influencing, building consensus and empowering people.”



Professionalism

by Col. Ronald Paul
Commander, 183d Fighter Wing



First of all, I would like to say thanks to each member of the 183d Fighter Wing for the amazing results of our Combined Unit Inspection (CUI). For those who are not familiar with the term, the CUI is a combination of five inspections performed nearly simultaneously.

The Environmental, Safety, Occupational Health, Compliance Assessment Management Program (ESOH CAMP) inspection kicked off the CUI. We had daily updates from the inspectors and each day we heard positive comments. During my outbrief with the team chief, the words “Best guard base we’ve seen,” were relayed. I am really proud of your efforts. The ESOH CAMP is a very tough inspection, because one hiccup can reflect negatively across the entire base. You all worked very hard and the results speak for themselves.

The Health Services Inspection (HSI) team arrived next. The team chief was immediately impressed with the Medical Group’s positive attitude and spotless facility. We endured an extremely vigorous and in-depth inspection of every program. The team dug deep and looked at historical records to ensure we have sustained programs. They interviewed program managers and verified responses. Again, the Medical Group excelled. We achieved the almost-impossible. We are one of the very few units in the ANG to garner a 94 percent OUTSTANDING rating!

The Logistics Compliance and Management Program (LCAP) inspection team arrived in Springfield and they hit the ground running. The LCAP team was comprised of logistics experts from the ANG Readiness Center and from units around the country. They thoroughly examined every aspect of our logistics programs and practices. This was a very difficult inspection. Not only did we pass, we achieved a 92.3 percent rating, which is EXCELLENT!

The Article VI inspection was also very significant. The Article VI affects each squadron and each member of the 183d. It is centered in the Judge Advocate General (JAG) office and it focuses on legal processes and legal support of our wing. A team of experts came in and looked at each checklist item. They not only wanted to see if we comply, but also how we comply. Our JAG team received the highest praise and achieved a 97 percent compliance rating!

The Compliance Inspection (CI) team arrived during the middle of the CUI and was comprised of approximately 30 inspectors from Air Combat Command (ACC). This was one of the first CI’s to combine virtual and in-person evaluations. From the time the team arrived at Gate 1, to the time they departed, we hit a home run. I received twice-daily updates from the team chief. It was very nice to hear how well we run our programs. Every update was positive. The ACC team was very impressed with our attitude and enthusiasm. For the CI portion of the CUI, we received an EXCELLENT rating!

I cannot thank each of you enough for your efforts. Every member of the 183d Fighter Wing should be proud of what we accomplished. Our long hours of preparation and extended drills paid off. Our pain with learning and becoming experts on MICT paid off. Our checking, double-checking, and triple-checking programs, records, and documentation paid off. Our detailed and thorough support team made a very difficult job efficient. From beginning to end, we demonstrated we are the best wing on the planet.

At the time of this writing, we have not found a base, Active Duty or ANG, with overall better CUI results than we have just achieved. The news of these results has spread quickly across both the Active Duty and ANG. I have received numerous congratulatory notes and inquiries as to how we did it. My response was simple—hard work.

We did what we set out to do and we now breathe a huge sigh of relief. Now, the key to remaining successful is keeping up with our high standards. We need to keep our programs, records, OI’s, ADA’s, and compliance where they are, and even get better. Let’s ensure we remain at the top. Once again, thanks for all you have done. I am one proud commander.

Colonel Jim Moy

*by Maj. Robert Dutra
183d Air Intelligence Squadron*

For the past couple years, Col. James J. Moy had been engaged in a personal war against an insidious form of cancer that restricted his mobility. Despite debilitating pain, Col. Moy always maintained a positive outlook on his condition and held unwavering personal dedication to persevere over the enemy. He endured the battles and difficult challenges in preferred silence, endeavoring to spare his family and the personnel under his command from fear or worry about his wellbeing. Though his spirit was willing to carry on the fight, his body was weakened beyond repair. On July 22, 2013 we lost an outstanding officer and friend.

Col. Moy was a native of Chicago, receiving his commission through the Reserve Officer Training Corps (ROTC) at Indiana University, Bloomington, Indiana. As a KC-135 navigator, he served on active-duty tours in Japan and California before transferring to the 126th Air Refueling Squadron, O'Hare International Airport in 1996. As the navigator



Col. Moy has his eagles pinned on by his two daughters, Jodi and Kaci (left and right respectively).

position was phased out of the KC-135s, Col. Moy chose to cross-train into the intelligence career field

and earned a coveted degree from the Joint Military Intelligence College in 2005. He transferred to the 183d Fighter Wing in 2008, helping lead the unit through its transitions, before being selected as commander of the 183d Air Intelligence Squadron.

In the movie, “We Were Soldiers”, the main character is asked how he feels about being both a soldier and a father. “I hope that being good at the one makes me better at the other,”

he replied. A movie buff himself, this quote aptly describes Col. Moy’s persona as an Air Force officer. He was a fervent patriot; his love of country exceeded only by the love for his wife Akina and his young daughters, Kaci and Jodi. Irrespective of rank or position, Col. Moy endeavored to be the consummate wingman and mentor to each of us. We were all part of his military family.

The loss of fellow Airmen, whether expected or unexpected, often renders a sense of shock and sudden loss to a unit, and we will certainly miss the leadership and camaraderie Col. Moy instilled in the AIS and Air Operations Group. However, no one should believe Col. Moy would want us to mourn for him. Instead, he would want us to embrace the occasion as an opportunity to demonstrate to each other the finest principles of our military heritage: honor, courage, and commitment. There is a bumper sticker that asks, “WWJD?” For many of us now, this acronym will serve as navigation for our lives for another reason. “What Would Jim Do?”... a fitting legacy for a truly honorable man.



Combined Unit Inspection

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to any discrepancy found. I want to especially thank Chief Master Sgt. Steve Stewart and Master Sgt. Mike Niepert for their valiant effort in preparation for this inspection. We couldn't have done it without you. I want to also thank CE, all Unit Safety Reps and anyone else who helped the Safety office in any way. Good job!"

The preparation for such an inspection is truly a team effort. Many inspected areas include more than one organization. Wing-wide programs such as administrative file plans, safety, training, and others, can be looked at on any level. A discrepancy at the squadron level may translate to a finding for the wing itself, so it is very important that all areas not only ensure compliance with their own checklists, but keep these wing-wide programs in order as well.

"The Article 6 Inspection went very well for the JAG Office," said Maj. Trevor Orsinger, 183d Fighter Wing Staff Judge Advocate. "We were able to showcase our talented staff and display our commitment to providing excellent service. In particular, I couldn't be more proud of the effort by the paralegal staff of Master Sgt. Deborah Schumer, Master Sgt. Beth Smith, and Staff Sgt. John Thomas. They demonstrated a firm commitment to getting the job done and thriving in a stressful environment. While there were some deficiencies, we were able to correct many of them at the conclusion of the inspection. The attorneys worked well to deliver an outstanding product to the inspectors. Lt. Col. Kevin Strine, Capt. Maria Delimata, and 1st Lt. Joesph Cook were diligent in their preparation and maintained a high degree of professionalism during the inspection process. Given the substantive areas that were inspected and the time in which preparations were made for the Article 6, I could not be more pleased with the results," Orsinger said.

"Because the Article 6 process is divided into two parts, Brig. Gen. Cassie Strom will visit our office most likely in September. We're looking forward to the opportunity to demonstrate our continued commitment to excellence in the legal office during part two of the process," Orsinger went on to say.

With the inspection complete and the

information gained still fresh in our minds, now is the time for correcting discrepancies. By correcting these findings, and staying current on checklist items through the MICT program, we will ensure a successful path forward.

"While we always welcome the opportunity to showcase our wing to inspection groups, I would be lying if I said it was not nice to see them in the rearview mirror afterwards," said Col. John Patterson, Commander, 183d Mission Support Group. "The CUI preparation provided a great unit focus for the last year and an introduction to the MICT self-inspection process that will serve us well in the future. As always, we will take the inspection results to heart and use them as a basis for process improvement, or a springboard for greater mission accomplishment. I'm proud of all the hard work by the Mission Support Group, as well as the rest of the Wing, and believe that the CUI results speak for themselves," Patterson continued.

Since the last compliance inspection, the 183d has endured many changes. The Base Realignment and Closure Commission (BRAC) stripped the unit of its flying mission, moving its F-16 fighter jets to other units. This meant an overwhelming majority of personnel tied to that mission would have to retrain or look elsewhere for jobs in their specialty. This decision also led to the closure of the base Fire Department due to its ties to the flying mission. However, the 183d was granted exciting new missions, including a jet engine Centralized Repair Facility (CRF) and an Air Operations Group (AOG). Despite these vast changes, the true strength of the 183d Fighter Wing remained intact, its people.

"Of course it feels great to be part of a Medical Group that gets an 'outstanding' rating", said Col. Joseph Maslar, Commander, 183d Medical Group. "But the real enjoyment comes from being part of a wing that has mutual support between different groups on base, has dedicated members across the wing who take their service and their health requirement responsibilities seriously, and provides the opportunity to work side-by-side with some of the most outstanding individuals you could ask to meet, all in service to our country. That's all pretty 'outstanding', too."

Cholesterol, why you should care

*Capt. Amanda Shull,
Physician Assistant, 183d Medical Group*

What is cholesterol?

The Center for Disease Control and Prevention (CDC) defines cholesterol as a waxy, fat-like substance that is needed by the body. However, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke.

Cholesterol is one of the several substances created and used by the body to keep us healthy. It comes from two different sources; your body and food. The liver and other cells in the body make up 75 percent of the bloods cholesterol and the other 25 percent is from the food we eat.

Good versus Bad Cholesterol:

Cholesterol is referred to in two different ways; “good cholesterol” and “bad cholesterol.” It is essential to understand the difference between the two and to know what your levels of each type are in your blood. According to the American Heart Association too much of one type or too little of another can increase your risk for coronary heart disease, heart attack, and stroke.

Low-density lipoprotein, or LDL, is known as the “bad” cholesterol. High-density lipoprotein, or HDL, is know that the “good” cholesterol. These two types of lipids, along with triglycerides and Lp(a) cholesterol, make up our total cholesterol count. Cholesterol is not able to dissolve in the blood, and these lipoproteins are what transport the cholesterol to and from the cells.

If your LDL cholesterol is high this can cause a build up in the inner walls of your arteries that feed the heart and the brain. This, along with other substances, can form plaque which can narrow these arteries and lead to a heart attack or stroke. If your HDL is high, it is said to protect you against a heart attack. It is thought that HDL carries cholesterol away

for the arteries and back to the liver where it is passed from the body.

How often should you have your cholesterol checked?

It is recommended by the National Cholesterol Education Program (NCEP) that adults over the age of 20 have their cholesterol checked every five years.

What do your cholesterol results mean?

Your complete fasting lipoprotein profile will show total cholesterol, HDL, LDL, and triglyceride levels. The following is information provided by the American Heart Association to help you understand the appropriate cholesterol levels.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable level that puts you at lower risk for coronary heart disease. A cholesterol level of 200 mg/dL or higher raises your risk.
200 to 239 mg/dL	Borderline high
240 mg/dL and above	High blood cholesterol. A person with this level has more than twice the risk of coronary heart disease as some one whose cholesterol is below 200 mg/dL.

HDL Cholesterol Level	Category
Less than 40 mg/dL (men)	Low HDL cholesterol.
Less than 50 mg/dL (women)	A major risk factor for heart disease.
60 mg/dL and above	High HDL cholesterol. An HDL of 60 mg/dL and above is considered protective against heart disease.

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Home computer and network security

by Maj. Shawn D. Strahle

Commnader, 183d Communications Flight

Computer and network security should be something we are all cognizant of and with our heavy reliance on information technology system it is critical. Many of us access our military email accounts from home using a CAC reader and Microsoft Outlook Web Access (OWA). Securing our home system to protect our military account information, as well as our own personal data, needs to be thought of. Every day there are news stories of cyber-attacks and data theft. This not only happens at the corporate and government level, but daily personal home computer systems networks and smart phone devices are hacked into. Most of us have Personally Identifiable Information (PII) on our home computers and smart mobile devices, such as tax and banking documents. There are a few easy steps that you can take to keep the bad guys out of your home computer and network. Recognizing computer network security as an important part of our daily lives will also help keep our military networks more secure. The Air Force offers the Symantec Endpoint Protection antivirus software as a free home use download from the Air Force Portal. Microsoft Security Essentials is another free and effective antivirus and spyware protection software. Spybot Search and Destroy is a great program for removing malicious software that your antivirus software misses, it also helps protect your internet browsers by immunizing known infected websites. The following are a few highly recommended best practices for from the National Security Agency (NSA).

Keep your Operating System (OS) patched

No matter which operation system you run, keeping it patched with the latest security updates is one of the easiest, but often overlooked, security measures. When security patches are released, it is

to correct vulnerabilities in the operating system that may be exploited by an attacker. The second Tuesday of each month is Microsoft's "Patch Tuesday," when they release the monthly updates. Microsoft will also release security patches any time a critical flaw has been found and the fix has been developed. Keep your OS update notification turned on to let you know when new updates are available.

Install a Comprehensive Host-Based Security Suite (Antivirus and Spyware)

A comprehensive host-based security suite provides support for anti-virus, anti-phishing, safe browsing, Host-based Intrusion Prevention System (HIPS), and firewall capabilities. These services work collaboratively to provide a layered defense against most common threats. Several security suites today provide access to a cloud-based reputation service for leveraging corporate knowledge and history of malware and domains. Remember to enable any automated update service within the suite to keep signatures up-to-date. The above listed free antivirus software are an easy fix for this.

Limit Use of the Administrator Account

The first account that is typically created when configuring a Windows host for the first time is the local administrator account. A non-privileged "user" account should be created and used for the bulk of activities conducted on the host to include web browsing, email access, and document creation/editing. The privileged administrator account should only be used to install updates or software, and reconfigure the host as needed. Browsing the web or reading email as an administrator provides an effective means for an adversary to gain persistence on your host. Within Vista or Windows 7, administrative credentials can be easily accessed by right clicking on any application, selecting the "Run as Administrator" option, then providing the appropriate administrator password. Furthermore, all passwords associated with accounts on the host should be at least 15 characters long and be complex, use of a passphrase works great, for example. "In

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Medical News cont.

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LDL Cholesterol Level	Category
Less than 100 mg/dL	Optimal
100 to 129 mg/dL	Near or above optimal
130 to 159 mg/dL	Borderline high
160 to 189 mg/dL	High
190 mg/dL and above	Very high

Triglyceride Level	Category
Less than 100 mg/dL	Optimal
Less than 150 mg/dL	Normal
150–199 mg/dL	Borderline high
200–499 mg/dL	High
500 mg/dL and above	Very high

What are ways that you can lower your cholesterol?

The CDC suggests that you make therapeutic lifestyle changes (TLC) by eating a low-fat, high-fiber diet and being physically active most days of the week. Your diet should be low in salt; low in total fat, saturated fat, and cholesterol; and rich in fresh fruits and vegetables. Make a conscious effort to walk at least one brisk 10-minute walk, three times a day, five days a week. Maintain a healthy weight with a BMI less than 25. Do not smoke, and if you are a current smoker make a strong effort to quit.

Happy Retirement!

Col. Nicholas S. Rantis	HQ/ILANG
Col. Steven J. Konie	HQ/ILANG
Maj. Edward L. VanZandt	183AOS
Master Sgt. Victoria R. Spanbauer	217EIS
Master Sgt. Lanina M. Clark	183FW/ME
Master Sgt. Richard L. Hand	183LRF
Tech. Sgt. Christopher M. Merriman	183MXS
Tech. Sgt. Jeffrey A. Stott	183AMOS
Tech. Sgt. Christopher D. Walker	183SFS

Communications News cont.

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1969 Apollo 11 on the moon”. This passphrase is 29 characters long (counting spaces) providing great security, but would be easy for you to remember.

Implement Full Disk Encryption (FDE) on Laptops

Windows 7 Ultimate provides support for Bitlocker Full Disk Encryption (FDE) natively within the OS. For other versions of Windows, third party FDE products are available that will help prevent data disclosure in the event that a laptop is lost or stolen. TrueCrypt is a great free full-drive encryption utility.

Implement WPA2 on Wireless Network

The wireless network should be protected using Wi-Fi Protected Access 2 (WPA2) instead of WEP (Wired Equivalent Privacy). Using current technology, WEP encryption can be broken in minutes (if not seconds) by an attacker, which afterwards allows the attacker to view all traffic passed on the wireless network. It is important to note that older client systems and access points may not support WPA2 and will require a software or hardware upgrade. When researching for suitable replacement devices, ensure that the device is WPA2-Personal certified. If you are intimidated at setting up your routers security, most manufactures provide very easy to follow how-to guides.

Implement Strong Passwords on all Network Devices

In addition to a strong and complex password on the wireless access point, a strong password needs to be implemented on any network device that can be managed via a web interface. For instance, many network printers on the market today can be managed via a web interface to configure services, determine job status, and enable features such as email alerts and logging. Your Sony PS3, Microsoft Xbox 360 are also vulnerable, so make sure you password protect them. Smartphones should be setup with a strong password as well, they are vulnerable if lost.

Preparation

by Lt. Col. Jeff Laible
Chaplain, 183d Fighter Wing

From drought conditions a year ago, to floods, tornados and severe storms this year, we have gone from one extreme to another in just a 12-month time period! We cannot help but be affected by the weather and weather patterns. From super storm Sandy this past fall, to the recent devastation from tornados in Oklahoma, the power of nature can change landscapes in a matter of a few short minutes.

Preparing for the unpredictable and the unexpected is a key component in dealing with the power of mother nature. As part of our mission in service to our community and state, being prepared to respond at a moment's notice, both mentally and physically, is essential.

Mother Nature's power (whether that is floods, tornados, earthquakes or hurricanes) is, however, not the only storms that we can face in life. Equally difficult can be the storms of sudden illness (ours or a family member), the death of a loved one, traffic accidents, and dysfunctional relationships, to name a few. Dealing with these events can prove to be more difficult than the destructive power of mother nature.

Our ability to overcome the storms of life is central to our overall health and emotional wellbeing. Building a resilient mind-set will give us the inner strength we need, but this takes practice, focus and determination. So what does it mean to be resilient? I recently attended an event where this question was asked to the audience. Words that came from the group which describe resiliency were: endurance, the ability to bounce back, coming to a new normal, adaptive, integration, this too shall pass, flexibility and steadfastness.

A particularly moving comment on resiliency was made by an ANG Chaplain who responded to the September 11, 2001 terrorists attack in New York City. As he walked through the massive destruction and overwhelming sadness of so many lost lives surrounding the World Trade Center, a firefighter approached him and said (with great anger), "where is God at in this horrible mess Chaplain?" The Chaplain paused for a minute, and recalled the words from the Psalms which he had read that morning, "The



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goodness of God is found in the land of the living." "God is with us – this is the land of the living," the Chaplain told the firefighter, as he looked him square in the eye, "even in the midst of all this, as horrible as it is, God is with us."

This ANG Chaplain's testimony of his encounter with a distraught New York City firefighter was so moving, so powerful, and

filled with so much emotion, it was as though 9/11 happened just a few days prior. Resiliency for this Chaplain, as he walked through lower Manhattan on 9/11, was the strength of his faith and the Psalmist who reminds us that "the goodness of God is found in the land of the living."



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Fax (217)757-1509	
Protestant Service:	Saturday 12:30 p.m.
Catholic Mass:	Sunday 8:30 a.m.

Wingman Day

*by Master Sgt. Michael Niepert
183d Fighter Ground Safety Technician*

Soon, Airmen of the 183d Fighter Wing will take time away from their everyday jobs to focus on another important mission - being a good wingman.

Wingman Day is simply about looking out for each other. The thing we want to focus on is you and your relationships with your family, your friends and your peers at work. We should focus on four pillars of fitness: physical, social, mental and spiritual.

This is a very comprehensive approach so you have all the different aspects of well roundedness to be successful, not just in your Air Force career, but in life. Wingman Day, very simply, is about us looking out for each other in all four of those aspects.

We must emphasize the need, not only to be well-rounded, but to be balanced. The budget is down, but missions are up, and we are doing more with less, adding to the load Airmen carry. We as Airmen need to be able to manage the stresses and challenges of the day.

Being a wingman means intervening when someone is showing signs of being unable to handle that stress. The number one thing to do is to share with each other, to care about each other, and be willing to be proactive. It is hard to be an effective wingman if you do not really know the person beside you.

Being a good wingman also means being available to help an Airman off base as well as on base. We must remind our Airmen they are the Air Force's most precious asset. We want you to enjoy your time off as well as the holidays, but we want you to come back safely.

This means having a transportation plan, if there's drinking at holiday parties or just out on the town, driving at a safe speed for road conditions,



Master Sgt.
Mike Niepert
Ground Safety Technician
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packing a survival kit, and following all safety guidelines for seasonal sports activities.

Many incidents can be prevented by having a good wingman. I encourage everyone to step forward and stop friends from making a bad decision that may cause harm to themselves or others. This is part of the wingman culture.



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Weapons Safety Mgr.	DSN 892-8237
	Comm (217)757-1484
	DSN 892-8484
Fax	(217)757-1504
DSN Fax	892-8504

Equal Opportunity

Equal Opportunity Specialist wanted

*Submitted by 1st Lt. Stephen Younker
183FW Equal Opportunity Office*



The 183d Fighter Wing Equal Opportunity Office is seeking a highly motivated, respectable individual to serve in the enlisted position of Equal Opportunity Specialist. The EO specialist promotes an environment where individuals are treated with dignity and respect regardless of race, color, religion, national origin, age, sex, or disability. The specialist provides advice, consultation, education, mediation services, and referral services to enhance mission effectiveness. The specialist advises personnel on EO responsibilities, policies, and programs and provides information to those seeking assistance. She/he serves as an authoritative program data source for the installation commander. The specialist identifies existing and potential EO and other Human Relations issues, clarifies military EO complaints and incidents and advises and assists commanders, directors, supervisors, and base personnel with possible solutions in resolving EO concerns. Further duties of the EO specialist include conducting and analyzing unit human relations climate assessments, preparing news media articles and reports and analyzing program statistics in an effort to prevent or eliminate adverse conditions that have the potential to impact mission effectiveness. The specialist develops EO and other related human relations education (HRE) programs and prepares lesson plans and support material for HRE. She/he conducts briefings, lectures, group discussions, and seminars to improve an organization's human relations climate. Finally, the specialist provides oversight on special interest items as dictated by higher headquarters, e.g., sexual harassment, dissident and protest activities. Interested personnel should call or email Lt. Stephen Younker at (217) 757-1258 for qualification information.

New Members

Welcome Aboard!

Lt. Col. James G. Silvasy	183AOS
Maj. Eric A. Mitchell	183AOS
Maj. Todd J. Avritt	183ACOS
Capt. Bradley C. Boehmke	183ACOS
Capt. William L. King	183ACOS
Capt. Gregory L. Blaum	183ACOS
2nd Lt. Chad M. Kale	183AIS
2nd Lt. Brain W. McCammon	183ACOS
Tech. Sgt. Matthew D. McKee	183MDG
Staff Sgt. Shane A. Hibbs	183AMOS
Staff Sgt. Maggie Cronnin	HQ/ILANG
Staff Sgt. Justin W. Nelson	183MXS
Senior Airman Terry T. Richmond	217EIS
Senior Airman Brandon F. Szromba	183SFS
Senior Airman Jason A. Grigsby	183MSG
Senior Airman Justin L. Schurman	183MXS
Airman 1st Class Stacy F. Atwell	217EIS
Airman 1st Class Darian A. Wilham	183FSS
Airman 1st Class Joshua D. Thomas	183MXS
Airman 1st Class Nicholas G. Pianfetti	217EIS
Airman 1st Class Samuel C. Kluge	183AOS
Airman 1st Class Megan P. Rice	183FSS
Airman 1st Class Zakery J. Stufflebeam	217EIS
Airman 1st Class Myles H.D. Chick	183CES
Airman 1st Class Blaine M. Roberts	183FSS
Airman 1st Class Connor J. Thompson	183CES
Airman 1st Class Lance W. Alaria	183CES
Airman 1st Class Dylan M. Twitty	183CES
Airman Zachary E. Jones	183CES

Ethical leadership

*submitted by Maj. Sean Heup
Inspector General, 183d Fighter Wing*

There are many decisions made by some individuals which have put them in an unfavorable situation. Whether intentional or unintentional, these decisions affect the mission--directly or indirectly. Falling into an ethical trap is easy and sometimes we are not aware we are in one.

These traps are:

- Beliefs
- Loyalty to an individual, unit or organization
- Impact to your reputation
- Win at all cost mentality

Whatever rationale is used, the decision must be in accordance with military rules and regulations. The majority of unfavorable situations can be easily avoided if time is taken to think things through.

TIG Brief, Vol 65, Num 3, May 2013
<https://www.my.af.mil/gcss-af/USAF/AFP40>

SIX TESTS DECISIONS AND CONSEQUENCES A BIT EASIER TO MANAGE

1. **The Shame Test:** If your actions were publicized, would you be embarrassed, discredited or humiliated?
2. **The Community Test:** Besides your family, would you want your peers, neighbors or friends to know?
3. **The Legal Test:** Could you face legal actions? Are you willing to face legal actions?
4. **The Situation Test:** Could you justify your actions due to peculiar, special or extraordinary circumstances?
5. **The God Test:** What would your religious leader say? Would you want the action done to you? Or would you want everyone to make the same

decision?

6. **The Consequence Test:** Will the end justify the means?

TIG Brief, Vol 65, Num 3, pg 15 May 2013
<https://www.my.af.mil/gcss-af/USAF/AFP40>

SPECIAL POINTS OF INTEREST:

“Every day we are bombarded with decisions... should I wake up now or hit snooze; what should I eat, healthy or unhealthy? Some are pretty harmless, but others put our moral compass to the test. It is important to always decide and act ethically... our subordinates, organization and mission will be affected by our decisions—positively or negatively. It is a fine line between both extremes and the outcome depends on us.”

TIG Brief, Vol 65, Num 3, pg 15 May 2013
<https://www.my.af.mil/gcss-af/USAF/AFP40>

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



Announcements



Promotions!

COLONEL

Col. Marshal S. Furr 183ACOS

LIEUTENANT COLONEL

Lt. Col. Timothy R. Reynolds 183AMOS

Lt. Col. John P. Murtha 183ACOS

Lt. Col. Jennifer Sullivan HQ/ILANG

Lt. Col. Mark A. Hurley 183AOS

Lt. Col. Scott C. Barbu 183AOS

MAJOR

Maj. Gregory G. White 183AMOS

CAPTAIN

Capt. Seth N. Delahunt 183ACOMS

1ST LIEUTENANT

1st Lt. Holly A. Shelton 183AOG

1st Lt. Stephen G. Younker 183FW/ME

SENIOR MASTER SERGEANT

Senior Master Sgt. Rachel L. Meyers 183FW/HRA

Senior Master Sgt. Danielle R. Vice HQ/ILANG

MASTER SERGEANT

Master Sgt. Tommy R. Dale 183MXS

TECHNICAL SERGEANT

Tech. Sgt. Jeremy M. Tobin 183FSS

Tech. Sgt. Forrest B. Lipe 183ACOS

Tech. Sgt. Matthew D. Yore 183ACOMS

TECHNICAL SERGEANT cont.

Tech. Sgt. James M. Simmons 183MXS

Tech. Sgt. Oscar Feliciano 217EIS

STAFF SERGEANT

Staff Sgt. Maria L. Jefferson 183FSS

Staff Sgt. Sarah E. Pherigo 183FW/PA

Staff Sgt. Adam B. Wilde 183ACOMS

Staff Sgt. Ashley H. Adams 183AOS

Staff Sgt. Joseph A. Bandy 183SFS

Staff Sgt. Jennifer S. Burg 183AIS

Staff Sgt. Jared M. Hayward 183AIS

SENIOR AIRMAN

Senior Airman Nicholas R. Erjavsek 183MXS

Senior Airman Kathryn L. Williams 183FW/CP

Senior Airman Timothy B. Smith 183CES

Senior Airman Cody A. Sims 183FSS

Senior Airman Jacob B. Thomas 183LRS

Senior Airman Aaron M. Eldridge 183CES

AIRMAN 1ST CLASS

Airman 1st Class Dalton D. Plumer 183AMOS

Airman 1st Class Connor J. Thompson 183CES

Airman 1st Class Lance W. Alaria 183CES

Airman 1st Class Dylan M. Twitty 183CES

Airman 1st Class Alexander D. Zillion STU FLT

Airman 1st Class Trent A. Nation STU FLT

Airman 1st Class Nathan D. Cox STU FLT

Airman 1st Class Zachary C. Cox STU FLT

Airman 1st Class Nicholas J. Sorenson STU FLT

Airman 1st Class Thomas J. Smith STU FLT

Airman 1st Class Caleb M. Bowman STU FLT

Airman 1st Class Jakob C. Little STU FLT

Airman 1st Class Joshua Karmatzis STU FLT

AIRMAN

Airman Blake A. Nord 183CES

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!

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, August 6. 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!

Unit Spotlight



Who: Staff Sergeant Lisa Gonzalez

What: 183d Fighter Wing Personnel Specialist

When: Enlisted Jan. 8, 2003

Why: My husband Tito Gonzalez, who was my boyfriend at the time, talked me into joining here at the 183d. When he left in 2007 from the 217th he convinced me to stay and I've been here since. I recommend the 183d because there are good benefits and you gain a lot of discipline and experience that can help you in your civilian life and career.

Are we missing something?

The 183d Public Affairs is requesting your feedback and input. If you have recommendations or would like to see something specific in the Falcon's View or on the 183d Facebook page please contact us at 217-757-1267 or via email at 183fw.pa@ang.af.mil.

183D Fighter Wing Family Day



Come out and join us for a day
filled with fun and
excitement! Games (For all
ages), Bounce House, Pony
Rides, Laser Tag, Music,
Cookie Decorating, Food and
more!

Sunday October 6, 2013

Commodities Pavilion, State Fair Grounds



*"Family ~ like branches on a tree,
We all grow in different directions,
Yet our roots remain as one"*

Run To Remember



Fourth Annual "Run to Remember" 5K Walk/Run

Sunday, October 06, 2013
9:00 a.m. Start Time

Come out and help us remember those of the 183rd we have lost over the years.

Registration: Registration will be open to current Air and Army Guard members, retirees, and family. All personnel not in military status will be required to sign a waiver. Registration will be open until the day prior to the race. No race-day registration will be accepted.

Registration is \$20 (Race shirt not guaranteed if registered after Sept 27th).

Alternate Date and Time: Time and date subject to change due to mission requirements and weather.

Course: Will consist of an invigorating lap around The Illinois State Fair Grounds.

Amenities: Technical race shirt, water and sports drink at the half-way and finish line, fruit and bagels at the finish line.

Awards: Overall male and female winners will receive a special plaque and \$20 gas gift card. Male and female age group winners will receive \$10 gas cards. Age groups will be as follows:

17 and Under	40-49
18-29	50-59
30-39	60+

Contact: Chief Erin Roesch at ext. 576 Msgr Stults at ext. 275 or SrA Stroupe at ext. 446



Hosted by:
NCO Academy Graduates Association

Name: _____

Circle One: Military Retiree Family

Age on 10/06/2013: _____

Sex: Male Female Shirt Size: S M L XL XXL

Payment: Cash Check

(Please make checks payable to NCO Academy Graduates Association)

Thanks for your Support

Signature: _____



Commander's Cup Golf Outing

PIPER GLEN GOLF COURSE 26 JULY 2013

JOIN US FOR A ROUND OF GOLF IN SUPPORT OF CIRCLE OF CHANGE.

A VETERANS PROGRAM

Circle of Change seeks to enhance the lives of veterans suffering from PTSD and other traumatic events by providing them dog training and handling experience that will help to improve their social skills, self-esteem, and quality of life.

To register yourself or a team, contact:

Bernie Riddle: 217-757-1220 or 217-652-2267

Make checks payable to:

183D COMMANDER'S CUP GOLF OUTING

All registration forms and money must be received
by 15 July 2013

- CHECK IN BEGINS AT 8:00 A.M.
- SHOT GUN START AT 10:00 A.M.
- FOUR PERSON BEST BALL TOURNAMENT
- WITH SCRAMBLE FORMAT
- \$70.00 PER PERSON



TEAM MEMBERS:

NAME: _____ PHONE: _____

NAME: _____ PHONE: _____

NAME: _____ PHONE: _____

NAME: _____ PHONE: _____

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, Staff Sgt. Christina Morrison, 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: 217.757.1244 email: christina.morrison@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 Staff Sgt. Christina Morrison, 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 Staff Sgt. Christina Morrison by e-mail at: christina.morrison@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 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.

52R3	Chaplain	48R3	Res Trnd Flt Surg
11F3Y	Fighter Pilot	13S4	Space and Missile
48A3	Aero Med Spc	12F4Y	Fighter CSO
17D3B	Cyberspace Ops	12F4W	Fighter CSO
35P4	Public Affairs	12B4Y	Bomber CSO
10C0	Ops Commander	12M3T	Mobility CSO
41A4	Health Service Admin	11F4Y	Fighter Pilot
32E4	Civil Engineer	11F4U	Fighter Pilot
21R4	Log Readiness		
21R3	Log Readiness		
16G4	AF Ops Staff Off		

To inquire about the following enlisted vacancies, please contact Master Sgt. Matt Allen at 217-757-1292 / DSN 892-8292. Members applying for these positions must currently hold the AFSC for the position being applied for. Additional positions are available for new Guard members and transfers from active duty.

2S071	Material Mgt	1N171A	Geospatial Intel
3M051	Services	2A571	Aircraft Maint
3D156	Airfield Sys	3D173	RF Trans Sys
3D157	Cable & Antenna Sys	4N071	Aerosp Med Svc
1C072	Avi Resource MG	3D071	Know Ops Mgt
1C571	C2 Battle Mgt Oprs	3E072	Elec Pwr Production
2A651C	Aerospace Prop	3E671	Ops Mgt
2A652	Aerospace Grd Equ	1C771	Air Mgt
3E451	Water/Fuel Sys Maint		