



## The loss of a legend

by Maj. Nancie Margetis  
183rd Public Affairs

It was a sad day December 20th when long-time member and one of the original members of the unit, James A. Prokopp Jr. died at the age of 94 here in Springfield.

Retired as a Chief Master Sgt., Prokopp joined the Army Air Corp Dec. 8, 1941, the day after the attack on Pearl Harbor. He separated from the Army Air Corp in Nov. 1945 and enlisted in the newly created 170th Fighter Squadron Sept. 1, 1948 and was the first enlisted member of the squadron. He participated in the federal activation to George AFB, Calif., during the Korean War in 1951 and was activated (at home station) for the Cuban Missile crisis in 1961.

He was very involved with the unit from its inception, and more recently by attending the 60th anniversary celebration and the 2008 Christmas party. He spent his entire career with the unit in mainte-

nance, retiring as the NCOIC of the Organizational Maintenance Branch in 1977.

"I remember the first time I met Chief Prokopp," recalls Chief Master Sgt. Hergenrother, 183rd Command Chief Master Sgt., "It was in 1973 when I first moved to Maintenance Control. Being a chief, with all those stripes, and the way he carried himself, you could tell he knew what he was doing and that he was running the show.

And I remember he was sincerely a nice guy—very energetic, always on the move and always with a smile on his face. He was extremely knowledgeable about aircraft maintenance.

It seemed like he was always at the big table when decisions were being made."

The chief was regarded as an expert in the aircraft maintenance field. His entire 170th FS and 183rd military career was spent in aircraft maintenance where he served as a crew chief, flight chief, quality assurance inspector and the Organizational Maintenance



Branch Chief.

Retired Lt. Col. Lee Spradlin worked with Prokopp when Lee was an enlisted technician in aircraft maintenance. "Jim was extremely dedicated to the 183rd in every way. He was a people-person and sincerely liked everybody. He was an intelligent man and was

**Legend, continued on page five**

### IN THIS ISSUE

**Chief James Prokopp tribute**  
Pages 1, 5

**Leadership Training Seminar**  
Page 7

**Wing Organization Series**  
Pages 10-12

**In The Spotlight**  
Page 15

**Holiday Party Photos**  
Pages 18-19

## Just the Facts

### Unit Training Assembly Schedule and pay dates



#### Duty Performed      Pays out (approx.)

FEB 6-7                      FEB 17

MAR 6-7                      MAR 15

APR 10-11                      APR 21

**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.

## Attention!

The deadline for the  
MARCH issue of the  
Falcon's View is **SATURDAY,**  
**FEB. 7, at 1700.**



## On Base Emergency

CALL 911 FOR ALL YOUR  
ON-BASE EMERGENCY NEEDS.

## Important Contacts

Commercial (217) 757-1XXX  
on base use 3-digit Ext.

Main Gate.....	205
Base Commander.....	219
Base Operations.....	202
217th EIS Commander.....	700
Pass and Registration .....	481
Recruiting.....	285
Public Affairs .....	267
Customer Service .....	308
Military Pay .....	225
Clinic.....	221
Safety .....	237
Chaplain .....	367
Wing IG .....	770

**Toll Free Number**  
**1-800-392-1797**

## 183rd Human Resource Advisor

### What Does Mentoring Mean to You?

by Chief Master Sgt. Brenda Korte  
Human Resource Advisor

In December, I had the honor of sitting on the Outstanding Airman of the Year interview board. It was a very humbling experience and one that I enjoyed. I got to meet new people, ask questions, get their input, and learn more about the outstanding members of the 183rd!

This year, I decided to focus my questions on mentoring. I wanted to know what people wanted in a mentor, how mentors were productive, and what we should focus on when mentoring others. The answers were excellent and gave me some insight to effective mentoring.

In general, people seek a mentor that is a positive influence. Mentors take the time to get to know people. A good mentor is an active listener and engaged. A good mentor shows an interest in the lives of others. A good mentor continues learning, shares with others, and inspires them to be their best. There is a relationship of mutual trust and honest concern.

As you can see, mentoring involves spending time with each other. This can be done in the work environment, through base activities, and on deployments. We must take the time to get to know one another and develop positive relationships in order to empower Airman to grow, learn, and develop the skills they need to be successful at the 183rd, in the Air National Guard, and in life. I encourage you to seek mentors, practice being one for others, and develop strong and positive relationships.

If you have any tips, know of a good mentoring presentation, etc., I would love to hear your feedback. I can be contacted at [Brenda.Korte@ang.af.mil](mailto:Brenda.Korte@ang.af.mil) or 217-757-1450. Let's work together in building and becoming good, capable mentors for each other.



# Don't let the cold bring you down

by Lt. Col. Chaplain Jeff Laible  
Base Chaplain's Office



“Old man winter” has blown into Central Illinois and as I sit here in my office, I see snow rapidly covering the ground and highway. Coupled with several days of clouds and damp weather, there is no doubt in anyone’s mind (or bones) that winter is making its usual visit to the midwest. For those who love outdoor winter sports, the snow is a welcomed sight; for others who long for the warmer, more sunnier days of summer, the “elements of frozen precipitation” are a grim reminder that we have several more weeks before a game of golf or baseball will be possible.

Underneath all that snow, ice and melting salt, lies a dormant ground that longs to burst forth with the new life: budding flowers and trees, green grass and fertile gardens and fields that produce an abundant harvest. While the earth seems lifeless and without energy in the middle of winter, it is only a matter of time before the earth will spring forth with vivid and colorful reminders present in gardens, flow-

ers, and green grass.

In the meantime, we walk through these winter days – cold, dark and sometimes dreary – knowing that while the weather outside might be less than appealing, we ourselves can bring a bit of warmth and sunshine to others in a few simple, yet important ways.

A bright smile, a friendly “good morning,” a conversation that practices listening rather than “doing all the talking” might sound ‘trite’ but in reality it is these simple ways of interacting with our co-workers, fam-

ily members, friends – and even strangers – that can make a cold, dark, dreary, winter into a warm, bright and cheerful place. It is in the little interactions that we have on a daily basis where we make the greatest impact in others’ lives, and all it takes is a positive, cheerful, friendly attitude, or a warm and inviting smile. None of this costs us any money. It only costs us having an awareness of how we can positively impact others throughout daily interactions.

So where, you might ask, do I suggest you get this positive, warm and loving energy (which you can share with others in the middle of a cold, dark and dreary winter)? It’s simple. Just spend time everyday connecting with God (or your higher power) and you’ll find a boundless amount of spiritual energy that will not only help you (and me) but everyone you encounter (whether you know them or not).



✠ ✠ **CHAPLAINS’ INFORMATION** ✠ ✠

### Roman Catholic Chaplains:

**Lt. Col. Bob Barry**  
3700 103rd Street  
Chicago, IL 60655  
phone: 773-296-3857  
email: RLBarry@worldnet.att.net  
or robert.barry@ang.af.mil

**Lt. Col. Jeff Laible**  
316 S. Logan Street  
Lincoln, IL 62656  
phone: 217-732-4019  
email: Frlaible@holy-familylincoln.com

### Base Chapel Office:

Bldg. P-48, Room 302  
Phone 217-757-1367, DSN 892-8367  
Fax (217)757-1509

Religious Services  
Protestant Service:  
Saturday 1500hrs Chapel  
Catholic Mass:  
Saturday 1600hrs Chapel



# Comm is going 3D!

by Chief Master Sgt. John Jordan  
183rd Communications Flight

When I first heard that Communication AFSCs were changing to 3D, I thought we would all get cool glasses with one green and one red lens and maybe see our jobs in a whole new perspective. We did not get the glasses, but we are looking at our jobs differently.

In the communication career fields, we as military members often struggle to keep pace with our civilian counterparts. Often the changes they are incorporating do not fit the security requirements of our networks. New technologies go through extensive testing to ensure we do not leave ourselves vulnerable once they are installed. Don't put in your requirement for a Government i-phone® just yet, we typically lag behind industry by about four or five years and even then not all of the new gizmos will find their way into the Air Force inventory.

One of the major changes the Air Force adopted in 2000, based off of industry models, was "One Air Force, One Network." This initiative has made our networks work more efficiently together and hopefully made our jobs more productive. Yet another change was recently standing up the Air Force Cyber Command. Communication networks are now given the same priorities as conventional weapon systems. Ah, if I had a nickel for every time I heard "I can't get

my job done without this computer."

What does that have to do with 3D AFSCs you may be asking? Those changes have caused us to re-evaluate our skill sets and what each work center is required to do to accomplish our mission. I should probably clarify that they are not three-dimensional AFSCs but rather three "delta", as in 3D0X1, AFSCs. We now have Cyber Systems Operations instead of the Network Control Center, Cyber Surety instead of Information Assurance and Knowledge Operations instead of Information Management just to name a few. These are not just name changes either. Many duties have been realigned from one work center to another; an important example of this would be the Client Systems AFSC. As you may have guessed these airmen will be working on...client systems! So now when you have an issue with the computer on your desk, don't call Cyber Operations (formerly NCC) call our Client Systems work center at ext. 241.

Our realigned AFSCs should once again make us more efficient and productive, but of course these changes don't happen overnight. We have been working these changes into our full-time and military duties for a couple of months now. Do not be surprised though if the technician you are used to working with suddenly tells you "that is not my job anymore" and forwards you to another work center. Our ultimate goal is always customer satisfaction – while maintaining the integrity and security of our network so rest assured your issue will be resolved.

Unlike Kerasotes, we will not charge extra for our 3D service!

## Force Protection

Due to on-going threats against military personnel that continue to exist in today's world, changes to base access processes have been directed by Headquarters Air Force. Base access will only be granted as follows:

1. To those that possess a valid and approved ID (predominately the CAC and pendant IDs). OR,

2. Be escorted by someone with a valid and approved ID (see above)

Please make note of this change and pre-coordinate your base access needs prior to attempting to access the installation. Any questions regarding base access policy may be directed to Senior Master Sgt. Fred Ausmus, 217-757-1383.

### Legend, continued from page one

especially knowledgeable of the F-84. When there were any questions on aircraft related issues, people went to see Jim.”

Chief Master Sgt. Jeff Baer first met Chief Prokopp in Nov. of 1975 just out of technical school as a crew chief. At that time Jim was in charge of the Organizational Maintenance Squadron. His first impression of Jim was a very kind and sincere person who was interested in the welfare and morale of his troops. “Always soft spoken but firm when he had to be - Jim was well respected by all.”

Retired Col. Robert Murphy was frequently visited by Prokoff while Col. Murphy was the wing commander. “Both Jim and Virginia were two of the nicest people I have ever known. Jim always had a smile on his face and a quick story or memory of an event that he could recall that made you see the brightest side of any issue or circumstance. Jim Prokopp was one of the best. I will always remember him as a dedicated member of the 183rd and a true gentleman.”

One of his most valued accomplishments was being one of the founding members of the Air National Guard Non-commissioned Officer Academy Graduate Association where he was an active member during his enlistment and well into his retirement.

Prokopp was a lifetime member of the Springfield, IL Chapter 75 Non-commissioned Officer Academy Graduate Association. Even after retirement from the 183rd in 1977, Jim stayed active with the association and attended the National Seminar every year when possible. In July 2007, Jim celebrated his 90th birthday during the national seminar hosted by Chapter 75 at the Springfield Hilton. Retired Master Sgt. Theresa Snyder remembers that time well, “What an honor it was for us all to have been able to celebrate this milestone with him.”

In July of 2008, Jim and three other association members drove an RV to the national seminar in Knoxville, TN. Snyder recalls that trip, “What a time that was. Jim was a great riding companion and entertained us with stories of long ago. He had a wonderful memory. On the first morning of the trip we couldn’t find him. Since he was 91 we all worried about him and the first day of the seminar when we were waiting around

to leave for our meetings we couldn’t find Jim.

“Of course we all thought the worst and were afraid that the trip may have been too much for him. We were to the point of having the hotel open his room when we found out that he had been up and gone at 6 a.m. to hang out with his other retired NCOAGA buddies over breakfast. That was such a memorable trip. What a wonderful person and what a great loss for his family and the NCOAGA. Jim will be greatly missed.”

Janice Kirk, Chief Prokopp’s daughter sent a heartfelt thank you to unit members regarding her father’s funeral. Her words gracefully sum up what the unit meant to her father and their family.

*“Everyone from the Guard, current members and retirees, went out of their way to express appreciation for what dad had done to enhance the experience of those he encountered at the Guard. Several people commented that as children they had enjoyed a tour of the facility with dad doing his favorite thing, showing off ‘his planes’.*

*“Dad lived and breathed the 183rd. It was more than a job to him -- it was a way to reach out to the wider community and let them see what wonderful men and women served them. He looked forward to the monthly gathering of the retirees for breakfast, and was always anxious to attend the NCO Grad Association conventions.*

*“I want everyone associated with the unit to know what they meant to Dad. Thank you all for your care and support during this difficult time.”*

Col. Michael Meyer, 183rd Wing Commander, gracefully sums it up. “The 183rd would not be what it is today if it were not for Jim Prokoff. He insured that the unit got off to the right start and that things were done right during his almost thirty years of service. And in all of his over thirty years of retirement, he continued to affect the unit in a very positive manner. We are very lucky indeed that James A. Prokoff, Jr. was the first person to join what has become the 183rd. It has been honor to know him and serve in the unit in which he was so instrumental.”

Chief Jim Prokopp was one in a million, and the unit was fortunate to have been blessed with his dedication. He will be truly missed. Memorials in his honor may be made to Alzheimer’s Association or St. Martin de Porres.

## H1N1 Vaccinations

### Unit members begin to receive H1N1 vaccination

by Senior Airman Chasity Johnson  
183rd Public Affairs

Members of the 183rd Fighter Wing began to receive H1N1 influenza vaccination shots Jan. 9 at the medical clinic here.

The CDC recommends influenza vaccination as the first and most important step in protecting against the flu. Because supplies of the 2009 H1N1 vaccine have increased dramatically, the CDC is now encouraging everyone to get vaccinated at this time.

Col. Michael Meyer, 183rd Fighter Wing Commander, was first in line to receive the vaccination. "Any vaccine is a preventative measure," said Col. Meyer. "It builds antibodies to prevent exposure to yourself and others, and it helps prevent illness throughout the year."

Engaging in routine preventative health measures, like immunizations, is integral to the success of the medical readiness program.

"H1N1 is more deadly in younger age groups – from the early ages to the thirties – which are the primary constituents of this unit," said Col. Meyer. "We have to always be physically and mentally prepared to deploy. This is a very positive step in that direction."



Col. Michael A. Meyer, 183rd Wing Commander (right) receives the H1N1 vaccination at the base clinic by Lt. Jennifer Stoner, Officer in Charge of Immunizations (left), on Jan. 8. (Photo by Master Sgt. Shaun Kerr)

## Welcome Aboard

### New Enlistees

Staff Sgt. Douglas J. Adams	Detachment 1	November 16, 2009
Master Sgt. Brent G. Simpson	Detachment 1	December 1, 2009
1st Lt. Rafal M. Kowalczyk	183rd Medical Group	December 5, 2009
Maj. Reginald G. McCutcheon	Detachment 1	December 15, 2009
Capt. Jeffery D. Heller	Detachment 1	December 15, 2009
Capt. Richard A. Morgan	Detachment 1	December 15, 2009
1st Lt. Dwayne A. Cantrell	Detachment 1	December 15, 2009
Lt. Col. Steven M. Taylor	Detachment 1	December 17, 2009
Capt. Scott E. Hunnemeyer	Detachment 1	December 22, 2009

## Diversity is...

The HRA theme of the month continues in February! Remember:

Diversity is respecting our unique individuality, our differences, allows each of us to contribute the best of ourselves. This is the proven strength of the Air National Guard.

Diversity is an inclusive culture of personal growth, which leads to organizational success.

The diversity of our ANG provides our force an aggregation of strengths, perspectives and capabilities that transcends individual contributions.

“What did I do today to push on the fly-wheel?”

- How do you “Raise the Bar” in your commitment to champion diversity in the Air National Guard?
- How do you live to ensure you include, engage and empower all Airmen?
- How do you maximize individual strengths and combine individual abilities and perspectives for the good of the mission?

## Leadership Training

**A great way to begin and/or continue mentoring someone!**

“Change is Happening, Are You?”

Presented by Lt. Col. George Vukotich, Medical Group

Everyone is welcome to attend!!!

When: Sunday, February 7  
0900-1000  
1030-1130  
1330-1430

Where: CEX Training Room (P-48, 3rd Floor)

Training will consist of a presentation, discussion, and a question/answer period. See your Unit Training Managers and supervisors about attending classes. Time and location subject to change. Any changes will be announced.

## February Lunch Menu

### SATURDAY

- Italian beef on a bun
- Potato chips
- Cole slaw
- Potato salad
- Fruit salad
- Tossed salad
- Strawberry shortcake
- Ice cream

Catered  
Served 1100-1300



\*Menu is subject to change  
♥ Heart healthy

### SUNDAY

- ♥ Chicken parmesan
- Au Gratin potatoes
- Broccoli
- Sweet corn
- Tossed salad
- Apple crisp
- Fresh fruit
- Ice cream

**New retirees**

**Lieutenant Colonel Victoria Davis**  
183rd Air Intelligence Squadron

**Master Sgt. Bobby J. Tucker**  
183rd Civil Engineering Squadron

**183rd Fire Department Reunion**

A reunion for all current, retired, and former 183rd Fire Department members has been planned. All past and present members are encouraged to attend and bring photos, stories, and a guest, if desired.

If you need more information or have questions, contact Mr. Jim Cribbett at [retmsgt1@earthlink.net](mailto:retmsgt1@earthlink.net) or 217-629-9811.

**When:** Sunday, Apr. 18, from 1:00 p.m. to 5:00 p.m.

**Where:** Firefighters-Postal Lake Club, 940 W. Lake Shore Drive, Springfield.

**Cost:** Cash bar; everything else provided.

**Spring semi-annual retirees luncheon planned**

Retirees of the 183rd Fighter Wing will be getting together to share stories of days-gone-by and catch up on what is new.

Every retiree is encouraged to attend and bring someone with you.

If you need more information or have questions, contact the Public Affairs office at 217-757-1267 or Mr. Walt Pierce at 217-787-1226.

**What:** Semi-Annual Retiree Luncheon

**When:** Friday, Apr. 30, at 11:30 a.m.

**Where:** Diamond Buffet (formerly Shakey's Pizza and Buffet), 2441 S. MacArthur Blvd., Springfield.

**Cost:** \$7.50 per person covers a meal, drinks, dessert, and tax. (A gratuity basket will be available.)

**Retirees breakfast gathering**

Come join the retirees for breakfast. Some are new, some are old, and some are even older than that, but it's always an enjoyable way to start the day. The monthly retiree's breakfast will be Tuesday, February 2, at King Pin Lanes on the corner of Sangamon Ave. and Dirksen Parkway. They say they meet at 8 a.m., but if you're not there by 7:30 a.m., the early birds have taken the good seats!

**Civil Engineering deployed members are starting to return**

*by Maj. Nancie Margetis*  
*183rd Public Affairs*

The 183rd Civil Engineering Squadron has been welcoming home their members over the several weeks. Thirty total airmen deployed to Afghanistan and Iraq and have been returning to Springfield in waves. All deployed members are expected to be home this month.

The 183rd Civil Engineering Squadron was the first Air National Guard unit to serve as the Senior Airfield Authority at Bagram Air Base. While deployed, the squadron's mission was to build and repair the base's runways, airfield surfaces, and roads in addition to maintaining the facilities, utilities, and buildings

on the airfield. With over 32 acres of ramp space and five aircraft dispersal areas with a total of over 110 aircraft parking revetments; maintaining, repairing, and sustaining the airfield is a 24 hour 7 day a week job.

Dedicated and selfless, 183rd Civil

Engineering flawlessly executed its mission enabling the multi-nation force and 455th Air Expeditionary Wing at Bagram to fly close air support, combat search and rescue, aerial intelligence, surveillance and reconnaissance, and airlift missions in support of U.S. and coalition forces supporting Operation Enduring Freedom.

In conjunction with Combined Joint Task Force-82 and the 455th AEW the 183rd Civil Engineering Squadron's efforts were critical in helping secure the future of Afghanistan for the Afghan people. A welcome home ceremony will be held during March UTA.





# Professional Military Organizations

by Chief Hergenrother  
183rd Command Chief

---

*One of the great things about being a member of the National Guard is that mission accomplishment is enhanced due to the diverse backgrounds and professions that we bring to our military duties. As professionals in our day-to-day civilian lives, we belong to organizations that advance our respective professions. Lawyers belong to the bar association, doctors belong to the Medical Society, and engineers belong to engineering societies, to name a few. As members of the profession of military arms, we should also look at the benefits of professional military associations. Therefore we are publishing a revised version of an article that Chief Thomas Hergenrother wrote last year concerning the importance of participating in Professional Military Organizations.*  
~ Col. Michael Meyer

Did you know that nearly all “quality of life” enhancements we receive as military members come from Congress – not the Department of Defense (DoD)? Did you know that many of our normal benefits are continually being challenged by many lawmakers to reduce costs? Military coalitions, or Professional Military Organizations as we call them, advocate (fight) for these continued benefits at State Capitals and on Capitol Hill. They speak daily to our U.S. Representatives in the House and the Senate on legislative initiatives on our behalf. Their agendas focus on “improved” and “continued” benefits for members

of the National Guard. And the first two questions always asked are who do you represent and what is the strength (in numbers) of your organization? This is why membership numbers in professional organizations are vital to improving and sustaining benefits for all military members, including retired members as well.

There are many professional military associations such as: the Air Force Association; the Military Officers Association; the National Guard Association of Illinois (NGAI), a state organization for both officers and enlisted. Federal organizations include: the National Guard Association of the United States (NGAUS) (for officers) and the Enlisted Association of the National Guard of the United States (EANGUS) (for enlisted) are Professional Military Organizations. They are non-profit, non-commercial organizations that exist to support, promote and develop the interest of the profession of military arms and the Army and Air National Guard members.

In addition to the advocacy taking place at the national level, the “Commission of the National Guard and Reserve” delivered their report to Congress Jan. 31, 2008, after two years of deliberation. There were numerous recommendations that, if enacted, would be harmful to the Guard. Organizations such as NGAUS and EANGUS have stated their opposition to many of the Commissions recommendations and they are hopeful Congress gives little credence to them. One recommendation, Duty Status Reform, mandates we be paid for one day per UTA day, versus the two days per UTA day we now receive. This

would not only negatively affect your pay, but would also reduce the retirement points you earn and eventually your retirement compensation. There are many additional findings that were equally damaging to the way we perform our missions and could ultimately reduce our current benefits.

As you can see, there are many issues being worked and continue to be challenged on our behalf. However, our professional organizations are only as effective as their numbers and finances allow. These are turbulent and financially trying times. Everyone in our business is fighting for the same DoD dollars and an increase in membership numbers in Illinois is extremely vital right now. Large membership numbers will only enhance our voice at the State Capital and on Capitol Hill.

If you are interested in joining one of these organizations, there are applications throughout the base.

The bottom line is that those who have come before us have made their voice count by supporting the various Professional Military Organizations. Please give serious consideration to getting involved and furthering the efforts for continued and improved military benefits

For additional information on these Professional Military Organizations, please visit the following websites: NGAI: [www.NGAI.com](http://www.NGAI.com); NAUGUS: [www.NGAUS.org](http://www.NGAUS.org); EANGUS: [www.EANGUS.org](http://www.EANGUS.org); AFA: [www.afa.org](http://www.afa.org); MOAA: [www.moaa.org](http://www.moaa.org)

# Our mission is you!

by Lt. Col. Robert Schell  
183rd Medical Group

Annual health assessment forms, dental forms, lab, shots, waivers, profiles, gas masks, pre- and post-deployment assessments, fitness program screening, occupational health exams. For most of you, this is the face of the 183rd Medical Group, as we perform our mission to the wing to ensure a medically ready and deployable force.

Our mission statement: "Provide mission ready citizen airmen for worldwide deployment in support of the USAF, Homeland Security and the State of Illinois" captures the essence of why we exist – mission ready citizen airmen for worldwide deployment. It applies to our service to the wing mission, to you, to our readiness as individuals and as a unit to deploy when called upon to do so.

Let's look at our service to the wing mission first. You should expect that throughout your military career you will have a close and important relationship with the Medical Group. All of you will see us for one or more of those services listed above. Annual health assessments and dental forms are a certainty, as are flu shots. In fact the Reserve Component Periodic Health Assessment, RCPHA, along with the dental examination form are our primary means of moni-

toring your health status. These, along with keeping current on immunizations, form the core of your medical readiness to deploy and providing the commander with a deployable force. With respect to the individual airmen, our goal is to ensure that you can safely deploy with no preexisting conditions that could have a negative impact on your health while away from home. A manageable health condition here may be unmanageable in a deployed location, with negative consequences to you and to the mission.

Immunizations are a preventive medical activity and provide immunity to certain illnesses. Immunizations are necessary to protect you and your fellow airmen from transmissible illness and in the case of anthrax and smallpox, biological agents. I know the needles we use to administer the immunizations aren't pleasant; however, the actual disease is much worse.

Deployment processing involves a review of your medical record for currency, preparing your deployed medical record, verifying immunizations, receiving a medical intel briefing and completing the pre-deployment medical questionnaire. This can be a smooth process, but it can also be a game stopper if you haven't kept up with your medical requirements.

Many of you will never require a physical profile change, waiver or a fitness program screening. Profiles are short term changes to your health status due to illness, injury or pregnancy. These are

driven by Air Force Physical Exam Standards. Longer term changes to health status may require a waiver. In both cases the individual must work closely with our physicians, administrative staff and personal physicians. Again, our goal is to protect your health and ensure a medically ready, deployable force.

Occupational examinations are directed for those individuals that experience some exposure to physical or chemical agents that may cause negative impacts to your health. Most common are routine hearing exams because of hazardous noise exposure and respiratory protection.

Throughout these evaluations you may see our administrative staff: medical, dental, lab, bioenvironmental and public health technicians, nurses, physicians assistants and physicians. Think about numbers for a minute.

Every year we receive 900 to 1,000 dental forms, process approximately 200 long physicals,

review and update 800 short forms (the 507's we send out and ask you to complete and return), administer flu shots (this year twice) to every member on base, complete about 400 lab draws and bring you all into the clinic within a 2-3 month period to get most of these tasks completed. We have 40-50 scheduled physician appointments each month. Our staff reviews all forms,



flags those that require follow-up, updates the information and files it all in the appropriate tab of your medical record. Believe me, we work hard at making this an efficient process for us and for you. And most of this is done Saturday of UTA weekend.

How do we stay mission ready? The 183rd Medical Group has to remain prepared to deploy in support of the USAF, Homeland Security and the State of Illinois. Our members must be equally ready and proficient as active duty counterparts to fill their roles in the Air Force Expeditionary Medical Support (EMEDS) system. We must also be proficient and trained to support our Homeland Defense mission through the CBRNE Enhanced Response Force Package or CERFP program.

For most of our members, initial and proficiency training requires that we go to a large in-patient medical facility, topical training courses and certification training. In the past, we would go as a unit to a large military hospital, working and training in our respective areas with our active duty counterparts. Today, there are few military hospitals able and willing to accommodate our training needs. Our requirements haven't changed, but the way we accomplish training has. The Air National Guard began a program called C-STARS that puts our physicians, nurses and medical technicians into civilian hospitals, working alongside civilian medical personnel. This training takes place at St Louis University Hospital. Rush Medical Center

in Chicago also offers a military oriented training course that our personnel attend. Locally, we recently completed an agreement with Memorial Medical Center to allow our personnel to train in their facility. The Air National Guard Medical Service has also created training courses to meet specific training needs for bioenvironmental and public health technicians and officers. There are still a few training opportunities in military hospitals as well. In 2009, we were lucky to be selected for a training rotation at Tripler Army Medical Center in Honolulu, Hawaii. Individually, our medical professionals must retain their professional licenses and certifications.

Homeland Defense has become a major mission for the Air Guard Medical Service and has brought additional equipment, training, exercise and response requirements. The CERFP, is a combined Army and Air Guard program that provides support to civilian authorities. In CERFP, the Air Guard medical role is to provide immediate medical care to all casualties. We may do this at a casualty collection point, fixed medical station or in the field during active search and rescue. There are additional training requirements for our personnel who volunteer. At a minimum, Hazardous Material Awareness and Operations level training and National Incident Management System must be completed. Personnel may also be trained in search and rescue techniques. Our personnel have participated in all CERFP exercises

to date and will host training in April in preparation for the Vigilant Guard Exercise to be held in Chicago in June. This mission puts the Guard medical service at the forefront of homeland defense.

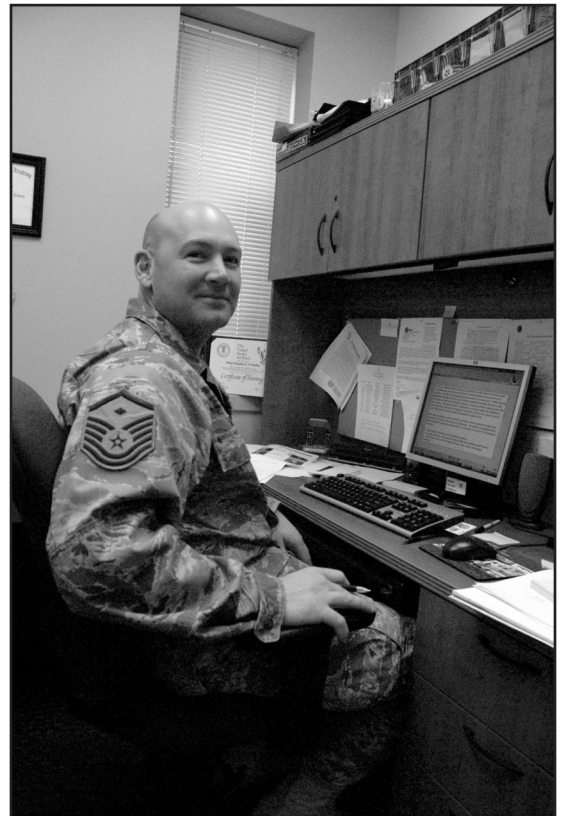
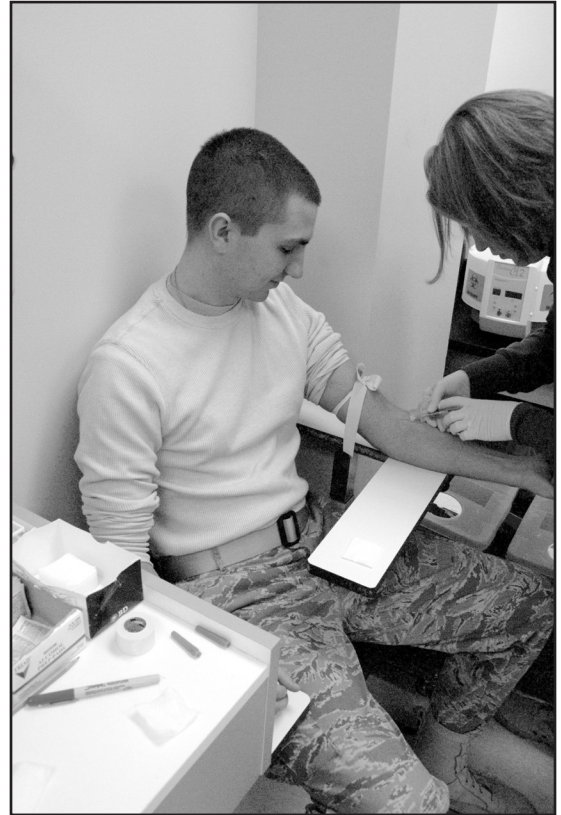
And deployments? For the past several years we have been under air expeditionary force rotation (AEF) 5/6. This follows from our homeland defense mission wherein all medical units were grouped under Federal Emergency Management Agency regions for reasons of homeland defense. AEF requirements are shared among all medical units assigned to that cycle. Since then, our members have deployed to Iraq and Kyrgyzstan in support of the USAF. Our personnel have volunteered for humanitarian deployments following hurricanes Katrina and Rita, Operation Restore Hope, and homeland defense mission during Operation Jump Start.

We are also inspected on a periodic basis. Following our last Health Services Inspection in Oct. 2008, we received an outstanding score of 96. This was the highest score for the ANG in 2008. We couldn't have done it without all of the support and encouragement that we received from fellow members of the 183rd FW. Thank you for supporting us as we look out for you, medically!

**Coming up next  
month: Mission  
Support Group**



M  
E  
D  
I  
C  
A  
L  
  
G  
R  
O  
U  
P



# Heart awareness

by Tech. Sgt. Amy Murphy  
183rd Medical Group

In the United States alone, heart disease is the nations' number one killer each year. Some of these disease are preventable and some are inherited or genetic. Half of heart related deaths were woman and in 2009, heart disease will cost the United States \$304.6 billion. This total includes the cost of health care services, medications, and lost productivity. There are many different types of heart disease, the most common ones in our society today are: heart attacks, heart failure, hypertension (high blood pressure) and cholesterol.

Heart attacks can either be sudden and intense (just like in the movies) or slow acting with mild pain and discomfort. Some common symptoms of a possible heart attack could include: chest pain, shortness of breath, or pain that radiates to your back, neck jaw or arm. If you experience any of the mentioned symptoms, either call 911 to or get yourself to a hospital ASAP! These are possible signs of a heart attack and need to be taken very seriously. When you arrive at the hospital a series of tests will occur to determine if you are truly having a heart attack. The first is an EKG of your heart. This test measures the electrical activity of your heart and determines if you are having a heart attack or a dangerous rhythm that your heart could be in. Blood work will be drawn to measure certain cardiac-related levels in your bloodstream. Treatment for a heart attack normally include a trip to the cardiac catheterization lab. In this department, a procedure called an angioplasty is performed. This test examines the inside of your heart's blood vessels using special x-rays called angiograms.

Dye visible by x-ray is injected into blood vessels using a thin hollow tube called a catheter. The procedure takes normally between two and three hours and can determine exactly where the arteries are either narrowed or blocked. Once that is determined, the cardiologist will determine the best course of treatment.

Heart failure is another common heart disease that affects 5.7 million Americans and contributes to 300,000 deaths each year. Heart failure is a condition in which the heart can't pump enough blood throughout the body. Heart failure does not mean that your heart has stopped or is about to stop working. It means that your heart is not able to pump blood the way it should. When the heart can not pump your blood efficiently throughout your body, many things could happen. You could become short of breath, your lower extremities will swell up, you may feel tired and your heart rate might increase, due to your heart having to work harder than normal to pump the blood throughout your body. If you experience any of these symptoms, call your doctor and make an appointment for testing. Your doctor will perform certain blood tests, obtain a chest x-ray and possibly send you for an echocardiogram of your heart. This test is much like an ultrasound test performed on pregnant women, but is performed on the heart area. This test allows the doctor to see how thick the heart muscle is and how efficient the heart is pumping the blood. Treatment options vary from medications to surgery (valve replacement and angioplasty are just two). Medications are always tried first before any surgical procedure is even considered. There is usually no cure for heart failure, but it can be effectively managed with medications and lifestyle changes.

Hypertension is more commonly known as high blood pressure.

Blood pressure is the force that is pushed outwards on your arterial walls. Over time, if the force of the blood flow becomes too high, the tissues of the arteries get stretched beyond a healthy limit. If left untreated, high blood pressure can damage your heart, your kidneys, your vision, can cause fluid build-up in your lungs, or can cause angina (chest pain). The only way to know if your blood pressure is high is to have it taken at your doctor's office. If it reads high, your doctor will recommend a five-day blood pressure check. With this, you will have your blood pressure checked every day, on the same arm, and at the same time every day. This is to get an accurate and consistent reading. A normal blood pressure reading should be less than 120/80. For any further questions, refer to the chart located at: <http://www.americanheart.org/presenter.jhtml?identifier=2112> for an accurate chart of blood pressure readings. Treatment options for high blood pressure include medication, exercise, reduction of body weight, and consuming a health diet.

Last is cholesterol. Cholesterol is a fat-like waxy substance that is found in your bloodstream. Cholesterol is an important part of a healthy body, but too much puts your body at risk for coronary artery disease and a stroke. Cholesterol is further broken down into different sections, making up your "total cholesterol." They are:

LDL (Bad cholesterol), HDL (Good cholesterol) and Triglycerides. Your total cholesterol should be <200, with a reading of greater than 240 considered high. With HDL, the reading should be between 40 - 60 and your LDL should be less than 100. Triglycerides should run less than 150. Treatment options would include lifestyle changes, (diet, exercise and no smoking) and medication therapy.

For any further questions go to [www.americanheart.org](http://www.americanheart.org)!

## Family Readiness News

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 Readiness Manager. 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 email at joe.ward.1@ang.af.mil or by calling 217-757-1569.

## 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 didn't. 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.

## Volunteer Sign-up Form

Unit:

Email 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

or email it to:

joe.ward.1@ang.af.mil  
(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.

## Promotions

### Colonel

Richard R. Neely

### First Lieutenant

Jeremy J. Woods

### Master Sergeant

Angela Armstrong

Clint Lessman

Cory Moore

### Technical Sergeant

Joshua S. Bialas

Bryan E. Chenowith

Michael W. Hoff

David O. Nojd

### Staff Sergeant

Adam D. Cave

Jeffrey D. Croxton

Daniel S. Whitlow

### Senior Airman

Kyle P. Vincent



## FEBRUARY

Black History Month

*Holidays*

2 - Groundhog Day

14 - Valentine's Day

15 - Presidents Day

# Illinois National Guard Running Team



The Illinois Guard Running Team is recruiting runners. If you or someone you know is interested in a challenge and a chance to represent your unit and the Illinois National Guard, this is for you!

It's a great way to get motivated to run, meet fellow Army and Air Illinois Guardsmen and have the opportunity to show the community that the Guard is present in their communities.

Upcoming events include: Springfield Half-Marathon, Apr. 3, NGAI 5K Apr. 23 and the 2010 Steamboat Classic, Jun. 20. You don't have to be a fast runner, just someone who is interested in representing the Illinois National Guard at various running events throughout Illinois.

Being a member is totally voluntary and not unit funded. Members interested in competing for a spot on the All Guard Marathon Team need to contact the names below and compete in the Lincoln National Guard Marathon, Lincoln, Neb., May 2.

For more information, call or e-mail: Maj. Nancie Margetis, (309) 671-3038 or [nancie.margetis@illinois.gov](mailto:nancie.margetis@illinois.gov) OR Chief Warrant Officer 2 Rachelle McKay, (217)761-1212, or [rachelle.mckay@us.army.mil](mailto:rachelle.mckay@us.army.mil)

# “Why do we do that?” ~ The monkey experiment

by Tech. Sgt. Chris Rosser  
Base Safety Office

The following story has been around awhile but it I think it makes a great point. Could this be your work area?

Start with a cage containing five monkeys. Inside the cage, hang a banana on a string and place a set of stairs under it. Before long, a monkey will go to the stairs and start to climb towards the banana. As soon as he touches the stairs, all of the other monkeys are sprayed with cold water. After a while, another monkey makes an attempt with the same result, and all the other monkeys are sprayed with cold water. Pretty soon the monkeys will try to prevent it.

Now, put away the cold water. Remove one monkey from the cage and replace it with a new one. The new monkey sees the banana and wants to climb the stairs. To his surprise and horror, all the other

monkeys attack him. After another attempt and attack, he knows that if he tries to climb the stairs he will be attacked.

Next, remove another of the original five monkeys and replace it with a new one. The newcomer goes to the stairs and is attacked. The previous newcomer takes part in the punishment with enthusiasm! Likewise, replace a third original monkey with a new one, then a fourth, then the fifth.

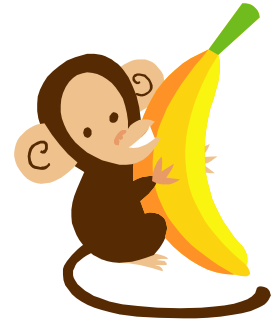
Every time the newest monkey takes to the stairs, he is attacked. Most of the monkeys that are beating him have no idea why they were not permitted to climb the stairs or why they are participating in the beating of the newest monkey. After replacing all the original monkeys, none of the remaining monkeys have ever been sprayed with cold water. Nevertheless, no monkey ever again approaches the stairs to try for the banana.

Why do new monkeys not climb the stairs? Because as far as they know, that’s the way it’s always been done around there. Are tasks in your work center being done because that is the way they always were? Has the procedure

changed since you last did this particular task? Federal Regulations, Technical Data, AFOSH standards and Operating Instructions

provide the blueprint for how we operate and dictate how tasks are accomplished. Always use tech data when required.

The point of the story is that many times when doing routine and common tasks we often rely on memory and not technical data. We also pass those routines both good and bad on to junior members during the training process. When training new members, make sure they know where reference materials can be found, how to use them and that they are using them when required. This mentality can also apply to common tasks you may do at home. When was the last time you used that propane heater or piece of outdoor power equipment? Maybe a quick read of the safety warnings and operating instructions wouldn’t be a bad idea. Be safe, don’t be another monkey!



## REMEMBER TO PRACTICE OPSEC

When you are getting ready to go on a trip have you ever asked your neighbor to pick up your mail/newspaper or left a vehicle in the driveway? Guess what you did. You practiced OPSEC!



## Announcements

# New lodging program at 183d

### What is the Automated Lodging Reservation System (ALRS)?

The ALRS is an automated system to be used by ALL 183d personnel who are authorized lodging. All IDT/ADT lodging requirements are coordinated through the ALRS. The ALRS offers the member an assigned hotel at time of call. It eliminates the necessity of going through Services for hotel assignments. If you enter incorrect dates, ALRS will automatically prompt you to leave a phone number. The lodging point of contact will contact you if it is unclear what you are requesting.

### How to make a reservation:

1. Call 217-757-1411
2. Put in SSN and PIN (last 4)
3. Select MAKE/CHANGE/CANCEL reservation
4. Enter arrival date (mmddyy)
5. Enter departure date (mmddyy)
6. Confirm information

NOTE: IDT = UTA/BUTA/SUTA/RUTA  
(unit pays) ADT = on orders (self pay -  
but reservations are made through ALRS)

### Responsibilities:

Lodging accommodations are a privilege the 183d Wing Commander extends to his people. 183d members are required to cancel rooms by 4 p.m. on the day of arrival, otherwise the room will be paid for whether used or not. A list of no-shows will be provided to the Group or Wing Commander. 183d will pay for rooms that have been coordinated through the ALRS system only. Any lodging secured by the member directly may be subject to the member's expense.

### Frequently asked questions:

**What do I do if I am on orders prior to/following the UTA?** Make reservations through the system. Follow prompt that suggests both ADT and IDT.

**How do I change my PIN?** You may change your PIN through the ALRS.

**What if I forgot my PIN?** You will need to contact Services at 217-757-1573.

**What if I forgot to make a reservation and just walk in?** Once you have been given a PIN you are required to use this system. Non-compliance reports will be provided to commanders.

**What if I walk into a hotel without calling the ALRS to make lodging reservations?** If you walk into a hotel and make your own accommodations you will be subject to pay the bill. All hotels know not to accept walk-ins.

## In the Spotlight

### Who: Senior Airmen Brittany Striplin

**What:** Materials Handler

**When:** Enlisted July 27, 2007

**Why:** To help pay for school and travel

**Civilian Employment:** Full-time student at the University of Illinois at Springfield studying social work

**Civilian/Military Correlation:** Eventually may transfer to medical field and work in a hospital setting

**Recent/Favority Deployment:** Has yet to deploy but is looking forward to her first deployment



### 80's themed holiday party a success

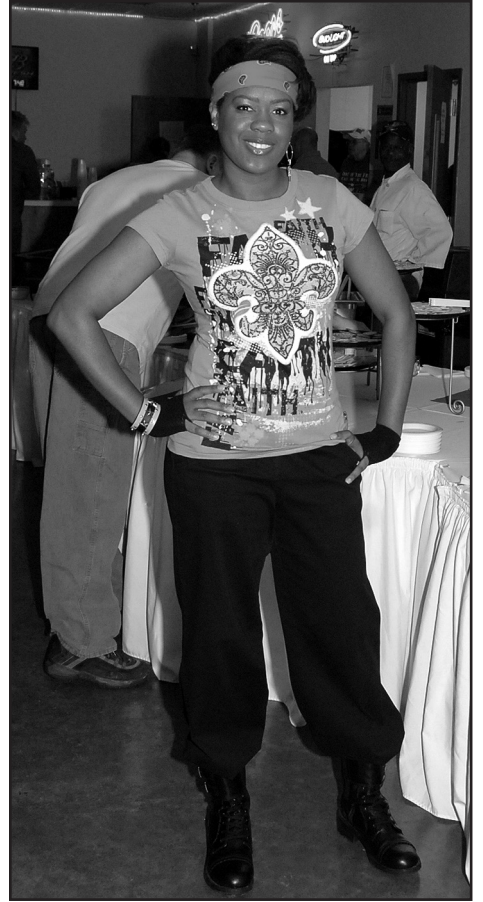
The annual Wing holiday party was held Saturday, Jan. 9, at the Elks Club in Springfield. It was a night filled with the usual tasty hors d'oeuvres, beverages, music and lots of neon.

A flat screen t.v. donated by the NCOAGA and numerous door prizes donated by T.C. Roesch were handed out throughout the evening. Master Sgt. Dean Abeln provided the music and video entertainment. "Mario and Luigi" won the \$100 best costume prize donated by the Air Force Association. Family Support also made a donation to the committee. Thank you so much for your support and donations.

Thanks to the 183rd Force Support Squadron, especially Senior Master Sgt. Erin Roesch; Master Sgts. Jennifer Donaldson, Sarah Hayward, Joe Hicks, Deb Schmitz, and B.G. Wright; Tech. Sgt. Scott Reynolds; Senior Airman Beth Rohlf; Airman 1st Class Amanda Rhodes; and the members of student flight; for hosting this year's party and making it a great time for all.



# Holiday Party



183d FW/PA  
Illinois Air National Guard  
Capital Airport  
3101 J. David Jones Parkway  
Springfield, IL 62707-5001



This funded Air Force Newspaper is an authorized publication for the members of the U.S. military services. Contents of the Falcon's View are not necessarily the official views of, or endorsed by, the US Government, DoD, the Department of the Air Force or the Air National Guard. The editorial content is edited, prepared, and provided by the Public Affairs office of the 183d Fighter Wing. All photographs are Air Force photographs unless otherwise indicated.

**Multi-media Manager**  
Master Sgt. Shaun Kerr

**Wing Commander**  
Col. Michael A. Meyer

**Multi-media Designer**  
Master Sgt. Samuel Kassis

**Staff Writer**  
Senior Airman Chasity Johnson

**Editor**  
Maj. Nancie Margetis

**Multi-media Designer**  
Staff Sgt. Steven D. Martin

**Videographer**  
Staff Sgt. Shelly Stark

**Videographer**  
Senior Airman Sarah Pherigo



## Stop Delivery

If you are **not an active member** of the 183d Fighter Wing or 217<sup>th</sup> EIS and you don't wish to receive the Falcon's View, call (217) 757-1267 or email 183FW.PA@ang.af.mil to be removed from the mailing list.

**PRINTING**  
Helmer Printing, Beldenville, Wis.

**NEWS SERVICES**  
AFPS – The American Forces Press Service and ACC/NGB News Services; other base newspapers.