# Falcon's

# View

183rd Fighter Wing

Illinois Air National Guard, Springfield, Ill.

April 2009, Vol. IX, No. 4

## A little bit of Mac...

by Staff Sgt. Michael Shamma Public Affairs Specialist

The first ever Illinois Air National Guard Brian C. McMillen Memorial Enlisted Security Forces Award was presented on Saturday, March 7, 2009, to Staff Sgt. Eric J. Link, 183rd Security Forces Squadron.

This trophy has been established in honor of the late Tech. Sgt. Brian 'Mac' McMillen who upheld the highest standards of professionalism and personal dedication indicative of Security Forces personnel. This award is to be given annually to an outstanding Security Forces member of the Illinois Air National Guard.

The ceremony started with Command Chief Thomas Hergenrother, 183rd Command Chief, reading the Airman's Creed. After reading the creed and performing a short promotion ceremony, Brig. Gen. John G. Sheedy, Assistant Adjutant General, came up and spoke a few words about the award and what it means to the 183rd.

"I insisted to be out here to present this award," said Sheedy. "This award represents the true memory of a truly great individual."

Tech. Sgt. McMillen was tragically lost in the line of duty in 2007 while responding to an 'officer in need of assistance call' while working as an Illinois State Police officer. He had such a profound impact on the community and members of the Illinois Air Guard that the 183rd decided to institute this yearly award in remembrance of his tremendous service and his heartfelt friendship.



Staff Sgt. Eric J. Link (left) was presented with the Brian C. McMillen Memorial Enlisted Security Forces Award by Brig. Gen. John G. Sheedy (right) at a ceremony held on March 7, 2009.

"This is tough on all of us," Sheedy said as he addressed the audience and the McMillen family who was in attendance. "Even though this is tough, there is a little bit of Brian in everyone that receives this award. We do this to honor the great troops we have with us now, and never forget the great troops we had that came before us."

#### 2nd Annual Brian McMillen Veterans Scholarship 5K Run/Walk

Saturday, May 23, 2009, at 8 a.m.
Lincoln Land Community College, Springfield
Contact: llccva@hotmail.com
Website for online registration:
www.llccveteransclub.org
The first 300 pre-registers are guaranteed a T-shirt
Adults: \$20 Kids: \$10 Students: \$10

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#### **Just the Facts**

# Unit Training Assembly Schedule and pay dates

Duty Performed Pays out (approx

ADD 1-5 ADD 15	<u>Duty Performed</u>	Pays out (approx.)
AI K 4-3 AI K 13	APR 4-5	APR 15
MAY 2-3 MAY 13	MAY 2-3	<b>MAY 13</b>
JUN 6-7 JUN 15	JUN 6-7	JUN 15

**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 MAY issue of the Falcon's View SATURDAY, APRIL 4, at 1700.

### On Base Emergency

CALL 911 FOR <u>ALL</u> 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	
Public Affairs	
Customer Service	308
Military Pay	225
Clinic	
Safety	237
Chaplain	
Wing IG	

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

#### 183rd Human Resource Advisor

# You don't have to be one of to stand with!

by Senior Master Sgt. Brenda Korte Human Resource Advisor

This month's theme is little different. Instead of one word, it focuses on a statement about being a leader and working together. The theme is "You Don't Have To Be One Of To Stand With!"

Think about it. At the Air National Guard, we are a unique mixture of individuals with varied backgrounds, education, job experiences, etc. As Airmen, we don't have to look alike, think, be or speak alike...to stand with and advo-



cate for each other. When it really comes down to it, we are all members of the 183rd and we will stand together and support one another.

These themes continue to push the diversity and leadership flywheel, challenging each of us to be a better person, a better Airman. This month take the flywheel challenge and ask yourself: "What did I do today to push on the flywheel?"

As a leader, are you reliable? Do you support your Airmen in moments that matter and are you there for them when it counts?

How well do you understand the needs of your Airmen and the degree to which you must earn their trust and respect to stand by and with them?

Thank you for your time and support. If you have any suggestions to help promote the word of the month or an example to add to the campaign, please contact me (email or ext. 450) and share your wisdom. Together we can make a difference!

The 183rd now has its own Community of Practice on the web! Once you have access, you can find HRA articles and general information under Wing Headquarters, then click HRA. Check it out!

For access to the 183rd CoP, use the following link.

https://wwwd.my.af.mil/afknprod/ASPs/CoP/ClosedCoP.asp?Filter=AN-SC-02-24

If you have problems, contact Master Sgt. Deb Schmitz or Tech. Sgt. Angel Amaral at 551.

#### **Commanders Comments**

## A fond farewell

by Brigadier General John G. Sheedy Assistant Adjutant General, Illinois Air National Guard

To the Members of the 183rd Fighter Wing:

As I approach the end of my more than 40 years of military service, I want to take this opportunity to express my appreciation to all the men and women of the Springfield Air National Guard for their great work and outstanding support.

The 183rd Fighter Wing has a rich history of success and accomplishment whether deployed in support of the Global War on Terrorism or in response to flooding along the Mississippi River. You demonstrate time and time again just how important the Illinois Air

National Guard is to our nation and the State of Illinois.

The establishment of the Air Operations Center or c-NAF and the intermediate engine repair facility has been a real challenge, but you have stood up and proved again how good you really are. It goes without saying that the 217th Engineering Installation Squadron has been equally vital in meeting our federal and state missions.

You have been asked on many occasions to go in harm's way and you never waiver. Simply put, you get the job done no matter how dif-



ficult or dangerous. It is my honor to have served as your commander and I salute you.

Best wishes.

#### **AMS Graduates**

#### 183rd sets landmark

The 183rd Fighter Wing has set another landmark in military history. On Feb. 20, 2009, the 183rd FW was the first unit ever to graduate seven members from AMS at one time. In addition, some unit members received awards. 2nd Lt. Andrew Payne received the Major General Willard W. Millikan Honor Graduate Award, given to the officer candidate who most exemplified the total-person concept, and 2nd Lt. David Rivera received the Reserve Officer Association Citizen Soldier Award. which honors an officer candidate's dedication and devotion to duty, honor, and country. In addition, 2nd Lts. Seth Delahunt and Andrew Payne received Physical Fitness Awards, with both candidates scoring 100 points. This was a major accomplish for the new graduates and the 183rd FW.

The seven
183rd FW
graduates
posed for
a picture
with 183rd
command
staff. Pictured
(standing, left
to right) are,
Lt. Col. Kevin
Mulcahy,



Mission Support Flight Commander, Lt. Col. Jeffry Rice, Vice Commander, Col. Ricky Yoder, Air Operations Group Commander, 2nd Lt. Ronald Rapp, 2nd Lt. John Moyer, 2nd Lt. Seth Delahunt, 2nd Lt. Aaron Boyles, 2nd Lt. Jennifer Menser, 1st Lt. Tara Bryan, Base Finance Office, Col. Michael Meyer, Wing Commander, and (kneeling, left to right) are, 2nd Lt. Andrew Payne and 2nd Lt. David Rivera. (Photo submitted by 1st Lt. Tara Bryan).

#### **Health News**

# Food allergies: A nationwide epidemic

by Tech. Sgt. Amy Murphy 183rd Medical Group

A food allergy is an immune system response to a food that the body incorrectly thinks is dangerous. Once the body decides that a certain food is dangerous, it creates certain antibodies to it. The next time that food is ingested, the immune system circulates large amounts of chemicals to protect the body. These chemicals set off a surge of allergic symptoms, which will be discussed shortly. It is estimated that 12 million Americans suffer from food allergies each year, causing 200 deaths per year.

common among children than adults, and cause 30,000 visits to the emergency room each year. These eight foods are the most common food allergens: Milk, soy, eggs, wheat, peanuts, tree nuts, fish, and shellfish.

Food allergies are more

Let's now go over some signs and symptoms of a food allergy: Tingling sensation in the mouth, swelling of the tongue and or throat (severe), shortness of breath (severe), hives, decreased blood pressure (severe), loss of consciousness (severe), vomiting and or abdominal pain, and death (severe).

These signs and symptoms are not to taken lightly at all! They may happen within several minutes to two hours after you have been exposed to the allergen. With some reactions, these symptoms may go away, only to come back two to three hours later. TAKE THESE SYMPTOMS SERIOUSLY!

If you are having a severe food allergy reaction, (which is called an anaphylaxis reaction) you must either seek medical help immediately or use your doctor-prescribed EPI pen auto injector. This is an injector (much like our Mark 1 injectors) that wills temporary reverse the affect of the allergen.

There is also allergy testing

that can be done at an allergy clinic. One way of testing is by doing a skin prick test at the doctor's office. The doctor puts a drop of the substance being tested on the patient's

forearm or back and then pricks the skin with a needle, allowing a tiny amount of the substance to enter the skin. If the patient is allergic to it, a wheal will form. This is the same type of wheal that forms when you receive your TB skin test. The other type is test is called the RAST test. This test requires a blood sample. The sample is then



sent to a laboratory, where tests are performed with specific foods to establish whether the patient has IgE antibodies to that food. The

results usually take about a week to come back. RAST is primarily used on young children or for patients who have eczema or other types of skin conditions.

3 R's for treating anaphylaxis: Recognize symptoms. React quickly.

Review what happened.

How you can protect yourself? Follow-up with your doctor or allergist if you've had a severe reaction. If you've been prescribed self-injectable epinephrine (EpiPen® or Twinject®), carry it at all times. Educate others about your allergy. Teach them what you need to avoid, the symptoms of an allergic reaction, and how they can help during an allergic emergency. Teach yourself and others how to use the epinephrine kit. Practice until it becomes second nature and be sure to wear a MedicAlert® bracelet or necklace noting your allergy.

#### **Welcome Aboard**

Staff Sgt. James Cheney Maj. Jason C. Klaas Airman 1st Class Carl S. Shaham Jr. 183rd Fighter Wing Detachment 1 183rd Security Forces Squadron

Feb. 5, 2009 Feb. 9, 2009 Feb. 19, 2009

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#### **Chaplains Corner**

# Include forgiveness in your spring cleaning goals

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

Longer day light hours, grass that begins to show signs of new life, flowers blooming, trees budding, warmer temperatures, and a new lineup for your favorite baseball team: signs of spring are starting to dot the landscape. A welcomed relief to the cold and dreary days of winter, spring offers everyone a new outlook – at least in terms of the scenery that surrounds us.

Along with these sign of spring, we will soon begin the familiar ritual of graduations, ending of another school year, and the longed for relaxing days of summer! Spring is an exciting time of the year. The kids are happy to be out of school for a while (teachers might feel



the same way), there is a sense of pride in graduating from high school or college, and there is a surge in our energy level that is a by-product of warm temperatures and sunny daylight hours.

Spring is an opportunity that comes once a year – an opportunity that allows us to "put away" the winter blankets and snow blower and "take out" the



mower, rakes, and window cleaning supplies. Spring is that season that allows us to "store away" those heavy coats, gloves and hats, and break out the shorts and swim trunks!

As we begin that yearly task of storing our winter supplies and unpacking our spring and summer tools and clothes, we might also want to use this spring to

"refresh" and "renew" our friendships and important relationships. How about "putting away" the old hurts and past regrets that sometimes plague our memories and/or relationships? We can store those old hurts and past regrets in the storage box of forgiveness – sometimes we need to just forgive ourselves and others! And that means we have to "let go and let God" heal the hurts that sometimes creep into our lives! Refreshing and renewing our friendships and relationships are worth a yearly "spring clean," and there is nothing that will bring more new life into a friendship or relationship than forgiveness.

Having difficulty forgiving those past hurts and regrets? Forgiveness is not always possible when we rely simply on our human strength. But with the help of your Higher Power, or God, all things, including forgiveness, are possible.

## 

#### **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@ilspri.ang.af.mil

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



#### Safety

# **Driving tips for** economy and safety

by Lt. Col. Paul Young 183rd Safety Officer

Would you like a pay raise without having to wait for the expected 2.9% military increase in Jan 2010? If you can practice some of these simple techniques, you can pocket more \$ and make life safer with a little less stress.

Drive Sensibly: Aggressive driving wastes gas and can lower gas mileage by 33% on the highway and 5% around town. Gas mileage usually decreases rapidly at speeds above 60 mph. Want to pay an extra 30 cents/gallon? Each 5 mph faster than 60 mph will cost you that. Although \$2/gallon gas seems too cheap compared to last summer's \$4 costs, a change in driving habits will save in wear on brakes, tires, etc. and probably reduce your anxiety over being

late for the next meeting or event. Avoid distractions and make operating your car a top priority. At the very least, get a good hands-free headset if you must talk on the mobile, and text messaging should be done at a stop and off the roadways.

Accomplishing the above will pay the most dividends in terms of money and safety, however, now that you may be motivated try



these additional simple ideas.

Remove excess weight: An extra 100 lbs can reduce vour miles per gallon by

around 2%. Check your tire pressure between oil changes so they roll with less resistance.

Avoid excessive idling, Use cruise control and overdrive gears: 0 mph at idle while waiting for someone to run into the convenience store and get something is not very good. Cruise control on the highway helps maintain a constant speed and keeps speed down

– if you set it at 60 mph. Overdrive will keep your car's engine speed down. All will save gas and reduce

Plan your trips and commute: Combining errands into one trip saves time and money. Several short trips from a cold start can use twice the fuel as a longer trip when the engine is warm and reduces wear and tear on your car. Although difficult to do in the military, see if you can stagger work hours to avoid peak hours. Take advantage of carpools and rideshare programs and use public transit if it is available and convenient.

Use the smaller, more efficient vehicle: If you have the option, take the smaller car on the trip. Roof racks can decrease fuel economy by 5% so put them in the trunk when not in use.

Although small in the parts, the sum of these savings can really add up to extra cash in your pocket and you can do it with little penalty in time or aggravation. These common sense techniques can go a long way, but only if you actually make the effort to do them.

#### April Lunch Menu - served 1100-1300



#### Saturday

- ♥ Herb baked chicken Baked ham
  - Mashed potatoes Stewed tomatoes
    - Brown gravy
  - Vegetable medley Salad bar

Cake

#### Sunday

**♥** Tilapia Chicken ala king Egg noodles White rice Asparagus Cream corn

Salad bar

Cookies

**Short order - Saturday** 

Hard tacos Soft tacos Refried beans Mexican rice Salad bar

Cake

**Short order - Sunday** 

Pizza Onion rings Fries Chili Salad bar **Brownies** 

\*Menu is subject to change

♥ Heart healthy

#### **Retiree News**

#### **New Retirees**

Master Sgt. Roger S. Moss 183rd Civil Engineering Squadron Feb. 1, 2009 Master Sgt. William J. McCready 183rd Logistics Readiness Squadron Feb. 5, 2009

#### 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 along a guest. 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. 24, 2009, at 11:30 a.m.

Where: Diamond Buffet (formerly Shakey's Pizza and Buffett) 2441 S. MacArthur Plyd Springfold

fett), 2441 S. MacArthur Blvd., Springfield.

Cost: \$7.50 per person covers a meal, drinks, dessert, and

tax. (A gratuity basket will be available.)

#### **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 on Tuesday, April 7, 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!

#### **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@earthlik.net or 217-628-9811.

**What:** 183rd Fire Department Reunion

**When:** Sunday, Apr. 19, 2009, 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.

**RSVP:** Contact Mr. Jim Cribbett by April 10.

#### Six Flags

Once again, the Non-Commissioned Officer Academy Graduates Association, Chapter 75, has discounted tickets for Six Flags in St. Louis.

The Six Flags tickets are available for purchase in the Financial Management Office, building P-48. The park will be open from March 28 to Nov. 9. Please go to the Six Flags website to view park hours for these dates.

Tickets this year are as follows:

Ticket	<b>NCO AGA price</b>	Gate price plus tax
1 day General Admission	\$24.00	\$39.99
2 day adult	\$41.00	\$42.99
2 day child*	\$34.00	\$32.99
Season Pass**	\$46.00	\$64.99

<sup>\*</sup> Children 48" and under; Children age two and under are free

For the Six Flags calendar and events, go to http://www.sixflags.com/stLouis/events/CalendarEvents.aspx

<sup>\*\*</sup> The Season Pass is only valid for residences with a zip code outside a 50-mile radius of Six Flags St. Louis. You must first validate your season ticket at Six Flags in St. Louis and get your season pass, then you may use it at any Six Flags.

#### **60th Anniversary**

# 183 FIGHTER WING 60th ANNIVERSARY (Please include payment) LAST CHANCE TO PURCHASE THE FOLLOWING AVAILABLE ITEMS ORDERS MUST BE RECEIVED NLT 3 MAY 2009

FIRST NAME:	STREET	
LAST NAME	ADDRESS:	
PRIMARY	CITY	
TELEPHONE	STATE, ZIP	
ALTERNATE	EMAIL	

#### **60TH ANNIVERSARY COMMEMORATIVE ITEMS**

60TH ANNIVERSARY HERITAGE DVD - \$10 EACH: NUMBER OF DVDs \_\_\_\_\_ X \$10 = \_\_\_\_

60TH ANNIVERSARY COMMEMORATIVE COOKBOOK - \$20: NUMBER OF BOOKS \_\_\_\_\_ X \$20 = \_\_\_\_

Completed Forms with payment (payable to 60th Anniversary) need to be mailed to: 183FW/SCXK

3101 J David Jones Parkway Springfield IL 62707-5001

- 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.



## **Practice OPSEC**

Don't leave sensitive information on printer, copier, and fax machine trays. Clean your desk of sensitive information before leaving.

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#### **Communications Traffic**

# Internet to be disabled at the 183rd FW!

by Master Sgt. Bob Ryan Information Assurance Manager

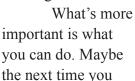
Now that I have your attention, losing the internet connection on base is a real possibility if we don't stick to the things that we are supposed to do and avoid what we're not supposed to do on our government computers. It happened at Maxwell AFB late last year because base officials didn't "manage their network in a way that didn't make everyone else vulnerable" according to Chief of Staff Gen. Norton Schwartz. Cyber security is a big deal to the Air Force. It should be for everyone, both on base and at home.

This is my first article for the Falcon's View. I am new to the Information Assurance office and I have been "asked" to write about cyber security. Many of you already know me from maintenance, and I don't quite talk the Communications lingo yet, so this is going to be from the view of an old aircraft maintainer.

We've all seen the banner that pops up when we log into a computer on base telling us what we can't do. No memory sticks.

No thumb drives. No camera flash memory cards. I know this can be a pain, especially when we're just trying to get our jobs done. These devices are a great way to move around and store the files, but unfortunately, some people have

found ways to use them against us.



take your IP training, pay a little more attention. There is a lot of good information in it, really.

Watch for suspicious e-mails. If it doesn't look right, it's probably not. Don't reply to an e-mail, text, or pop-up message that asks for personal or financial information. A legitimate business will never ask for this info in an e-mail. Report suspicious e-mails to www.onguardonline.gov. This site provides a lot of information on e-mail scams and how to report them.

Use anti-virus, anti-spyware, and firewall software. There are several very good ones available for free on the internet. Software from Symantec is available from the base for home use. When using CDs on government computers scan them before use. It's not just a good idea, it's required. When using thumb drives and such at home scan them as well before use. Protect your computer, your information, and yourself.

Remember cyber security is everyone's responsibility. Use the Network Incident Reporting Aid (that should be next to your government computer). Use your section CSA+ (formerly known as C-4 managers). Most of all use the base Information Assurance office, extension 317. I may be new in this roll, but I will do everything I can to help. I may have to learn as I go, but there is a great group of "computer smart" here in Communications that can help me help you.

Reminder: The following removable media are unauthorized on all Department of Defense information systems until further notice:



Memory Sticks
Thumbdrives
Camera Memory Cards
Portable Hard Drives
Personal Electronic Devices



Official CDs, Floppy drives, and DVDs are approved via your CSR once they are scanned

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#### **Air Force News**

# Army, Air Guard at full strength, directors tell **Congress**

by Army Staff Sgt. Jim Greenhill National Guard Bureau

3/4/2009 - WASHINGTON (AFNS) -- The Army National Guard is over strength and the Air National Guard has met its end strength for the first time since 2002, the directors told Congress March 3 here.

"This is a new era for us," said Army Lt. Gen. Clyde Vaughn, the director of the Army National Guard.

"We've never been in this position with this kind of strength," he said. "This is the strongest Army Guard we've ever had."

Recruiting and retention success combined with budget cuts mean some programs that have improved recruitment are being cut back. For example, many bonuses are being cut.

"I just hope we don't let the air completely out of

the tires on recruiting and retention," General Vaughn said. "I would ask that you watch that very closely."

General Vaughn and Lt. Gen. Harry M. Wyatt III, the director of the Air National Guard, testified before the Military Personnel Subcommittee of the House Armed Services Committee at a hearing on recruiting, retention and end strength at the Rayburn House Office Building here.

The Air National Guard currently has 106,700 members; the Army Guard has 366,500.

Personnel -- Airmen and their families -- need to remain the Air Guard's top focus, General Wyatt said.

"We're in a position for the first time to shape our force in a way it hasn't been in years," General Vaughn Staff Sgt. Jim Greenhill)

said. "We're all about readiness."

Among goals that General Vaughn said could further improve recruiting and retention:

- -- Reducing cross-leveling, where Soldiers are brought in from outside units to boost the numbers in deploying units.
- -- Cutting the time it takes from swearing a recruit in to having the recruit fully trained.
- -- Further improving the predictability of deployments.

"What does the authorized end strength of the Guard really need to be?" General Vaughn asked, rhetorically.

He said that question will likely be settled in discussions between his successor, the regular Army and Congress.

"Air National Guard recruiting and retention programs play a critical role in supporting today's fight and how we posture our force for the future," General Wyatt said.

The Air Guard's 96.9 percent retention rate is the highest of all the services and components, he said.

Committee members praised Guard leaders for improved family programs and quality of recruits.



Guard at full strength

Lt. Gen. Harry M. Wyatt (right), director of the Air National Guard, testifies March 3 before the House Armed Services Committee in Washington, D.C. (U.S. Army photo/

#### **Smoking Cessation Program**

# Will the right time be too late?

by Staff Sgt. Kayla Smith Public Health Technican

Does a part of you desperately want to quit smoking? Do you know that you should quit, but don't yet feel that you MUST? Have you quit before, only to find yourself smoking again within days, weeks, or even months? If you wait for the perfect time to quit smoking, it may never come. Or perhaps it may come too late...

You probably have heard the health risks of smoking over and over, but continue to smoke anyway. May I remind you that tobacco steals approximately seven lives every minute.

Maybe it will be heart disease that gets you, lung disease, or even cancer. More then likely you won't die a quick painless death, but a long struggle, fighting to keep your life for just one more day. How will the decision you make today someday affect your family, children, or perhaps grandchildren?

A Smoking Cessation Program is underway here at the 183rd! While it is still a very new program, I am dedicated to do the best I can to provide education, counseling, and support. It's never too early to get a plan in motion or learn about tips that can help you on your way to becoming smoke-free. Do you have a plan to quit? Do you need a plan? Please contact me if you are interested in participating in the Smoking Cessation Program.

#### **Promotions**

#### **Staff Sergeant**

Jared T. Beavers
Jason E. Draper
Stephen A. Horcharik
Cynthia Mathis
Ryan J. Razo
Jason M. Roberts
Dustin D. Walker
Nicholas A. Zellers

#### **Senior Airman**

Christopher J. Kelly



#### **NCOAGA News**

#### **NCOAGA** upcoming events

by retired Senior Master Sgt. Theresa Snyder NCOAGA Chapter 75 President

#### **Wreath Laying Ceremony**

The ceremony is tentatively scheduled for June 7 at 0830 by the static display. If you know of any retirees that have passed away since our last ceremony in October 2008 please contact Joe Ward, Family Readiness Manager, with the names. The NCOAGA will hold this ceremony each year in May or June to honor those retirees or current members that may have died over the course of the year. You may be asking yourself why we need your help to provide the names of the deceased retirees, and why the unit does not have this information. It is unfortunate that the unit is not notified when every retiree dies. If the family does not notify the Personnel Section or the Family Readiness Section of a death then they have no way of knowing that a retiree has become deceased. Therefore, we need your input to ensure we have an accurate list. We want to ensure that we honor all of our fallen comrades each year at this ceremony.

#### **Leadership Training**

The NCOAGA, with support from the Commanders, Chiefs and 1st Sgts, is bringing Leadership training to the 183rd. We have coordinated with both the SNCO Academy at Maxwell AFB, Ala., and the NCO Academy at Knoxville, Tenn., to bring instructors from both academies to the 183rd to provide training to our base. The training will consist of two classes each day for each group during June UTA. There will be Operational Leadership instruction for Senior Master Sgt's, Chiefs and Officers. For Staff Sgt. through Master Sgt. the class will focus on personnel and small team leadership. These classes are for everyone. We have realized that the majority of our troops receive their PME through CDC's. Not everyone is able for one reason or another to attend the in residence courses that are offered and therefore miss out on the vital training on how to be a leader. These classes will not give you all the information you will need to become a successful leader but it can be a foundation or add to your continuing education for your military career. Please let your supervisor and training managers know if you are interested in attending any of these classes. More details will be forthcoming.

#### **COMMANDER**

Colonel Michael A. Meyer

#### 183D PUBLIC AFFAIRS

Master Sgt. Shaun Kerr Master Sgt. Samuel Kassis Staff Sgt. Steven D. Martin Staff Sgt. Michael Shamma Staff Sgt. Shelly Stark Senior Airman Sarah Pherigo Senior Airman Chasity Johnson Airman Christine Teer

#### **PRINTING**

Helmer Printing, Beldenville, Wis.

#### **NEWS SERVICES**

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

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# **Stop Delivery**

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