



A General to remember

by Col. Amy Walker
183rd Medical Group Commander
Material referenced from the following:
www.af.mil/bios
en.wikipedia.org/wiki/Tuskegee

In 1992, along with 700 other Air Force captains, I attended Squadron Officer School at Maxwell AFB; seven weeks of flicker ball, Project X and hours listening to lectures in the “Blue Bedroom”. The enormous blue lecture hall lent itself to heavy breathing and snoring. Those who snored were asked to stand along the blue walls; twenty minutes into each lecture, no wall space remained. But there was one lecture no one stood for; everyone was awake, charged, listening to every word. A WWII Tuskegee Airman took the stage and for two hours, and we listened. We understood. We felt the pain of discrimination, the wrongfulness of a segregated military and the glory of being an Army Air Corps pilot. The week following, we discussed in depth the question “How could these men fight for a country that didn’t fight for them?”

Thirteen months after that lecture and a one-year detour to Korea, I arrived at Andrews AFB. Washington, D.C. was home to hundreds of retired Generals and Admirals, and they and their spouses filled my patient schedule daily. On Sept 14, 1993, I met a legend. Was it really him? I called him back to my office, repeatedly looked at his name on my schedule then at his face, and finally opened with “are you THE Benjamin O. Davis?” He smiled and replied, “Why yes I am.

And are you THE Amy Walker?” I’m not certain how thorough his eye exam was that day, but I am certain I was graced by the presence of a true American Hero. My memories of that lecture the previous year reminded me I was staring at one of the first Black Army Air Corps



pilots and the first commander of the Tuskegee Airmen.

Prior to 1941, there were no black military pilots. The Tuskegee Program was a congressional mandate that year forcing the Army Air Corps to form an all-black combat unit. The unit was assigned flying missions in North Africa and Italy attacking German positions and escorting B-25 Bombers. They initially flew P-40 Warhawks, then P-47 Thunderbolts and finally the P-51 Mustang. By the end of the war, Tuskegee had graduated more than 1000 pilots who flew 15,000 sorties, shot down 109 German aircraft, received two Distinguished Unit Citations, and awarded 150 Distinguished Flying Crosses and over 700 Air Medals. They accomplished all this while banned from

See General on page two

IN THIS ISSUE

**Commander's
Comments**
Page 3

**NCOAGA
News**
Page 4

**Holiday Party
photos**
Pages 8-9

**Air Force
News**
Page 10

**Legal
News**
Page 14

**Unit Training Assembly Schedule
and pay dates**



<u>Duty Performed</u>	<u>Pays out (approx.)</u>
FEB 7-8	FEB 18
MAR 7-8	MAR 18
APR 4-5	APR 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
MARCH issue of the
Falcon's View SUNDAY,
FEBRUARY 8 at 1300.**



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 IG770

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

General continued from page one

officer's clubs, restaurants and movie theaters. Upon returning home after the war, these decorated pilots and support crews continued their fight but this time against racism.

Their flying records dismantled beliefs that blacks could never be accomplished airmen. In fact, they had some of the best pilots in the Army Air Corps. The Tuskegee Airmen had done more than help win a war; they had broken down a race barrier in the military. In 1948, President Truman signed Executive Order 9981 integrating the Armed Forces. Tuskegee Airmen were immediately in high demand throughout the Air Force and in civilian flight schools.

General Davis himself flew in dozens of missions with his men receiving the Silver Star and the Distinguished Flying Cross by the end of the war. General Davis continued his Air Force career holding prestigious flag positions including Deputy Chief of Staff for Operations at HQ USAF, Director of Operations for Far East Air Forces, Chief of Staff for Twelfth Air Force, and Commander of Thirteenth Air Force.

He retired in 1970 as a lieutenant general. In 1998, at the age of 85, President Clinton pinned his fourth star. He died July 4th, 2002.

From his lonely days at West Point, only the fourth black cadet ever, eating by himself in the chow hall to commanding thousands of mostly white airmen, Gen-

eral Davis never let discrimination hold him back. He always found an open door and kept it open for those who followed. He and his wife Agatha were my patients annually for the three years I was at Andrews. He autographed one of my patient rosters and it remains my most treasured military keepsake. I count myself fortunate to have met THE General Benjamin O Davis.



Good Days, Bad Days. Good Drills, Great Drills!

by Col. Michael A. Meyer
183rd Fighter Wing Commander

When are we going to hear some good news? Every month leadership distributes numerous requests for nominations for various awards. Every month we inform you of upcoming inspections and assessments. Typically we can give you some information on these, but we rarely convey much feedback on award nominations. Usually all the unit receives back is a letter thanking us for making the submission. But this month we have a lot of positive feedback to relate. As you remember, in December we held our Airman of the Year selections. The Board and Wing Leadership were again humbled by the character and accomplishments of our enlisted men and women. After much deliberation the Board selected the best of the best and named Senior Airman Aaron Johnston (217EIS) as Airman of the Year, Staff Sgt. Eric Link (183SFS) NCO of the Year, Master Sgt. Brett Pier (217EIS) Senior NCO of the Year, and Senior Master Sgt. Kim Piskacek (183FW) First Sergeant of the Year.

In January they competed against the Best of the Best from the other two ILANG units. On Saturday, we were proud to announce that Staff Sgt. Eric Link was named the NCO of the Year for the ILANG and that Master Sgt. Brett Pier was named the Senior NCO of the Year for the ILANG. I could write a whole article on what that means to me as a member of the unit and its commander, but I will spare you and



just say, WOW!

But the good news did not end there, it just kept coming. On Monday after drill, we learned that two of our members had been selected for prestigious ILANG State Awards. Lt. Col. Joseph Maslar (183MDG) was selected as Lt. Col. Edward C. Jones Outstanding Non-rated Officer of the Year. Staff Sgt. Eric Link (183SFS) was selected as the FIRST ever recipient of the Tech. Sgt. Brian C. McMillen Memorial Enlisted Award. I think you will agree that it means quite a lot to us in the 183d, especially those who served with and knew Brian that the first award winner came from our unit. WOW again!

I extend my heartiest congratulations to all of the award winners. I also want to thank all of those commanders and supervisors who worked so diligently to prepare submissions and prepared their candidates for the various boards.

All that I have mentioned was great, but there was more good news. Individually it was a great Drill, but it was also great on an operational level. On Friday before

drill, we completed a Joint Staff Integrated Vulnerability Assessment (JSI-VA) which had evaluated our posture to deter or mitigate attacks against our resources and our people. Without going into the specifics, the Team gave us a glowing evaluation. They were extremely impressed with what we had done, what were doing, and what we planned to do in the future. They briefed us that it was the best seen to date. Though Security Forces were the lead agency on this inspection, it took a total base commitment that included medical, fire fighters, civil engineering, building managers, communications, leadership, etc. A second operational high note was that the Air Operations Group sent a sizeable contingent to the 157th AOG at Jefferson Barracks, MO, to train and participate in an exercise. Only three months into their new mission and the Group is leaning forward. That is fantastic. On the fitness side, there is excitement about the upcoming Lincoln Half Marathon to be held here in Springfield in April. Many members are looking forward to either participating or helping in the unit's recruiting and community involvement initiative.

Finally, we were able to have some fun together outside of the work area. We had a wonderful Holiday Party hosted by Maintenance. They did a fantastic job.

Some Drills are just work with very little reward. But in January we received various awards and good news as a result of all of our hard work. All the recognition was all justly deserved. January UTA was a great way to start the year. Keep up the great work and thanks to you and your families for your service to our country and our state.

Promoting a Culture of Respect

by Senior Master Sgt. Brenda Korte
Human Resource Advisor

The New Year brought about a new campaign to the 183rd. The HRA office began displaying posters and table pamphlets. These materials center on a theme that promotes character and pushes the leadership and diversity flywheel. Each month brings a new theme and some thoughts to help us focus on it in a positive way.



This month's theme is respect. As Airmen, we must be committed to an environment of mutual respect that allows every member of the Air National Guard team to achieve his or her greatest potential. Below are three questions we can ask ourselves concerning our commitment to respect.

- 1) Do I foster mutual respect in promoting a culture of confidence, dependability and reliability?



- 2) Do I treat Airmen with dignity and respect for their talents and the value they provide to our Air National Guard?

- 3) Does my authentic leadership and mutual respect firmly develop strong bonds with Airmen?

Thank you for taking the time to read this article and perhaps give some thought to the theme. 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 these more than just words on a poster. We can make them words to live by!

Yes, we are still around and going strong. Even though I have retired I will continue as the President of the Association as long as my fellow NCOs want me to. Now what is going on and what do we have planned? ~retired Senior Master Sgt. Theresa Snyder

Pink Lids for Cancer:

The NCOAGA collected close to 800 pink Yoplait lids for cancer research. Thank you for your help and support in this matter. At last count 4,676,418 lids were collected nationwide, and Yoplait has promised to donate 10 cents per lid collected, up to \$1.5 million dollars, and not less than \$500,000, to the Susan G. Komen breast cancer research fund. Thanks for eating Yoplait and helping the cause.

Meeting Change:

Our meetings have been held on Sunday mornings of drill for a number of years. We have seen our meeting participation continue to dwindle with the increased focus on training and mentoring during drill weekends. We have decided to try and change our meetings to 10 a.m. the Tuesday following every drill. The majority of our members are full time employees and this will make it easier for us to focus on the goals of the NCOAGA.

Leadership Training: The 183d Human Resource Advisor, Senior Master Sgt. Brenda Korte, and the NCOAGA are working together with the support of the Commanders, Chiefs Council and the First Sergeants to bring Leadership training to the 183rd. At our seminar in July we had the opportunity to hear some excellent speakers. After some discussion we wondered if we couldn't bring those same speakers to you. Every NCO is required to complete PME training in order to get promoted. Some individuals for one reason or another are not able to attend the in residence PME courses and must resort to complete their training via correspondence. There is nothing wrong with this but individuals miss out on the hands on training that is provided at the in residence courses. Therefore, we feel it is essential to do what we can to provide you with some of that same training. We are hoping to provide some of this training in late spring, early summer of this year.

If you are interested in becoming a member or being involved with the NCOAGA please contact retired Senior Master Sgt. Theresa Snyder at teesnyder@hotmail.com, Chief Master Sgt. Vic Wurtzler ext. 576, Master Sgt. Stacy Ferguson ext. 471, Senior Master Sgt. Erin Roesch ext. 365, Tech. Sgt. Alana Franklin ext. 294, or Master Sgt. Sharon Gabriel ext. 245, to name a few.

New Year's Resolutions

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

Now that we are well into 2009, at least a good month and a half have passed by, it might be helpful to stop and consider how well we are accomplishing our New Year's resolutions! It's always good to begin a new calendar year with some specific goals, whether those goals be personal, professional or both. Given the significant amount of change that the unit underwent in 2008, many of us find ourselves in new positions at the 183rd, and that means, at least for some, a new set of job skills are required. For all of us, the changes in 2008 have brought on many new challenges!

There are a few resolutions that many Americans typically adopt with the beginning of the calendar year; those being an increased amount of physical exercise and better eating habits. I recently read an interesting article that deals with the latter resolution, better eating habits. This article suggested a few interesting tips that I believe are worth our consideration as we work ourselves into 2009.

For better brain power, it was suggested that we surf the local fish market for arctic char. This coldwater fish is a great source of omega-3 fats DHA and EPA, which can improve brain function and ward off the blues! How about



maintaining good eye sight? A regular diet of scrambled eggs or steaming some orange cauliflower (yes, this type of vegetable does exist) are both beneficial. For your skin, simmer tomatoes; for your lips, munch on walnuts; eat a healthy bunch of asparagus to maintain your heart; your muscles and joints will respond to a regular dose of ricotta cheese; and finally (this is my favorite suggestion), indulge in chocolate for healthy bones!

Now, before I move forward, let me include a disclaimer on the above paragraph: I'm a chaplain and not a medic! So please check with our medics at the unit before you buy stock in Fannie May and begin a new regiment of chocolate therapy for healthier bones!

And now that we have considered a healthier lifestyle by increasing our physical exercise and adopting a better

diet, let's move on and consider some steps that we can take in order to improve our spiritual life in 2009.

First and foremost, one of the greatest diseases that affects our spiritual lives in the United States is being too busy, working too many hours, and trying to cram too many activities into the day, the week, the month and the year. Adopting a more relaxed pace of life can greatly and positively affect our spiritual life. Build in time to relax and focus on your spiritual life. One of the best ways that I am able to accomplish this is by walking some of the local trails (in the country) or even occasionally the Lost Bridge Trail in Springfield. Slow down in 2009. Your spiritual life will thank you.

Next, connect with your spiritual family regularly. Whether attending the church, temple or mosque of your choice, or other spiritual avenues, social/spiritual connections can greatly reduce the stress that we face in our daily lives, especially when we are deployed overseas. Spiritual and social connections save lives and add meaning and values to our lives. So stay connected to your spiritual family in 2009.

Finally, take time every day to nourish your spiritual life by reflecting on sacred readings. Filling our minds with the inspiring words of scripture or other sacred literature can help us to maintain positive, life-giving thoughts and that will positively benefit our lives and the lives of our families and co-workers.

✠ ✠ **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@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

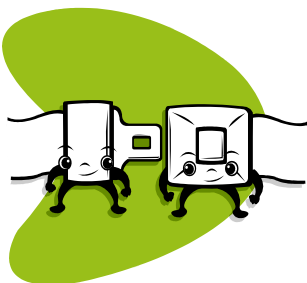


Just a thought...

by Tech. Sgt. Neil Bradley
183rd Safety Office

Just like clockwork, every month the Falcon View shows up in everyone's mailbox. If you are like most readers, you flip through the bills as you toss them on the counter and head off to the large soft "broke in" chair with your favorite monthly chronicle. The next few minutes are peaceful as page after page entice us deep into the life at the 183rd and 217th. Okay, okay...it may not happen quite like that, but most of our work force does actually read the Falcon's View. Many articles are submitted every month that are aimed at personal development, daily life, health, ops tempo, hobbies, and of course work. There is one key factor that overlay every single subject mentioned above. SAFETY!!

From the beginning of your career you have been taught to follow the "tech data", observe the safety precautions, and always evaluate the task/environment. It has not only become a daily menace, but has been infused into our daily



culture. Just look around, safety is everywhere: orange cones, yellow tape, safety glass, seat belts, loud annoying buzzers, warning lights, gloves, face shields, rounded corners, airbags, etc. Today, society spends unforeseen amounts of capital, time, and training to ensure the prevalence these precautions instill over the workforce. This investment has proven to pay off over time, saving many millions of dollars in lost work or injury claims. Let us not forget the countless lives which have most likely been spared due to these safety infusions.

On a daily basis we utilize these precautionary devices without a mere thought. As we turn to grab a pair of gloves/face shield before we do a banding operation or even fasten our seatbelt prior to starting the car. This is what any safety guy (or any commander) would love to hear!! Unfortunately this is not always true.

Complacency is a dangerous trait that comes with time and experience. Even without complacency, Mr. Murphy is always watching and waiting for his perfect timing. Thankfully every month the safety office receives a spot in the Falcon's View to remind everyone (including family) how important it is to remain vigilant. Articles have ranged from prevention, education, facts, and even stories. Every approach foreseen is taken to instill the IMPORTANCE of safety in our daily life. Everyone must live with it because no one can live without it.

Have you ever had this thought "*nothing ever happens to me, only to other people.*"

So what if something does happen to or around you? Do you know what to do? How will you react? Who do you call? How will you contact someone? Is First Aid available? Are you trained in First Aid? Are other personnel around for help? Are they (surrounding populous) also "casualties"? How significant was the accident event? Are there safety or remedial supplies available such as fire extinguishers, coats, water, ice, or blankets? Is the accident or event still taking place?



Everyone wishes "PANIC and RUNNING AWAY" was an option, but it isn't. Nor is hesitation depending on the event. All of these are very significant questions and could save a life. I ask everyone to evaluate the italicized questions for a few moments. All of the safety instruction, memorandums, orders, and guidance are mute in the absence of these answers. In a perfect world, we would not have to worry about "an accident". Unfortunately this is not a perfect world, nor can any safety personnel make it one. Ultimately safety relies upon the individuals, environment, and preparation.

Terrorists beware...the 183rd is ready!

by Staff Sgt. Michael Shamma
Public Affairs Specialist

The 183rd was recently evaluated on its Anti-Terrorism readiness by the Joint Staff Integrated Vulnerability Team from the Defense Threat Reduction Agency.

Each unit, military wide, is evaluated every two to three years to assess the readiness and capabilities of the unit's anti-terrorism programs and their ability to implement DoD standards. The teams evaluate about 100 bases annually covering all locations around the globe.

"We did well on our evaluation," said Capt. James Robinson, Security Forces Commander. "The teams said that our strategic goals were some of the best they've seen yet. They actually took some of our policies and programs we have here with them to use for other

bases while also leaving a lot of knowledge and expertise behind. It was a good experience."

The program was started here by Master Sgt. Ed Ferguson, 183rd Security Forces Squadron, and has since been taken over by Capt. Robinson.

"This program is Ed's baby," said Robinson. "He deserves a lot of the credit. He has done a great job teaching me about our program here and bringing it up to the speed of where it's at today."

The team was impressed with the support the community provides us as well.

"The community is great at helping out the 183rd," said Robinson. "This is not a cop specific program. Anti-terrorism is everyone's responsibility. The main players in the program are Civil Engineering, Emergency Management, and Security Forces, but all sections of the wing take part and have crucial roles in helping make this program a suc-

cess. Everyone on base is involved and because everyone is involved and vigilant we stand ready to deal with whatever situation is thrown at us."

The team was here for about a week conducting their assessment.



Senior Master Sgt. Dan Coday (left), from the Defense Threat Reduction Agency's Joint Integrated Staff Vulnerability Assessment team, provides instruction to Senior Master Sgt. Andrew Thompson (right), Security Forces Squadron Manager.

The team, comprised of members of all branches of the military and DoD civilians, shared their results with Col. Michael Meyer, 183rd Commander, before heading out to their next base in Germany. The message they left was simple... Good job 183rd and keep up the good work.

February Lunch Menu - served 1100-1300



Saturday
Teriyaki chicken
Barbecued beef cubes
Rice
Scalloped potatoes
Corn
Cauliflower
Salad bar
Dessert

Sunday
Chili mac
Baked fish
Orange rice
Mixed veggies
Broccoli
Salad bar
Dessert

Short order - both days
Scrambled eggs
Biscuit and gravy
Sausage links
Bacon
Hash browns
Salad bar
Dessert

*Menu is subject to change

183rd Holiday Party

The annual Wing Holiday party was held Saturday, Jan. 10 at the Knights of Columbus on Meadowbrook Lane. It was a night filled with the usual tasty hors d'oeuvres, beverages, and music.

Prizes included an IPOD Nano, a digital camera, and gift certificates. There were also a few special prizes created by some of our own. Retired Senior Master Sgt. David Behl donated a band saw box that he had built, and Master Sgt. Stevie Williams donated a hot sauce basket.

Thanks to the 183rd Maintenance Squadron, especially Senior Master Sgt. Wendi Ratterree, Master Sgt. Nikki Weishaar, Master Sgt. Doug Smith and Tech Sgt. Angie Armstrong, for hosting this year's party and making it a great time for all.



183rd Holiday Party



Luke pilot reaches F-16 milestone

by 2nd Lt. Bryan Bouchard
56th Fighter Wing Public Affairs

12/29/2008 - LUKE AIR FORCE BASE, Ariz. (AFNS) -- In January 1979, the first operational F-16 Fighting Falcon was delivered to Hill Air Force Base, Utah. Nearly 30 years later to the day, a pilot from here has amassed 4,000 hours flying this workhorse of the air.

Col. David Lujan, 56th Operations Group deputy commander, became the 17th pilot, according to Lockheed's magazine, "Code One," ever to reach that milestone when he flew this memorable sortie Dec. 22.

"It's pretty good company to be with," said the command pilot who's been flying the F-16 since 1988.

Colonel Lujan attributes his many hours logged to having always been in flying assignments, he said. After spending the equivalent of more than 166 straight days flying in the F-16, he has no problems singing the jet's praises.

"She has always brought me home," he said. "Take-offs equal the landings which is always a good thing. The 'Viper' jet is a wonderful machine, which can be very unforgiving when you don't respect its limitations; bottom line is that it's a sweetheart of a jet when you treat it right."

The colonel said he has seen the aircraft evolve from a very simple fighter to a very complex, highly-capable war machine.

"This jet is the backbone of our fighter force in the Air Force for the near future," he said. "It will perform its duties extremely well until it gets replaced by the Joint Strike Fighter."

Of all the hours he's spent flying the F-16, the hours he remembers best are from deployments, supporting ground forces engaged in combat.

"I remember my first combat sortie in [Operation] Desert Storm. That was interesting, to say the least," Colonel Lujan said. "I also remember cleaning the racks off in an Operation Iraqi Freedom combat



Col. David Lujan, 56th Operations Group deputy commander, climbs out of his F-16 Fighting Falcon Dec. 22 at Luke Air Force Base, Ariz., moments after completing his 4,000 hour in the aircraft. He is the 17th pilot to reach this milestone.

sortie with a motivated joint terminal attack controller this past August.

"I can guarantee you that all the exciting sorties I have ever been in have one thread in common," he said. "They were all air-to-ground in support of the Army in combat operations. That ought to tell you about the real mission of the F-16, right?"

Despite amassing 4,000 hours and the years of experience in the Air Force, Colonel Lujan doesn't look back and keeps his eyes on the horizon.

"It is not about how much time you have logged that is important, it is about how well you employ that aircraft in the future," he said. "The future is today and tomorrow, not yesterday. An extensive logbook is not the key to fighter aviation success, the key to success in fighter aviation is how well you do your job right now and in the future."

Endometriosis-is it affecting your daily life?

byTech. Sgt. Amy Murphy
183rd Medical Group

Endometriosis is a disease where the tissue that lines the uterus (called the endometrium) migrates outside of the uterus to other areas of the body. These implants continue to break down and bleed, which leads to internal bleeding, scar tissue and inflammation of the surrounding areas. This disease can cause pain, infertility, (inability to become pregnant) and remains widely misunderstood. Here are some basic signs and symptoms of endometriosis:

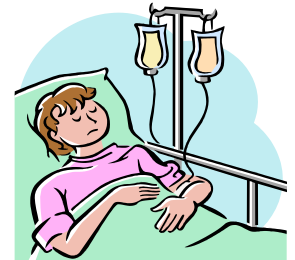
- Chronic/intermittent pain in your abdominal area
- Painful periods
- Infertility
- Miscarriages/ectopic pregnancies
- Pain with intercourse
- Pain with bowel movements
- Painful/burning urination

The diagnosis of endometriosis is generally considered uncertain until proven by laparoscopy. Laparoscopy is an operation, during which a thin telescope, called a laparoscope, is inserted through a small incision and the patient's abdomen is distended with carbon dioxide gas to make the organs easier to see. It may be done under local or general anesthesia. When it is performed under local anesthesia, a technique called pain mapping may be done. This is a relatively new procedure that allows the patient and

her surgeon to localize areas of endometriosis, or other disease, that directly cause the pelvic pain. By moving the laparoscope around the abdomen, the surgeon can check the condition of the abdominal organs and see the endometrial implants, if care and thoroughness are used. Skill and familiarity with endometriosis are important, as it has many different appearances and may be missed by the inexperienced or inattentive physician.

This next section is a handy questionnaire, that can be used to aide you in discovering if you might have endometriosis.

Do you experience so much pain during or around your period that you find yourself unable to work, attend school or social functions, or go about your normal routine? Y N



Do you have any relatives that have been diagnosed with endometriosis? Y N

Do you find yourself with painful abdominal bloating or tenderness at any time in your cycle? Y N

Do you have a history of painful ovarian cysts? Y N

Do you have a history of miscarriage, infertility, or ectopic pregnancy? Y N

Do you have a history of allergies that tend to worsen around your periods? Y N

If you are sexually active, do you experience pain during sexual activity? Y N

Have you ever undergone pelvic surgery where endometriosis was suspected but not definitely diagnosed? Y N



Practice OPSEC

**Deny the adversary pieces of the puzzle.
Know the threat. Protect the information.**

Microsoft Office 2007 coming February 2009

by Master Sgt. John Marinelli
Network Control Center NCOIC

The new Exchange 2007 solution is being deployed with the latest version of Microsoft Office 2007. Office 2007 includes new tools that help you create more professional-looking documents in less time. The new Auto Account Setup feature makes adding accounts to Outlook 2007 easy. The first time you start Outlook at any ANG desktop Outlook 2007 configures everything you need to get started automatically. You do not have to remember your server name or any other arcane information, nor do anything else. Outlook Web Access 2007 works from any CAC-enabled internet connection you will have an easy and secure method of accessing your ANG mailbox and all data within.

Outlook Web Access 2007 has the look and feel of the full Outlook client and far more usable than previous versions of OWA. Also the Global Address List is synchronized with Air Force (AF GAL) and Army National Guard. Outlook 2007 provides a new fast way to find your information, no matter which folder it is in. Outlook now uses the same search

technology that Microsoft Windows does, to deliver fast results regardless of mailbox size. In addition, an improved visual design displays each individual result of your search immediately, as soon as it is available, while the search is still running. Search now appears in the same place no matter where you are in Outlook. With Instant Search there's no need to import mail in the exported PST from your old e-mail system - just attach to the PST from within Outlook and its contents will be indexed



and available via the Search box. Improved scheduling capabilities in Outlook 2007 and Exchange 2007 help you to schedule meetings easily and in less time. When you use Exchange 2007, attendee schedules are reviewed, and an

ideal meeting time and location is recommended. When changes are made to the meeting location or agenda, attendees receive an infor-

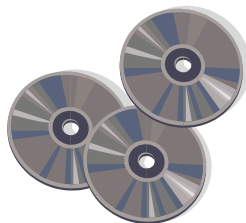
mational update, rather than having to reaccept the meeting.

IMPORTANT DATE: On Friday, February 27, 2009, your current email application, Microsoft Outlook 2003, will be upgraded as part of Enterprise Exchange implementation, to Outlook 2007. Additionally the rest of the Office 2003 applications on your workstation will be upgraded to Office 2007.

IMPLEMENTATION DETAILS: A detailed e-mail regarding this new system and what you need to do, has been sent to each of you on the base e-mail system. Please save it and read it because it tells you what you need to know to make the new system work and where to get some training. It is from Master Sgt. John Marinelli and the subject is: Microsoft Office 2007 coming February 27, 2009.

If you have questions about this or anything else Communications related, call the Helpdesk at 656 or at 241! Or if all else fails, you can always call Chief Master Sgt. Vic Wurtzler at 576!

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

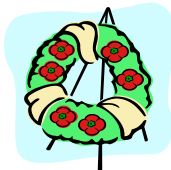
Relief for the Family

*by Mr. Joe Ward
Family Readiness Group Manager*

Family of deployed military members who experience financial hardships should contact the Family Readiness Office for assistance information. The Family Readiness Office and various support groups can direct families to several resources for assistance. Keep in mind you must clearly prove the hardship is caused by the deployment of the military member.

In addition to the above, the Family Readiness Office also has information on other organizations which may be beneficial for not only members that are deployed, but also those members at home.

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 let Mr. Joe Ward, Family Readiness Manager, know. He wants 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 him at: 217/757-1569 or at joe.ward.1@ilspri.af.mil



YMCA memberships for Guard, Reserves

*by Mr. Joe Ward
Family Readiness Group Manager*

The Department of Defense has partnered with the Armed Services YMCA to fund memberships at participating YMCAs throughout the United States and Puerto Rico. In order to receive the benefit the member must be in Title 10 status. National Guardsman and Reservists must be deployed a minimum of six months in order to be eligible. Therefore, family members of deployed Guardsman and Reservists are able to use this benefit.

In addition, deployed Guard and Reserve personnel with children up to age 12 are authorized free respite child care up to 16 hours per month, per child in Department of Defense approved YMCA facilities.

GET STARTED!

Complete the YMCA/DoD Eligibility Form

Visit www.ymca.net/about_the_ymca/military_outreach_initiative.html to find a participating YMCA

Take the eligibility form, a copy of the deployment orders, and a military ID card to your local YMCA

Checkk with your local YMCA Membership Director to see if the YMCA nearest you is a participant.

If you still have questions please visit the Military OneSource website at www.militaryonesource.com or call 1-800-342-9647.

HELP WANTED

The 183d Family Readiness 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? It is a brand new day, with a brand new guy (new but not a rookie). So, let's band together, combine our ideas, and build a Family Support Group that we all will want to participate in. Our first meeting will be Tuesday, Feb. 10, at 5:30 p.m., in the Aerospace Dining Facility. Hope to see you there!

Volunteer Sign-up Form

Name: _____

Unit: _____

Address: _____

Specialty: _____

City, State, Zip: _____

Phone Number: _____

E-mail Address: _____

Please return to:
183d Family Readiness Group
3101 J. David Jones Parkway

or email it to:
joe.ward.1@ilspri.af.mil
(217) 757-1569

Military not always made aware of insurance benefit

submitted by the Base Legal Office

from: www.illinoislawyerfinder.com

Many members of the armed services, who are eligible for the Servicemember's Group Life Insurance (SGLI), are often not informed of this benefit or they receive only limited information about the SGLI coverage available for themselves and their family members.

This is especially the case during mobilizations and deployments when time is often limited and people are in a hurry. It is important that service members are aware that eligible beneficiaries of SGLI proceeds are any persons or legal entities designated by them on a VA Form SGLI 8286.

A service member has the absolute right to choose a beneficiary. Family members, however, do not have such a right. The service member is the beneficiary of the spousal SGLI policy. The service member is also the beneficiary of a child's SGLI policy.

Like all insurance policies, SGLI is independent from a service member's will. An insurance policy is a contract between the service member and the insurance company. Although insurance proceeds are included in the gross estate, the will does not determine the beneficiaries of an SGLI policy unless the estate or a testamentary trust is the designated beneficiary.

Therefore, it is critical that service members keep beneficiary designations current. Changes such as marriage, divorce and the birth of children are good reasons to update an SGLI policy.

When choosing to name minor children, service members should consider designating a trustee (using a living or testamentary trustee) or financial custodian (under the Uniform Gifts/Transfers to Minors Act). Otherwise, SGLI proceeds will not be released and used for the benefit of a minor until an adult, acting on behalf of the minor, petitions a court to be appointed the guardian for the SGLI proceeds. The trustee is named as the beneficiary and manages the proceeds on behalf of minor children.

Additional information is available at www.insurance.va.gov. Any area military base can also provide assistance to service personnel and their families through the Legal Assistance Office. Further information is also available in a free brochure from the Illinois State Bar Association entitled "Called To Duty."

Note: This information was prepared as a public service by the Illinois State Bar Association and is a joint project with the Illinois Press Association. Its purpose is to inform citizens of their legal rights and obligations.

© Illinois State Bar Association

If you have questions regarding this topic, please contact the 183rd Base Legal Office at ext. 491 during UTA.



*Maj. Kevin Strine
183rd Staff Judge Advocate*

Powers of attorney for family care plans

Family Care Plans are required for military members who are single parents, dual military couples with family members, and members with civilian spouses who have unique family situations. Per AFI 36-2908 the member must execute a power of attorney for all designees/caregivers unless the designee has these legal rights, i.e. ex-spouse.

In order for your powers of attorney to be completed promptly and accurately, you will need to provide correct, current information. This will include the full names and addresses of ALL designees who need a power of attorney. **KNOW WHO IS DESIGNATED ON YOUR AF FORM 357.**

Upon completion of the powers of attorney, a copy should be kept on file with your AF Form 357. Retain the original and give it to your designee upon his/her custody of your family member(s).

If you have special circumstances or would like to talk to an attorney, please contact the Base Legal Office at ext. 491 during UTA.



New Retirees

Senior Master Sgt. David E. Behl, Air Operations Center, Dec. 31, 2008
Senior Master Sgt. Ricky L. Snyder, 183rd Aircraft Maintenance Squadron, Dec. 31, 2008
Senior Master Sgt. Theresa M. Snyder, 183rd Fighter Wing, Dec. 31, 2008
Tech. Sgt. Cindy G. Trentz, 183 Fighter Wing, Dec. 31, 2008
Master Sgt. John A.W. Archambo, 183rd Civil Engineering Squadron, Jan. 3, 2009

Chief Master Sergeant

Barbara J. Kenzel

Technical Sergeant

Bobbie J. Lee
 Scott M. Hughes
 Barbie L. Miller

Staff Sergeant

Ryne C. Hopp
 Ashley J. Ball

Breakfast gathering Retirement party planned

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, February 3 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!

Senior Master Sgt. Theresa M. Snyder
celebrating 30 years of military service



When: Feb. 28, 2009
Where: Springfield Hilton's Rendezvous Room
 Mezzanine Level
Time: 7:00 p.m. to 1:00 a.m.
Attire: Casual
What to expect: A couple of kegs, cash bar, DJ, and lots of fun

There will be a short presentation at 7:30 p.m., with DJ following at 8:00 p.m.
 A block of rooms have been set aside at a special rate under group name 183 Snyder. If you have any problems with reserving a room or have questions about the party email Theresa at teesnyder@hotmail.com. For reservations call the Springfield Hilton at 217/789-1530 or visit <http://www.hilton.com/en/hi/groups/personalized/SPFSHHF-183-20090228/index.jhtml>

Personal Note

Airman 1st Class Lindsay Smith (AOG)

is engaged to Mr. Korey Weyant of Springfield. Mr. Weyant proposed to Lindsay Oct. 12, 2008. They are planning a Dec. 19, 2009, wedding. Congratulations and best wishes!



NCOAGA Announcements

60th Anniversary Cookbooks



60th Anniversary cookbooks are still available for purchase.

For a the nominal fee of \$20, you could share this memento that is filled with dozens of pictures of current and former unit members as well as countless tried and true recipes.

Get your copy from Master Sgt. Karla Wheatley (ext. 233) or Master Sgt. MaryAnn Chapman (ext. 330).

Adopt-A-Highway

Last year's weather interfered with our efforts to keep the stretch of road that our Association has adopted clean. Let's work together to pump up our efforts to keep that two mile stretch of Veterans Parkway clean.

Bowl for Kids

For the past number of years members of the NCOAGA and the 183d have participated in the Big Brother Big Sister Bowl for Kids. This year is no exception and we would like to see an even bigger turnout than in the past couple of years. If you would like to be a team captain, bowl on a team or sponsor a bowler please contact Tech. Sgt. Alana Franklin at ext. 294. If you are interested in bowling, the teams will be bowling either March 6 or 13 at 9:30 p.m. There is still plenty of time to get those teams together.

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.

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.



Stop Delivery

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

183d FW/PA

**Illinois Air National Guard
Capital Airport
3101 J. David Jones Parkway
Springfield, IL 62707-5001**

