



# FALCON'S VIEW

183rd Fighter Wing

Illinois Air National Guard, Springfield, Ill.

February 2013, Vol. XIII, No.2

## Chaplain appointed as 38th Adjutant General of the Illinois National Guard

*Press Release  
Public Affairs, HQ/ILNG*

Governor Pat Quinn named Daniel M. Krumrei as the 38th Adjutant General of the Illinois National Guard and director of the Department of Military Affairs Dec. 21.

The former colonel has served as command staff chaplain for the Illinois National Guard since 2005 and has been instrumental in fulfilling Governor Quinn's longtime commitment to serving service members and their families.

"General Krumrei has served in the National Guard for more than 35 years and has made it his mission to ensure that our service members get the support they need to be successful in the military and in their civilian lives," Governor Quinn said. "His extensive experience at all levels of the Guard and with people of all faiths will be invaluable as we work to keep the Illinois National Guard the most effective force in the nation."

Krumrei (pronounced KRUM-ROY) joined the National Guard in 1977 and has served in a wide variety of roles including field artillery, nuclear, biological, chemical weapons specialist and chaplain. Since joining the Illinois Army National Guard in 1992 as a chaplain, he has helped make assisting service members and their families a priority of the Illinois National Guard.



He has built strong relationships with the faith and mental-health communities that work with Guard members before, during and after deployments by implementing models of support that are celebrated and imitated nationwide. Krumrei will lead the Illinois National Guard at a time when more service members are returning home permanently from overseas deployments, heightening the need for transition services such as job training and counseling.

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## Important Information

### Unit Training Assembly Schedule and pay dates



<u>Duty Performed</u>	<u>Pays out (approx.)</u>
FEB 9-10	FEB 20
MAR 2-3	MAR 13
APR 6-7	APR 19

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

### “Like” us on Facebook

#### The 183rd Fighter Wing is now on Facebook!

We will use this page to bring you newsworthy topics related to the 183rd as well as disseminate other information that may be relevant to drill, weather, etc. When you search for our page look for the photo below as the profile picture. This is the official page established here by the unit. If you find the page that has the wing crest as the profile picture, you have found a 183rd page that has been launched by Wikipedia, and is not the



official page. Please direct your questions or comments to the Public Affairs office by email: [183fw.pa@ang.af.mil](mailto:183fw.pa@ang.af.mil)

### February Lunch Menu \*Menu subject to change

#### Main line Saturday 1100-1300

teriyaki chicken, tilapia, oven brown potatoes, wild rice, mix vegetables, broccoli, peanut butter cookies, salad bar

#### Main line Sunday 1100-1300

spaghetti w/meat sauce, smothered pork chops, mashed potatoes, gravy, corn, cauliflower, peanut butter cookies

#### Short Order both days 1100-1230

biscuits and gravy, bacon, eggs, hash browns



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**Wing Commander**  
Col. Ronald E. Paul

## Attention!

The deadline for the February issue of the Falcon's View is, 1200 hrs. February 9!



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Airman 1st Class Morgan Grigiski

### Service Before Self

by Command Chief Master Sgt. John Jordan  
Command Chief, 183rd Fighter Wing

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During our recent state level Outstanding Airman of the Year board, we asked each candidate which core value they felt their organization was struggling with. Overwhelmingly, the answer was Service Before Self. The problem was identified in each wing and I believe if we were to conduct these interviews at the national level we would see the same results in other states.

*Air Force DDI-1 Leadership and Force Development* defines Service Before Self in this way, "service before self represents an abiding dedication to the age-old military virtue of selfless dedication to duty at all times and in all circumstances". It goes on to identify specific attributes which include duty, respect for others, self-discipline, self-control, appropriate actions or desires, tolerance and loyalty.

Every candidate that answered Service Before Self also stated that attendance at unit training assemblies was the largest violation of this core value. Of course, we also asked them what they are doing to correct this.

We all have conflicts with the unit training assembly (UTA) schedule - birthdays, anniversaries, weddings, graduations; the list goes on and on. On any given year I could easily miss several UTAs if I attended every social occasion I was invited to, but that would not be the right thing to do.

Our families provide an incredible amount of support to us and undoubtedly without that support we would not be able to serve. My wife understands that this is not just a job for me, serving and defending our nation is really what defines me. When I talk with your families at wing events I frequently get to hear how proud they are and truly appreciate what you do even when it calls for being away from home.

So how do we fix this and why should we have to? As a full time technician I am frequently asked "Can't I just make this up during the week?" In some

cases, yes; however, there are a lot of services and training opportunities that are not available during the week. The clinic does not staff a full time physician. Physicals, immunizations, etc. can only be accomplished when the appropriate personnel are on duty. Commander's calls and mass training events are scheduled on UTA weekends to efficiently provide this training in a timely manner. We are also given a limited amount of time to perform upgrade training and missing UTAs will invariably identify your squadron as having an ineffective training program.

Without completing this training or fulfilling mobility requirements, such as medical, your squadron and ultimately, the wing, will have to report that we do not have enough qualified Airmen to meet the assigned Unit Type Code (UTC) taskings.

Did you know you were ordered to attend UTAs? The annual drill schedule is published as an order. For calendar year 2013, Special Order M-1 was published and states "all members of Headquarters 183rd Fighter Wing and assigned units, Abraham Lincoln Capital Airport, Springfield IL 62707-5001, are hereby ordered to attend all Unit Training Assemblies (UTAs)". It does also state "unless otherwise directed by your chain-of-command" but that should be an exception not a rule. Our drill order is published in July of each year giving all unit members six months to de-conflict work schedules with the drill order.

There are a lot of benefits we are eligible for and I highly encourage everyone to take full advantage of them; however, these benefits are available to help compensate us for our service. There will be times when we are required to deploy or a change in mission may require us to retrain. It is our duty to meet these obligations. The sole purpose of the 183rd is not to provide educational funding or supplement our monthly income. We are here to support and defend the constitution of the United States.

The most common answer we got when we asked how to correct the problem was to "lead by example." The Senior NCOs also suggested utilizing force management techniques and I would agree that should be used as a last resort. If you are not willing to serve

*cont. on page 11*

# Winter sports weekend

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

Winter sports weekend. When I first heard this phrase, I was not quite sure I understood what it meant. But I quickly learned that when one lives in the northern tier States – Minnesota in particular – where the winter months seem to “drag on” forever – finding some fun “outdoor” activities, like a winter sports weekend, was good for one’s mind, body and spirit. After all, spending too much time indoors during the winter months can generate a terrible case of “cabin fever” and being outdoors, even if it is cold with lots of snow on the ground, can really reinvigorate your entire person.

Having spent five years in southeastern Minnesota during my college days provided me with many opportunities to participate in some winter sports weekend events. And since many of my classmates were from Minnesota, North and South Dakota, and Wisconsin, I had plenty of friends who were willing to participate in the various events that were hosted over a sports weekend.

There is one event, however, that I could not bring myself to enter and that was ice fishing on a frozen lake – until I found out that people take the equivalent of a small shed, park it in the middle of a frozen lake, and fill the shed with modern day creature comforts, like small heaters, portable TV’s, etc. Suddenly the idea of “roughing-it” on a frozen lake in the middle of winter (just to catch a few fish) did not seem like such a bad idea.

Now that we are in the middle of winter, I am reminded that I did “survive” a much longer period of cold temperatures (and far more snow) when I was a college student in Minnesota. Some of those “lessons” that I learned during a winter sports weekend – like learning to enjoy the outdoors even though it is cold, dark, dreary, sometimes with ice and snow – come back to me today and give me a positive focus. No, you will not find me attempting to fish on Lake Springfield in the middle of February, but I do have an



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entirely new appreciation for the season of winter. I can either be grumpy and become a “couch potato” until Spring arrives or I can bundle up with the right amount winter gear, head outdoors and explore what the season of winter has to offer.

While the shortened daylight hours make it much more difficult to enjoy time outside in February, I never-the-less try to spend a few hours outdoors at least a few

times a week. And that time outdoors, even though it is limited due to the temperatures, pays big dividends, physically, mentally and spiritually. The cold temperatures have a way of reigniting my mind and spiritual life. It seems strange, in a way, especially since winter is not my favorite season – but sometimes when we step out of comfort zone and step into a new or different space, we can rediscover or uncover something really rewarding.



Protestant Chaplain

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Protestant Service:	Saturday 12:30 p.m.
Catholic Mass:	Sunday 8:30 a.m.
Base Chapel Office:	Bldg. P-48, Room 302
Phone 217-757-1367	DSN 892-8367
Fax (217)757-1509	

# Lt. Gen. Clarke named Director, Air National Guard

by Col Nahaku McFadden  
National Guard Bureau

12/12/2012 - ARLINGTON, Va. (AFNS) -- Lt. Gen. Stanley E. Clarke III, commander of the Continental U.S. North American Aerospace Defense Command Region - 1st Air Force, has been nominated by President Obama to be the next director of the Air National Guard.

If confirmed by the Senate, Clarke will replace Lt. Gen. Harry "Bud" Wyatt III., who is retiring in January. Wyatt has led the Air National Guard since February 2009.

Wyatt said Clarke, if confirmed, is the right person at the right time.

"Sid is an outstanding leader," he said. "He has an opportunity to lead the best Air National Guard in our nation's history; a force that is proven in combat and domestic crises. His wealth of command and staff positions will help shape and guide the Air Guard as we forge ahead to the future."

As Air Guard Director, Clarke will be responsible for formulating, developing and coordinating all policies, plans and programs affecting more than 106,000 Air Guard members in more than 88 flying wings and 200 geographically separated units throughout the United States, the District of Columbia, Puerto Rico, Guam and the Virgin Islands.

Clarke is no stranger to key leadership positions. At 1st Air Force, he commanded four direct reporting units, 10 aligned Air National Guard units, and a large number of active air defense alert sites -- including aircraft, air defense artillery, and up to 15,000 active duty, National Guard, Air Force Reserve and civilian personnel. As the Joint Force Air Component Commander for North American Aerospace Defense Com-

mand and U.S. Northern Command, Clarke developed contingency plans and conducted full-spectrum U.S. Air Force air and space operations in the continental United States, Puerto Rico and the U.S. Virgin Islands, as well as over the maritime approaches to the U.S.

Clarke is a command pilot with more than 4,000 flight hours, including more than 100 in combat, in the T-38 Talon, C-26 Metroliner, A-10 Thunderbolt II and F-16 Fighting Falcon. He has served as the Deputy Director of the Air National Guard and as the Assistant Adjutant General for Air for the Alabama Air National Guard.



Prior to his NORAD assignment, Clarke served the senior defense official and defense attaché in Turkey. The general was commissioned in 1981 as a distinguished graduate of the ROTC program at the University of Georgia. He has served in various operational and staff assignments including duty as an A-10 and F-16 instructor pilot. He also has commanded a squadron, fighter wing and air expeditionary wing.

### It's still cold outside

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

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The guidance below is taken from **AFI36-2903**, Dress and Personal Appearance of Air Force Personnel, and addresses authorized cold weather items.

Headgear is required **AT ALL TIMES** when outdoors if the area has not been designated a “no hat area”

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

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

6.1.10.1. Outer Garments. The sage green fleece

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

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

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

6.1.15.1. Outer Garments. The cold weather parka will be green with a fur-edged hood. When worn, the parka will be zipped at all times. The hood will rest neatly on the upper back when not in use. Rank insignia is not worn on the cold-weather parka. Can be worn with all uniform combinations.





### Promotions!



<b>Technical Sergeant</b>	<b>Airman 1st Class</b>
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Aaron O. Johnston	Kenzel, Sean
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<b>Senior Airman</b>	<b>Airman</b>
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Jon R. Kent	Logan J. Coventry
Jared A. Braun	Dalton D. Plumer
	Cody M. Wilson

Did you know...myPers Can Assist You with Your Retirement Process?

Are you a Regular Air Force, Air National Guard, Air Force Reserve or AF Civilian member nearing retirement eligibility and asking yourself, "Where do I begin?" The answer to that question is myPers.

### Welcome Aboard!

Maj. Laura C. Boussy	183rd ACOS
Capt. William J. Glenn	183rd ACOS
Capt. Mary E. Miskell	183rd AIS
1st Lt. Jera C. Muder	183rd ACOS
Tech. Sgt. Edith A. Barber	183rd AIS
Airman 1st Class Blake H. Vorreyer	183rd MXS
Airman 1st Class Brittni M. Stark	217th EIS
Airman Dakota R. VanCleve	183rd LRF
Airman Joshua W. Karmatzis	183rd SC
Airman Jakob C. Little	183rd MXS

The myPers website is a total force source for personnel information and services. It's available 24/7 and is where you can find answers to your questions and conduct personnel business online when it is convenient for you.

To get started on your retirement quest, log on to the myPers website at [mypers.af.mil](http://mypers.af.mil). As myPers is personalized, the information you see upon entry is tailored to your Air Force affiliation. Once there navigate to the "Learn More About" section on the left side of the page and click on the "Retirement" link. Your component's Retirement Home Page provides everything you need--from information on eligibility and the application process, frequently asked questions (FAQs), and relevant online service tools --to benefits/entitlements and other guidance you may need surrounding a retirement from service.

### Happy Retirement to:

Lt. Col. Robert L. Barry	183rd FW
Lt. Col. Richard I. Dobson	183rd SG
Lt. Col. Petro S. Krafcisin	183rd SG
Lt. Col. Paul J. Young	183rd AOS
Chief Master Sgt. Jeffrey A. Baer	183rd MXS
Chief Master Sgt. Francis J. Melchert	217th EIS

Go check it out!  
[mypers.af.mil](http://mypers.af.mil)

### Avoid the Dangers of “Smishing”

*submitted by Master Sgt. Jay Watts  
183rd Communications Flight*

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#### Avoid the Dangers of “Smishing”

A new form of scamming may be headed for your smartphone—are you protected?

Chances are you have got security software on your PC to protect your emails against “phishing”—fraudulent messages that attempt to get you to reveal sensitive information such as account numbers and passwords.

But now there is a new venue for these types of scams: your smartphone.

#### What Is Smishing?

“Smishing” is phishing that is conducted over short message service (SMS)—or your texts.

The Pew Internet and American Life Project found that on average, mobile phone users send and receive approximately 40 text messages a day. That means at some point, you are likely to encounter smishing. And if your smartphone is not secure, your personal information could be vulnerable.

#### Messages You Might Receive

Common smishing messages often appear to require immediate attention. They may take a format such as:

- A message “from your bank,” telling you your account has been shut down and asking you to call a number to reactivate the account.
- A notification that you have been signed up for a service and will be charged unless you take some form of action, such as visiting a bogus website.
- A confirmation of a purchase that directs you to call a number if the confirmation is inaccurate.
- If you take the actions as prompted by these messages, you may be sending your

personal information right to the scammer. Some programs will spread malware or a virus on your phone or computer. And others may give the scammers the means to eavesdrop on your phone calls.

#### How to Protect Yourself

If you get a text that is unsolicited or from an unidentifiable source, protect yourself with these tips:

- If the message appears to be from a legitimate source, contact that source’s main phone number—not the number provided in the text—and verify. Legitimate businesses, such as banks, do not send out texts that elicit a response.
- Delete messages from unknown sources without reading.
- Do not click on links or download apps from an unverified source.
- Never provide sensitive information to an unverified texter.
- Avoid messages that appear to come from the number 5000. This may be an identity that hides a scammer’s real number. The message may have no number at all.
- Add security software to your mobile phone.
- Look into setting up a “text alias.” This cell phone feature hides your actual phone number from the smishing sender.
- Contact your phone provider and alert it to the messages you have been receiving.

To learn more or to file a complaint, contact the Federal Trade Commission at [www.ftc.gov](http://www.ftc.gov) and visit the FTC’s identity theft website [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft).





# The importance of eating right and staying active

by Capt. Amanda Shull  
Physician Assistant, 183rd Medical Group

The New Year is here, and it is time again to make your New Year resolution. The number one resolution made each year is weight loss. Maintaining a healthy lifestyle through eating right and daily exercise is a goal that we should all work towards.

Staying in peak physical condition is one of the main responsibilities of military members. In fact, it is very hard to constantly maintain the level of athleticism that most branches require. According to the National Strength and Conditioning Association's "Training the Tactical Athlete," being able to be proficient in strength, power, stamina, endurance, agility and speed all at one time is very difficult, however, most military members are expected to be able to perform those activities at the drop of a hat. They also have to stay within height and weight standards, and be able to face many different physical scenarios.

In order to maintain the physical standards placed on you by the military, you need to make healthy lifestyle choices daily throughout the year. It is imperative to your military career to establish a weekly work-out routine accompanied by a well-balanced diet. Not only will this help you as a member of the military, but it will also help you to live a long and healthy life.

One of the key components to controlling your weight and improving your health is eating right. In order to sustain a healthy diet you have to be aware of what and how much you are eating. The food labels are a great way to make sure you are eating more of

the good stuff and less of the bad stuff. However, it can be difficult to understand what the food labels are trying to tell you. Most people are left wondering what the food label means, what they should be looking for, which nutrients should be high, and which nutrients should be low. If you are like most people then the following link offers some helpful information: <http://www.acaloriecounter.com/food-labels.php>.

There are approximately 80 million Americans a year that go on diets and spend more than \$30 billion annually on programs and products. A weight loss plan only works if you choose one that you are able to stick with. It is a lot easier to lose weight and firm up when the diet plan you choose fits your lifestyle and personality.

According to the Mayo Clinic, when choosing a diet plan you should involve your doctor, consider your personal needs, and look for safe and effective programs. Your doctor can review any medical problems you might have and look over any medication that you may be on, and help you determine appropriate weight-loss goals. They can also discuss with you how you can exercise safely.

No one weight loss plan works for everyone, but by considering your preferences, lifestyle and weight-loss goals, you should be able to find or tailor a diet to suit your individual needs. When looking for a weight loss plan, make sure it is flexible, balanced, enjoyable, and includes physical activity.

If you are interested in a free calorie counter, diet and exercise journal go to <http://www.myfitnesspal.com>. This is a great program that you can access from your home computer, or download on your smart-phone to use on the go.

Start this New Year off right by making healthy choices. It is important to remember that it is better to take many small steps in the right direction than to make a great leap forward only to stumble backward.



## **Victims no longer, Air Force escalates war on sexual abuse**

*by Martha Lockwood  
Chief, Information Products, Defense Media Activity*

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We are living witnesses to one of those rare historical coincidences, the one where we can actually learn from history instead of condemning ourselves to repeat it. Fortunately, the Air Force is on the cutting edge of our education.

Looking back to the first half of the twentieth century, the Civil Rights dilemma was profound: It was the obvious truth that was being ignored. And in instances when it became too obvious to be ignored, it was discounted or dispensed with altogether with a bureaucratic sleight of hand: The states voiced demands that the federal government set the tone, while simultaneously turning a blind eye to localities that maintained the status quo. The ideology behind the bureaucracy was that “stateways cannot change folkways.”

It was the Civil Rights Movement, led by the late Martin Luther King, Jr., whose birthday is celebrated as a federal holiday on January 16, that challenged America to embrace The Dream. And in 1964, with the passage of the Civil Rights Act and the formal and informal education that came with it, stateways and folkways began to morph and complement each other.

Fast forward to the beginning of the 21st century and we are witness to another metamorphosis. The dismantling of the wall of silence about sexual assault has begun. Much like the Civil Rights Movement of half-century earlier, the resolve of those determined to affect change—to end the shame, the silence and the stigma attached

to the sufferer of sexual assault and not the perpetrator—is being bolstered by communication and education. The amplifying opportunity now, however, is that communication (and its inherent ability to educate) is far more robust than it was at mid-century, and it offers a variety of media and platforms never before imagined, for good or ill. For example, whether or not you agree with the information contained in the graphic posted by The Enliven Project, which visually portrays rape statistics in terms of the people involved, it is well worth noting that within the first 24 hours that it was posted, over 20,000 people have liked, commented and shared the statistics about sexual violence contained in it. (No report was provided on viewers only.) This is, as has been noted, the teachable moment, a time for conversation and enlightenment.

Nowhere is this teachable moment taken more seriously than in the Air Force. In announcing the Special Victims’ Counsel Program, Chief of Staff Gen. Mark A. Welsh III emphasized why the status quo is intolerable: “It takes a strong team to succeed in our mission to protect and defend the nation, and sexual assault undermines that.”

The program, which will provide 60 specially-trained attorneys Air Force-wide, is centered on supporting the object of the sexual assault by combatting anxiety with education, loss of control with certainty, and depression with a clear plan for taking action against the assailant. The attorneys are certified trial counsel, and they have expressed a desire to help victims of sexual assault. The plan, at its core, will provide support and advocacy for those targeted by sexual predators enabling them to be survivors and victors instead of bystanders with a toxic history defining their future.

## Unit Spotlight



**Who:** Airman 1st Class Jacob Thomas

**What:** Warehouse Inspector, Logistics  
Readiness Flight

**When:** Enlisted in the 183rd on June 15, 2011

**Why:** I enlisted for a few different reasons. I wanted the opportunity to meet new people while receiving long term benefits, but most importantly to serve our country and have a career doing something I enjoy.

**Recent/Favorite Deployment:** I have not deployed yet, but I'm looking forward to it in the near future.

**Career Progression:** I obtained a full time position here at the 183rd following my return from tech school.

## The Adjutant General cont.

“Over the last three decades, I have had the privilege of counseling thousands of service members and have built a deep understanding of the challenges facing our soldiers and airmen – their struggles with transitioning, with family, and with balancing civilian work and military requirements,” Krumrei said. “Like them, I know personally what it is to leave your family, your friends, your community, and your job for the combat theater. I am grateful to Governor Quinn for this opportunity to lead our National Guard, and to help our National Guardsmen meet every challenge they encounter with courage and confidence.”

Maj. Gen. (IL) Krumrei holds a master's degree in strategic studies from the Army War College and a Master's of Divinity from Phillips Graduate Seminary, as well as numerous service awards and decorations. Among these is the Kuwait Liberation Medal, earned during a deployment to Saudi Arabia during Operation Desert Storm. As a civilian, he has served as senior pastor of the Parkway Christian Church – Disciples of Christ in Springfield since 1998. Krumrei resides in Springfield with his wife Sue, an art teacher at Franklin Middle School. They are the parents of three adult children – Ben, Kate and Jessi.

## Commander's Comments cont.

in the capacity required of you, then you should step aside and let someone else serve their nation. The NCOs suggested an educational approach by emphasizing the benefits of the Guard and what our Airmen might potentially lose. Our Airmen were concerned with instilling a sense of purpose or self-worth in their positions and emphasizing how important each member was to our wing and completing the mission assigned.

Service to our country requires some sacrifice and I'm only too happy to sacrifice my mother-in-laws birthday to attend drill. Just kidding and don't show this to my wife! On the serious side, there are many times I wish I could be in two places at once, but I have never regretted choosing service over self.

# Black ice safety tips

*Submitted by Master Sgt. Michael Niepert  
Ground Safety Inspector, 183rd Fighter Wing Safety*

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According to the Occupational Safety and Health Administration (OSHA), black ice is considered to be one of the most dangerous winter road hazards because it forms quickly and is easily camouflaged to motorists. Before you drive on icy roads and highways this winter, it is important to understand the dangers and warning signs of black ice, and how to be a safe and defensive driver if you should hit a patch of black ice.

### How Black Ice Forms:

Black ice is also known as “glare” ice because it is a thin, transparent layer of ice that reflects off of dark pavement surfaces. Drivers often mistake the patch of black ice for a shiny puddle of water. As they drive over black ice, their tires slip, which causes the vehicle to spin and skid. Black ice forms when air temperatures reach above freezing and the pavement’s temperature drops below freezing. Black ice is more prevalent when there is an increase in air moisture and after a snow or rain storm. However, black ice can still form even when it is not raining or snowing. It is more likely to form in early morning hours when the pavement is still cold. Drive carefully over bridges and underpasses, because they typically freeze first. Air circulates above and below these structures, and the pavement temperatures drop rapidly, causing black ice to form quickly.

### Stay Safe on Icy Roads:

When driving on icy roads, be a defensive and cautious motorist. The U.S. Department of Transportation reports that over 1.5 million weather-related crashes happen each year in the U.S. due to adverse weather conditions (i.e. fog, rain, sleet, and snow) or as a result of slick or icy pavement.

### Follow these winter driving guidelines:

- Make sure you and your passengers wear a seat belt.
- Use snow tires or make sure your tires are in top condition. A sturdy set of tires on your vehicle will give you better traction when you hit an icy patch.
- Drive cautiously and slowly when conditions are right for black ice.
- Do not tailgate other vehicles because you will need that extra car length if you brake, hit an icy patch, and lose control of your vehicle.
- Keep your vehicle’s windshield clean. If your windows are dirty and covered in ice or snow, you are less likely to see a patch of black ice while driving.

### Warning Signs of Black Ice:

- Temperatures fall below 40 degrees Fahrenheit
- Low areas with water run-off from nearby land or trees are prone to black ice
- Pavement surfaces look dry but appear darker in color
- Roadways are shaded from the sun or near large trees

### What to Do if You Hit Black Ice:

- Do not brake too quickly because it could cause you to lock your brakes and lose tire traction.
- If your vehicle has anti-lock brakes, do not pump the brakes or remove your foot from the brake pedal. The anti-lock brake system will keep brakes from locking while allowing you to steer and slow down your vehicle.
- Slowly take your foot off the accelerator and shift the car into neutral, or declutch if you have a manual transmission.
- If your car starts to spin or skid out of control, do not panic. Turn your wheel smoothly in the direction of the spin. Avoid jerky wheel turns and movements.

## Family Readiness

### HELP WANTED

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

#### Volunteer Sign-up Form

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

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

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

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

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

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

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

## Vacancies

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

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

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

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