



## 183rd Security Forces wins Outstanding ANG Security Forces Unit for 2009

by Maj. James Robinson  
183rd Security Forces Squadron

It is a great privilege to announce that the 183rd Security Forces Squadron (SFS) was once again selected as one of the two Outstanding Air National Guard (ANG) Security Forces Units for 2009! This award recognizes the extraordinary contributions our unit has made to the U.S. Air Force and ANG missions to fly, fight, and win. Due to the large number (88) of Security Forces (SF) units in the ANG, the National Guard Bureau (NGB) is authorized to select two ANG SF units as outstanding. This year, the other unit is the 204th SFS which hails from Texas and is commanded by Lt. Col. Carl Alvarez. Within the coming weeks, NGB will select one of our two units as THE outstanding SF unit for the ANG.

The NGB has validated what we already knew; we have an outstanding SF unit. Over the last several years, each and every SF member has been working hard to improve our unit. We started down this road by excelling at the 2003 Operational Readiness Exercise, performing exceptionally well during three HQ Vulnerability Assessments (2004, 2006, 2009), and through a superior performance during the 2007 Unit Compliance Inspection. All of this was accomplished during a significant manning draw down, combined with a deployment tempo never before seen in the history of



Members of the 183rd Security Forces Squadron conduct civil disturbance training. (Photo submitted by Maj. James Robinson)

our unit. We've had members deploy to countries all over the world and consistently received feedback from the deployed leadership that the "183d Herd" led the way. During this award period, our unit had personnel deployed to two different countries while also stepping up to assume duties as the lead Quick Reaction Force for the Illinois National Guard Response Force. Despite high operations tempo and on-going inspections, each member met these challenges and excelled to a level this unit has never witnessed before. This is the second time in the wing's 60 year history that the Security Forces received this accolade; the first time being just two short years ago.

I received many phone calls and emails from friends across the nation congratulating me for receipt of this

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## Just the Facts

### Unit Training Assembly Schedule and pay dates



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

APR 10-11      APR 21

MAY 1-2      MAY 12

JUN 5-6      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 is **SATURDAY, APRIL 10, 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

### Education - Documenting your accomplishments

by Chief Master Sgt. Brenda Korte  
Human Resource Advisor

Have you ever done something to improve yourself? Started an exercise program? Ate the recommended servings of fruits and vegetables? Read a book to learn and grow as a person? What about school? Did you take classes at a community college, trade school, or a university? Did you earn a degree? If so, do



you have a copy of your transcript on file with the Base Education and Training Office?

Sending a transcript to the Base Education and Training Office/Manager (BETM) will allow them to update your educational records in the personnel system. This information will then be part of your Report of Individual Personnel (RIP) paperwork. It will also reflect the vast educational experience of members in the Air National Guard, which can be beneficial when assigning resources to Guard units.

In order to request an official transcript, you have to contact your educational institution. Often there is a fee for this service. However, many colleges/universities have amnesty days or free transcript days. Some institutions offer free transcripts for military members. It does not hurt to ask. Transcripts must be officially sent in a sealed envelope to the Base Education and Training Office. Afterwards, it is best to follow up with the BETM to confirm your transcript was received. If you are not sure if your transcript will count or if it may have already been submitted, you can always take a copy to the Base Education and Training Manager, Master Sgt. William Kaltenbach, and have him check it out for you. He can also be reached at ext. 230. Remember, updating your records may benefit you and the Air National Guard in the future.

### Catching God's ear

by Lt. Col. Robert Barry  
183rd ASUS Chaplain's Office

To many observers, it seems like some people have all the luck and get all the attention. More precisely, it seems like some people always have their prayers answered. It is fair to ask what we have to do to be admitted to that fortunate group. The answer is quite easy and simple.

There are four things we need to do to catch the attention of God. The first thing is to get our lives under control and direct our lives to things worthy of us. This means we do not waste our attention, time and energy on things or activities that does not do anyone any good. Getting it under control means we make choices about what we can best do that serves the genuine needs of others.

The second thing we need to work on to be noticed by God is to seriously begin changing the things in our lives that need changed. We need to burrow deeply into our-



selves and change the things we know are not right at the present time or very shortly will not be right. This means we look at those dark and shadowy areas of our life and try to bring some light to them.

The third thing that we must look at to make God stop for us is to approach God through different ways of praying. God is always moving and changing, and this is done to keep us growing and maturing as we pursue God. As we move and change in our efforts to stay connected with God, we have

to go to God through new and different forms of prayer. When we do this, God reveals ever new and different aspects of his being to us. As we continue to approach God differently, we learn and discover something new and different with God at every turn.

Finally, what really draws God's attention is charity. Generous, selfless acts of charity attract so much of God's attention because they are so much like God! Acts of charity and generosity flatter God because charity and generosity are what God does best! There is nothing that shows others what God is truly like than these sorts of actions.

We need to be able to attract God's attention because there are some times in our lives when we need God to be close by. God can be a very good friend who has enormous abilities and who can save us from very difficult situations. It is very easy to become occupied with other things, but in the end, the most important thing we can do is to make sure that we have God's attention and that God remains close to us.

#### † † CHAPLAINS' INFORMATION † †

#### Roman Catholic Chaplains:

**Lt. Col. Bob Barry**  
3700 103rd Street  
Chicago, IL 60655  
phone: 773-296-3857  
email: RLBarry@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



### Weaver Popcorn Company donates popcorn to the 183rd

by Senior Airman Chasity Johnson  
183rd Public Affairs

Weaver Popcorn Company, with the assistance of the Boy Scouts of America, donated a can of popcorn to each member of the 183rd Fighter Wing on March 7 in an endeavor to express their appreciation for our service.

Boy Scouts sell popcorn in order to fund their annual programs and activities, and to learn the valuable lesson of self-reliance.

Since its inception, boy scouting has been deeply rooted in the



From left, Joe Ward, Col. Michael Meyer, and Senior Master Sgt. Rex Arkebauer get ready to distribute the popcorn to unit members. (Photo by Staff Sgt. Steve Martin)

concept of doing for others. "Do a good turn daily" is a core Boy Scouts precept just as "Service before self" is an Air Force Core Value.

While selling popcorn to their supporters, Boy Scouts ask customers if they are interested in buying a can for a servicemember. If

they are, the order is filled through Weaver Popcorn Company, the Indiana-based, family-owned company. Weaver Popcorn Company then coordinates the delivery of the popcorn to servicemembers on bases across the United States.

A representative from the company organized the distribution of the popcorn to members of the unit with Joe Ward, 183rd Family Readiness Group manager. The popcorn arrived to the base, five days after the company made initial contact with family readiness.

"It's really nice of them to show their appreciation to us," said Airman 1st Class Dezire Renfro, a communications specialist with the 183rd Air Support Squadron. "It's great to know that people are noticing what we do out here."

## Outstanding Unit cont.

### Outstanding Unit, continued from page one

honor. But make no mistake, this award was earned by the enlisted force. The men and women of this organization work 24/7, weekends/holidays, and deploy more frequently and for longer periods than most specialties. This is all accomplished while sustaining an ops tempo like non-other. A quick snapshot of our deployment success reveals the following:

- Total Number of OCONUS deployments: 19
- Total Days Deployed (Cumulative): 21,345
- Total days SFS spent in AOR: 2,435
- Avg deployment length (in days, although current minimum is 180): 128
- Number of pers deployed to AOR since 9/11: 163
- Total OCONUS Countries Deployed To: 10
- Percent of current SFS members who have not deployed: 16 %
- Percent of current SFS members who have deployed multiple times: 47 %

- Number of pers with more than one deployment: 24
- Number of pers with 3 or more deployments: 13
- Most deployments made by one person: 6
- Percent of Squadron activated immediately after 9/11: 100 %
- Percent of Squadron deployed within 35 days of 9/11: 50 %
- Years SFS has been in AOR: 6.67

Regardless of how this chapter in our squadron's history turns out, I am proud of each and every one of our SF members. We have all come a long way together and selection of this award is a direct reflection of the hard work, sacrifice, and can-do attitude of our incredibly talented enlisted force. We have committed to one another that we will meet our never-ending drive towards excellence by ensuring we never rest on our laurels, and by challenging ourselves and each other to become even better than we are today. We owe ourselves, the squadron, wing and Air National Guard nothing less!

# Snowbirds? Not quite.

by Maj. Craig Reichert  
183rd Air Support Squadron

Ever want to “just get away” from the winter weather we have been experiencing and become a “Snowbird” in the warm weather of Tucson, Arizona? Senior Master Sgt. Jackie Riddle, Master Sgt. Mark Lee, Staff Sgt. Doug Adams and I were given this opportunity in mid-January. Or were we? We departed Springfield on Jan. 19 knowing full well that this would be no vacation as we traveled to 12th Air Force (AF) Headquarters in support of Operation Unified Response.

Operation Unified Response was the name given to the joint operation in the wake of the devastating earthquake that rattled Haiti. An earthquake leveled the nation and created death and destruction unparalleled from any known natural disaster in the western hemisphere. In its aftermath, the survivors struggled daily to find potable water, food, and shelter. All of us know these are the foundations of survival and they were taken away in seconds. Our job as Air Support Squadron Logistics and Air Mobility Operations Squadron career fields was to simply start the efficient flow of these lifesaving goods into Haiti while ensuring the U.S. military and our international counterparts on the ground received necessary support to accomplish the mission.

Upon arriving late in Tucson, we proceeded to check in at the hotel and all agreed that an 0700 departure for the headquarters building was in order. If we were there to help, we had better get to it. Time was critical in this operation and the boots on the ground were as much in need of water and food as the Haitian's. The 12th AF staff were superb in orienting us to our duties. We soon met our counterparts with whom we would work hand-in-hand for the next 22 days. They had many logistical processes in place similar to the Critical Action Planning phase of Blue Flag which many of us had attended in December. This just emphasizes the “train like you fight” motto. In this operation there would thankfully be no fight, just the all important need for humanitarian aid.

Operations for the four of us consisted of 12 to 14 hour shifts as the 24-hour operations continued right up until our departure. In my 19-year career, I can not remember the operations tempo of any exercise or real-world contingency being this high. One day off a week



*From left, Maj. Craig Reichert, Senior Master Sgt. Jackie Riddle, and Master Sgt. Mark Lee pose for a photo upon their return from Davis-Monthan AFB, Ariz., in support of Haiti. (Photo by Master Sgt. Shaun Kerr)*

was the standing rule, but I would be surprised if any of us saw that. To the best of my knowledge, not one of our deployed members so much as said a word about it; a testament to their dedication to the mission. We knew we were there for a humanitarian mission and many people were in much worse conditions than us. The professionalism of those I deployed with is second to none.

Senior Master Sgt. Jackie Riddle filled the role of Supply and did an outstanding job. In addition, she managed to round up some much needed laundry detergent that we all shared for the entire trip. Master Sgt. Mark Lee worked Petroleum, Oils and Lubricants. He and his counterpart were tasked with the huge responsibility of ensuring fuel was available not only for the aircraft transiting Port Au Prince, but also all of the ground equipment. Staff Sgt. Doug Adams was superb in his role of Air Mobility Transportation. It was not uncommon to hear him on the phone with the Tanker Airlift Control Center at Scott AFB, Ill., ensuring the transport of equipment or load planning an aircraft.

With the operations tempo beginning to slow and the 12th AF returning to normal, we were allowed to return to our civilian and military jobs back home. I speak for all of us when I say we have come back with a broader knowledge of our real-world military roles. Having spoken with our counterparts on the ground in Haiti, this mission was and continues to be a huge success. There are still enormous obstacles to overcome in Haiti, but the 12th AF and 183rd Fighter Wing are proud to have been a part in the success of the on-going mission.

## Tips for your next trip to the clinic

*by Airman 1st Class Tiffani Williams  
183rd Medical Group*

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The 183rd Medical Group is committed to providing the base with more efficient services. When you come to the clinic please take a moment to complete a survey at the check-in desk or in the immunizations area. Your comments and suggestions are greatly appreciated. Reports from the October through December quarter show that your overall clinical experience is at 96%. We strive for 100%. To do so, we have implemented better ways to schedule appointments and have placed more individuals in the heavily visited areas. The following are some tips for your visit to the clinic:

1. Come to your appointment on time.
2. Check in with the front desk and inform them the nature of your visit.
3. Make sure to bring in all provided forms (e.g. SF507) and have them completed.
4. Communicate with the medical personnel sitting at the desk (hall monitor) as to the areas you need to visit.
5. Be aware of any "waiting lists" that may be located on area doors.
6. Ask for assistance if you do not know where a particular area is located.
7. Enjoy the television and the conversation, but listen out for the hall monitor to call your name.
8. Make sure all areas on your check list are completed before turning your record back in.
9. Do not linger in the clinic waiting area once your visit is complete.
10. Turn in a patient satisfaction survey! If we are not aware that there is a problem, then it can not be addressed and resolved.

We continually review all areas of service for quality, so it is important that the patient satisfaction surveys are thoroughly and honestly completed. All patient satisfaction surveys can be obtained and returned to the front desk or to the hall monitor.

## Guard retirees eligible for dental coverage

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FALLS CHURCH, Va. (3/3/10) - Good oral health is an important part of maintaining overall health and a military retiree's access to dental coverage doesn't end when they hang up their uniform.

With the Tricare Retiree Dental Program, retired servicemembers can purchase affordable dental coverage for themselves and their eligible family members.

The Tricare retiree dental program is available around the world to retired servicemembers who receive retirement pay, "gray area" retired National Guard and Reserve members who are entitled to but not yet receiving retirement pay and Medal of Honor recipients.

Spouses and children up to 21 years old, or 23 years old if they're full-time students, of these retirees are also eligible for the retiree dental program.

Participants in this voluntary plan may get dental care from any licensed dentist within the program's designated service area. However, visiting an out-of-network dentist may require participants to pay higher out-of-pocket expenses and file their own claims.

The Tricare retiree dental program is a premium-based plan administered by Delta Dental and it has cost shares for certain services after beneficiaries reach their \$50 per-person deductible. Most preventive, diagnostic and emergency dental services are covered or available for cost-sharing immediately after enrollment, but some services including orthodontics, dentures and crowns are available with a cost-share only after 12 months of continuous enrollment.

The monthly premium rates vary based on the retiree's location and the number of people covered by the plan. These premiums are automatically deducted from retirement pay. The rates are available at [www.trdp.org](http://www.trdp.org) and adjust Oct. 1 for the next year.

Eligible members may enroll in the Tricare retiree dental program online, by telephone or by mail. Visit [www.trdp.org](http://www.trdp.org) and click "Prospective Enrollees" for more information on rates and benefits.

### New Arrivals

**Master Sgt. Adam Blair (ASUS)** and his wife Amber are the proud new parents of a baby girl.



Ally Madison was born February 9, weighing six pounds, five ounces, and was 19.5 inches tall. Congratulations to the Blair family on their new bundle of joy.



**Tech. Sgt. Laura Valente (183CES)** and **Master Sgt. Wade Valente (183SFS)** are the proud new parents of

a baby girl. Mia Victoria was born February 24, weighing six pounds, five ounces, and was 20 inches tall. Congratulations to the Valente family on their new arrival.

### Weddings

**Master Sgt. Jennifer Donaldson (183FSS)** was recently married



to John Weitekamp. The two were married on March 13 in Gatlinberg, Tenn. Congratulations to the happy couple and we wish you luck on your new life together.

### 183rd Website

The 183rd Fighter Wing has created a new website. The new website can be found at [www.183fw.ang.af.mil/](http://www.183fw.ang.af.mil/)

The site features expanded public affairs coverage of all things 183rd. Readers can look for more timely and up-to-date news items about Springfield's Air Guard Unit.

Log on and check it out!

### APRIL LUNCH MENU

Served 1100-1300

#### SATURDAY MAIN LINE

- ♥ Baked chicken breast
- Baked tuna and noodles
- Au Gratin potatoes
- Carrots
- Rice Pilaf
- Asparagus
- Peanut butter crunch cake
- Salad bar
- Fresh fruit

#### SATURDAY SHORT ORDER

- Philly cheese steak
- Hot wings
- Fries

#### SUNDAY MAIN LINE

- Cajun fried fish
- ♥ Oven roasted turkey
- Baked macaroni and cheese
- Corn
- Collard greens
- Cornbread
- Apple crisp
- Salad bar
- Fresh fruit

#### SUNDAY SHORT ORDER

- Grilled cheese
- Hot wings
- Fries

\*Menu is subject to change

♥ Heart healthy

### 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.)

### 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 1-5 p.m.

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

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

### Retirees breakfast gathering

Retirees gather on the first Tuesday of each month to share breakfast and talk about the good ol' days. Join them at King Pin Lanes, on the corner of Sangamon Ave and Dirksen Parkway, Tuesday, April 6. 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!

## 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

### Major

Robert L. Dutra

### Senior Master Sergeant

Brett M. Pier

### Master Sergeant

Erik D. Hill

Daron E. Poage

Beth L. Ward

### Technical Sergeant

Jason M. Arndt

Matthew R. Davlin

Benjamin R. Klekamp

Erik J. Link

Victor K. Nomichith

Jacob M. Weiss

### Staff Sergeant

Amber N. Havens

Tyler J. Long

Kimberly R. Thomas



## Welcome Aboard

## New Enlistees

Tech. Sgt. Jason R. Pals

Det 1, February 6, 2010

Maj. Timothy R. Reynolds

Det 1, February 22, 2010



## Software management

by Senior Master Sgt. Erin Roesch  
183rd Communications Flite

Managing all of the software usage on base is a tedious task to say the least. There are several types of software to include: commercial and government off-the-shelf, open source, public domain, and freeware/shareware. No matter how the software is procured it must be authorized and approved through the Communication Flight.

Anytime you receive software or need software you must contact your Communications System Administrator (CSA+). They understand the process and procedures necessary to comply with the needs of the Communications Flight.

Another area of software management worth noting is the use of illegal software. Spy ware is a serious concern, so be careful where you browse on the internet. Shareware and freeware are a big threat to security and bring in the most spy ware.

There are new procedures in place to track and eliminate illegal and unauthorized software.

If you have any software in your area please turn it in to your CSA+ or the Plans office. Your vigilance and help in managing this program is greatly appreciated for two reasons, COMPUSEC and Licensing.

Please contact your CSA+ or Communications Flight if you have any questions or concerns.

### Things to Remember:

- Do not install freeware, shareware or personally owned software on government systems without approval.
- Do not make any illegal copies of copyrighted software.
- Do not install and use copies of government owned software on a home computer unless the software license explicitly allows users to do so and the base has authorized such use.

## Who: Airman 1st Class Heather Dyer

**What:** Jet Engine Mechanic

**When:** Enlisted September 2008

**Why:** She initially enlisted through the delayed enlistment program (DEP) in high school, but was not able to fulfill her enlistment due to family matters. She then reenlisted to help pay for tuition.

**Civilian Employment:** Full-time student at the University of Illinois at Springfield studying biology and chemistry and hopes to one day be accepted into medical school.

**Civilian/Military Correlation:** She does notice quite a bit of crossover in the physics she has learned in her military training and what she is studying in college.

**Recent/Favority Deployment:** She has not been deployed yet but is looking forward to her first trip.



(Photo by Staff Sgt. Shelly Stark)

## Social Networking and OPSEC



**Think before you post! Remember, your information could become public at any time.**

# USAF TRiPS: The Air Force Travel Risk Planning System

by Tech. Sgt. Chris Rosser  
Base Safety Office

In the coming year many members of our unit will be travelling to technical schools via their personally owned vehicles. There is now a tool available to minimize hazards on longer travels. TRiPS: the Air Force Travel Planning System is a risk management/assessment system developed by the U.S. Army. The Department of Defense funded development of service specific versions. TRiPS assesses the dangers posed by long distance driving often associated with military leave, vacations and TDY travel. Registration is very easy and takes only a few minutes. Once an individual registers, he or she can input details of their next driving excursion. In addition to a route planning tool, TRiPS analyzes risk factors, presents ideas to reduce traveler risk, and provides an overall risk assessment of the planned trip. TRiPS can facilitate communication between a traveler and his/her supervisor that focuses directly on the safety of the planned trip. We highly encourage supervisors at all levels to take advantage of this tool and make TRiPS a regular part of any counseling done prior to sending individuals to schools. To access the tool a link can be found on the Air Force Safety Center traffic

safety page at <https://crcapps2.crc.army.mil/TRiPS/af/login.aspx>

Before setting off on that long drive an inspection of the vehicle should be performed. Check fluid levels and tire inflation (including the spare). Are the windshield wipers in good condition? You should keep the following items in your car at all times, especially during long trips:

- First Aid Kit
- Blanket
- Spare Fuses
- Shovel
- Engine Fluids
- Flashlight
- Flares/Reflective Devices
- Tool Kit
- Water
- Fire Extinguisher
- Jumper Cables
- Duct or Electrical Tape
- Jack/Lugnut Wrench
- Sand, Cat Litter (winter)

The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes are the direct result of driver fatigue each year. This results in an estimated 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. These figures may be conservative, since it



is sometimes difficult to determine the extent that sleepiness factored in a crash.

Here are a few measures you can take to reduce your chance of fatigue and

drowsiness. Because a disproportionate number of crashes happen between midnight and 6 a.m., avoid driving during this time high-risk period. Scheduling your trip at another time is a simple way to reduce risk, especially if the drive is long. Obviously, drinking alcohol and using certain over the counter medications increases sleepiness and should be avoided. Common methods of increasing alertness include: drinking coffee/energy drinks, opening windows or turning on air conditioner or fan, talking to passengers, stopping to eat, exercise, relax but without napping/sleeping, turning up the radio or music. These are short-term fixes at best and needing them indicates that you should find a safe place to sleep soon.

Remember to let others know your trip route, itinerary, and when you plan to arrive at your destination. Before heading on any trips this year, either for work or play, take a little time to prepare ahead, minimize risk and increase your chances of an incident free trip.

**Remember to wear your seat-belt and watch out for motorcyclists!**

## The slippery slope of missing UTAs

*by Master Sgt. Rob Stults  
183rd Maintenance Squadron First Sergeant*

As you may recall from the January Falcon's View, the Wing First Sergeant Kim Piskacek submitted an article on the subject of UTA attendance. I want to follow up on that with an article of my own addressing the seriousness of missing a drill. Everyone in the Air National Guard has a life outside of here. We all have weddings and graduations to attend, opportunities to travel and other reasons we can't make it to drill. On many occasions, it might just be a beautiful day and we would rather be elsewhere enjoying the weather. I can recall quite a few Saturdays from the last 19 years when I missed out on something that I might rather of been doing, but it was my responsibility to be here.

Life is full of responsibilities and being in the Illinois Air National Guard is one that we all took on voluntarily knowing what is expected of us. Whether you plan on making the Guard a whole life experience, or just plan to do six years and move on, it is very important that you live up to your end of the bargain. In an ideal world every person would make every drill on time, all year long. We know that does not happen and we all have to work around situations to accommodate everyone within reason. If you make every drill for ten years and then request to change your drill dates I can not imagine there would be a problem with that. On the other hand if you show up late, try to get out of drill every other month and have only been in the unit two years, then you probably are not going to have much success. These are issues that each individual supervisor must deal with and that is one of things they get paid to do. All of the leaders need to deal with absenteeism immediately and let it be known

that it will not be allowed or tolerated, but ultimately the responsibility is on the individual. If you are a member of the 183d you should be mature and responsible enough to meet the requirements of being one. Regardless of your rank or years in service you are expected to attend UTA. Any changes should be determined between the individual and their supervisor.

Missing a UTA can create a number of problems for anyone which could include, but is not limited to, demotion. We all spend a lot of time and effort with basic training, technical schools, CDC's and ancillary training to give up a stripe just for missing drill, but it can happen. It does not necessarily end there. Many of you receive bonuses for your career field and those can not only be stopped, but repayment is a possibility as well, depending on the circumstances. Also, the financial benefits that are received for college can come to a halt. I know many people join the Air National Guard primarily for the tuition benefits and would be devastated to see those benefits come to an end. Ultimately, you could end up with a discharge from the military for missing drill. Two days a month is a pretty small amount of time to spend when you consider the wide range of benefits we can receive.

This brings me to my final point of this article and that is communication. There should always be an open line of communication between every airman and their supervisor. If this is a problem then you need to take it up "the chain" and rely on others to help you resolve any issues. That is why we have a chain of command, because those higher up have more experience to help solve problems. The last thing you ever want to do is just not show up. The bottom line is talk to your supervisor, keep the lines of communication open and live up to your responsibilities.

Please refer to 183FW Base Instruction 36-3208 for further information, or stop by and talk with your First Sergeant.

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