



Rising waters, unit prepares for flood of 2011

by Maj. Nancie Margetis
Public Affairs

In late April and early May, the flood waters of the Mississippi and Ohio rivers continued to rise, and members of the 183d Fighter Wing's, Joint Task Force-South again rose to the occasion.

Gov. Pat Quinn began activating Illinois National Guard members late April, included in the initial activation was Col. Stephen Baggerly, Joint Task Force-South Commander. During the timeframe of April 26 through May 9, a total of 12 183d FW personnel were tasked for State Active Duty (SAD).

Approximately 450 Illinois National Guard Soldiers and Airmen were ordered to SAD duty beginning on April 26. Since the initial call up, the Soldiers and Airmen have helped evacuate residents from flooded neighborhoods, patched numerous levee boils, transported historic public records and artifacts out of public buildings threatened by the flood waters, assisted local law enforcement and the Illinois Department of Transportation to control traffic and close roads in flooded areas, filled sandbags and built sandbag barriers to protect critical infrastructure.

According to Lt. Col. Jim Bentley, JTF-Chief of Staff, "The primary role for Joint Task Force South was to work in the Illinois Emergency Management Agency's (IEMA) Unified Area Command (UAC) in support of the IEMA's Incident Commander."

During an emergency situation, the UAC coordi-



Representatives from state, federal and non-governmental agencies meet at the Unified Area Command (UAC) May 6 in Marion, to receive a situational update brief on the flooding in southern Illinois. The Illinois Emergency Management Agency has operated the UAC 24 hours a day, allocating resources and personnel for assistance requests from county and municipal agencies to protect lives, property and critical infrastructure. Photo by Staff Sgt. Robert Fafoglia, 139th Mobile Public Affairs Detachment

nates state, federal and non-governmental agencies, in order to support municipal and county agencies with relief operations. These agencies, such as the Joint Task Force-South, provide representatives that offer logistical and operational support in their respective areas of expertise. This pooling of agencies meets under one roof, the UAC.

"They deployed several of us to augment and integrate into IEMA's Incident Management Team," said Lt. Col. Chuck Coderko, from the 183d Civil Engineering Squadron. He served as the Logistics Section Deputy Chief for the UAC, which was com-

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Important Information

Unit Training Assembly Schedule



and pay dates



Duty Performed	Pays out (approx.)
JUN 4-5	JUN 15
JUL 9-10	JUL 20
AUG 6-7	AUG 17

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.

June Lunch Menu

**Menu subject to change*

Saturday:

Hamburger, Cheeseburger, Ball Park Franks, Marinated Chicken Breast, Assorted Chips, BBQ Baked Beans, Cauliflower, Pasta Salad, Cole Slaw, Salad Bar, Fresh Fruit, Ice Cream, Fudge Brownies

Sunday:

Baked Ham, Blackened Fish, Scalloped Potatoes, Steamed Rice, Spinach, Sweet Corn, Salad Bar Fresh Fruit, Ice Cream, Fudge Brownies

NOTE: No short order menu will be available Saturday or Sunday.

Attention!



The deadline for the JULY issue of the Falcon's View is SATURDAY, JUNE 4, 1200 hrs.

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
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Pass and Registration	481
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Chaplain	367
Wing IG	770

Toll Free Number

1-800-392-1797

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Unit member nominates daughter for national recognition

by Maj. Nancie Margetis
Public Affairs

Last December Master Sgt. Jay Watts, from the 183d Communications Flight, heard Operation Homefront was accepting nominations for Military Child of the Year and he immediately thought of his 8 year old daughter, Marianne (Minnie) Watts. He immediately wrote up a nomination and submitted it online to Operation Homefront. Although Minnie was not selected as a finalist, her accomplishments are impressive.

He felt Minnie's accomplishments were so special because they were separated for over seven months (Feb-Sept) last year due to Master Sgt. Watts attending a military technical school.

Minnie's nomination for Military Child of the Year included achievements such as her 3rd grade art teacher deciding to submit Minnie's piece of art to be displayed as part of the Sangamon County School's Art Exhibit that is held at the SIU School of Medicine each year. Once

submitted the pieces of art throughout the county are judged and the best pieces are picked to be displayed. Minnie's was chosen by a panel of judges as one of the best and was proudly displayed in the lobby of the SIU School of Medicine.

Also, during the school year the students are taught the importance of recycling in order to protect our environment. Minnie took this to heart and started a recycling program at her mother's house. She also went as far as to make sure to pick up items around the town that could be recycled and made sure they were.

In Sept. 2010 she decided she wanted to participate in Riverton's Miss Riverfest Queen Contest. Master Sgt. Watts was still gone to school, but she let her father know that for her talent portion of the contest she was going to sing Taylor Swift's "Fifteen" and that she had been practicing hard to sing it without the lyrics on the music during the contest. He returned home the afternoon of September 17 the day of the contest. Master Sgt. Watts

got to watch his daughter compete in the contest and sing her favorite song and not miss a word as she sang. "The highlight of the night was seeing her crowned Miss Riverfest Queen of 2011. It was such an awesome experience!" said Master Sgt. Watts.



Later that year, she decided that she wanted to show her patriotism by trying out to be one of the select few who gets to sing the Star-Spangled Banner during a couple of the home basketball games. She practiced, practiced and practiced singing the Star-Spangled Banner and was so nervous the day of the tryouts. She told her father she thought she did well but was not sure she would be selected because so many kids tried out. "You should have seen the smile on her face when she came home a few days later and had a note from her music teacher announcing that she had been selected to be part of the group," recalls Master Sgt. Watts.

Her drive for achievement continued in December when she came home from school and told her father that her 3rd grade class had won a national award. He was a little skeptical at first, but soon learned that she was telling the truth. Her class had competed against every 3rd grade class in the country and had won the FBI/SOS Internet Challenge for December.

Minnie accomplished quite a lot which was why she was nominated by her father, Master Sgt. Jay Watts.



Courtesy photo

Enyart reappointed as Illinois National Guard's Adjutant General

IL NG/PA Press Release

Gov. Pat Quinn announced today the reappointment of Maj. Gen. William L. Enyart as the 37th Adjutant General of the Illinois National Guard. Enyart was previously appointed in 2007 and in 2009.

As the Adjutant General, Enyart will continue to advise the governor on military matters and to oversee the Illinois Department of Military Affairs. Enyart is also the senior officer commanding both the Illinois Army and Air National Guard. He is responsible for the daily operations of the Illinois National Guard and oversees its 13,500 men and women in uniform, 2,310 who are full-time, and for 300 civilian employees in the Department of Military Affairs. He also works closely with the leadership of the National Guard Bureau and the Departments of the Army and Air Force in Washington, D.C.

"Over the past four years, Maj. Gen. Enyart has led the Illinois National Guard through many significant challenges, including its largest overseas deployment since World War II, two state activations and direction of several important programs such as the State Partnership Program with Poland and the Lincoln's Challenge Academy Program," said Governor Quinn. "I am pleased that Maj. Gen. Enyart will continue to lead the Guard during these ongoing operations, especially as Illinois prepares its response and relief efforts for possible widespread flooding."

Enyart has more than 35 years of military service, including serving in the U.S. Air Force before joining the Illinois Army National Guard in 1982. He has served as the deputy commanding general for the Illinois Army National Guard, judge advocate general corps and various staff positions in the Illinois Army National Guard. Enyart has earned numerous awards and decorations, serving abroad in Italy, Japan and Ukraine.

Enyart is an attorney licensed to practice in Illinois and Missouri, as well as the U.S. Federal Courts and the Circuit Court of Appeals for the Armed Services. He is also a certified military trial lawyer. Enyart

earned his law degree at Southern Illinois University School of Law, Carbondale after completing his undergraduate degree in journalism and political science at Southern Illinois University, Edwardsville.

"It is truly an honor to be reappointed as the Adjutant General," said Enyart. "I look forward to continue working with Gov. Quinn and beside the fellow Soldiers and Airmen in the Illinois National Guard."



Maj. Gen. William Enyart, Adjutant General of the Illinois National Guard of Belleville, is sworn in as the Adjutant General by Judge Ron Spears of Taylorville.
Courtesy Photo

New Asst. Adjutant General-Air

Brig. Gen. Jim Schroeder was assigned as the acting Assistant Adjutant General - Air in September 2010 to fill out the term of Brig. Gen. John Hughes, who retired with 41 years of distinguished service.

In a letter to Airman of the Illinois National Guard, April 8th, Maj. Gen. William Enyart, IL Adjutant General personally thanked Brig. Gen. Schroeder for his exemplary leadership of the Illinois Air National Guard during the critical transition period. He was gratified in saying that Brig. Gen. Schroeder will continue to lead the Illinois Air National Guard as a traditional guardsman until a full-time replacement is appointed by Gov. Pat Quinn.

As his term expires, Maj. Gen. Enyart, appointed Col. William Cobetto as the acting Assistant Adjutant General - Air with Brig. Gen. Schroeder resuming his traditional status as the Illinois Air National Guard Commander and Chief of Staff.

Why I serve...

by Lt. Col. Jonathan Bachtold
183d ACOMS Commander

About a week ago, I was working on a 10 story roof in a suburb of Chicago when I received a text from my wife. It was windy and cold, my nose was running and I was very distracted as I worked against a time line of bad weather and decreasing profit. The text caught me by surprise, as it was news from far off. It simply read, "Val's son Bret passed away this morning".

I stopped my hurried pace, walked off to a portion of the roof where the rest of the crew would not be, and took a moment to absorb it. Val is my closest first cousin and quite a remarkable woman.

She has been working in a Christian missionary orphanage with her family in Haiti for the last 10 years. She and her husband were blessed with several kids, and one was severely disabled, to the point that he needed 24 hour care. After five years of struggling through life, he passed away.

Val's story is not an uncommon American story. She, like many others, felt a calling to serve others and give up all that America has to offer. In high school she was top in academics and athletics, as well as a great person to be around. She could have chosen any college and career, and would have succeeded immensely. Instead, she chose to serve others, at unknown cost to



her and her family. Without intending to do so, she sets the standard for many who know her.

Over my years in the Air Force, many times I have focused on the benefits and continually weighed the cost of staying committed to the military.

I originally committed to serving as just another clueless young punk needing some college money. I did not understand the real commitment. I am not talking about the dangerous places you end up, the family separation, and the many endless challenges that come with a military career. I am speaking of that time in your life when you come back to difficult questions of youth, like "What's my purpose?", "Who have I helped?". My real commitment now is clearer; if I do not serve, who will protect those who are serving others? Val and her family represent the America that I will gladly die to defend.

Take a moment to look deeply into the lives of those who serve others at great cost to themselves. If you do, you will find an inspira-

tion that will not leave you when things get tough. You will also force yourself back to important questions you have avoided, or answered poorly throughout your life. YOU HAVE A PURPOSE and that purpose is to PROTECT!

Just as the many children in Haiti gain from Val's sacrifice, many will gain from your sacrifice in service protecting the great people of America.

Front Page Story cont.

prised of members from the 183d Fighter Wing and the 65th Troop Command Brigade, both based in Springfield. "This was to make sure we had planners, logisticians and operations people on the incident management team, to help with all forces from all agencies. It is very much a joint effort."

Overall, Coderko said he was pleased with the results of the Joint Task Force. "The Army, Air and civilians are working hand-in-hand," he said. "I think we've integrated very well."

When IEMA announced plans to begin returning National Guard Soldiers and Airman, May 5, approximately 90 Illinois National Guardsmen were released from SAD.

"Our Soldiers and Airmen have again answered the call to help our communities and neighbors in a professional and prompt manner for which the citizens of Illinois rely upon us," said Maj. Gen. William L. Enyart, The Adjutant General of the Illinois National Guard.

Unit News

Promotions

Lieutenant Colonel

James L. Auten

Major

Jonathan M. Edwards

William R. Dolosic Jr.

Sean C. Heup

Brian M. Hodge

Richard A. Morgan

Trevor J. Orsinger

Russell W. Rumley

Captain

Mark J. Remspecher

Alvin L. Ross

1st Lieutenant

John W. Moyer

Master Sergeant

James R. Bryan

John Paul D. Parks

Technical Sergeant

Tammy L. Neely

Staff Sergeant

Michael B. Gilreath

Chelsea M. Harris

Stephanie A. Martin

Jeremy M. Tobin

Senior Airman

Ariel L. Knuckey

Tyler J. Phibbs

Amanda K. Rhodes

Airman 1st Class

Samuel L. Dolbeare

Welcome Aboard

Senior Airman Brian L. Tanke

Airman Dennis R. Ferguson III

183d Security Forces Squadron

183d Maintenance Squadron

Retirees

Senior Master Sgt. Jeffery L. Capps 183d LRS April 30

Master Sgt. Eric T. Trentz 183d SFS April 28

Master Sgt. Bradley L. Cowan 183d CES April 30

Technical Sgt. Johnny L. Alderson 183d LRS April 7

Technical Sgt. Kevin D. Schott 217th EIS April 3

Technical Sgt. Daniel S. Stevens 183d CES April 30

If you are interested in buying Six Flags tickets please stop by and see Master Sgt. Stacy Ferguson in building P-46. The prices for the tickets are as follows:

1 Day Child/ Adult pass= \$27.00

2 Day Adult pass= \$47.00

2 Day Child pass = \$37.00

Season pass= \$51.00



Second Annual "Run to Remember"



5K Walk/Run
Sunday, June 5, 9 a.m.

*Come out and help us remember
those of the 183rd we have
lost over the years.*

Registration will be open to current Air and Army Guard members, retirees, and family. All personnel not in military status will be required to sign a waiver. Registration will be open until June 4 at 1300. **No race-day registration will be accepted.** Registration is \$20 (Race shirt not guaranteed if registered after May 27).

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

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 will be as follows: 17 and Under

18-29, 30-39, 40-49, 50-59, 60+

Contact: 1st Lt. Payne or Master Sgt. Stults at ext. 275, or Chief Master Sgt. Roesch at ext. 365

Hosted by: NCO Academy Graduates Association

Retiree News

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, June 7. They say they meet at 8 a.m. but if you're not there by 7:30, the early birds have taken the good seats!

Tornado damage to Lambert Air National Guard base tops \$10 million

by *Bill Phelan*
Missouri Air National Guard

The Good Friday tornado that cut a 22-mile swath of destruction across the St. Louis area caused more than \$10 million in damage to the Missouri Air National Guard base at Lambert Airport, according to preliminary damage assessments.

“Sixteen of our 25 buildings sustained some type of damage,” said Air Force Col. Kathleen Hancox, commanding officer of the 131st Mission Support Group. “The newer buildings on the south side of the base sustained the most damage.”

Hancox said damage assessments at the base began as soon as the storm had passed the night of April 22.

“We went through all the buildings with security teams and civil engineers to get a snapshot of exactly what our problems were,” she said. “At this point, to fix everything, it will take a year and cost more than \$10.3 million.”

Nearly 150 civilian and military personnel are involved in the cleanup and recovery efforts at the base, which is headquarters to the Mission Support Group, the 131st Bomb Wing, the 571st Air Force Band and several other units. The 46-acre facility was a beehive of activity Tuesday, with crews removing downed trees, collecting building debris and moving offices from damaged buildings to those that sustained little or no damage.

“We are 75 percent moved from the south side of the base to the north side and we expect to be between 75 and 100

percent operational no later than the end of the day Sunday,” Hancox said.

In addition to continued rainfall, cleanup crews were being hampered by the fact that the storm knocked out electrical power and communications at the base.

“As we stand up electrical power in the existing buildings we are also enabling telephones and computer networks,” said Air Force Master Sgt. Mark Bishop, a systems administrator with the 131st Communications Flight. “The damage was pretty extensive, so we’ve got eight people pretty much working around the clock to get things up and running. It’s been a challenge.”

Despite the many challenges still facing Air Guard officials, Hancox and others believe the recovery efforts at Lambert have been nothing short of

remarkable.

“I could not be more proud of this recovery team,” Hancox said. “They are each giving 150 percent and doing what they have to do.”

“Considering the circumstances I think everything has gone pretty smoothly,” added Bishop.

Taking into consideration the pace of cleanup and recovery and that no one was seriously injured in the storm, Hancox said the Air Guard is planning a “day of celebration” on Sunday.

“We are going to celebrate the can-do spirit if the 131st Bomb Wing,” she said. “The 571st Air Force Band is going to perform and it’s going to be an opportunity for us to thank everyone who has put their heart and soul into this mission.”



Cleanup efforts continue at the 131st Bomb Wing just days after a category EF2 tornado hit Lambert-Saint Louis International Airport and swept across the Lambert-Saint Louis Air National Guard Base, April 22. No injuries were reported to Air National Guard personnel, but there was widespread damage across the south side of the base. Estimates for repair to the base could top \$10 million. (Missouri National Guard photo)

Compassion...

By Chaplain (Lt. Col) Jeffrey Laible, 183d FW Chaplain

Some years ago ten Tibetan monks traveled throughout the world to carry an important message to the people of every country. Their message was simple: practice compassion.

How important is this message? Read the daily paper and count the number of conflicts between nations and races across the globe, or listen to the evening news for a week and keep tab of the violent acts occurring in an average week in any metropolitan area. An absence of compassion leads naturally to violence. For too many people, the chief way to deal with conflict is violence.

After Timothy McVeigh was executed there was a flurry of articles about the nature of evil and the reason why McVeigh and people like him could devise such enormous acts of hate and cruelty. One answer: in his soul there was a gaping hole where compassion should have been. One can learn other ways to resolve conflicts than to use violence, of course, and workshops on conflict resolution offer a variety of helpful and practical suggestions on how to do it. Some of them are: in a tense situations get your point across without blowing up; handle confrontations head-on or in a professional manner; deal effectively – and calmly – with the negative behavior of others; know when it is better not to confront; keep your cool even when others are losing theirs; and survive rejection with your self-esteem intact.

These suggestions – all of them – can be extremely helpful. But anyone familiar with the gospels sense immediately there is something missing in their approach to conflict resolution. If Jesus were conducting a workshop on conflict resolution,



where do you think he would start? On this matter he has made himself perfectly clear. The foundation of peaceful human relationships is forgiveness. No wonder that in the only prayer that Jesus taught us, “Our Father”, forgiving each other is at the very heart of it. Also, every time Jesus urges us to forgive each other he connects our forgiving with asking God to forgive us.

Thus, there is a vertical and a horizontal dimension to forgiveness. The vertical dimension – God forgiving us – rests on the horizontal dimension – our forgiving each other. The vertical axis will topple unless, when we ask God to forgive us, there is also a willingness to forgive each other. What is really needed is not a succession of individual acts of forgiveness, admirable as this is, but a state of forgiveness. We should try to maintain in ourselves a disposition of being ready to forgive each other. In this case Jesus does in fact ask us to be divine.

Medical research has shown forgiveness can be good for a person’s health while holding a grudge can be harmful. The person who says, “I don’t get angry, I get even,” might in fact be punishing him or herself as much as the intended victim. Psychologists and sociologists agree that

there is not only a religious impetus to forgive, but also therapeutic, social, and practical reasons to do so. There is no question about it – forgiveness has to go beyond the confessional, beyond the church walls.

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

Protestant Chaplain:

1st Lt. Jon Bormann
16595 N. Meadow Ln.
Petersburg, IL 62675
phone: 217-361-8833
email: jonbormann@gmail.com

Religious Services

Protestant Service:

Saturday 1500 hrs Chapel

Catholic Mass:

Saturday 1600 hrs Chapel

Base Chapel Office:

Bldg. P-48, Room 302

Phone 217-757-1367

DSN 892-8367

Fax (217)757-1509



Family Readiness

If you have a member of your family that is a past or current member of the 183d, or have information that a current or past member of the 183d has passed away recently, please contact Mr. Joe Ward, Family Program Coordinator. 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.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. Please see me, Joe Ward, Family Readiness Coordinator for Volunteer Sign-up Forms.

Volunteer Sign-up Form

Unit:	E-mail Address:
_____	_____
Name:	Specialty:
_____	_____
Address:	Phone Number:
_____	_____
City:	State & Zip Code
_____	_____

Please return to: **183rd Family Readiness Group**
3101 J. David Jones Parkway
Springfield, IL. 62707-5001

or e-mail 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.

In the Spotlight



Who: Master Sgt. Loni K. Crowder

What: ASuS Comm. Planner

When: April 1, 1999

Why: I initially joined the Air National Guard for the college benefits. I was also looking for something that would allow me to build a skill set outside of my regular workplace expectations.

Civilian Employment: Full-time ILANG technician.

Recent/Favorite Deployment:

My most recent deployment was to Davis-Monthan AFB for Panamax 2010. Our responsibilities were to augment the 12th AF in the A6 shop. I worked on the Crisis Action Team in order to plan communications operations for the exercise. While there I had the honor of briefing Lt. Gen. Spears.

My favorite deployment was to Iraq in 2006. It was my last deployment as an F-16 Avionics Tech (which was my job prior to the BRAC.) I traveled over there as part of the Aviation Support Package. Since it was my last deployment with the planes and my old shop, I was very glad to be a part of the mission. It was also my most dangerous and exciting deployment as we had to initially operate without many of our own tools and supplies, because they were en route. It taught me how to complete the mission no matter what.

Summer Safety

Submitted by: Master Sgt. Michael Neipert, 183d Base Safety

Summer is fast approaching and many of us look forward to outdoor activities with family, friends and fun in the sun. Every year, we are asked to focus on these 101 Critical Days of Summer, but why? Nothing bad ever happens to me? It is always that "other guy" that it happens to!

Traditionally, the Air Force sees fatalities and accidents rise in the period between Memorial Day and Labor Day. In 2010 the Air National Guard saw 12 fatalities, both on and off duty, during the 101 critical days of summer. The loss of one of our guard family is one too many! What causes this rise in accidents and mishaps?

Many summertime activities can require skills that may get a little dull during the winter months. When are your motorcycles riding skills at their 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? Or if you are going to be new rider and just bought the bike of your dreams, do you think it might be a good idea to sign up for a beginner's riders course? 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 for a day on the road and water. In addition to boats, motorcycles, RVs, and ATVs, 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 month and are more prone to injuries, 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 this summer period include; BBQ safety, swimming and water safety, home repair and lawn care, heat stress, and fireworks safety.

Finally, we always want to keep alcohol related accidents to zero. Always remember the rule of 0-0-1-3, ZERO drinks if you are under 21 years of age, ZERO DUI's, one drink per hour, and three drinks per night max!



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, not to mention the impact to your guard career, driving privileges and the legal ramifications.

Have a great summer and remember be safe! Your family and your nation depend on you!

Enlisted Vacancies

The following is a list of enlisted vacancies as of Apr 7.

Members applying for these positions must currently hold the AFSC for the position being applied for. Prior service members are encouraged to explore these exciting new opportunities.

If interested in applying for these positions, please contact MSgt Matt Allen at 217-757-1292 / DSN:892-8292, or, TSgt Sarah Hayward 217-757-1184 / DSN:892-8184.

DET 1 HQ ILANG:

Master Sgt. 1A0X1	In-Flight Refueling
Tech. Sgt. 1A1X1	Flight Engineer
Chief Master Sgt. 1C000	Air Operations
Tech. Sgt. 1C0X2	Aviation Resource Mg
Master Sgt. 1N17XA	Geospatial Intel
Master Sgt. 2T2X1	Air Trans
Tech. Sgt. 3D0X2	Cyber Sys Operations
Senior Master Sgt. 1C1X1	Air Traffic Control

Tech. Sgt. 3D1X2	Cyber Transport Sys
Master Sgt. 1C1X1	Air Traffic Control
Staff Sgt. 1C3X1	Command Post
Master Sgt. 1C4X1	TACP
Tech. Sgt. 1C5X1	C2 Battle Mgt Oprs
Tech. Sgt. 1N1X1A	Geospatial Intel
Tech. Sgt. 2A5X1	Aerospace Maint
Senior Master Sgt. 2A5X0	Aerospace Maint
Staff Sgt. 3D1X4	Spectrum Operations
Staff Sgt. 3D1X5	Ground Radar Systems
Master Sgt. 3D1X2	Cyber Transport Sys
Master Sgt. 3D1X3	RF Transmission Sys
Senior Master Sgt. 3D1X0	Cyber Operations
Senior Master Sgt. 3E0X0	Electrical
Staff Sgt. 3P0X1	Security Forces
Master Sgt. 1C5X1	C2 Battle Mgt Oprs
Tech. Sgt. 3D1X5	Ground Radar Systems
Senior Master Sgt. 3D1X0	Cyber Operations
Master Sgt. 4A1X1	Medical Material
Chief Master Sgt. 3S000	Force Support
Tech. Sgt. 8R000	Recruiter

Officer Vacancies

The following is a list of officer vacancies as of Apr 7.

Contact Senior Master Sgt. Diana Braun at 217-757-1566 / DSN: 892-8566 if interested in applying for these positions.

183D FW:

Maj. 052R3	Chaplain
Lt. Col. 011F3Y	Fighter Pilot

183D SG:

Lt. Col. 048R3	Res Trnd Flt Surg
Lt. Col. 048A3	Aero Med Specialist
Maj. 046N3E	Clinical Nurse
Lt. Col. 044M3	Internist
Lt. Col. 042E3	Optometrist

DET 1:

Maj. 052R3	Chaplain
Lt. Col. 046F4	Flight Nurse
Maj. 043T4A	Biomedical Lab
Maj. 043E4A	Bioenvironmental
Maj. 041A4	Health Svc Admin
Lt. Col. 021R3	Logistic Readiness

DET 1 CONT.

Maj. 021A4	Aircraft Maint
Maj. 014N4	Intelligence
Maj. 013S4	Space & Missile
Lt. Col. 013B4C	Air Battle Manager
Lt. Col. 013B4B	Air Battle Manager
Maj. 012M4Y	Mobility CSO
Lt. Col. 012M4T	Mobility CSO
Maj. 012M3S	Mobility CSO
Maj. 012F4W	Fighter CSO
Maj. 012B4Y	Bomber CSO
Maj. 011M4Y	Mobility Pilot
Maj. 011M3S	Mobility Pilot
Lt. Col. 011F4Y	Fighter Pilot
Lt. Col. 011F4H	Fighter Pilot
Maj. 011B4Y	Bomber Pilot
Lt. Col. 011B4B	Bomber Pilot

HQ ILANG:

Gen. 090G0	General Officer
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HQ ILANG:

Col. 017D4B	Cyberspace Operation
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Sickle Cell Awareness Month

*Submitted by Tech Sgt. Amy Murphy
183rd Medical Group*

Sickle cell anemia is the most common form of sickle cell disease. It is a disease where your body makes sickle-shaped red blood cells, which means they are shaped like a crescent.

Normal red blood cells are disc-shaped and look like doughnuts without holes in the center. They move easily through your blood vessels, which transport blood throughout your body.

Red blood cells contain an iron rich protein called hemoglobin, which carries oxygen from the lungs to the rest of the body. Sickle cells are stiff and sticky and tend to block blood flow in your blood vessels to the limbs and organs.

Sickle cell is an inherited disease, which means it is acquired at birth. People with this trait can also pass this gene on to their children. People at risk for this disease are typically from the following areas or countries:

- African
- South or Central American
- Caribbean Islands
- Mediterranean countries
- India
- Saudi Arabia

In the United States, it is estimated that 70,000-100,000 people have Sickle Cell Anemia, mainly African Americans. This occurs in one out of every 500 African Americans and in one out of every

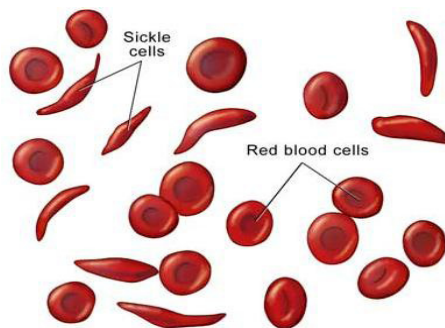
36,000 Hispanic American births.

Signs and symptoms include:

- Pain all over your body
- Difficulty breathing
- Headaches
- Coldness in your hands and feet
- Yellow color to your skin
- Skin is paler than normal

A simple blood test is used to diagnose sickle cell anemia. This blood test is mandatory with all newborn babies in the United States today.

There is no cure for Sickle Cell Anemia, so treating the symptoms is the goal.



Here are five goals to treating the symptoms:

- Relieve the pain (meds and fluids)
- Prevent infections
- Prevent organ damage
- Prevent strokes
- Control complications

Living with Sickle Cell Anemia can be tricky, but you can lead a normal and productive life. Try these three things:

- Adopt/maintain a healthy lifestyle
- Prevent and control complications
- Learn how to cope with the pain

For more information visit www.nhlbi.nih.gov

Healthy Living Tips

Regular physical activity is one of the most important things you can do for your health. Everyone can gain the health benefits of physical activity - age, ethnicity, shape or size do not matter.

Those who stay active on most days of the week reduce their risk of developing some of the leading causes of illness in the United States, such as heart disease.

May is Physical Fitness and Sports month, a perfect time to keep that promise to start a regular exercise program. The benefits of physical activity far outweigh the risks of getting hurt, so what are you waiting for?

Benefits of Regular Physical Fitness:

- Increases the amount of blood the heart can pump
- Lowers the resting heart rate
- Improves cholesterol levels
- Lowers blood pressure
- Reduces body fat
- Helps manage stress
- Aids in better sleep
- Improves self image

Participating In Physical Fitness:

- Be sure to check with your physician
- Choose an activity that you enjoy
- Build variety into your program
- Train with regularity
- Soreness should not last more than 24 hours
- More is not always better

Resources:

You're It, Get Fit! The President's Council on Fitness, Sports and Nutrition, www.fitness.gov, is promoting good health through fitness, sports and nutrition for people of all ages, backgrounds and abilities through partnerships in national, state and local organizations, programs and initiatives. To learn more on physical activity visit www.cdc.gov/physicalfitness/ or visit www.tricare.mil/getfit/