



## Operation Safe Skies 2011

*By Maj. Hesketh G. Miller and Master Sgt. Chad Bettis, 183rd Air Operations Squadron*

**Warsaw, Poland** -If you know anything about Europe, you know that Europeans love their soccer. So when it was announced that Ukraine and Poland would be hosting games for Eurocup 2012, the continental Superbowl of soccer, it was no surprise that both countries went into preparation for the event by upgrading stadiums, improving transportation networks and training their armed forces to respond to the unexpected.

As part of those national preparations for the games the 183rd Air Operations Squadron answered the call to support our state partner, Poland, in Safe Skies: the first cross-border air sovereignty exercise between Poland and Ukraine. Safe Skies was designed for each country to employ air policing procedures using fighter aircraft as well as command and control infrastructure to protect the civilian population from a variety of threats.

Nine members of the 183rd, including the Wing Commander, Col. Michael Meyer, and 183rd Air Operations Group Commander, Col. Rick Yoder, deployed to Warsaw to support the command and control mission at the Polish Air Force's Air Operation Center.

The Operation began with the Polish Air Force (PLAF) briefing the 183rd members on their mission as an Air Operations Center (AOC) and the scenario for Operation Safe Skies. The next few days 183rd personnel interacted with PLAF personnel as they conducted operations on the AOC floor and in their Ground- Controlled Intercept (GCI) site. Illinois Air National Guard Airmen gained powerful insight of Polish Air Force command and control structure. At the end of the opera-



*Members of the 183rd stand outside the Palace of Culture and Science Warsaw, Poland, during their support of Safe Skies, 2011. Courtesy Photo*

tion, 183rd personnel briefed the PLAF on the structure and responsibilities of US Air Force Air Operations Centers as well as the systems and processes used to conduct operations within an AOC.

Senior Master Sgt. James R. Price of the 183rd Air Operations Squadron said, "Our State Partnership with the Polish Air Force began when we had an F-16 flying mission and partnered with the Polish Air Force. We now have transitioned to a new mission as an Air Operations Group, and it was critical to the State Partnership Program to re-establish our relationship with the Polish Air Force's command and control operations center."

The PLAF's AOC is similar in many ways to our AOC. They display a common operational picture, just as we do on our floor, the systems and concepts are closely related as well. The day before 183rd personnel were to depart we took the day to brief the PLAF personnel on our systems and processes.

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## Important Information

### Unit Training Assembly Schedule



and pay dates



Duty Performed	Pays out (approx.)
OCT 1-2	OCT 12
NOV 5-6	NOV 16
DEC 3-4	DEC 14

**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.

### October Lunch Menu

*\*Menu subject to change*

#### Saturday:

\*\*\*Family Day at Riverside Park\*\*\*  
 Pulled Pork Sandwiches, Italian Beef Sandwiches, Baked Beans, Potato Salad, Chips, Cookies, Punch, Tea

#### Sunday:

Grilled/Smoked BBQ Chicken, Rice Pilaf, Steamed Glazed Carrots, Chicken Gravy, Cherry Crisp, Tossed Lettuce Salad, White and Chocolate Milk, Lemonade, Coffee, Ice Cream, Fresh Fruit

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

### Attention!



The deadline for the **NOVEMBER** issue of the **Falcon's View** is **SATURDAY, OCT. 1, 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
Pass and Registration .....	481
Recruiting.....	285
Public Affairs .....	267
Customer Service .....	308
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### Toll Free Number

1-800-392-1797

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# New Horizons Suriname 2011

*By Senior Master Sgt. Shawn M. Barber  
183d ASuS/A7S*

As a career Security Forces airman when the 183rd began the new mission as an augmentation force to Air Forces Southern Command (AFSOUTH), I like most other members, wondered what it all would entail. Back in August of 2010, I was asked by the Force Protection Director of AFSOUTH if I wanted to deploy in support of New Horizons Suriname as the Anti-Terrorism Officer. Of course like most members of the Illinois Guard I was ready for the challenge and excited for the opportunity. New Horizons is a yearly AFSOUTH lead mission/exercise for United States Southern Command (SOUTHCOM), that is medical and civil engineering centric. However, New Horizons Suriname was also tasked with Security Forces Training.

The scope of New Horizons Suriname consisted of three major medical readiness training exercises (MEDRETES), two major dental training exercises (DENTRETES), four major veterinary training exercises (VETRETES), seven major construction facili-



*183rd Security Forces Squadron members teaching Class 11-02 (L – R) Senior Airman Thomas Krob, Master Sgt. Shawn Bennett, Master Sgt. Robert Agans, Tech. Sgt. Brian Crolly and Tech. Sgt. Stephen Horcharik. Courtesy Photo*

ties, three playgrounds and three security forces training classes. The numbers speak for themselves: over 14,000 people received medical and dental treatment; 6,000 animals treated; over 4 million in construction, and 105 Suriname Army Security Forces graduates. The task of force protection for 603 military personnel, seven construction sites, different locations (some up to four hours drive time) was indeed a challenge. To incorporate Suriname security forces into the joint team, which conducted over 9,000 man hours of security without an incident or loss, was impressive.

To conduct the first New Horizons security forces training was a total joint force effort. New Horizons security forces training conducted three 30 day classes with guard and reserve personnel on annual training days. To make this possible we utilized the South Dakota Army National Guard, U.S. Marine Reserve, and our very own 183rd Security Forces. Another first was the utilization of a joint doctrine and syllabus. For continuity USAF security forces lesson plans, task performance checklists were used to ensure each class received the same training, regardless of which branch the instructors were from.

The planning has already begun for New Horizons 2012 in Peru. It again will be a medical and civil engineering exercise. The 183rd will play a major role in support of AFSOUTH in New Horizons Peru. Proving once again, that we are ready, reliable and relevant.



*Senior Master Sgt. Shawn M. Barber of 183d ASuS/A7S shakes the hand of Suriname Army G-3 Operations Director Ma. Leslie Nojodipo at the conclusion of New Horizons Suriname 2011. Courtesy Photo*



### You're in the Guard?

By Col. Jeffrey Rice  
183rd Vice Commander

If you have been a member of this or any National Guard unit for very long, you have undoubtedly been asked that question. For those of us that are traditional guardsmen and women, it usually happens in casual conversation at the store, at a school function, at work, or almost anywhere.

It happened to me in my civilian job just last week. In conversation with a vendor to my company, it came out that I was in the guard. Most people are fascinated by the concept of the citizen soldier/airmen. They find it hard to believe that the person they know as a buyer, engineer, accountant, receptionist, etc. has an entirely different personality if you will. Do not be afraid to engage folks and tell them about what you do.

In the civilian world, there is what is known as an elevator speech. That generally means being able to summarize and communicate effectively what it is that your company does in the time it takes to take an elevator ride. The idea is to say a lot in as few words as possible.

What we do and how we do it is a unique story to tell. It is not easy to summarize the guard in a few sentences, especially when it comes to folks who have limited exposure to the military in general. In my experience, I find that most people are disconnected from our nation's military, meaning they know that



we are out there, they respect what we do immensely, but they do not know much about us or interact with us very often.

In fact, if you think about it, unless someone has a close relative in the service, the only time most people will have any direct interaction with us is at an airport or on a flight. I usually fly to Springfield for drill weekend. Inevitably, the person sitting beside me on one of my flights will ask the generic question - where are you headed? When I say that I am going to or coming from National Guard duty, it usually sparks a conversation about the guard and the military. Most people are so fascinated by the fact that we have civilian jobs and serve in the military at the same time that they want to know more. It is not hard to talk about what we do when the other person is asking you all of the questions.

Aside from your family, friends and maybe even complete strangers, do you talk to your employer about what you do in the guard and what your unit does?

My boss continues to be amazed at the work we do. Having buy-in from your employer helps immeasurably when you need to be gone for training or when a deployment comes up. If they understand how important the guard is and your role in it, they are much more likely to be supportive of your participation.

Do not be afraid to talk to them about it. You do not have to overwhelm folks with technical explanations either. Just a high level summary is enough to peak most people's interest or give them a basic understanding.

After a decade of conflict, we now have probably the most seasoned and capable National Guard ever in our nation's history. We have truly progressed from a strategic reserve to a fully capable operational force. You should be proud to be a part of such a great organization and of the role you have in it. Do not be afraid to let people know about what you do whenever you have the chance.



### Keeping Up the Pace

By Lt. Col. Bob Barry  
183rd Air Support Squadron

It is not slowing down, is it? I mean the pace of everything. It is not slowing down. Work, school, studies, friends and family, Air Guard responsibilities. None of it is slowing down. We have to keep up with the tempo, the pace, but how do we do it?

The obvious answer is to just work harder, but as usual, the most obvious answer is not always the right answer. For just working harder often means that we just exhaust ourselves faster. To truly keep up the pace, a more comprehensive approach is necessary.

First of all, to keep up with the pace, we need to prepare ourselves physically to move at a quicker pace, so stay in shape. Be ready for "surge" days! Be careful about letting the extra pounds accumulate and if they start to do this be sure to do what needs to be done. When the weather becomes less friendly, it is hard to do this, but taking full responsibility for one's physical well-being is of the elements that makes the Air Guard great.

Second, be mentally confident, prepared and assertive. Not all of our work is tedious, monotonous and tiring, for much of it is intellectually and conceptually challenging. Do not shy away from these challenges for they expand our capabilities. Be sure to read, and read widely. Our education does not stop either at high school



or even college, and keep looking for ways to become better educated and better informed.

Third, be emotionally prepared for a higher tempo. It is harder to keep up a tempo when one is depressed. Be on the look out in case you are losing your smile. It is not a good sign when we lose our ability to have a laugh at the events of the day. We all have bad days and disappointments, but put them away. Do not let them govern or rule you.

Finally, take good spiritual care of yourself begin and end each day with a short period of time for prayer or reflection. Do not set this aside or excuse yourself from it because doing this will really change your outlook on the day. Vacation time is over for most, and it will be harder in coming months to break away from things. Make room prayer or reflection time to separate from the days events. Enjoy the race!

### Roman Catholic Chaplain

Lt. Col. Bob Barry

3700 103rd Street

Chicago, IL 60655

phone: 773-296-3857

email: RLBarry@att.net

or robert.barry@ang.af.mil



### Roman Catholic Chaplain

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



## Announcements

### Promotions

#### Lieutenant Colonel

Jason C. Klaas

#### Major

Christopher G. Treff

Arnold W. Weber

#### Senior Master Sergeant

Edward M. Ferguson

Stephen L. Martin

#### Master Sergeant

Christopher J. Bandy

Melissa R. Bilbruck

Deni M. Withrow

#### Technical Sergeant

Matthew L. Bandy

James F. Faloon

Stephen E. Greenleaf

Travis M. Molloy

#### Staff Sergeant

Eric J. Marks

Christine A. Teer

#### Senior Airman

Christopher D. Bergbower

Luke S. Goodey

#### Airmen 1st Class

Hailey N. Humphrey

### Second Annual "Run to Remember"



5K Walk/Run

**Rescheduled!!**

Sunday, Oct. 2, 9:45 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

### Welcome Aboard

Lt. Col. James C. Murtha

Maj. Jeffrey S. Jeskie

Capt. Chad J. Hembrook

Capt. Sarah E. Fales

Technical Sgt. Phillip E. Hampton

Staff Sgt. Luis J. Cook

Staff Sgt. Mitchell J. Shelton

Staff Sgt. Frank T. Morrell

Senior Airman Jennifer S. Cole

Airman 1st Class Caleb T. Hawkins

Airman 1st Class Justine N. Olson

Airman 1st Class Ian Z. Witte

Airman Lucas A. Brown

Airman Ciera C. Lindsey-Ellis

Airman Brandon M. Vice

Air Mobility Operations Squadron

Air Mobility Operations Squadron

Air Mobility Operations Squadron

Air Support Squadron

Maintenance Squadron

Maintenance Squadron

Civil Engineering Squadron

Air Support Squadron

Air Intelligence Squadron

Air Intelligence Squadron Staff

Security Forces Squadron

Maintenance Squadron

Air Operations Squadron

183rd Fighter Wing

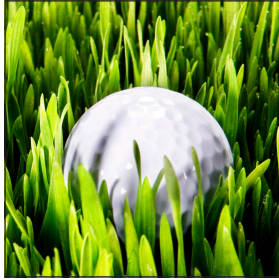
Air Operations Squadron

## 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, Oct. 4th. 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!

**\*\*\*NOTICE:** *The fall semi-annual retirees luncheon, that was originally scheduled for Oct. 7, has been canceled as the Diamond Buffet is no longer in business. Please contact Mr. Walter Pierce at (217) 787-1226 for more information.\*\*\**



**COMMANDER'S CUP  
CHARITY GOLF OUTING****Oct. 21**

Piper Glen Golf Course  
\$65.00 per golfer

- Check in begins at 8 a.m.
- Shot gun start at 10 a.m.
- Four person best ball tournament with a scramble format

All funds raised will be donated to  
***The Circle Of Change Organization***

Contact Bernie Riddle to register at  
217-757-1220 or 217-652-2267

***The Circle Of Change Organization***  
is a veterans program that seeks to enhance the lives of veterans suffering from PTSD and other traumatic events by providing them dog training and handling experience that will help to improve their social skills, self-esteem, and quality of life. This is a Rockford, Ill., based organization so all proceeds will be handled locally.

***ALL REGISTRATION FORMS  
AND MONEY NEED TO BE IN  
BY 11 OCT. 2011***

**WREATH LAYING CEREMONY**

October 2, 2011

At 8:30 a.m., Sunday of October UTA, a formal wreath laying ceremony will occur just outside the main gate. All unit members are encouraged to attend as this annual ceremony honors fellow unit members who have passed away.

Please be in place no later than 8:15 a.m. to allow civilian and family members in attendance adequate time to be seated.

Please address questions to  
Master Sgt. Jennifer Weitekamp  
at ext. 227

**Family Day  
Saturday Oct. 1  
Riverside Park  
11 a.m. - 5 p.m.**

There will be  
games for all ages



Baseball, Washers, Bocce Ball, Bags, Hillbilly Golf Football Game will be shown Fun Run, relay races, three legged races, wheelbarrow races (all ages welcome) Pumpkin and cookie decorating, Horse rides and kids games (or kids at heart)

**Lunch and  
drinks  
will be served**



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**National Guard News Mobile App**

The Official Homepage of the National Guard is now on the iPhone and iPad!

All of the news from NG.mil can now be carried with you and read in a mobile friendly manner.

Read the latest articles, view the newest pictures, and watch the latest Minuteman videos direct from your iPhone, iPad, or iPod. Plus, you can share the latest Guardmember news with your friends via email, Twitter, Facebook and more.

Features:

- Connect with the National Guard on Twitter and our Facebook page.
- Watch Minuteman videos on the go
- Learn what Guardmembers are doing around the world

### Gun Safety and Children

*By Master Sgt. Mike Niepert  
183rd Safety Office*

Statistics at the National level have recently found that as many as 40% of American homes with children have some form of a gun or firearm in their home.

This research further indicates that as many as 1 in 4 or 25% of those homes keep their guns loaded, additionally the research says that when accidents, suicide, or homicide occurs in a home, the gun used at the time was a gun found right in the same home.

Research also indicates that these numbers are probably on the low side, with more statistics pending due to the large number of unregistered firearms on the market.

While many Americans practice their right to own a firearm for personal safety, hunting or target practice; many parents forget to take the steps necessary to practice child gun safety in their home. Guns can seriously harm or kill a child; parents need to make sure that they are taking every precaution to protect their children from the very devices they use to protect themselves. Here are some steps that you as a parent can take to ensure that your home is as safe as possible if you choose to keep a firearm in the house.

The decision to keep a gun or a firearm in the home is not one that should be taken lightly; it is a decision that comes with a wide range of responsibilities to you as a parent. There is a serious risk of gun related injury or death when children are around guns, and when one is in their own home that risk escalates substantially.

Children particularly are especially curious when it comes to guns and gun safety. Many toy guns on the market today look just like the real deal and be easily mistaken with real guns, this can lead to a child mistakenly picking up a real gun and accidentally shooting someone or themselves! As a parent, do not lull yourself into a false sense of security when it comes to gun safety.

Experts at the National Rifle Association caution parents to not only speak to their children about guns and gun safety, but to make the inherent assumption that if a child sees a gun, their instinct is to pick it up, and pull the trigger. The media does not help us in this matter, making action and adventure look fun, nor do today's toy makers with a bevy of play weapons on the market. Parents are urged not to purchase a firearm or a gun at all if they are not willing to take on the standard responsibilities of child gun safety.

How can you ensure your children are safe when you have a gun in the home? The two basic responsibilities you have as a parent and as a gun owner, are to:

- Store your gun appropriately and safely such as in a gun vault or cabinet.
- Talk to your children about guns, gun safety, and what they should or should not do around guns.

The Safest Ways to Store Your Gun or Firearm in a Home with Children:

- Keep your gun unloaded, and keep it locked up. A loaded gun is an immediate weapon.
- Lock your gun and your ammunition in separate locations. If ammunition is easy to get to, children will learn very fast how to load an unloaded gun.
- Hide the keys to your gun cabinet or vault, or better yet, keep them on

you at ALL times. Some parents even wear them on a necklace to ensure maximum safety.

- Ask your neighbors who may also own guns if their weapons are stored in similar fashion, this is especially important if homes that your child frequents.
- Talk with your children about guns and firearm safety. There is plenty of information online on this subject.

#### **Talking to your children:**

You may be wondering what is the appropriate way to talk to your children about child gun safety. How you talk to your children about gun safety will depend on their age and what they can or cannot relate to or understand. Here are some tips:

- The younger your children are, the more important it is to teach them that what they see on TV or in the movies is not real and that real guns can really hurt people, even themselves. This is true at any age group of children.
- Young children need to be taught never to touch guns under any circumstance!
- This message needs to be repeated periodically in order to keep kids from forgetting.
- A simple 4-step rule as proposed by the Eddie Eagle Gun Safe program teaches children from pre-kindergarten through Grade 4 important gun safety steps. These include, "If You See A Gun:"  
STOP!  
DO NOT TOUCH!  
LEAVE!  
TELL AN ADULT!

This system is easy to remember for children of this age group.

I hope the information provided will help you teach your children that gun safety is no laughing matter!

Until next time be safe!



## Obama proclaims Employer Support of Guard, Reserve Week

By Cheryl Pellerin  
American Forces Press Service

WASHINGTON (9/19/11) - The National Guard and Reserve constitute nearly half of the nation's military forces and make vital contributions to overseas missions and domestic emergency response operations, President Barack Obama said in a presidential proclamation issued Sept. 16.

In the proclamation, Obama named Sept. 18 to 24 National Employer Support of the Guard and Reserve Week.

"I call upon all Americans to join me in expressing our heartfelt thanks to the members of the National Guard and Reserve and their civilian employers," the president said.

He also called on state and local officials, private organizations and all military commanders to observe this week with appropriate ceremonies and activities.

Since Sept. 11, 2001, he said, "the 9/11 Generation has borne the burden of war with courage and valor, continuing the legacy of the brave men and women who served before them."

More than 5 million volunteers have worn the country's uniform over the past 10 years and thousands have given their lives in Iraq and Afghanistan, the president said.

"During America's struggle for independence, ordinary individuals in small towns across the colonies banded together to confront an empire," Obama said. "Today, their spirit lives on in the Guard and Reserve."

The members of our National

Guard and Reserve demonstrate the dignity and selflessness that are at the core of the American spirit, he added.

"These patriots serve not only in combat, but also when disaster strikes at home, offering a strong hand to victims of floods, tornadoes, and fires across America," the president said.

Employers who provide jobs to Guard and Reserve members when they are home also are vital to the nation's success, he said, and many offer support as well to service members and their families during deployments.

"We are deeply grateful for their work, and this week we celebrate not only our service members, veterans and military families, but also their devoted employers," the president said.

This year, he added, to help connect service members, veterans and their families to employment opportunities, First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, announced Joining Forces, a comprehensive national initiative to support and honor the nation's patriots.

"As part of this initiative we issued a challenge to private sector employers to hire or train 100,000 unemployed veterans or their spouses," the president said, and proposed tax credits for businesses that hire returning troops.

"This week we remember our obligations to each other, and we pay tribute to the employers of our Guardsmen and reservists whose support and flexibility is vital to the strength of our military," the president said.

"The support of employers across our country," Obama added, "reflects the best of the American spirit -- the understanding that we are bound together to serve and protect our nation."

## Use of Headphones

*DODI Number 6055.04, April 20, 2009, Change 1, April 2, 2010 trumps AFI 91-207 para 3.2.3.*

"c. Listening Devices. Prohibit the use of portable headphones, earphones, cellular phones, iPods, or other listening and entertainment devices (other than hearing aids) while walking, jogging, running, bicycling, skating, or skateboarding on roadways. Using listening devices impairs recognition of emergency signals, alarms, announcements, approaching vehicles, human speech, and outside noise in general."

Using any sort of headphones while walking, running, or biking on base roadways is prohibited. This is contrary to previous guidance allowing one earbud or Bluetooth devices.

## Substance Abuse Program

Beginning Oct. 1, 2011, the Substance Abuse Program will begin testing for all of the following substances:

- THC
- C-Amphetamines
- Cocaine
- Heroin
- MDA/MDMA (Ecstasy)
- Codeine
- Morphine
- \*Oxycodone/Oxymorphone (pain killers)
- \*Benzodiazepine (anti-depressants)

Remember to provide the clinic with a copy of a valid prescription for any medication you are taking.

\*Drugs recently added

# **Non-Commissioned Officer Academy Graduate Association Satellite NCOA at 183rd**

The Non-Commissioned Officer Academy Graduate Association (NCOAGA) will be hosting a very first satellite NCOA PME here at the 183rd in March 2012!

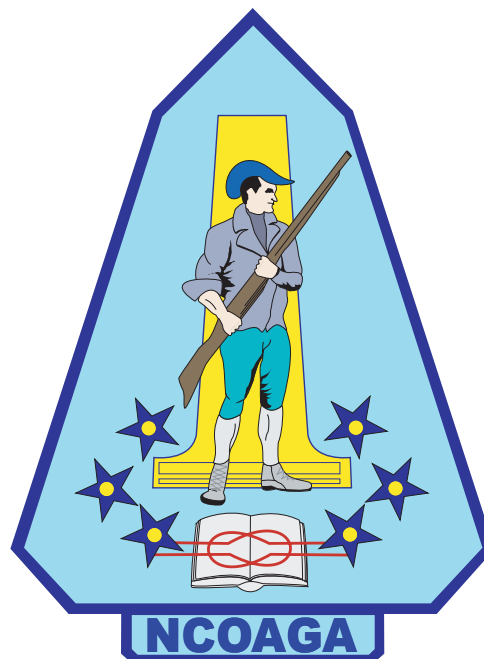
## **Consists of:**

- Fulfills the NCO Academy requirement
- 12-13 weeks of training at the 183rd for two nights a week
- Two fast-pace weeks at McGhee Tyson, Tenn.
- Counts as in-residence PME
- Eight-twelve Airmen per class
- Consists of three block tests
- On site, trained facilitators at each class
- Anyone eligible for NCO Academy is eligible to attend the course

## **Advantages of this course:**

- Learn leadership today and apply it tomorrow
- Two-level networking: work with other airmen from the 183rd and other airmen from active duty, other Guard bases, and other branches of service while at McGhee Tyson
- Not missing six weeks from home
- More accessible to members

More information will follow as time gets closer. If you have any questions, feel free to contact:  
Master Sgt. Ed Ferguson, ext. 448  
Master Sgt. Stacy Ferguson, ext. 471  
Master Sgt. Jen Weitekamp, ext. 373  
Or any member of the NCOAGA!



## **FYI:**

During the month of January, we will be collecting winter clothing to donate to the local community. As you clean out your closets this fall and winter, please keep this clothing drive in mind. WE will place boxes in each building starting in January for you to drop your items off.

## **UPCOMING EVENTS:**

- Oct. 2 – Wreath Laying Ceremony
- Oct. 2 – Run to Remember
- Jan. 12 – Base Clothing Drive

## **UPCOMING MEETINGS:**

- Sept. 21 – P-48 Auditorium
- Oct. 26 – P-48 Auditorium
- Nov. 6 – P-48 Dining Facility with Panera breakfast

## **CHECK US OUT:**

Facebook: Chapter 75 NCOAGA

### National Breast Cancer Awareness Month--Are you at risk?

By Tech. Sgt. Amy Murphy  
183rd Medical Group

Breast cancer is the most common cancer in women in the United States. According to the American Cancer Society (ACS), an estimated 192,370 new cases of breast cancer are expected to be diagnosed among women in the United States this year. An estimated 40,170 women are expected to die from the disease and today, there are about 2.5 million breast cancer survivors living in the United States.

Breast cancer is a malignant (cancerous) tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts, commonly known as the milk-producing areas of the breast.

Breast cancer is the second leading cause of cancer death in women (after lung cancer). Although African-American women have a slightly lower occurrence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age. Breast cancer is much less common in males; by comparison, the disease is about 100 times more common among women. According to the ACS, an estimated 1,910 new cases of invasive breast cancer are expected to be diagnosed among men in the United States.

There are several different types of breast cancer that can be broken down into two main categories - noninvasive cancers and invasive cancers.

Noninvasive breast cancers are confined to the ducts and they do not spread to surrounding tissues. It is

known that hormones in a woman's body, such as estrogen and progesterone, can play a role in the development of breast cancer. Estrogen causes a doubling of cancer cells every 36 hours. Progesterone seems to cause stromal cells (the woman's own cells) to send out signals for more blood supply to feed the tumor. Breast Cancer is staged in the following stages:

**Stage 0** - This early stage cancer that is confined to the ducts or the lobules.

**Stage I** - Early stage of invasive breast cancer. Has not spread beyond the breast and the tumor is no more than 2 centimeters across.

**Stage II** - One of the following:

- *The tumor in the breast is no more than two centimeters across. The cancer has spread to the lymph nodes under the arm.*
- *The tumor is between two and five centimeters. The cancer may have spread to the lymph nodes under the arm.*
- *The tumor is larger than five centimeters. The cancer has not spread to the lymph nodes under the arm.*

**Stage III** - May be a large tumor, has not spread beyond the breast and nearby lymph nodes. It is locally advanced cancer.

**Stage IV** - Metastatic cancer, has spread to other parts of the body.

**Recurrent cancer** - Cancer that has come back after a period of time when it could not be detected. It may recur locally in the breast or chest wall as another primary cancer or it may recur in any other part of the body, such as the bone, liver, or lungs, generally referred to as metastatic cancer.

Early signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are: a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Find-

ing a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

- *Any new, hard lump or thickening in any part of the breast*
- *Change in breast size or shape*
- *Dimpling or puckering of the skin*
- *Swelling, redness or warmth that does not go away*
- *Pain in one spot that does not vary with your monthly cycle*
- *Pulling in of the nipple*
- *Nipple discharge that starts suddenly and appears only in one breast*
- *An itchy, sore or scaling area on one nipple*

Mammography screening remains the best available method to detect breast cancer early. In 1992, the U.S. Congress passed the Mammography Quality Standards Act to ensure that mammography facilities throughout the country are of high quality and are reliable. To lawfully perform mammography, each facility must prominently display a certificate issued by the U.S. Food and Drug Administration (FDA). This certificate serves as evidence that the facility meets quality standards.

It is suggested women:

- Obtain regular mammography screening starting at the age of 40
- Obtain annual clinical breast exams
- Perform monthly breast-self exams
- Obtain a risk assessment from a physician

For more information go to  
[www.nbcam.org](http://www.nbcam.org)





## 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](mailto:joe.ward.1@ang.mil) or by calling 217-757-1569.

## In the Spotlight



**Who:** Staff Sgt. Shelly Stark  
**What:** Base Videographer  
**When:** December 15 1998  
**Why:** I started talking to my recruiter my junior year of high school and did an early enlistment while I was a senior in high school. My dad and I had been talking about it for a few years, and when he saw that I was serious, he encouraged me to enlist in the Air Guard.

**Civilian Employment:** I work for the Illinois House of Representatives as an Administrative Assistant for two Representatives.

**Recent/Favorite Deployment:** My favorite deployment would have to be Italy 2005. It was fun learning a new editing system, but even better was exploring Venice, Bologna, and Aviano, and getting to know some great people from our unit, along with all of the great food and wine.

**Additional Comment/Suggestions:** I love my job. As a photographer, you have to ability to see the best parts of the military. I have had some amazing opportunities because of the guard, like going up in a bucket crane to get video footage of an air show or flying in a helicopter with the Arkansas Drug Eradication Team to take photos of one of their missions.

## 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](mailto: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.*

# YOU MAY BE ELIGIBLE!!

## Servicemembers' Group Life Insurance (SGLI)

## Traumatic Injury Protection Program (TSGLI)

### What Is TSGLI?

The Servicemembers' Group Life Insurance **Traumatic Injury Protection program (TSGLI)** is a rider to Servicemembers' Group Life Insurance (SGLI). The TSGLI rider provides for payment to service members who are severely injured (on or off duty) as the result of a traumatic event and suffer a loss that qualifies for payment under TSGLI. Web site: <http://www.insurance.va.gov/sgliSite/TSGLI/TSGLI.htm>

### Who Is Covered Under TSGLI?

- **Effective 1 December 2005** – all service members covered under the basic SGLI are automatically covered with TSGLI.
- **Currently**, service members who were severely injured between October 7, 2001 and November 30, 2005, were qualified for a TSGLI payment only if their injury was incurred during Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF).
- **As a result of the Veterans' Benefit Improvement Act of 2010, - effective 1 October 2011** – TSGLI will be payable for all qualifying injuries incurred during the period 7 October 2001 – 30 November 2005, regardless of where it occurred or whether the member had the basic SGLI coverage at the time of injury.

### Who are TSGLI Payments Designed to Help?

TSGLI payments are designed to help traumatically injured service members and their families with financial burdens associated with recovering from a severe injury. TSGLI payments range from \$25,000 to \$100,000 based on the qualifying loss suffered.

### Can the Service Member Decline TSGLI?

TSGLI coverage is automatic for those insured under basic SGLI and cannot be declined. The only way to decline TSGLI is to decline basic SGLI coverage.

### How Much Does TSGLI Cost?

The premium for TSGLI is a flat rate of \$1 per month for most service members. Service members who carry the maximum SGLI coverage of \$400,000 will pay \$26.00 per month for SGLI and \$1.00 for TSGLI for a total of \$27.00 per month.

## Unit News

The table below outlines the rates for various categories of TSGLI coverage:

Duty Status	Premium
Active duty members	\$1.00 per month
Reservists or National Guard members w/full time coverage	\$1.00 per month
Reservists or National Guard members w/part time coverage	\$1.00 per year
Funeral honors & 1 day muster duty	No charge

### Do you have to be in service to apply for a TSGLI benefit?

No. As long as the service member experienced the traumatic event while in service and covered by SGLI (with the exception of the retro period 7 October 01 – 30 November 05 which does not require the member to have basic SGLI coverage) they can apply for the benefit even if they have since been discharged.

**Is The TSGLI Benefit Taxable?** The IRS has determined that the TSGLI benefit is not taxable.

### I believe I may be eligible for a TSGLI payment. How do I file a claim? And, where can I obtain more information on doing so?

If you wish to file a claim, you should utilize the new TSGLI application SGLV 8600. Your branch of service will determine your eligibility based on the program criteria. Follow this link to download [SGLV-8600, Application for TSGLI Benefits](#). You **must** attach medical documentation that supports your claim.

### Air National Guard TSGLI Claim process:

Fax to the attn: NCOIC, Customer Operations (240) 612-9137, or

Email to: [NGB.A1PS@ang.af.mil](mailto:NGB.A1PS@ang.af.mil), or

Mail to: NCOIC, Customer Operations, NGB/A1PS  
Air National Guard Bureau  
3500 Fetchet Ave., 2<sup>nd</sup> floor  
Joint Base Andrews, MD 20762



## Vacancies

The following is a list of enlisted vacancies as of Sept. 15. 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, Tech. Sgt. Sarah Hayward 217-757-1184 / DSN:892-8184.

### 217 EIS

E-5 3D1X3 RF Transmission System  
E-5 3D1X6 Airfield Systems

### AOS

E-5 1C3X1 Command Post

### FSS

E-5 3S0X1 Personnel

The following is a list of officer vacancies as of Sept. 15. Contact Senior Master Sgt. Diana Braun at 217-757-1566 or DSN: 892-8566 if interested in applying for these positions.

### FW

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

### MDG

O-5 048A3 Aero Med Specialist  
O-5 44M3 Internist  
O-5 042E3 Optometrist

### ASUS

O-5 013B4C Air Battle Manager  
O-5 013B4B Air Battle Manager  
O-5 048R4 Flight Surgeon  
O-4 052R3 Chaplain  
O-4 043T4A Biomedical Lab  
O-4 043H4 Public Health  
O-4 043E4A Bioenvironmental Engineer  
O-4 021A4 Aircraft Maintenance  
O-4 012M4Y Mobility CSO  
O-4 012M4S Mobility CSO  
O-4 011F4Y Fighter Pilot

### AMOS

O-5 046F4 Flight Nurse  
O-4 021A2 Aircraft Maintenance

### AOG

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

### AOS

O-4 013S4 Space & 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-4 011B4Y Bomber Pilot

### HQ IL ANG

O-6 017D4B Cyberspace Operations

## 183rd September Blood Drive

Once again members of the 183rd have shown how caring and selfless they are. Saturday, Sept. 10, the Central Illinois Community Blood Center brought their Bloodmobile to our base. While they were here:

- 23 members present to donate
- 18 good units of blood donated
- 10 first-time donors

I would like to thank each and every one of you that donated. You gave from the heart and because of you, someone will receive the blood they need. If you want to donate while in Springfield, the CICBC is located at 1134 S. 7th St., Springfield, Ill. You can call to schedule an appointment at (217)753-1530.

Thank you again for supporting the 183rd Fighter Wing Annual Blood Drive,  
*Senior Master Sgt. Devra Schoby*