



## Members of the CIRF travel to Syracuse for tooling

by Senior Airman Chasity Johnson  
Public Affairs

Members of the 183rd Fighter Wing Centralized Intermediate Repair Facility, also known as the "CIRF" traveled March 14 to Syracuse to retrieve engine-repair tooling.

Because the 174th Fighter Wing will no longer house F-16s, the National Guard Bureau slotted the 183rd to convoy to Syracuse to acquire the tooling.

What does the tooling mean for the members of the CIRF? It means the ability to work more efficiently.



From left Tech. Sgts. Carl Hasselbring, Kevin Roodhouse, and Master Sgt. Roger Smith pose for a photo before beginning their trip. (Photo submitted by Master Sgt. Rich Shanner)

"It will allow us to do any work we need without worrying about our tools breaking," said Tech. Sgt. Carl Hasselbring, 183rd Fighter Wing Propulsion Shop work leader. "It allows us to work on engines while allowing people to train at the same time."

The mission took six days for Master Sgts. Robert Force, Leo Leonhard, Richard Hand; Tech. Sgts. Jay Eilerman, David Estep, Carl Hasselbring, Kevin Roodhouse; Staff Sgt. Zackery Patterson; and Senior Airman Eric Roth to accomplish; two days to drive there, two days to load the equipment and two days to travel back. They traveled in three semi-trailer trucks and one van.

According to Tech. Sgt. Hasselbring, members of the 174th were very accommodating and easy to work with. "They had everything organized for us which made loading the equipment much easier."

Tech. Sgt. Hasselbring said he gained more from the trip than the tools. He said it afforded him the opportunity to bond with members of the 183rd that he rarely interacted with on base.

Although the trip possessed benefits beyond gaining the tools, it was not without incidence. While returning, the engine light in one of the semi-trailer trucks turned on. They were forced to leave the truck in Freeman, Ind., but they were able to recover it days later while on another convoy to Fort Wayne, Ind.

According to Tech. Sgt. Hasselbring, the incident did not negate from the importance of this mission.

"Retrieving this tooling is beneficial to our mission," said Tech. Sgt. Hasselbring. "If we don't have the tooling, we can't work on the engines. The workload we have now is 10 times greater than what we had before, so this tooling is going to be used more and more every day."

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## Just the Facts

### Unit Training Assembly Schedule and pay dates



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

MAY 1-2                      MAY 12

JUN 5-6                      JUN 15

JUL 10-11                      JUL 20

**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  
JUNE issue of the  
Falcon's View is **SATURDAY,  
MAY 1, 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

### Innovation through Ideas

*Are you being innovative?*

*by Chief Master Sgt. Brenda Korte  
Human Resource Advisor*

The HRA theme for this month is "Innovation through Ideas". I started writing this article with information from my HRA booklet and it didn't seem right. I went to the dictionary and discovered the problem. To innovate means to begin or introduce something new, to be creative. I wasn't being very innovative!



When we think about the Air National Guard and the United States Air Force, we see how our foundation was built on innovation through ideas. We can see our future developing through new thoughts and practices, which will make us stronger military members. As we read through the Falcon's View, attend drill, and work in our respective areas, we can constantly see the ideas, procedures, and challenges that occur with time. It is through innovative thinking that we are able to move forward and make positive, productive changes. As Airmen, we should each take part in this innovative thinking in order to strengthen the future of our unit and the Air Force.

This month the 183rd Fighter Wing will be hosting a Contemporary Base Issues seminar. This is one avenue of working together and being innovative in our thinking. As we attend schools and learn new material, we will have more opportunities to begin or introduce something new. The possibilities are endless, provided we are willing to do something different and be innovative through our ideas!

Flywheel Challenge: "What did I do today to push on the flywheel?"

- Do I set an institutional belief in leading by example, from the front, and assuming the full measure of risk and responsibility?
- What ideas do I help shape and define for the future of our Airmen of tomorrow?
- Do I always work to turn my resources to uses that deliver the results I want?

## Spring training

by Lt. Col. Jeff Laible  
183rd Base Chaplains Office

Professional baseball spring training season is now underway and it was the topic of conversation last night as I enjoyed a delicious Lenten fish dinner at the Lincoln, IL Knights of Columbus Hall. Predictions were being made about what teams seemed to be having a successful spring training season and what teams appeared to be showing dismal progress in their game. Given the deep rivalry that exists in this part of the country between the St. Louis Cardinal and Chicago Cub fans, I wasn't surprised that the conversation quickly turned to which city had the better team – St. Louis or Chicago? There was an even split among those sitting at my table (I tried to remain neutral on the discussion for fear that revealing my true opinion might result in being evicted from the K/C's prior to having finished my meal).

By the time you read this article, the official season will be underway and fans from both teams will be anxiously waiting to see how their favorite team progresses, with the hopes that, in a few months, the World Series will highlight their spring predictions of a successful season. Who knows, maybe 2010 will be the year that the Cubs take the World Series!

The season of spring, after all, is a time of hope and new life. We see signs of new life all around us: flowers and trees blooming, fields and gardens being planted, warmer temperatures and longer day-light hours, all of



which lends itself to a renewed sense of energy and motivation. Hope and new life go hand in hand. When we have hope for the future, our motivation increases. When our motivation increases so does our ability to make the world around us a better place. Each one of us, no matter what our job or family responsibilities are, have the ability to make a positive difference in this world. One person's positive attitude can reshape an entire office or work center. That same positive attitude can also make a difference at home and local community. Having hope and maintaining a positive attitude takes training. We can't necessarily

expect to wake up some morning and automatically be hopeful, with a positive attitude. We must consciously practice the skill of being hopeful and positive. And that takes mental and spiritual discipline.

Professional baseball players must continually practice their sport. They must have a strong sense of discipline: physical, mental, emotional and spiritual in order to become the best player. We, too, must exercise those same character traits so that we can positively and effectively make our work centers, home and community a better place to live.

So let our spring training season begin today. Make a conscious decision now, today, to adopt a positive, hope-filled attitude, both for today and the future. Draw strength to do this from God (or your higher power). With the help of Almighty God, all of us can reshape our work places, homes and communities so that hope and new life abound.

✠ ✠ **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 1500 hrs Chapel  
Catholic Mass:  
Saturday 1600 hrs Chapel



## Pizza 4 Patriots

by Senior Airman Chasity Johnson  
183rd Public Affairs

They say “An apple a day keeps the doctor away.” But for many troops, an occasional slice of pizza keeps morale high.

Inspired by his son’s idea to send pizzas to troops serving overseas for Independence Day in 2008, Retired Master Sgt. Mark Evans, former member of the 217th Engineering Installation Squadron, created a non-profit organization called Pizzas 4 Patriots designed to give deployed military members serving on the front lines, as well as many troops in Veteran Affairs hospitals, a “slice of home.”

Funded solely by donations, Pizzas 4 Patriots procures pizzas at cost from Gino’s East, one of Chicago’s most notable pizzerias.

DHL, the military’s largest civilian transportation contractor donated their services to the organization, and agreed to ship the pizzas overseas for free.

From there, Evans contacted a few of the military’s top generals to help transport the pizzas to forward operating bases, where troops rarely get hot meals.

According to 1st Lt. Holewinski, AIS Intelligence Officer, the response from the troops were amazing. “They would say things like ‘This pizza is like a slice of home’ and ‘Deep dish pizza is the last thing I would expect to be eating in a place like this.’”

Pizzas 4 Patriots currently holds the world record for shipping over 10,000 pizzas in 2008 for Independence Day. This year they were able to provide over 2,000 pizzas to deployed troops for Super Bowl XLIV with the help of 217th Engineering Installation Squadron members Chief Master Sgt. Jim Pearson; retired Chief Master Sgt. John Adams; Senior Master Sgts. Kevin Keyfauber and Rudy Stonitsch; Master Sgt. Mike Eddy; along with 1st Lt. Thomas Holewinski.

Since the inception of Pizzas 4 Patriots, Evans has become a world celebrated philanthropist. He can frequently be seen as a guest on major television networks including ABC, NBC, WGN and Fox Chicago and on news programs like “Fox and friends” and “Good morning America.”

He was also given the honor of recently meeting with Vice President Joe Biden.

Lt. Holewinski says Pizzas 4 Patriots plans on surpassing their currently pizza-shipping record this year on Independence Day, providing more smiles and further raising the morale of our troops.

For more information about Pizzas 4 Patriots visit <http://www.pizzas4patriots.com>.

## National Osteoporosis Awareness Month

by Tech. Sgt. Amy Murphy  
183rd Medical Group

Osteoporosis is a disease which bones become fragile and more likely to break. It is characterized by low bone mass and structural deterioration of bone tissue, which leads to increased chances of bone fractures, especially of the hip, spine and wrist. Osteoporosis puts millions of Americans at risk each year. Women are four times more likely than men to develop this disease. About 85 to 90 percent of adult bone mass is formed by the age of 18 in females and by age 20 for males. People can’t feel their bones getting weaker, and they may not know that they have osteoporosis until they break a bone. A person with osteoporosis can fracture a bone from a minor fall, or in serious cases from a simple action such as a sneeze or coughing. Women can lose up to 20 percent of their bone mass in the five to seven years after menopause, making them more vulnerable to this disease. Certain people are more likely the develop osteoporosis than others. These risk factors could be:

1. Female
2. Older in age
3. Being small framed
4. Low hormones
5. Low calcium and vitamin D intake

Diagnosing osteoporosis is done through a test called bone mineral density. This test measures bone density in various sites of the body. The lower your density the greater the risk of having a fracture. This test is used for:

1. Detecting low bone density before a person breaks a bone
2. Predicting your chances of breaking a bone in the future
3. Confirming osteoporosis when a bone is broken
4. Monitoring changes to treatment

Osteoporosis medications either slow or stop bone loss, or they can rebuild bone. Some commonly used medications are: Fosamax, Boniva and Actonel. These medications do not cure osteoporosis but help alleviate the symptoms.

There are some things you can do to try and avoid osteoporosis. You can begin by getting your daily recommended amount of Calcium and Vitamin D. Also, engage in regular weight-bearing exercises. This will strengthen your bones so they will not be so brittle. When appropriate, have a bone density test and take prescribed medication.

Building strong bones before the age of 30 can be the best defense against developing osteoporosis and a healthy lifestyle can be critically important for keeping bones strong.

## Base Happenings



Medical members of the CERF-P team work on a patient during the Apr. 9 two-day exercise held here. (photo by Staff Sgt. Shelly Stark)



Senior Master Sgts. Erin Roesch and Todd Clark along with Master Sgt. David Ferricks present Chief Master Sgt. Victor Wurtzler a shadow box during his retirement celebration April UTA. (photo by Staff Sgt. Steve Martin)

### Inaugural "RUN TO REMEMBER" 5K Walk/Run Hosted by NCOAGA

Sunday June 6, 2010  
9:00 a.m. start time

**Come out and help us remember those of the 183rd we have lost over the years. This is an opportunity to pay tribute to our departed comrades who left us too soon.**

**Registration: Only open to unit members.** Registration is \$20 and will be open until the day prior to the race. **NO RACEDAY REGISTRATION WILL BE ACCEPTED.** Race shirt not guaranteed if registered after May UTA.

**Course:** The run will consist of a flat course on the perimeter road.

**Amenities:** Technical race shirt, water and sports drink at the half way and finish line, and fruit and bagels at the finish line.

**Awards:** Overall male and female winners will receive a special plaque and \$20 gas gift card. Male and female age group winners will receive \$10 gas cards. Age groups: 18-29, 30-39, 40-49, and 50+.

If you have questions or would like the registration form emailed to you please contact Robert.Stults@ang.af.mil, 217/757-1275, or Erin.Roesch@ang.af.mil, 217/757-1365.

## Retiree News

### Congratulations to our new retirees!

<b>Maj. Camille A. Dema</b>	183rd Medical Group	March 6, 2010
<b>Master Sgt. Ronald Skeeters</b>	Detachment 1	March 22, 2010
<b>Senior Master Sgt. Robert J. Casson</b>	183rd Maintenance Squadron	March 23, 2010
<b>Master Sgt. Audrey J. Jennings</b>	183rd Force Support Squadron	March 30, 2010
<b>Chief Master Sgt. Victor Wurtzler</b>	183rd Communications Flight	April 1, 2010

### 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, May 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!

## Announcements

### New Arrivals



**Tech Sgt. Randy Yoder (MXS)** and his wife Hollie are the proud new parents of a baby girl. Elise Hanako was born February 19, weighing seven pounds, ten ounces, and was 19 1/2 inches tall. Big sister Bridget (18 months) will greet Elise home. Congratulations to the Yoder family on their new bundle of joy.

**Lt. Col. Kevin Mulcahy (183FSS)** and his wife Michelle are the proud new parents of a baby girl.



Cailynn Joy was born March 15, weighing six pounds, 14 ounces, and was 19 3/4 inches tall. Congratulations to the Mulcahy family on their new arrival.



### MAY LUNCH MENU

**Served 1100-1300 (Catered)**

#### SATURDAY

Meatloaf  
Parsley Buttered Potatoes  
Green Bean Casserole  
Broccoli  
Cheese Cake  
Tossed Salad

#### SUNDAY

Lasagna  
Garlic Toast  
Cauliflower  
Glazed Carrots  
Devil's Food cake  
Tossed Salad

\*Menu is subject to change

## Welcome Aboard

### New Enlistees

**Lt. Col. Duane D. Hayden**

**Lt. Col. Jerry T. Christensen**

**Airman 1st Class Erick C. Baumberger**

**Airman 1st Class Leah L. Bryant**

**Airman 1st Class Blake A. Davis**

**Airman 1st Class Joseph W. Alexander**

**Headquarters**

**Detachment 1**

**Engineering Installation Squadron**

**Fighter Wing**

**Maintenance Squadron**

**Maintenance Squadron**

**December 23, 2009**

**March 9, 2010**

**March 11, 2010**

**March 18, 2010**

**March 18, 2010**

**March 25, 2010**

## 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 May 2 to Oct. 31. Please go to the Six Flags website to view park hours for these dates.

Tickets this year are as follows:

Ticket	NCO AGA price	Gate price plus tax
1 day General Admission	\$24.00	\$39.99
2 day adult	\$41.00	\$42.99
2 day child*	\$34.00	\$34.99
Season Pass**	\$51.00	\$59.99

\* Children 48" and under; Children age two and under are free

\*\* 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.

For the Six Flags calendar and events, go to

<http://www.sixflags.com/stLouis/events/CalendarEvents.aspx>

### My Experience at the 21st Annual Bataan Memorial Death March

by Capt. Thomas DeTorres  
183rd Medical Group

When my wife wanted to do a full marathon after doing 14 half-marathons she wanted to make it a good one; that's when she discovered the Bataan Memorial Death March.

This marathon memorializes the sacrifice of thousands of Americans and Filipinos in the Battle of Bataan. Undertrained and undersupplied servicemembers, who were responsible for the defense of the islands of Luzon, Corregidor and the harbor defense forts of the Philippines during World War II, had pulled back to the Bataan Peninsula where they fought for three months in 1942 with little air support on ratios from 1-to-2 to 1-to-4 rations.

Seventy-five thousand Americans and Filipinos surrendered and were forced to march over 60 miles through the heat of the jungle to Japanese prison camps. Sources disagree, but it's likely that at least 11,000 died along the way from dehydration, disease or at the hands of their captors.

The Bataan Memorial Death March has been held since 1993 at the White Sands Missile Range in southern New Mexico to honor members that served in Bataan including the 200th Coast Artillery, New Mexico National Guard.

It's a tough 26.2 miles through high desert-terrain, mostly off road, with elevations ranging from 4,100 to 5,300 feet.

Military members can compete in uniform in light or heavy divisions, with heavy division participants carrying at least a 35 pound pack.

I had grudgingly gone along

(only after I was asked) on one half-marathon and didn't really plan on ever doing a full one, but when I heard about this race, I just had to do it! How could I not? Veterans of the original campaign that lived through the battle, the march, and in some cases years in the camps come out to each race to see you off and are there to greet you at the finish line.

This year saw an unusually cold start to the race with temperatures in the upper 20s at 4:30 a.m. when breakfast started. We arrived then and stood around shivering, chatting (and chattering) with other participants for over two hours before a massive flag was raised from a fire-engine ladder-truck.

Soon we saluted for reveille, and then the opening ceremonies began.

A brief history of the march was given. The Frank Hewlett poem was read: "We're the Battling Bastards of Bataan, No mama, no papa, no Uncle Sam, No aunts, no uncles, no cousins, no nieces, No pills, no planes, no artillery pieces, And nobody gives a damn!" And then the most emotional moment came. The memorial roll call. First, the local survivors, each crying out "Here!" when called, followed by silence from the 5,000+ participants as the names of the survivors that have passed away since the last race are called. This was followed by taps.

Finally the race began with a flyover by a pair of F-22 Raptors from nearby Holloman AFB. A mile or two on pavement and then it's off into the desert. At about six miles we were back on pavement only to begin a six mile climb 1,200 feet up into the mountains.

My wife left in an earlier division, and met up with a student from Texas A&M ROTC. Once I caught up to them we stuck together. In the spirit of Bataan you don't leave anyone behind, so when the ROTC student



(Photo submitted by Capt. Thomas DeTorres)

turned her ankle I taped it for her and we slowed down and kept her going to the next aid station. She stayed there and then we picked up the pace.

Somewhere after mile 20 we had a special surprise. The much rumored "sand pit" was a bit bigger than a pit. It was actually about a mile of loose, deep, sandy gravel, and it was all uphill! By the time we got to the home stretch we were pretty fried, but so elated that we sprinted the last 50 meters!

I had to weigh my pack at the finish to remain qualified and I learned that I had overpacked a bit (not the first time I've done that). It weighed in at 48 pounds which meant it was over 50 when I started with a full load of water.

I gladly unloaded the rice, beans and cat food, and handed them to waiting volunteers from the regional food pantry. Last year they collected 11,000 lbs. of donations.

Then we had another surprise. Bataan veterans were waiting since 7:00 a.m. to greet us and thank us for our service. I don't honestly remember what I told them, but it couldn't have

**Bataan, continued on page 9**

## 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

**Lieutenant Colonel**  
Robert W. Hollocher

**Major**  
Joseph B. Dorman

**First Lieutenant**  
Teschlyn T. Woods

**Master Sergeant**  
Joseph E. Loeser  
Tad A. Mayhall

**Technical Sergeant**  
Shelly A. McMillan

**Staff Sergeant**  
Christopher M. Mazrim  
Eric L. Roth  
David M. Vice  
Jeremiah D. Williams

**Senior Airman**  
William D. Moore  
Clinton W. Odle  
Martin J. Tintori

### 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!



## Social networking

*Submitted by Major James Robinson*

*183rd Security Forces Squadron*

*Source: Minnesota Joint Analysis Center*

Social networking is gaining in popularity, with thousands of people joining the likes of known US Web Sites on a monthly basis. Social networking isn't just a method to keep up with old friends and make new ones; it's also being utilized to keep people in the loop as to what you are doing on a daily basis.

To some, it's a fascinating glimpse in to how others live their lives. To others, it's an opportunity to exploit you based on your activities. In simple language, if you broadcast where you are and what you're doing, then people also can deduct where you are not.

In this information age, it's too easy to find out "John" is not at home based on his Twitters, then Google "John" and discover where he lives. Unfortunately, all the good that the Internet can do, it also provides some tools that can be used for malicious behavior.

One such tool is a known US Web Site. This one website acts as a clearinghouse for social networking messages and continually posts instances in which people tell the world where they are [and where they aren't]. Although the website comments that it's posting this data so that people can become a little more aware of how their social networking messages can be use it does give would be criminals a nice starting point to find unguarded properties.

Analyst Notes: This known US Web site searches various social networking sites for messages that state where people are, and is currently one of many sites that provide location awareness data. A good point the site makes is that if you set your lights in your home on timers to give the appearance that someone is home, then why take the time and tell everyone you're not? It's all too easy to use the internet to find out where a given person lives and then review their messages or postings to track their location.

Protect yourself and your property by not telling everyone, everything on something as open as the worldwide web.

## Bataan, continued from page 7

been enough.

Unlike other marathons, only the top finishers get a medal. My wife, Master Sgt. Dotty DeTorres from the Air National Guard Band of the Midwest, finished first in her age category for military females, beating dozens of younger military women and well over 100 civilian women (many in running shoes and Spandex) by hours. When the commanding general of White Sands Missile Range heard that she was the oldest military female to compete this year he also awarded her his coin. When he asked where she was from she proudly answered, "Illinois Air National Guard, Sir!" She added that she was in the band and I think I saw some army tough guys wince.

I don't think I've ever heard the word "brother" used among strangers as much as I did that day, nor have I seen as much cooperation, respect, camaraderie or teamwork. It was a great opportunity to hang with Soldiers and Marines. In fact, every service, every state, and several countries were represented.

If you're looking for a marathon that has meaning, this one's hard to beat. Whether it's your first or your fortieth, it's unique, relevant and challenging.

Almost anyone can do a marathon with enough training and commitment; certainly almost anyone in the U.S. military. The other 99% of the nation that we serve rightfully expects fitness from us. If you can't run one, you can probably walk one. To be honest, I never planned to ever do a full marathon and while I only ran about a mile of it, it's still more miles than I've ever covered on foot at once. If I can do it, anyone can!



Senior Master Sgt. Jeffery Capps receives a coin from Defense Secretary Gates in recognition of his service, March 13th. Capps was recommended by his commander for the coin where he is deployed to at Al Dhafra Air Base, United Arab Emirates.

*(courtesy photo)*

# Summer Safety- 101 Critical Days of Summer

by Tech. Sgt. Chris Rosser  
Base Safety Office

Summer is coming and many of us look forward to outdoor activities with family and friends. Every year base Safety asks you to focus on these 101 Critical Days of Summer, but why? Traditionally, the Air Force sees fatalities and accidents rise in the period between Memorial Day and Labor Day. In 2007, the Air Force saw 19 fatalities in this period alone. What causes this rise in accidents and incidents? Many summertime activities can require skills that may get a little dull during the winter months. When is your motorcycle riding skills at its best? Are they the sharpest in April on that first ride or in August after a few miles of seat time? Could you benefit from an experienced rider course to hone those life saving instincts? Other activities like boating, ATV riding and bicycling have skill sets that also need tune-ups after a winter break.

Speaking of tune-ups, many activities during the 101 Critical Days of Summer use equipment that gets stored for the long winter months. Inspections prior to use can be critical to detecting possible failures that could lead to injury. When you get the boat out for summer's first excursion have you replaced any out of date safety equipment, are there enough life jackets on board, a signaling device? You may want to use

a pre-use checklist like the one available at <http://www.mvn.usace.army.mil/safety/safetyforms.htm>, look for the small boat inspection list to make sure your boat and trailer are ready or a day on the road and water. In addition to boats, motorcycles, RVs, ATVs, and outdoor power equipment like mowers, should be inspected prior to every use. But, that first time to check for any changes over the winter months is one of the most important. Many users/owner manuals can be helpful and provide you with a checklist of items to look at prior to use.

When it comes to dusting off old equipment, we need to look at ourselves. Many of us are not as physically active over the winter months and are more prone to injury, sprains and strains as we either participate in summer activities or the summer weather inspires us to get out and exercise more. Be sure to warm up appropriately before beginning and assess if you are up to the activity planned. If the last time you ran was your fit test last year, are you really up to an easy five miler? Use some common sense when getting back out there for the first few times.

Some other activities we focus on during summer include: BBQ safety, swimming and water safety, home repair and lawn care, heat stress, fireworks safety and heat stress. Finally, we always want to keep alcohol related accidents to zero. Use a designated driver both on the road and on the water. Be aware that alcohol also increases your susceptibility to fatigue and dehydration too. Have a great summer!

### Top 10 Summer Safety Tips

The kids are out of school and the sun is calling for everyone to come out and play! While summer is time for fun in the sun, caution needs to be taken so that your child's summer is a safe one. The Children's Hospital & Regional Medical Center in Seattle, WA has these suggestions:

- Never leave children unattended in or near the water. Use life vests on boats, docks, and around deep or swift water.
- Children should always wear a helmet when riding a bicycle, rollerskating or skateboarding.
- Use sunscreen, especially from 10am - 4pm. Use a Sun Protection Factor (SPF) of 15 or higher.
- Children using play equipment should be supervised for safe play.
- Areas where lawn mowers are being used should be off limits to children. Children should never ride on mowers.
- When children wear shoes and light colored clothing they are at less risk of bee and insect stings. Older children should also use insect repellent sparingly.
- Warn children of the dangerous plants in your area. Instruct them to never eat foliage without checking first. Call the National Capital Poison Center (1-800-222-1222) if you suspect a poisoning has occurred.
- Always have water present when barbecuing and keep children from playing in the area. Only adults should use lighter fluid.
- When traveling by car or airplane make sure children are strapped in correctly in a properly fitting seat belt, car seat or booster seat.

## “By our own, for our own” fundraising

by Major David Cox  
Air Operations Group Legal Office



Most units like to engage in camaraderie and socialization to improve morale and serve the welfare of its members. Funding events like this requires careful navigation through several areas of the law.

First, units cannot raise funds in their own name. This would violate laws Congress enacted to keep them in the driver’s seat on funding government operations. However, members of a unit can organize privately to raise funds for each other and these privately-raised funds can be used to support member activities, like social events. (Joint Ethics Regulation 3-210)

In the Air Force, groups can organize for these purposes as either unofficial activities or as private organizations. The real distinction between these two has to do with the amount of funds that will be managed by the organization. Above a certain threshold, more formality (such as election of officers, bylaws and insurance) are required. The Air Force refers to formal organizations (with more funds) as “private organizations.” Organizations with fewer funds are called “unofficial activities”. Both organizations are limited in their ability raise funds by the Joint Ethics Regulation and Air Force guidance.

Military members cannot directly solicit funds for non-government organizations (even if those organizations benefit the unit by hosting social events for the unit), and they cannot use government resources to raise funds for non-government organizations. This is an ethics rule.

Funding social events for units will therefore require volunteers from the unit to organize themselves (formally or informally, depending on the amount of funds involved) and then raise funds from other unit members according to the rules. (AFI 34-223, Private Organizations and AFI 36-101, Fundraising). Generally, this means using fundraising events like bake sales, car washes and the like, held in common areas or even off the installation. Since the organization is unaffiliated with the federal government, it is free to solicit donations from the private sector for its events. The organization must be careful not to use the unit’s name or ranks and duty titles when soliciting funds. The organization’s name cannot imply official endorsement of the organization by the unit (or the federal government).

For more help in properly setting up a “by our own, for our own” organization, or for general questions about fundraising or the Joint Ethics Regulation, contact Base Legal on drill weekends at x491.

## Who: Staff Sgt. Andrew Blumhardt

What: CF Client Systems—Help Desk Support

When: February, 2000

Why: Joined for educational benefits and decided to stay because of the reenlistment benefits and to remain a part of the military.

Civilian Employment: State Farm, Server Automation Analyst

Civilian/Military Correlation: Both are computer systems positions and they work really well together. Apply a lot of my civilian employment knowledge to my military position.

Recent/Favorite Deployment: Recently deployed to Tucson AZ to provide computer support for the Haiti Relief battlestaff at Davis-Monthan AFB.



(Photo by Staff Sgt. Shelly Stark)

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