



Falcon's

View

183rd Fighter Wing

Illinois Air National Guard, Springfield, Ill.

August 2010, Vol. X, No. 8

Illinois/Poland State Partnership Still Going Strong

by *Chief Master Sgt. Thomas Hergenrother*
183rd FW Command Chief Master Sgt.

As many of you are aware, Illinois and Poland are paired as partners in the State Partnership Program (SPP). From the Illinois National Guard's perspective, it has been an outstanding relationship. From my involvement with Polish military members, I can confidently state Poland is sincerely appreciative of the expertise and specific familiarization Illinois Guardsmen have provided over the years. Since the inception of the SPP, Illinois Air and Army National Guardsmen (ARNG) members have conducted over 270 bilateral events involving over 3100 soldiers and airmen. The ARNG's involvement with the Polish Land Forces has offered larger levels of participation, especially in the numbers of soldiers involved, but the 182nd AW in Peoria and we at the 183rd FW have played significant roles with the Polish Air Force (PLAF) in their acquisition of new Block 52 F-16's and C-130 aircraft.

The SPP concept began in 1993. It was initially established as a response to the dramatically changed political and military situation following the collapse of Communism and the break-up of the Soviet Union. European Command (EUCOM) launched the SPP to provide military-to-military (M2M) assistance to the new democracies in Central and Eastern Europe and countries of the former Soviet Union. In an attempt to avoid sending a confrontational signal to Russia, Guardsman, rather than United States active duty members, were considered the best option in staffing the early Military Liaison Contact Teams. With this path being taken, the National Guard Bureau (NGB) quickly became involved. They paired U.S. states with partner countries to support EUCOM's security cooperation objectives. The "Guardsman" concept proved to be successful in many fronts - but primarily it allowed for experience and consistency. By having

the same ARNG and ANG units involved for long term state-to-country, enduring relationships were built. This occurred for us at Krzesiny Air Base, Poland and is now happening for Peoria at Powidz Air Base.

I'm not sure how the state-to-country selections were made,

but I do know the primary reason for pairing Illinois with Poland was because Illinois has the largest Polish population in the United States, with most residing in the Chicago area. In fact, Chicago has the largest ethnically Polish population in the world outside of Warsaw - Poland's capital city.

The 183rd FW's first military contact with military personnel from Poland was in 1993. The Illinois Air National Guard hosted a PLAF Team investigating USAF operations with an eye to a future purchase of new frontline jet-fighters. Then in 1997, the 183rd FW participated in exercise called Falcon Talon. This was a NATO exercise involving a large variety of active duty and ANG aircraft and was conducted at Powidz Air Base, Poland. Our unit deployed with six F-16's and 100 members.

The next involvement came in June 2005 when we participated in Sentry White Falcon 05. We deployed six F-16's, support equipment, and 96 unit members to Krzesiny Air Base in Poznan, Poland. This was an SPP EUCOM funded M2M Event that's primary focus was familiarization of F-16 flight operations, aircraft maintenance and associ-



Photo taken at Krzesiny Air Base Poland during Sentry White Falcon 05. Photo depicts an F-16 from the 183rd FW and a MIG-29, SUU-22 and TSL-11 from the PLAF. (Photo taken by Master Sgt. Shaun Kerr)

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Just the Facts

*Unit Training Assembly Schedule
and pay dates*




<u>Duty Performed</u>	<u>Pays out (approx.)</u>
AUG 7-8	AUG 18
SEP 11-12	SEP 22
OCT 2-3	OCT 18

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 web site at <http://www.dfas.mil/index.htm>. Pay information is under the Money Matters heading.

Attention!

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



On Base Emergency

CALL 911 FOR ALL YOUR ON-BASE EMERGENCY NEEDS.

Important Contacts

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

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

Toll Free Number

1-800-392-1797

183rd Human Resource Advisor

Who is your Wing Human Resource Advisor (HRA) and what in the world does she do?

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

Well...your Wing Human Resource Advisor (HRA) is me! I do a lot of different things and have some flexibility in this career. I have written about the role of the HRA in previous articles, but found myself working on it again this week. For starters, I had to write my annual goals and objectives plan. Next, I reviewed the Senior NCO promotion tips on the Wing CoP and thought the Diversity section could be more specific to the 183rd. Below is the Diversity/Mentoring section on promotion board tips. I think you will find this helpful at the 183rd and possibly even in the civilian world.



The current approach to diversity at the 183rd focuses on diversity in leadership and teams—using our differences to work together to accomplish the mission. Here are some questions you may be asked on a promotion board or in an interview:

- Who is the Wing Human Resource Advisor (HRA)?
- In your own words, define diversity?
- Give an example when you had to work with a diverse group. What were the challenges? How did you overcome them?
- What ways can you be a positive and effective mentor for others?
- What is something you have learned from a mentor and plan to pass on to others?
- What qualities make a good mentor/mentee relationship?
- Upon your promotion, what are some things you can do to help develop the Airmen around you?

Wing Personnel statistics are posted after each monthly pre-drill staff meeting – awareness is always good. Knowing the above diversity/mentoring objectives and activities can be helpful.

Family Readiness and Support Event

7th Annual Air National Guard Family Support Bass Tournament

by Master Sgt. Steve Parker
183rd Maintenance Squadron

The Family Readiness and Support Group is a not-for-profit volunteer organization that began during Operation Desert Storm. The organizations' function is to assist traditional guardsman families when called to active duty status. Since the attacks Sept. 11, 2001, the National Guard has been on alert for rapid deployments for extended periods of time. I started this bass tournament to assist the Family Readiness and Support Group seven years ago. This was the first event of the season and was held at Lake Springfield.

As the tournament anglers checked in they were given sample packs of Lake Fork tackle products and a raffle ticket for a drawing of the prizes of products from sponsors at the conclusion of the event. I receive a lot of support for this event and everyone fishing went home with a nice item donated by sponsors.

At takeoff, 36 teams began the quest for a five fish limit of 15" or larger bass. The fishing has been good recently with a lot of small limits brought to the scales. Catching the quality kicker fish has been the challenge. The day was mixed with clouds, sun, wind and a lot of fish being caught. The water was stained in the dam area of the lake

and muddy at the southern end from the recent rain.

The weigh-in was run very efficiently as 106 total fish (12 limits), 247 pounds were weighed and all released alive. This event raised \$1000 for the family support group. Special thanks go out to all participants.

1st Big bass: Derold Manker, 4.81 pounds, \$180

2nd Big Bass: Jim Dowdy, 4.29 pounds, \$100

1st place: Herb Rush and Pat Rotherham, five fish, 14.31 pounds, \$1440

2nd place: Scott Haake and George Barnes, five fish, 13.59 pounds, \$1080

3rd place: Chuck Allen and Rich Allen, five fish, 13.57 pounds, \$540

4th place: Derold Manker and Brad Lutz, four fish, 13.45 pounds, \$360

5th place: Jim Dowdy and Gary Behl, five fish, 13.24 pounds \$180

Sponsors for this event were: Tracker & Nitro Boats, The Boat Dock, Angler Assets, Eagle Claw, Sabastians Hideout, Lake Pointe Grill, Custom Cast Jigs, Winn Heating and Air, Air Bass Fan, Kelly Stufflebeam & Brian Denk (plaques), Gene Larew, Plano, Ranger Boats, In-Fisherman, Lincolnland Bassmasters, Ill., Fishing.com, Yamamoto baits, 7/24 Outdoors, Larry's Fishing Page, East Side Marine, Bob Ridings dealerships in Taylorville, Pana, Jacksonville and Decatur, Poor Boy Baits, Rattle Trap, Snag Proof, Wal-Mart, Bass Assassin, Lake Fork Trophy Tackle, and Net Bait.

In The Spotlight

Who: Tech Sgt. Matt Neville



(Photo by Master Sgt. Shaun Kerr)

What: Supply Craftsman

When: Enlisted December 23, 1994

Why: He originally enlisted to help pay for school, and his brother had enlisted six months before.

Civilian Employment: Peoria Sanitary District as a third shift operator.

Civilian/Military Correlation: He uses the leadership skills he has learned in the military every day as a supervisor at the sanitation plant.

Recent/Favorite Deployment: His most recent deployment was to Italy in 2006 with the 183rd, but his favorite deployment was to England in 2005 with the 126th out of Scott AFB.

Summer celebrations

*by Lt. Col. Jeff Laible
183rd FW Chaplains Office*

The July 4th holiday is fresh in our minds as we weave our way through these beautiful summer months. Picnics, parades and fireworks are the hallmarks of our Independence Day celebrations. Add to that a trip to the ballpark, a long-awaited summer vacation and the more relaxed days of July and August, and you have the perfect combination for fun-in-the-sun and mid-year relaxation.

For those who wear a military uniform however, the July 4th holiday is much more than picnics, parades and fireworks.

Today, in the summer of 2010, nine years into one war in Afghanistan and seven years into another in Iraq, many military members (and their families) are painfully aware that our independence and way of life come with a very high price. While overseas deployments, especially in a combat zone, were nearly unheard of for 20 years (from the end of Vietnam to Gulf War I), most military members have served at least one tour, if not three or four tours, in direct support

of the current war efforts, Operations Iraqi Freedom and Enduring Freedom. Those who wear a military uniform today are a small percentage of the American population, yet vital to our national security.

Less than one-tenth of one percent of the overall American population currently serves in our all-volunteer military force (as compared of World War II when 9 percent were in uniform). Veterans and current military members (and their families) are especially conscious that our nation's independence has been earned, and continues to be protected, at a great price.

So while the July 4th holiday was certainly a time to "celebrate" the many freedoms that we enjoy as Americans, it is also a time to stop and remember that our freedoms and way of life are being protected by a brave and courageous group of young Americans – Soldiers, Sailors, Airmen and Marines – who daily put themselves in harm's way.

As we move through July and enter August we do so conscious of the sacrifices that so many have made, and continue to make, so that our families, communities and our country can enjoy "life, liberty and the pursuit of happiness" – "one Nation under God, indivisible, with liberty and justice for all."



Welcome to 1st Lt John Bormann as the newest addition to our chaplain corps here at the 183rd. He is a Protestant chaplain and joined us July 10. He felt a need to join the military because he noticed that there were really not that many young chaplains. He also felt the drive to join after seeing the neglect occurring at Walter Reed and wanted to make a difference. Chaplain Bormann is a Jacksonville native and attended Jacksonville High School. After graduating from high school he received his bachelors from Ozark Christian College in Joplin, Mo. He then went on to earn a Master's of Divinity from the Phillips Theological Seminary in Tulsa, Okla. He is a minister at the First Christian Church in Petersburg. Please feel free to stop in on any Saturday during drill and welcome Chaplain Bormann.

✠ ✠ **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@hotmail.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



News from the Field

Serving at the Gateway to Iraq

By Lt. Col. Jeffrey A. Rice
183rd FW Vice Commander

Greetings from the 447th Air Expeditionary Group at Sather Air Base in Baghdad, Iraq! I am deployed here as the Deputy Base Commander. The 447th AEG's primary mission is operating the aerial port moving people and cargo in and out of Iraq. That includes working with the Air Force, Army, Navy, Marines, coalition forces and civilians. President Obama's mandate to be at 50,000 troops here in Iraq by Aug. 31 means that this is a very busy place with operations that go 24 hours a day, seven days a week. Sather Air Base is located on the West side of Baghdad International Airport and is surrounded by the Army's Victory Base Complex or VBC.

Being located at Baghdad, we are the gateway to Iraq and get our share of visitors. Just last week we hosted Vice President Biden. Numerous Senators and Congressman have also visited here in the last few weeks. We hosted Air Force Chief of Staff General Schwartz and Chief



Courtesy Photo

Master Sergeant of the Air Force Roy last month. Aside from the distinguished visitors, we also get to see the USO tour groups that come through and, as Deputy Commander, I have been assigned at times to show some of these groups around the base, including NFL cheerleaders. I am always happy to step up and do my part!

This is my third deployment and, I have to say, each time I am in the field it is always gratifying to see the total force concept in action. We have a great mix of Guard, Reserve and active duty personnel here and, unless I am looking at the roster, it is impossible to tell who is who, which is the way it should be! I also must

add that Illinois is well represented here at Sather. Other than me, the Communications Squadron Commander is Lt. Col. Ron Crouch from the 264th Combat Communications Squadron in Peoria. He has several of his folks here with him and we also have a large group of firefighters from Peoria here as well.

The weather is very hot but I expected that. It has regularly been in the mid 120's each day now and cooling off to about 90 at night. The good thing is we don't have

the humidity here like at home. It is more like stepping out into an oven but you do get used to it. The thing I have not gotten used to is the dust storms. We get those about once every two weeks or so. They can best be described as a brown fog. It is somewhat surreal and reminds me more of a winter white out. When you go outside in it however, the temperature is above 100 and you can taste the dust.

Overall, this is not a bad place to be. I like the folks I work with, I have a great crew who work for me as well as a really good commander. My days are going by fast. I miss everyone and look forward to getting back home.

Welcome Aboard

New Enlistees

Capt. Jeffrey S. Marks
Senior Airman Douglas J. Millburg
Senior Airman Jack C. Neuman
Senior Airman Kathryn L. Williams
Senior Airman Jon R. Kent
1st Lt. Amanda L. Pankau

Detachment 1
Maintenance Squadron
Maintenance Squadron
Fighter Wing
Maintenance Squadron
Medical Group

June 4, 2010
June 10, 2010
June 10, 2010
June 17, 2010
June 21, 2010
June 30, 2010

Announcements

Promotions

Major
Sonja L. Gurski

Captain
Jennifer A. Stoner

Senior Master Sergeant
John W. Marinelli
Sheri K. Osborne
James R. Price

Master Sergeant
Amy C. Stults
Nicholas A. Zummo

Staff Sergeant
Rachel J. Canny
Charles L. Redpath

Senior Airman
Dustin D. McIntosh
Ronald R. Holmes
Jessica R. Loyd
Jacob A. Blome



Fall 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 Mr. Walt Pierce at 217-787-1226.

What: Semi-Annual Retiree Luncheon

When: Friday, Oct. 1, at 11:30 a.m.

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

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

Retirees breakfast gathering

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, Aug. 4. 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!

Happy Retirement!

Master Sgt. Renee J. Anderson	Maintenance Squadron	June 7, 2010
Master Sgt. George A. Kasarda	Detachment 1	June 30, 2010
Master Sgt. Gary W. Casper, Jr	Wing Headquarters	July 1, 2010

New Arrivals

Tech. Sgt. Bradford Rich (183MXS) and wife Jennifer are the proud new parents of a baby boy. **Conner Joseph** was born June 7, weighing 4 pounds, 13 ounces, and measuring 18 1/2 inches long. Congratulations to the Rich family!



Senior Master Sgt. Paula Schou (183FW and Master Sgt. Terry Schou (183CE)) are the proud parents of a new baby boy. **Camden James** was born June 15, weighing 8 pounds, 7 ounces, and measuring 20 1/2 inches long. Camden was welcomed home by big sisters Kristina and Reily and big brother Logan. Congratulations to the Schou family!

Six Flags tickets still available

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 until Oct. 31. Please go to the Six Flags web site to view park hours for these dates.

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

National Immunization Awareness Month

by Tech. Sgt. Amy Murphy
183rd Medical Group

As many of you are well aware, vaccines are a part of our everyday life in the military. They are a required part of our overall health and well-being as a member of the military. Let's review the particular vaccines that are administered in the Air National Guard.

Typhoid

- Caused by the bacteria salmonella typhi
- Symptoms include high fever, weakness, headache, rash, loss of appetite
- Generally spread through contaminated water and food
- Once you receive the vaccine, you are protected for two years, which you will then receive a booster shot

Hepatitis A

- Is a serious liver disease caused by the hepatitis A virus
- Symptoms vary from mild "flu-like" symptoms to jaundice, (yellow skin) stomach pains and diarrhea.
- It is a two shot series, given six months apart, with no annual booster required

Hepatitis B

- Caused by the hepatitis B virus
- You may experience loss of appetite, jaundice, pain all over your body, liver cancer, or even death
- A three shot series
- First dose: at elected date
- Second dose: one month later
- Third dose: six months after the first dose, with no booster required

Anthrax

- Caused by the bacteria bacillus anthracis
- Usually comes from infected animals, wool, meat or hides
- Most common form is the skin disease, which can cause fever and fatigue

- When inhaled (biological form) you can become short of breath, muscle aches, meningitis, sore throat

- It is a series of five shots, with an annual booster

Tdap

- Caused by various bacteria
- Symptoms range from lockjaw, heart failure, whooping cough, pneumonia
- It is a shot that is good for ten years. At that time another shot will be administered.

IPPD

- Caused by the bacteria myobacterium tuberculosis
- Symptoms range from coughing up blood to pain in the chest to fever and chills
- A small needle is inserted into your forearm and the vaccine is administered. You read that area in two –three days. Notify the clinic of your results.
- It is only performed on certain members that are deploying to certain areas

Smallpox

- Caused by the virus called variola
- Spreads from person to person with direct contact of body fluids, bedding, clothing that have the virus on them
- You will fill out a screening form to determine if you receive the vaccine now, or when you arrive in country
- Administered with a bifurcated needle. Fifteen small jabs are applied to the upper arm.
- Member is educated on after care of the vaccine site

Influenza

- Caused by the influenza virus
- You could experience fever, cough, chills, fatigue
- There are two types of influenza vaccines, activated and inactivated. The activated vaccine is the Flu Mist and the inactivated one is the shot.

As with any vaccination, you might experience some mild side effects that will go away within a few days of receiving your immunization. Listed are a few: fever of 100 degrees Fahrenheit, headache, and redness or swelling at the injection site

Serious side effects include: difficulty breathing, wheezing, hives, fast heartbeat, dizziness, and swelling of the throat. If any of these occur, call your doctor or go to the nearest emergency room for treatment.

Blood drive planned August UTA

The 183rd Fighter Wing will host a blood drive Aug. 7 from 8 a.m. to 12 p.m. in support of the Central Illinois Community Blood Center. The "Bloodmobile" will be parked in front of Building P-48.

Current members, retirees, and family members are encouraged to donate. Sixteen and 17 year-olds are allowed to donate with parent's permission.

Walk-ins are always welcomed, but if possible please contact Chief Master Sgt. Devra Schoby at ext. 557 to schedule a time. If you have any questions about donating you can call the Blood Center at 217-753-1530.

Together, let's make this year's blood drive a success!

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 e-mail at joe.ward.1@ang.af.mil or by calling 217-757-1569.

Family Support Open Buddy Bass Tournament

The Illinois Air National Guard Family Support Open Buddy Bass Tournament will be held at Lake Jacksonville, Aug. 29. The tournament will begin at 6 a.m. and end at 2:30 p.m., with a pre-tournament meeting at 5:30 a.m.

There is a \$130 entry fee per boat (\$100 tournament entry, \$5 big bass, \$25 donation to family support).

Entry forms available at www.lincolnlambassmasters.com

Take off positions will be determined by the order in which the entries are received. Lake permits must be purchased prior to the tournament. Permits available at office at the ramp.

Contact: Master Sgt. Steve Parker for more information: steven.parker@ang.af.mil; cell: 217-741-4255 or work: 217-757-1454.

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.

Youth Symposium 2010

The National Guard Family Program Youth Symposium 2010 will take place this year at the Sheraton, New Orleans. The Symposium dates are August 2-4, with travel days of August 1 and 5. After reviewing the nominations, two youth from the Army National Guard and one youth from the Air National Guard were selected to represent Illinois at this National Event. Austin Stephens of Morton and Garret Dooley of Rochester, will be representing the Illinois Army National Guard, and Brandon Vice of Springfield will be representing the Illinois Air National Guard. Brandon is the son of Staff Sgt. David Vice, Services, and Master Sgt. Danielle Vice, Headquarters. While attending the Symposium the topics of discussion includes Leadership among Youth and Completing a Service Project.

Hiking and Summer Safety

by Tech. Sgt. Chris Rosser
Base Safety Office

Summer and Fall can be a great time to get the family and friends together for some good times in the great outdoors. Whether you rough it or take the RV there are some things you can do to make sure the trip is enjoyable, memorable and safe. Tell someone where you will be, and when you plan to be home, in case someone needs to find you. Weather can be unpredictable. Check the weather forecast for the area and be prepared for changing conditions. Know where to go in the event of a thunderstorm if you need to take shelter.

Mosquitoes, ticks, and other insects can cause certain diseases. For example, mosquitoes can cause West Nile Virus, and ticks can cause Lyme disease. Ticks prefer wooded and bushy areas with high grass and a lot of leaf litter. These are areas to avoid. Take extra precautions in May, June, and July. This is when ticks that transmit Lyme disease are most active. Wear long sleeves, pants, and other light-colored clothing to help prevent and spot ticks more easily and use insect repellent with 20% - 30% DEET on exposed skin and clothing to prevent tick bites. Permethrin is another type of repellent. It can be purchased at outdoor equipment stores that carry camping or hunting gear. Permethrin kills ticks on contact! One application to pants, socks, and shoes typically stays effective through several washings. Permethrin should not be applied directly to skin. Check for ticks daily, and remove them promptly and properly remove a tick from your skin as soon as you notice it. Use fine-tipped tweezers to firmly grasp the tick very close to your skin. With a steady motion, pull the tick's

body away from your skin.

The first sign of Lyme disease infection is usually a circular rash called erythema migrans (EM). This rash occurs in approximately 70-80% of infected persons and begins at the site of a tick bite after a delay of 3-30 days. A distinctive feature of the rash is that it gradually expands over a period of several days, reaching up to 12 inches (30 cm) across. The center of the rash may clear as it grows, resulting in a bull's-eye appearance. It may be warm but is not usually painful. Some patients develop additional EM lesions in other areas of the body after several days. Patients also experience symptoms of fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes. In some cases, these may be the only symptoms of infection. If you believe someone has been infected consult a physician immediately for a proper diagnosis. Left untreated approximately 60% of patients will begin to have intermittent bouts of arthritis, with severe joint pain and swelling. Up to 5% of untreated patients may develop chronic neurological complaints months to years after infection.

Avoid wild animals and protect family pets. Keep food in closed containers and ensure that family pets are vaccinated.



Instruct family members especially children that if they get separated or lost to stay put.

Check your first aid kits before each trip. Replace any missing items, like band-aids, and check

expiration dates on medicines and ointments.

If you build a campfire, do it safely. Use a campfire pit away from overhanging tree branches. Make sure it has a metal fire ring or is encircled with rocks. Keep a bucket of water and shovel nearby and never leave a campfire unattended.

If you plan to do some hiking take the following into consideration:

- Know your limits. Hiking is far more demanding than walking the same distance on level ground.
 - Check a weather forecast before starting. Turn back if the weather gets bad.
 - Tell someone where you are going and when you expect to return. Do not change plans or routes without notice.
 - Never separate your group. Do not hike alone. All trail objectives should be attainable by all members of a group.
- Have a great time and enjoy the outdoors.

AUGUST LUNCH MENU

Served 1100-1300

SATURDAY

- Hotdogs/hamburgers
- ♥ Grilled chicken breast
- BBQ baked beans
- Baked potato
- Corn on cob
- Mac N Cheese

SUNDAY

- ♥ Lemon baked fish
- Beef stroganoff
- Carrots
- Broccoli spears
- White Rice

SHORT ORDER

Sunday Only

- Turkey/ham sub sandwiches
- Potato salad
- Assorted chips

*Menu is subject to change

♥ Heart healthy

What do I look for?

by Tech. Sgt. Alana Franklin
Communications Flight

Weekly, if not daily, the Communications Flight and other sources are sending out emails warning you of the dangers of viruses, malicious attacks, and spear phishing. We get emails we think are from our bank asking for personal information or ones where we have won a trip around the world only to find out later that by clicking on that link or answering those questions our computer has been flooded with a virus. We have become a victim of identity theft or our email address is now being used to flood others email. What do we look for? How do we protect ourselves? These are good questions. Here are some helpful hints on how to protect yourself, as well as, known subject lines, attachments and links aimed to help prevent you, the user, from becoming a victim.

Malicious software or malware is software designed to do something to your computer without your consent. This is a term that is often used as a blanket term for various computer attacks. Forms of malware include viruses, Trojan horses, worms etc. The way these items spread distinguishes each from one another. A virus is often spread by infecting an executable file and spreads to others when we click on it. These can be attachments to emails. Your subject line might be an email that says, "Check this out" with an attachment that appears to be a jpeg (picture). This email could even appear to be from someone you know (spoofing). Spoofing is an attack that makes one believes it is someone other than itself. You click on the link and "poof" you have been

attacked. A worm is self replicating and will spread on its own without your knowledge. Your main defense against a worm is anti-virus software, which also prevents other attacks as well. Trojan horses are malware that disguise themselves or hide within another program to make them wanted. Often a Trojan horse is hidden in a picture, part of a Christmas game, or a program for your computer.

Phishing is attacks that are developed to get information from you that the attacker will later use to access sensitive information or accounts. Often we are warned of these attacks by the Finance Office when they are warning of attacks posing as Citibank, the company our travel cards are from. These attacks will come in the form of an email asking you to click on a link that appears credible but have made minor alterations to a known good link. The Microsoft web site gives us examples of variations we may see to their site "www.microsoft.com" could appear instead as:

www.micosoft.com
www.mircrosoft.co
www.verify-microsoft.com

There are many things you can do to protect yourself against phishing. When a company emails you something that appears to be legit to "verify" information, contact them. In emails look for information that is specific to you such as your username or partial account information. This is information that the company has and would not be part of a phishing scam form letter. In most cases, emails from banks asking you to click on a link are phishing attempts and should be deleted. Microsoft provides great information on what to look for at: www.microsoft.com/protect/fraud/phishing/symptoms.aspx

Recently the Air Force sent out an email of known attachments, senders and links that are known to be targeting its members with malware.

Attachments:

- Financing for healthcare.pdf
 - Investigation report.pdf
 - Development Draft of Missile Defense System.pdf
 - Latest Policy from Joint Program Executive Office.pdf
 - Sender's e-mail address (spaces inserted to prevent hyperlinks):
 - admin @ intelink.gov
 - fouo @ intelink.gov
 - KiethAlexander @ nsa.gov
 - PSI @ dia.mil
- Subject lines:
- "Al-Qaeda in the Arabian Peninsula"
 - "Re: Al-Qaeda in the Arabian Peninsula"
 - Subject line includes your own name, i.e. From Intelink to (your name).

How do I prevent an attack and what do I do if I get one? Well reading this article is a strong step in the right direction. Keep yourself informed and being vigilant for something that does not appear to be correct. Also, load anti-virus software on your computer and keep it current. There are many free ones available. Symantec is available through the base to its members (see your CSA). On base make sure you keep your system running, log off and restart each evening. If an attack does occur, immediately disconnect your LAN line and reference the Network Incident Reporting Aid located near your computer for direction. At home utilize your anti-virus software and immediately update the software and then perform a virus scan. In the end when in doubt contact your IA office at ext 317 or 440.

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ated support functions. The PLAF had recently purchased 48 new F-16's and this event gave them an basic understanding of the F-16, flight operations, aircraft maintenance systems and a general transition from the MIG 29. It also provided the PLAF knowledge of the challenges of deploying F-16's across seven time-zones, an awareness of the numbers of personnel and equipment required to support six jets and the daily pre-sortie requirements of both operations and maintenance. There were also some invaluable Dissimilar Air Combat Training (DACT) sorties between the F-16's and MIG 29's that validated the fact the PLAF made an excellent decision in purchasing F-16's.

Our unit's participation in the PLAF transition to F-16 aircraft continued throughout 2006, 2007 and 2008. Col. Meyer and Col. Yoder delivered the first two PLAF F-16's jets to Krzesiny AB - from the Lockheed Martin plant in Ft. Worth Texas. Over the next 24 months, several of our pilots ferried PLAF jets from Ft. Worth to Krzesiny. Aircraft maintenance, munitions, supply and life support personnel were involved in several smaller M2M Events and Mobile Training Teams (MTT) events to Krzesiny throughout this period. Unit members assisted with Acceptance Inspections on the first F-16 "C" and "D" models to arrive in Poland, assisted with shop set-ups, ensured the proper test equipment and tooling was in-place, provided technical clarification when needed and generally provided guidance necessary to enhance the PLAF future operational capabilities.

In the Spring of 2009, the 183rd participated in a joint mass casualty type exercise near Warsaw, Poland. Over 100 Illinois Guardsman from the three Air Wings and the ARNG deployed to Poland to work with the Polish military to promote information sharing regarding the proper processes and procedures necessary to respond to a chemical, biological, radiological or nuclear attack on civilian targets.

And most recently, from Jun. 13 -17th, members of the 183rd, members of the Polish military, the ARNG, ANG and 50 local state and federal agencies participated in a joint training exercise in the Chicago area called Vigilant Guard – Illinois Prairie North 2010. This joint training exercise was designed to test civilian and military emergency response to acts of terrorism or a major disaster in the Chicago area.

After 17 years as partners, the Illinois—Poland relationship has been a win-win for all involved. For us in Illinois, this has been a rewarding cultural experience and satisfaction has been gained from helping a relatively new NATO country be successful in the security of their country. From the Polish military side, their smile, a handshake and a hearty "Dzien dobry" (good morning or good afternoon) clearly shows that our presence is well received and the visits are mutually beneficial.

First Sergeant's Desk

Hints for selection boards

*by Senior Master Sgt. Kim Piskacek
Wing First Sergeant*

I work at the 375th Security Forces Squadron at Scott AFB in my civilian capacity. Part of my job is to supervise two active duty members: a technical sergeant and a staff sergeant. Every year active duty members get an Enlisted Performance Report (EPR). While I was writing the EPR for the technical sergeant, I referred to one of my references, *Writing Guide for Air Force Efficiency Reports*. It was in this book that I found interview board hints for individuals going to appear before a selection board I thought may be helpful to unit members.

One suggestion is for the individual's organization to hold its own board screening process. This gives the individual some practice answering questions in this environment. It also allows the board members to provide ideas and suggestions for improvement to the individual.

Another suggestions in the book is to get together members of the organization who have gone before the same, or a similar board, to talk to the individual and explain the process and the types of questions that may be asked. Some interview board hints are:

- Be straightforward, honest, and sincere.
- Do not talk too fast or too slow.
- Do not talk with your hands or wave them around.
- Sit still and do not squirm around or lean on the arm-rest of the chair.
- Keep eye-to-eye contact when talking to board members and do not look at only one individual. You are talking to the entire board, so share your eye contact (and answers) with all members.
- Your appearance must be above reproach. An excellent appearance always gives a person the inside track to selection.
- Know world/military events and be prepared to discuss current events. Watch the news on TV and read the newspaper—know at least what is behind the headlines.

No two boards are the same. They are as different as the members sitting on the board. There is also no standard question list; the members can ask any question he/she may choose. Most boards want an individual's thoughts, ideas, and opinions on subjects. They are not looking for "right" or "wrong" answers.

I have always been told, it is the responsibility of an NCO to provide subordinates the information they need for career progression. Whether the member uses it or not, is up to them. Now that you have this information, it is up to you to use it the next time you go up for a promotion board. GOOD LUCK!!

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183rd Website

The 183rd Fighter Wing has created a new web site. The new web site can be found at 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!

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