



Unit member races for top spot on national team

by Maj. Nancie Margetis
Public Affairs

For those of you who have not run a marathon, you can imagine the mental and physical challenges of completing one. Add yet one more challenge: the pressure of competing with the National Guard's top male runners for a spot on the elite All Guard Marathon Team, and that challenge becomes even greater.

Every year, the first weekend in May, National Guard runners from all states and territories meet to race for a spot on that team. The place: Lincoln, Neb. The event: the Lincoln National Guard Marathon. The 26.2 mile race is the only National Guard sponsored marathon, and the only way to earn a spot on the All Guard Marathon Team. You have to be one of the 40 fastest males, or 15 fastest females in the Guard to be selected for the team.

This year, newcomer to the Illinois Guard Running Team and Lincoln National Guard Marathon, 2nd Lt. Andy Payne, Maintenance Officer at the 183rd, met and exceeded that challenge. He placed 14th overall for males in the marathon with a time of 2:50:37, earning him the fifth spot on the All Guard Team.

Payne, who is not a newcomer to marathons, has completed nine. When asked why this marathon was different he answered, "Lincoln was significant to me because I feel that the physical fitness of Guard members is a really important issue we are facing right

now. Running in a National Guard marathon was a way to recognize the achievements and dedication of many of our members and promote fitness throughout the Guard. It really gives the Guard a positive image."

The 183rd helped Payne prepare for the race in addition to his typical training plan which consisted of speed work,

long runs and running 45-70 miles per week. He said "he felt a sense of pride running not only for the Air Guard but the 183rd. I wanted to perform well and represent the unit. I really got a lot of support from my fellow 183rd members and appreciate all the good luck's and congratulations."

The 33rd Lincoln National Guard Marathon broke their own record this year, selling out at 8,000 participants, up from 6,500 in 2009. The race also includes

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(Courtesy Photo)

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Just the Facts

Unit Training Assembly Schedule and pay dates



Duty Performed Pays out (approx.)

JUNE 5-6 JUN 15

JUL 10-11 JUL 20

AUG 7-8 AUG 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 website at <http://www.dfas.mil/index.htm>. Pay information is under the Money Matters heading.

Attention!

The deadline for the
JULY issue of the
Falcon's View is **SATURDAY,**
JUNE 5, 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

The push continues...

by Chief Master Sgt. Brenda Korte
Human Resource Advisor

Education. Education. Education. Education. The push continues for Air National Guard members to update our educational status with our Base Education Office. Recently, I attended an Human Resource Advisor (HRA) regional workshop and degree status updates were given for the ANG and active duty. The current numbers show our active duty counterparts receiving more educational degrees. It is believed that part of the discrepancy is due to lack of official transcripts being submitted to the Base Education and Training Manager (BETM). We are encouraged to contact our educational institutions and request a transcript be sent to the BETM. Not only will this document our educational levels, but it is also a tool to use when looking at the educational benefits of the ANG.



Remember, when requesting an official transcript, check to see if there are amnesty days or free transcripts for military members. This will help defray the cost of submitting a transcript. Transcripts should be mailed to:

Illinois Air National Guard
183 DPMT/BETM
Abraham Lincoln Capital Airport
3101 J. David Jones Pkwy
Springfield, IL 62707

If you have questions, please contact Master Sgt. William Kaltenbach at ext. 230 or via e-mail. Our efforts will assist in showing the strength and knowledge of ANG members! Thank you for your time and effort in this matter.

Getting close to home

by Lt. Col. Robert Barry
ASUS Chaplains Office

It was recently reported that the suicide rate in the Air Force's Air Combat Command (ACC) spiked to 22 per 100,000 people. Air Combat Command now has the highest rate of suicide of all the branches of the uniformed services and this report is not only disturbing, but somewhat mysterious. Why would ACC have such a high rate of suicide? Its members deploy often, but that burden doesn't seem to be much greater than what the other commands and services suffer. It is not clear that ACC members are in more unstable relationships than members of other commands or branches of the service and there is little evidence that the mental health of ACC is any worse than other commands. Is there something about ACC that distinguishes it from others?

The most notable difference between ACC and other commands seems to be termination of a large number of fighter wings because of the BRAC process, which struck ACC quite hard in the past five years. Particularly in the ANG, a large number of fighter wings have been closed and/or given new missions. This time of transition has caused a great deal of anxiety and uncertainty, but it is not clear how this could be behind such an increase in suicide. This may have nothing to do with this increase and maybe the



reason is simply that these are difficult times to be in ACC.

Whatever has been the cause of this unexpected spike in suicide is subject to speculation, but in the face of it, it is certain that it cannot be ignored and we must take action. Two things are necessary here. We have to become alert to the needs of others. If other members are beginning to sink into deep and long-lasting depressions, we need to be aware that this is happening and approach them about it. The Air Force has instituted its "wingman" program and this program urges its

members to be aware when another is encountering personal difficulties that could make them dangerous to themselves or others. Being a good "wingman" to others in our unit is not something we can ignore. For those who are having difficulties, we need to strive to do what is within our means to help them. The clearest sign that another is in trouble is lasting and deep depression. If we see this in others, it is time to take action and ask how things are going for the individual. Second, if problems stem around relationships, work, family or the law start to get to you, then get some help. These things can happen to anyone and getting help from others is not a big deal. Try to take care of these problems while they are small and manageable, before they become overwhelming.

Suicide has become a serious problem for the Air Force and by doing these two things . . . you really can make a difference!

✠ ✠ 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



Headaches--*What's on your mind?*

by Tech. Sgt. Amy Murphy
183rd Medical Group

There are several types of headaches today that have been established over the years. According to the National Headache Foundation, over 45 million Americans suffer from chronic, recurring headaches each year. One hundred and fifty billion people each year are unable to work and 10 million Americans visit their doctor each year, all because of headaches. Headaches also cost an estimated \$50 billion each year in health care costs. Headaches can be caused by several factors, including the following:

- Infections (colds, fever)
- Exposure to cigarette smoke
- Exposure to chemicals or perfumes
- Certain foods
- Possible brain tumor or a brain aneurysm

These are just a few common causes of a typical headache. There have been over 150 types of headaches identified, but let's just discuss a few of the more common ones. First, there are tension headaches. These are the most common among adults and adolescents. They cause mild to moderate pain and come and go over a long period of time. Secondly, we have migraines. These are described as a pounding and throbbing pain that can last anywhere between

four hours to three days and usually occur one to four times a month. These types of headaches will make you sensitive to light or noise, and could give you blurred vision and upset stomach. Next, we have sinus headaches. These occur when you have a sinus infection and the pain is in the area of your cheekbone, forehead, or the bridge of your nose.

Headaches are diagnosed by your primary care doctor, using a few to help with the process. First he/she will start with a physical exam to rule out any other underlying conditions. Then they will ask you about your symptoms and family history. The next step might be a CAT scan or an MRI of your head to check for any abnormalities. Treating headaches are done typically with medication and lifestyle changes.

As you can see headaches are painful and not too fun to deal with! With these tips to help manage your headaches, life could be a lot easier for you:

Follow your headache treatment plan your doctor prescribed

- Reduce your stress
- Get enough sleep
- Exercise
- Quit smoking



Unit News



Unit members showed their support Apr. 21 by welcoming home WWII veterans upon their return from Washington D.C. The veterans were part of a group of more than 125 individuals who got to visit memorials honoring their service and sacrifice as part of the Land of Lincoln Honor Flight program. The program provides round trip transportation and accommodations for any WWII veteran who wishes to visit the WWII Memorial and other memorials in Washington D.C. The day trip is provided completely free of charge to the veteran in honor of his/her service to the country. Visit the organization's web site at www.honor-flightoflincoln.com for more information.

(Photo submitted by Tech. Sgt. Scott Reynolds)

Information assurance, personal responsibility

By Master Sgt. Bob Ryan
Information Assurance Manager

(Note: This was written a couple of months ago while I was TDY.)

I was going to write an article about the new DoD Information Awareness or IA training. I've just had a change of heart. Most of you know; one of my vices is that I am a smoker. I know, not a good thing. I am TDY at Keesler AFB right now and am living in the dorms. As I went outside to have a smoke in preparation for trying to write something about IA I noticed the number of cigarette butts discarded in the stairwell and around the butt can. It occurred to me then that I should write about personal responsibility.

Let me start off with the new DoD IA training. Yes, it does take about an hour to complete. The DoD requirement states that the course will take one hour and says what material will be presented. I hope that when everyone takes this training they take the personal responsibility to get something out of it. There is some very good information for both work and home there. Enough said about IA training.

I started writing this going into detail about the things involving the use of government information systems that we do or have done, myself included,

that just aren't right. I deleted that and came up with this: We all know the rules. The rules along with personal responsibility say we don't leave our CAC cards in the card readers when we leave the computer; we don't forward chain letters; we don't surf web sites that are not work related; we don't use unauthorized external devices; we don't download unauthorized software; and we don't write down or share passwords.

We do create passwords that are easy to remember but difficult to hack; we do allow our machines to update security software; we do notify our CSAs when we suspect malicious software; and the list goes on and on.

Personal responsibility also tells us we should correct others when they do not do the right thing. Sometimes all it takes is "Don't forget your CAC", or "Hey, please don't forward me that stuff" to get the point across. Other times it may involve being a little more persuasive or even reporting the situation. Personal responsibility means that we can't just turn the other way when others are not doing the right thing, not following regulations, or possibly breaking the law. Remember those AF 4394 User Agreements; you might want to read those again.

To all who read this to the end, thanks for letting me rant. I hope I kept it short. Now, I have to accept some personal responsibility and fix a problem I've seen. I have to go police some butts and if necessary, chew some.

Retiree News

Congratulations to our new retiree!

Master Sgt. Ricky D. Force

Logistics Readiness Squadron

April 8, 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, Jun. 1. 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!

Condolences

We regretfully announce retired Senior Master Sgt. John P. Stone, former Propulsion Section supervisor, passed away April 24, 2010.

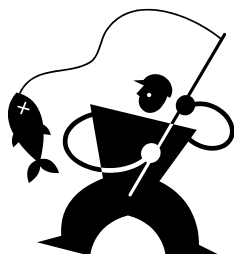
Announcements

7th Annual Family Support Open Buddy Bass Tournament

The 7th annual Air National Guard Family Support Open Buddy Bass Tournament will be held at Lake Springfield, Lindsey Boat Ramp, on June 27, 2010. 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).

- 1st Place-----\$2000.00
- 2nd Place-----\$1500.00
- 3rd Place-----\$750.00
- 4th Place-----\$500.00
- 5th Place-----\$250.00



The entry form is available at www.lincolnlakebassmasters.com

Take-off positions will be determined by the order in which the entries are received. A number of temporary lake permits for June 26 and 27 are available, if needed.

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

JUNE LUNCH MENU

Served 1100-1300

SATURDAY

- Rigatoni with meat sauce
- Spicy Baked Fish
- Steamed Rice
- Sweet Peas
- Corn
- Garlic Bread
- Cookies
- Salad Bar
- Fresh Fruit

SUNDAY

- BBQ Chicken
- Ham Steak
- Mashed Potatoes
- Wild Rice
- Gravy
- Vegetable Medley
- Cookies
- Salad Bar
- Fresh Fruit

Short Order for Saturday and Sunday: Pizza, Fries

*Menu is subject to change



CONGRATULATIONS



Capt. Clint Nauta and his wife Michelle are the proud parents of a baby boy. Cole Nicholas Nauta was born May 2 at 12:49 p.m. and weighed 7 pounds, 4 ounces. Congratulations to the Nauta Family!

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 web site 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>

SFS conducts spray training

*Submitted by Senior Master Sgt.
Andrew P. Thompson
Security Forces*

May UTA weekend members of the 183rd Security Forces Squadron participated in Oleoresin Capsicum (OC) spray training.

OC spray is more commonly known as pepper spray, which is a less than lethal use of force tool utilized by law enforcement, corrections and military personnel.

A recent change to AFMAN 31-222, the Air Force Use of Force Manual, now requires Security Forces personnel to receive a one-time exposure to the OC spray and annual refresher training for those armed with it.

The AFMAN requires that all Security Forces personnel be trained on the OC spray prior to carrying it on duty.

As a new training prerequisite, most members of the 183rd SFS had not fulfilled this requirement. Training was conducted both Saturday and Sunday, with 37 members participating in this once-in-a-lifetime experience, or so they hope.

OC is derived from the oily resin of the cayenne and other varieties of peppers. Many people incorrectly believe that OC is a chemical agent; it is actually a food product. OC is a naturally occurring inflammatory agent that when applied to the face, causes



Photo by Staff Sgt. Shelly Stark

swelling of the mucous membranes, involuntary closing of the eyes, gagging, coughing, shortness of breath, and an intense burning sensation to exposed skin. As one of the lucky participants of the training that was conducted, I can attest to the accuracy of the above descriptions.

One of the requirements for Security Forces personnel who utilize this tool in the performance of their duties, is to provide decontamination for suspects that have been sprayed.

Unfortunately for the Security Forces personnel that participated in the training, there really isn't too much that can be done to lessen the effects of the OC spray. Water only seems to activate/re-activate the residue that remains on the individual's skin. Again, something I can attest to, as when I took a shower later that night, I received a vivid reminder of the earlier training.

While this is an extremely unpleasant experience, the impor-

tance of it cannot be overstated. Security Forces personnel must be aware of the effects and the expected reactions of suspects should they ever need to employ this tool.

It also serves to instill a level of confidence in them and teaches them that they must persevere through any situation. Failure to persevere while attempting to apprehend an individual could be deadly, which makes this training even more relevant.

The training also acted as a wonderful team-building exercise. It is interesting how the more unpleasant the training, the more we seem to reflect back on and remember the event.

As the DoD moves towards the utilization of less than lethal means for use of force, the 183rd Security Forces Squadron strives to be on the leading edge of the most current training.

Our Security Forces members have added another tool to their tool belt.

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 e-mail 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

Captain

William B. Bilbruck

First Lieutenant

Matthew A. Clements
Maureen A. Didonato

Master Sergeant

Brandean S. Breden
Brian D. Wyatt

Staff Sergeant

Megan R. Hayward
Eric R. Horn

Senior Airman

Andrew M. Lowery



Pictured from left to right are Senior Master Sgt. Mark Kessler, Master Sgts. Bill Casson and Brian Wyatt. They were among the 80 IL ANG members from IL ANG/HQ, 126th, 182nd and 183rd that attended the Contemporary Base Issues course held at Camp Lincoln, Apr. 30-May 1. The course was lead by legal professionals and presented material on subjects designed to assist commanders, first sergeants and supervisors in effectively dealing with leadership and personnel issues. (Photo by Master Sgt. Shaun Kerr)

183rd Security Forces Squadron earns state honors

Unit receives National Guard of Illinois Outstanding Illinois ANG Unit Award

*Submitted by Maj. James Robinson
183rd Security Forces Squadron*

It has been an exciting time to be a member of the 183rd Security Forces Squadron (SFS). In addition to being selected as one of two Air National Guard Outstanding Security Forces units for 2009, the squadron was recently selected as the National Guard Association of Illinois (NGAI) Outstanding Air National Guard unit for 2010!

This is the first time in the Wing's 63 year history that the Security Forces Squadron has received this prestigious award. This award is presented to recognize one Army and one Air military organization for specific accomplishments and achievements of an outstanding nature relative to overall performance, NGAI support, and community activities.

Without a doubt, the 183rd Security Forces Squadron is one of the finest Security Forces squadrons in the country, and its members deserve all the credit for the accolades that they are now receiving. But it wasn't always this way. A few short years ago (2003) I remember taking command of this squadron when it was clearly going through a rather tumultuous period. The previous commander had recently transferred to the Army National Guard, the chief had just retired, the unit did not have a senior master sergeant, and the unit didn't even have its own first sergeant. I had more time in service than any of my senior NCOs, and over 50% of the unit members were E4 or below!

To make matters worse, the person hired to replace the departing chief was a master sergeant, and I was a JEEP (Just Enough Education to Pass) second lieutenant taking his first command! Needless to say, with an Operational Readiness Exercise and subsequent Operational Readiness Inspection just a few short months away, members were very anxious and clearly concerned about the unit's future.

My, what a difference a few years make! Throughout the last several years the enlisted force rolled up their sleeves, pulled together as a team, and was dedicated to something bigger than themselves. They all



(Photo by Master Sgt. Shaun Kerr)

made a concerted effort to turn the squadron around by striving towards becoming a center of excellence.

At times the journey has seemed long, and as we all know, striving for excellence is indeed a journey that should never actually come to an end. You see, once you rest on your laurels and start to buy-in to the notion that the journey is complete, that is when you're at the greatest risk of mediocrity.

Since those anxiety filled days of new leadership, exercises, and inspections, the Security Forces Squadron has consistently excelled at multiple deployed locales, and excelled during numerous inspections, all while performing force protection and resource protection at home station.

Although everyone is excited about receiving this latest honor, we know we must continue to train hard and continually rededicate ourselves to excellence. Not only do we want to continue to be a premier ANG Security Forces Squadron, but in a few short months, members from the 183rd Herd will perform duties "outside the wire" in an austere and hostile environment.

Our dedicated and hard-charging Defenders will be part of a mission that has never before been performed at this location by Air National Guard members.

I am very proud of the men and women of the 183rd Security Forces Squadron and hope you'll join me in congratulating them as you see them while processing through the gate or throughout the base. Congratulations 183rd Security Forces Squadron on another job well done!

Fireworks Safety

by Tech. Sgt. Chris Rosser
Base Safety Office

The American traditions of parades, cookouts, and fireworks help us celebrate the summer season. However, fireworks can turn a joyful celebration into a painful memory when children and adults are injured while using fireworks.

According to the U. S. Consumer Product Safety Commission (CPSC) an estimated 5,000 fireworks-related injuries (or 70% of the total fireworks-related injuries) were treated in U.S. hospital emergency departments during the one-month special study period between June 20, 2008 and July 20, 2008. CPSC staff has reports of seven fireworks-related deaths during 2008. Two people were killed in incidents involving aerial and display fireworks. One person died in a fire where a firework was the ignition source. Three people were killed in incidents involving homemade fireworks. It is estimated that over 8,800 people will be treated in hospital emergency rooms for injuries associated with fireworks and over half the injuries will be burn injuries involving the hands, eyes, and head. Some fireworks such as illegal

firecracker type devices (M-80's, quarter sticks) and professional display fireworks should never be used or handled by consumers or children due to serious injuries and death that can and do occur from such use or handling.

Sparklers considered by many the ideal "safe" firework for the young, burn at very high temperatures and can easily ignite clothing. Do not allow young children to play with fireworks under any circumstances. Children cannot understand the danger involved and cannot act appropriately in case of emergency. Injuries to children were a major component of total fireworks-related injuries in 2008 with children under 15 accounting for 40% of the estimated injuries. Approximately 16% of all consumer fireworks injuries are caused by sparklers burning hands and legs, with the majority of sparkler injuries occurring to young children. The National Council on Fireworks Safety recommends children are over the age of 12 before handling. Sparklers and bare feet can be a painful combination. Always wear closed-toe shoes when using sparklers. Show children how to hold sparklers away from their body and at arm's length. Teach children not to wave sparklers, especially wooden stick sparklers, or run while holding sparklers.

To help consumers use fireworks

more safely, the U.S. Consumer Product Safety Commission offers these recommendations:

- Older children should only be permitted to use fireworks under close adult supervision. Do not allow any running or horseplay.
- Alcohol and fireworks do not mix. Have a "designated shooter."
- Keep a bucket of water nearby for emergencies and for pouring on fireworks that don't go off.
- Do not try to relight or handle malfunctioning fireworks. Douse and soak them with water and throw them away.
- Be sure other people are out of range before lighting fireworks.
- Never ignite fireworks in a container, especially a glass or metal container.
- Keep unused fireworks away from firing areas.
- Store fireworks in a dry, cool place. Check instructions for special storage directions.
- Observe local laws.
- Never have any portion of your body directly over a firework while lighting
- Never experiment with homemade fireworks.

Have a happy, safe and memorable (for the right reasons) Independence Day!

Welcome Aboard

New Enlistees

Lt. Col. Michael D. Bollwitt
Capt. Chod L. Hill
Chief Master Sgt. Aaron F. Gatterdam
Master Sgt. Kenneth E. Lyons
Airman 1st Class Kyle C. Burton
Airman 1st Class Adrian P. Ducharme
Airman 1st Class Ryan E. Hill
Airman 1st Class Alexandria N. Munstock
Airman 1st Class Heather R. Walter
Airman John D. Chenault, Jr.

Detachment 1
Detachment 1
Headquarters
Mission Support Group
Maintenance Squadron
Maintenance Squadron
Fighter Wing
Civil Engineering Squadron
Maintenance Squadron
Security Forces Squadron

March 31, 2010
March 25, 2010
April 12, 2010
April 1, 2010
April 15, 2010
April 15, 2010
April 15, 2010
April 15, 2010
April 15, 2010
April 15, 2010
April 15, 2010

NATIONAL TEAM, continued
from page 1

a half-marathon; however, Guard members cannot earn a spot on the team unless they run the full marathon. Payne was joined with over 250 other Guard members who took on the challenge.

“We (Guard runners) were only about 260 out of 8,000 runners and it really felt like there was a large support structure for us,” commented Payne on how this marathon was different than others he has ran.

He also enjoyed making friends with other Guard members from Illinois and meeting other Soldiers and Airmen and developing friendships. A total of ten Illinois National Guard members traveled to Lincoln for a shot at making the team. A first for the Illinois Guard Running Team included five members making the All Guard Marathon Team and three members running the marathon under three hours.

“Andy Payne definitely made the Lincoln National Guard Marathon more exciting for those of us from Illinois. Andy has invigorated the team with his youth and excitement for running. It is definitely a win/win for the Illinois Guard,” said Chief Warrant Officer Rachelle McKay, Illinois

Guard Running Team State Coordinator. “His efforts, added to the rest of the Illinois runners, made it a year for the record books for our running team,” she added.

Payne, who is a civilian stockbroker and resides in Edwardsville, would like to recruit other Guard runners by sharing his experience this year and stressing the importance of improving overall fitness.

“No matter what ability level, the marathon is a test of our dedication and strength. People know that and respect all marathon competitors equally. I challenge anyone to test themselves and know that most people would get a great sense of pride and accomplishment when they cross that finish line,” says Payne.

And if you don’t like running, Payne encourages everyone to get out and find something that they enjoy doing and can improve their overall fitness. He feels that not only is it important to the mission of the National Guard that we take care of ourselves, we owe it to ourselves.

If anyone is interested in joining the Illinois Guard Running Team or competing in the 2011 Lincoln National Guard Marathon, please feel free to contact 2nd Lt. Payne or myself at our military e-mail or base extension.

Who: Staff Sgt. Cassandra Hampton

What: Services Technician

When: September 11, 2005

Why: Education benefits, gave her direction in future, always interested in military, husband is currently in military at Scott AFB.

Civilian employment: Full-time student, St Johns College, pursuing nursing degree.

Civilian/Military correlation: No direct correlation, however military has given her better organizational skills at school.

Recent/Favorite Deployment: Just returned from Al Udeid, Qatar, from Sept. 2009-Feb. 2010. Only deployment to date, but really enjoyed this as her first.

Additional notes: Selected as Airman of the Quarter 1 for FSS.

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!



(Photo by Master Sgt. Shaun Kerr)

183d FW/PA
Illinois Air National Guard
Capital Airport
3101 J. David Jones Parkway
Springfield, IL 62707-5001



This funded Air Force Newspaper is an authorized publication for the members of the U.S. military services. Contents of the Falcon's View are not necessarily the official views of, or endorsed by, the US Government, DoD, the Department of the Air Force or the Air National Guard. The editorial content is edited, prepared, and provided by the Public Affairs office of the 183d Fighter Wing. All photographs are Air Force photographs unless otherwise indicated.

Multi-media Manager
Master Sgt. Shaun Kerr

Wing Commander
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