



183d Civil Engineer Squadron Builds Hope in Navajo Nation

*By Maj. Brad Leighton
139th Mobile Public Affairs Detachment*

SAINT MICHAELS, ARIZ. When the wind blows, the red dust leaves the high desert plains and stings the eyes.

In this, coupled with 90-plus degree heat, the Airmen of the 183rd Civil Engineering Squadron, 183rd Fighter Wing Springfield, IL, worked nine to 12 hours each day in the desert plains. But despite hard work and fiery temperatures that would wilt most, at the 183rd's work site you hear playful bantering and laughter amid the banging hammers and saw buzz.

"When I was in Afghanistan, we were helping people – and that was good," said Senior Airman Leonard Avery of Williamsville. "To be helping people here in the United States - it just means so much more."

Approximately 35 members of the squadron helped construct a 3,200 square foot adult programs building for the

St. Michaels Association for Special Education in the heart of Navajo Nation from June 18 to 30. The 183rd was the sixth of eight annual training rotations to work on the building this year. It is scheduled to open in August.

The facility is part of a five-year Department of Defense-sponsored, Air National Guard-conducted Innovative Readiness Training (IRT) project now in the second year. IRT projects train troops in their military skills while helping communities. With the Navajo ***See Feature Story cont., Page 4***



Adults with St. Michaels Association for Special Education pose with members of the 183rd Civil Engineer Squadron after helping with the construction of a 3,200 square foot adult programs building in Saint Michaels, Ariz., June 18-30.

(U.S. Army photo by Maj. Brad Leighton)

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Unit Training Assembly Schedule



and pay dates



<u>Duty Performed</u>	<u>Pays out (approx.)</u>
AUG 6-7	AUG 17
SEP 10-11	SEP 21
OCT 1-2	OCT 12

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.

August Lunch Menu

**Menu subject to change*

Saturday:

BBQ Pulled Pork, Hamburger Yakisoba, Baked Beans, Corn on the Cob, Broccoli, Salad, Chocolate Chip Cookies, Fruit

Sunday:

Meatloaf, Italian Chicken, Mashed Potatoes, Gravy, Green Bean Casserole, Squash, California Medley, Salad, Macadamia Nut Cookies, Ice Cream, Fruit

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

Attention!



The deadline for the **SEPTEMBER** issue of the **Falcon's View** is **SATURDAY, AUG 6, 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
Base Operations.....	202
217th EIS Commander.....	700
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Chaplain	367
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Toll Free Number

1-800-392-1797

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Feature Story cont.

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project, the non-profit association pays for supplies and materials. The Department of Defense, through the Air Guard, provides the labor, tools, equipment, management, building plans and oversight – worth \$10.1 million. This more than halves the cost to the association and allows the project to be completed far earlier than the association could have done alone, said Gillis Chapela, the association’s executive director. “The troops get a big thank-you from all of us,” Chapela said.

The adult programs building will be used to teach life skills to close to 30 developmentally challenged adults. It is the second facility built for the association; the first was a nursing facility. A total of seven buildings will be constructed and many others will be renovated. The association, established in 1968 by a Catholic nun, serves as both a school and home for about 80 children and young adults with severe disabilities from across the Native American reservation.

National Guard Bureau leads the project with the Arizona Air National Guard, New Mexico Air National Guard and Colorado Air National Guard providing much of the logistics, contracting support, administration and planning. Units from Illinois, Maryland, Georgia, North Carolina, Utah, Wyoming, Florida, Guam, Virginia, Pennsylvania, Indiana, New Jersey, Arkansas, Tennessee and Montana have provided construction crews and additional planning.



Senior Airman Leonard Avery (right) of Williamsville, Ill., and Senior Airman Martin Tintori of Springfield, Ill. rake a path for a guide board while constructing a sidewalk to the Navaho Nation’s Adult Program Administration and Daily Life Skills building near St. Michaels, Ariz. June 27 while Staff Sgt. Eric Horn (center) of Lincoln, Ill. uses a string to adjust the height of the sidewalk. The construction is being done as part of the Air National Guard’s Innovative Readiness Training Program in cooperation with the St. Michaels Association for Special Education.

(U.S. Army photo by Maj. Brad Leighton)

Air Force News

Guard members have one-stop information shop

*by Tech. Sgt. John Orrell
National Guard Bureau*

7/5/2011 - ARLINGTON, Va. (AFNS)

-- Officials with the departments of Defense and Veterans Affairs have created a one-stop website for Guard members to access and administer their service benefits-related information in a secure manner, said the undersecretary of defense for personnel and readiness.

In a November 2010 memorandum to all the branches, Clifford L. Stanley announced that a new VA eBenefits web portal had been created as a solution for benefit-related information availability to current and former service members, to include all Guard

members.

“The DS (DOD Self-Service Logon) is a secure, self-service logon ID that allows beneficiaries affiliated with the DOD or the VA access to several websites using a single username and password,” Stanley said.

Developed by specialists with the 2007 President’s Commission on Care for America’s Returning Wounded Warriors, eBenefits will allow Guard members to apply and track the status of their VA claims and access a catalog of direct links to assist them with needs ranging from education benefits to life insurance.

“DS Logon will allow all service members and veterans secure access through the eBenefits web portal to benefits information specifically tailored to their needs, for the lifetime of

See Air Force News cont. Page 6

Turning the 183rd Air Force Blue, Green

*Submitted by
183rd Civil Engineering Squadron*

The 183rd Fighter Wing's Air Force Blue is going Green....Green Energy that is. When the Airmen of the 183rd Fighter Wing tell people they are "going green," they are talking about Green Energy. The Illinois Air National Guard Base at Abraham Lincoln Capital Airport is one of the first out of over 500 Department of Defense installations in the United States and the first military installation out of the 52 in the State of Illinois to have 100 percent of its power coming from renewable "green" energy sources.

Although the wing is leading the way for the Department of Defense, the 183rd Fighter Wing refuses to rest on its successes. With an immediate goal of reducing the base's energy footprint 30% by 2015, the wing has already reduced its energy consumption by 15% over the past three years and continues to look at ways to not only reduce energy consumption, but explore other renewable energy methods as well. "The Illinois National Guard has always been a leader in environmental stewardship," said Col. Michael Meyer, 183rd Fighter Wing Commander. "Being energy conscious and being a good steward of this nation's resources has become a part of the Wing's culture and it is second nature for our Airmen."

Currently, the 183rd Fighter Wing has a partnership with a local energy company, Springfield City Water, Light, and Power (CWLP), and purchases all of its energy from renewable energy sources. This means the 3.5 million kilowatt-hours consumed at the

base each year won't be coming from traditional power plants that emit environmentally harmful pollutants. Instead the power that runs the base comes from renewable energy sources like wind driven turbines and solar collector panels.

"The wing has completed several projects over the past couple years and has several on-going projects that have significantly reduced the base's carbon footprint" said Lt. Col. Chuck Coderko, Base Civil Engineer. Over the past three years the wing has partnered with local engineering firms and construction contractors to upgrade its facilities with new high efficiency heating and cooling systems, energy efficient water heater systems, lighting systems, and most importantly upgrading and sealing up its building envelopes to stop unwanted energy loss. Over the next couple years the wing has roughly \$34 million in construction projects planned. Several of these projects are complete facility renovations and are designed to achieve Leadership in Environmental and Energy Design (LEED) certifications from the US Green Building Council.

The new missions at the 183rd have brought growth and a very bright future for our guardsmen and these projects go hand-in-hand with the Illinois National Guard's plans to promote environmental stewardship as it modernizes its force. "As public servants we need to be smart and vigilant stewards of the resources and environment entrusted to us," said Col. Stephen Baggerly, 183rd Mission Support Group Commander. "The initiative to go green and reduce our environmental impact is a big part of our strategy."

In addition to using renewable energy, Capt. Bob Mitchell, the Com-

mander of the wing's civil engineering squadron is busy researching, planning and implementing many different projects that will reduce the amount of energy consumed at the base. "The civil engineering staff has installed smart metering in almost all of its main facilities across the base. These meters monitor all the electric, water, and gas usage around-the-clock to provide data on how to efficiently govern energy and utilities. Although a large part of energy savings is replacing hardware, it's also about changing our behavior and how we use our resources. With those two ingredients, the wing is leading the way and doing its part in preserving resources for generations to come," said Capt. Mitchell.

One of the larger projects being explored is the installation of light-emitting diode (LED) fixtures on base. LED fixtures may be the future of energy efficient lighting as Airmen at the base overhaul fighter aircraft engines and support air operations for U.S. Southern Command. Currently a fluorescent light bank costs approximately \$68 per year to operate while a new LED bank operates annually on approximately \$12. The lights are just as bright as or brighter than traditional light fixtures and operate on 60 percent less energy. With the amount of lighting required to safely complete the mission, the cost savings in the long run may significantly lower the base's daily operating cost to the tax payer. Col. Meyer added, "One of the Air Force Core Values is 'Excellence in all we do'. Reducing our energy consumption and providing more economically affordable force to the community is part of that core value and it is simply the right thing to do."

Tablet Computers

*By Tech. Sgt. Scott M. Hughes
183rd Communications Flight*

Tablet computers, smart phones and e-readers have taken the electronics industry by storm. Among a few of the different brands are the Apple iPad and iPhone, Android tablets and phones, Blackberry tablets, and Nook e-reader devices. A new emerging tablet on the market, known as a slate, will support a full Windows operating system.

A person thinking about purchasing one of these devices should stop and think about what they would like the device to do for him/her. If you are looking for a tablet to use primarily as an e-reader be aware that there are many different formats of e-books that a specific tablet or e-reader may or may not support. For example if a person wants to buy a Nook e-reader the device can read open source and Barnes & Noble proprietary e-pub format books but will not read Adobe Digital Edition (drm/pdb) book formats. A tablet versus a stand-alone e-reader will have more functionality with different applications that can possibly support specific formatted books but again, make sure you conduct research on what uses you want out of the device and what book formats you want your device to read.

Security is something you also want to take into consideration with any device. Some tablets have applications designed that go through a more intensive approval process whereas applications created for

other tablets use open source code that may not be as secure. Tablets and e-readers that have the functionality to browse the web have been known to be more secure than a system that has a full windows operating system. The reason behind this is because tablets and e-readers are not capable of downloading files with the exception of e-books or music, which are proprietary to the specific device. A person must be careful, however due to fact that application developers are developing applications that have the capability to download



multiple types of files from the internet, such as jpeg, mp3, mp4, and many others. In the event a person uses one of these applications remember that files containing Trojan horses, malware, and spyware capable of stealing personal data if connected to a Wi-Fi connection or loading a virus when connected to a home or work computer. When using a personal device, such as a tablet remember the same security concept that you use with having a firewall and anti-virus software on a home computer. The level of security is only as good as the user allows.

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their affiliation with the DOD or VA,” he said.

All service members in possession of a common access card should be directed to obtain a eBenefits logon, Stanley said.

June 11, members of the DOD and VA Joint Executive Council approved the plan, directing service members to obtain a DS Logon when either first enlisting or re-entering the service and directed all current service members to obtain a logon by November 2013.

“National Guardsmen can sign up one of four ways,” said Vernell Hill, the National Guard Bureau Interactive Personnel Electronic Records Management System senior access control manager.

Guard members can access for sign-up with their common access card, through myPay, by using a defense enrollment eligibility reporting system real-time automated personnel identification system terminal or by going directly to the closest VA center for face-to-face assistance, he said.

Hill recommends that Guard members who are still part of the uniformed service use their common access cards to enter the system since it is easier.

“CAC registration is especially critical for our wounded warriors, since it may be more difficult to travel to a RAPIDS or VA site,” he said.

Current Guard members enrolling on the eBenefits site must ensure they sign up for level 2 credentialing, Hill said. All-in-all, Hill feels this program is an extremely useful tool that Guard members should use to ensure all of their information is correct and up-to-date.

“It’s a tool for personal information organization,” he said. “The sooner you get in and get up to date, the easier it is for everything to fall into line, especially in the event something unforeseen happens and your family needs information.”

Unit News

Promotions

Colonel

Charles T. Osum
Jeffrey A. Rice

Major

Nicholas A. Johnson
Kevin P. O'Grady
Hesketh G. Miller

Staff Sgt.

Michael J. Davis
Renee M. Yore

Airman 1st Class

Dennis R. Ferguson, III
Steven V. Jefferies
Cody S. Osborne
Cody A. Sims

Lt. Col.

Kenneth M. Yoggerst

Chief Master Sgt.

Andrew P. Thompson

Technical Sgt.

Veronica L. Bigley

Senior Airman

Robert J. Halbert
Jordan A. Hudgins
Hailey M. Long
Jacob L. Peterson
Dezire G. Renfro
Jared E. Roberts
David M. Wiant

Welcome Aboard

Lt. Col. Mark A. Matson	AOS
2nd Lt. Holly A. Shelton	AOG
Senior Master Sgt. Mark S. Bell, Sr.	AMOS
Senior Airman Darrin C. Kesler	ILANG HQ
Airman 1st Class Lane M. Walker	217th EIS
Airman 1st Class Nicholas J. Gunn	183rd MXS
Airman 1st Class Fernando Silva	183rd SFS
Airman 1st Class Jacob B. Thomas	183rd MXS

Retirees

Senior Master Sgt. Joseph J. Angermeier 217th EIS June 5, 2011

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
Rescheduled!!
Sunday, Oct. 2, 9 a.m.

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

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, August 2. 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!

Fall semi-annual retirees luncheon: *Come join the retirees for a get together to share stories of days-gone-by and catch up on what is new. It will be Oct. 7, 11:15 a.m., located at the Diamond Buffet, 2441 S. MacArthur Blvd. Cost is \$7.50 per person which covers a meal, drinks, dessert and tax. (A gratuity basket will be available). For more information contact Mr. Walter Pierce at (217)787-1226.*

Reintegration...

By Lt. Col. Jeff Laible
183rd Chaplain

Feeling a little sleep deprived these late summer days? If you answered yes, you are in good company. A recent study conducted by the American Psychiatric Association examined the sleep patterns of 69 service members who returned from Iraq and Afghanistan between 2006 and 2008. The study concluded that there is a “higher incidence of people complaining about sleep problems after they return from combat, but there does not appear to be a connection between Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) and obstructive sleep apnea in combat veterans.”

Having deployed overseas myself (more than a few times) I know from personal experience that returning to a “normal” sleep routine (once I arrive back in CONUS) takes time and patience. Reestablishing normal sleep patterns myself seems directly connected to the time it takes to reintegrate back into life here in the United States. I have often found that while my physical body has arrived home (after a deployment) – I get through jet lag and recover from the long overseas flight and days of travel, but arriving home mentally and emotionally takes much longer. It requires a significant deal of patience on my part. Working through the mental and emotional reintegration adjustment requires that I get some additional rest, giving myself permission to slow down, unwind, and chill-out as much as possible. Having no big expectations of myself or others the first week or so after I return from a deployment helps the



reintegration process to begin.

Reintegration is a process – not a “one time, let’s get this over with in a few days.....”. Your deployment has changed you, and while you were gone your family, friends and co-workers have also changed. It takes time to reconnect and rebuild the bond that time and distance loosened while you were deployed. Rebuilding that bond with family, friends and coworkers will not happen within a few weeks or maybe even a few months. Be patient with yourself and with others. Give yourself some extra space during the days, weeks and months following the deployment. It takes work and determination to reestablish healthy life patterns: getting the right amount of physical exercise, eating healthy foods, time to relax/rest, time to connect with your deployment comrades, and the right amount of sleep.

Equally important is establishing time to connect with God or your higher power. Deployments can really zap your spiritual, emotional and physical energy especially if you have been in a combat zone or have worked with the wounded warriors. You might feel spiritually and emo-

tionally bankrupt; that is a normal response to having served in a war zone. Time, prayer, rest, physical exercise, and a trusted friend, pastor, chaplain or spiritual advisor can be of great benefit in reestablishing ones *spiritual life*.

Feeling a little sleep deprived these late summer days? If you answered yes, you are in good company. Your fellow airmen or soldier might be feeling the very same way. Remember, reintegration takes time and patience – and some much needed sleep.

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



Canoeing Safety

By Master Sgt. Mike Niepert
183rd Safety Office

Before you go canoeing this summer, there are some important things you should know to keep yourself safe. Canoeing is a lot of fun, but if you do not know the dangers, you could get into trouble on the water. Here are some tips for keeping dry and steering clear of danger:

• **TO GET INTO YOUR CANOE:**

- Have someone hold the canoe steady. You don't want to tip the canoe before you even get out on the water!
- Crouch low keeping your knees bent.
- Grab the sides of the canoe for balance as you walk to your seat
- Always walk along the center; keeping your feet on the centerline will help keep the canoe from rocking.
- Stay seated at all times in the water, do not stand up or walk in your canoe when you are away from shore.
- Always wear a life jacket, you never know when you might fall out or tip over unexpectedly.
- Avoid excessive movements and jerking, or rocking from side to side could cause the canoe to tip over.
- Be aware of currents in the water. You don't want to end up floating farther downstream than you planned. If the current starts to pull you along faster or you see lots of rocks in the water ahead of you

paddle away from them or paddle towards the shore.

- Always sit on the seats or in the center of the canoe, sitting on the side of a canoe will cause it to tip over.
- Stay away from low hanging trees and branches near the shore; also, keep an eye out for submerged obstacles.
- Do not canoe in bad weather or a thunderstorm. If you're in an aluminum canoe or using an aluminum paddle, you are sitting on a lightening rod or holding one in your hands!
- Avoid letting big waves hit the side of your canoe, always try to keep your canoe at a right angle to the waves otherwise the wave might



push your canoe over.

- No horse play while you're on the water.
- **IF YOUR CANOE FLIPS:**
- Don't panic
- Stay with the canoe
- Paddle or push your canoe to shore, with the help of the other person in your canoe, you can get out in shallow water and flip the canoe to dump out the water and climb in. Your canoe will float even if it's full of water until you can get to shore to empty it.
- Always bring along extra clothing in a waterproof container, you want to be prepared in case your canoe

tips or the weather changes.

• **BE SURE TO BRING THE PROPER EQUIPMENT:**

- Sun screen protection, hats, long sleeves and pants, and remember the higher the SPF level the better. Remember you're getting direct sunlight and your getting reflected sunlight from the water, sunburn can happen very quickly. Medical attention could miles away.
- First aid kit. Make sure it is properly stocked and that nothing is expired.
- Bring plenty of food and water; keep food in a waterproof container.
- Life vests.
- Maps, be sure you know where you are so you do not get lost. A GPS device and cell phone can help but depending on where your canoeing may make a difference in reception, you may not have it.
- Insect repellent
- Tie down all equipment to your canoe; put your equipment into a waterproof bag to keep it dry and tie it to one of the center beams in the canoe so that you don't lose everything if your canoe tips over.
- **DO NOT LITTER**, carry out everything you bring in. Be good stewards of the land.
- Remember that cold beer has no place in the canoe while you're on the water, save it for the campsite at the end of the trip.

Once you learn these important tips, you'll be set to go. So grab your paddle and life jacket, and, always remember to canoe safely and have fun on the water **be safe!**

Family Readiness

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 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.

In the Spotlight



Who: Master Sgt. Richard Dunbar
What: 217th Ground Safety Manager
When: Army 1989-1997, ILANG 2001

Why : After 8 years in the Army I wanted to make sure I didn't let that time go to waste, so I joined the Guard to finish my career.

Civilian Employment: Department of Human Services. I process food stamps and Medicaid cases.

Civilian/Military Correlation: None.

Recent/Favorite Deployment: My favorite deployment was to Kuwait in 1996 for Intrinsic Action. We were only supposed to be there for 2 months but ended up being there for about 4 ½ months. While there we trained Kuwaiti nationals on Mechanized Infantry Tactics.

I really enjoyed my deployment to Balad as well.

Additional Comment/Suggestions: While in the Army I was in infantry. The idea of someone always having your back was my favorite thing about that job. Being a part of both the Army and the Guard has made me proud to say that I have done my part in protecting our Nation. When people stop me for being in my uniform and to say "Thank You" it reminds me of how much people appreciate what we do.

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.

National Immunization Awareness month

Submitted 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 3 shot series, given at
 - First dose: at elected date
 - Second dose: 1 month later
 - Third dose: 6 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 5 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 mycobacterium 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. With the Flu Mist you will fill out a screening form, to determine if you are eligible for it.

As with any vaccination, you might experience some mild side effects that will go away within a few days of receiving your immunization.

Here are a few:

- Fever of 100 degrees Fahrenheit
- Headache
- Redness or swelling at the injection site

Serious side effects:

- Difficulty breathing
- Wheezing
- Hives
- Fast heartbeat
- Dizziness
- Swelling of the throat

If any of these occur, call your doctor or go to the nearest emergency room for treatment.

Vacancies

The following is a list of enlisted vacancies as of July 25.

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 Master Sgt. Matt Allen at 217-757-1292 / DSN:892-8292, or, Technical Sgt. Sarah Hayward 217-757-1184 / DSN:892-8184.

SFS

E-5 3POX1 Security Forces

AOS

E-7 1C1X1 Air Traffic Control
 E-8 1C1X1 Air Traffic Control
 E-7 1C4X1 TACP

AMOS

E-7 1A0X1 In-Flight Refueling
 E-6 1A0X1 In-Flight Refueling
 E-6 1A1X1 Flight Engineer
 E-6 1C0X2 Aviation Resource Mgt
 E-5 1C3X1 Command Post
 E-7 2T2X1 Air Trans
 E-6 2T2X1 Air Trans

AIS

E-7 1N0X1 Operations Intelligence

ASUS

E-9 1C000 Air Operations
 E-6 1C5X1 C2 Battle Mgt Ops
 E-5 3D1X4 Spectrum Operations
 E-5 3D1X5 Ground Radar Systems
 E-6 3D1X5 Ground Radar Systems
 E-6 3D1X2 Cyber Transport Systems
 E-7 3D1X3 RF Transmission Systems
 E-8 3D1X0 Cyber Operations
 E-8 3E0X0 Electrical
 E-5 3P0X1 Security Forces
 E-6 3M0X1 Services

ACOMS

E-5 3D1X2 Cyber Transport Systems
 E-6 3D1X2 Cyber Transport Systems

ACOMS

E-8 3D1X0 Cyber Operations

AOG

E-6 1N1X1A Geospatial Intelligence

183FW

E-5 1C3X1 Command Post

183 CE

E-5 3E2X1 Pave/Control Equipment

The following is a list of officer vacancies as of July 25. Contact Senior Master Sgt. Diana Braun at 217-757-1566 / DSN: 892-8566 if interested in applying for these positions.

183 FW

O-4 052R3 Chaplain
 O-5 011F3Y Fighter Pilot

MDG

O-5 048R3 Flight Surgeon
 O-5 048A3 Aero Med Specialist
 O-5 044M3 Internist
 O-5 042E3 Optometrist

ASUS

O-4 052R3 Chaplain
 O-4 043T4A Biomedical Lab
 O-4 043H4 Public Health
 O-4 043E4A Bioenvironmental Eng
 O-4 021A4 Aircraft Maintenance
 O-5 013B4C Air Battle Manager
 O-4 021R4 Logistics Readiness
 O-4 012M4Y Mobility CSO
 O-4 012M4S Mobility CSO
 O-4 011M4Y Mobility Pilot
 O-4 011F4Y Fighter Pilot

AMOS

O-5 046F4 Flight Nurse
 O-4 041A4 Health Service Admin
 O-4 021A2 Aircraft Maintenance
 O-4 011M3S Mobility Pilot

Vacancies cont.

Officer vacancies cont.

AOS

O-4	014N4	Intelligence
O-4	013S4	Space and Missile
O-4	013M4	Airfield Operations
O-4	013B4B	Air Battle Manager
O-4	012F4W	Fighter CSO
O-4	012B4Y	Bomber CSO
O-4	011F4Y	Fighter Pilot
O-5	011F4Y	Fighter Pilot
O-4	011B4Y	Bomber Pilot

AOG

O-4	017D4B	Cyberspace Operations
O-5	011F4Y	Fighter Pilot

HQ

ILANG

O-6	017D4B	Cyberspace Operation
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Announcement

RUN FOR THE FALLEN 2011

5K Fun Walk/Run

Saturday August 20, 2011 7:30 a.m. sign-in;

race at 8:00 a.m. – refreshments

Washington Park – meet at the Mobile Vet

Center near Park Pavilion

Please mail or drop off registration on or before

August 13, 2011

Springfield Vet Center 1227 South 9th St. Springfield,

IL 62703

Please contact Christine or Justin at (217)492-4955 if

you have any questions

Blood drive

Unit Blood Drive

Did you know?

-4.5 million Americans would die each year without life saving blood transfusions

-Approximately 32,000 pints of blood are used each day in the United States

-Every three seconds someone needs blood

-One out of every 10 people entering a hospital needs blood

-Just one pint of donated blood can help save as many as three people's lives

-The average adult has 10 pints of blood in his or her body

-One unit of blood is roughly the equivalent of one pint

-Blood makes up about 7% of your body's weight

-A newborn baby has about one cup of blood in his or her body

-The average red blood cell transfusion is 3.4 pints

-Blood fights against infection and help heal wounds, keeping you healthy (www.americasblood.org)

The blood drive is Saturday, Sept. 10, from **0800-1200 hrs.** The bloodmobile from the Central Illinois Community Blood Center will be in the main parking lot located by P-48 conducting our annual blood drive.

For more information please contact Chief Master Sgt. Devra Schoby at ext. 859.

