



Family Day 2011

Well, another Family Day has gone by. First I would like to thank all the volunteers, from the senior NCO's to all the student flight members that helped make this year's event such a success.

A lot of work goes into each and every Family Day, so without the volunteers, it would not happen. I also would like to thank all the supervision, for allowing your members to help out with the event.

Thanks to the Services Flight personnel who helped serve over 700 unit members, family and friends.

I have received nothing but positive comments, which although unusual, is nice. I know, it was mostly the same thing we did last year, but last year was such a success, we wanted to see if we could make lightning strike twice, and I think we did!

The big thing we added this year was the Gamma Phi Circus, from Illinois State University. I think the performers did an excellent job; they had a great time, too. After their performance, I saw them on one of the hayrides, which they thought was great as well.

So, what do we do for next year? Please let me know what your thoughts are. We are only as good as your last suggestion!

*Joe Ward
183rd Fighter Wing
Airman & Family Readiness Program Manager
Com: 217-757-1569*



(National Guard photos by MSgt Shaun Kerr)

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Unit Training Assembly Schedule and pay dates



<u>Duty Performed</u>	<u>Pays out (approx.)</u>
NOV 5-6	NOV 16
DEC 3-4	DEC 14
JAN 7-8	JAN 18

PLEASE NOTE: Duty hours for each UTA/SUTA will be 0800-1200 and 1300-1700 unless otherwise scheduled in advance. Mark your calendar! For more pay information, see the DFAS website at <http://www.dfas.mil/index.htm>. Pay information is under the Money Matters heading.

November Lunch Menu

**Menu subject to change*

Saturday: *HOLIDAY MEAL*****

Steamship round of beef, roast turkey, baked ham, glazed sweet potatoes, mashed potatoes, steamed rice, corn bread dressing, turkey gravy, green beans, corn, peas, glazed carrots, French onion soup, pumpkin pie, devils food cake, shrimp cocktail, yogurt

Sunday:

Five spice chicken, yakisoba, veggie stir fry, cauliflower, sugar cookies, salad

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

Attention!



The deadline for the December issue of the Falcon's View is, 1200 hrs. Nov. 5!

On Base Emergency

CALL 911 FOR ALL YOUR ON-BASE EMERGENCY NEEDS.

Important Contacts

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

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

Toll Free Number

1-800-392-1797

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Wing Commander

Col. Michael A. Meyer

Editors

Maj. Nancie Margetis
2nd Lt. Stephen
Unverzagt

Videographers

Master Sgt. Samuel
Kassis
Senior Airman Sarah
Pherigo

Journalist

Staff Sgt. Andria Sapp

Public Affairs Manager

Master Sgt. Shaun Kerr

Photographer

Staff Sgt. Shelly Stark

Second Annual Run to Remember

*By Master Sgt. Robert Stults
183rd Maintenance Group*

First, I would like to thank all of you for making the 2nd Annual Run to Remember (R2R) a success. We had 92 timed runners this year and approximately 15 others that ran with us. We were fortunate enough to have some of our family members join in for the run and had some Army personnel as well. T-shirt sales have reached over 200!

The weather was perfect for a morning run, much better than the original date! This year we had to modify the course to keep it all within the base. Next year it will be modified again to incorporate the many facility upgrades our unit is undergoing.

The race is a fund raiser for the unit's Noncommissioned Officers Academy Graduates Association to procure and provide retirement plaques for unit members. This year, we raised about \$2000.00. The original intent of the run was to provide funding for retirement plaques for everyone on base. The NCOAGA also has given money to help fund holiday parties, family day, and other 183rd related events.

Many people make this run possible and I would like to thank a few of them. First, Col. Meyer for not only supporting the run but making sure we have all that we need to make it a success. Next, Bryan Hemphill for coming up with the idea to start with. Also, many key players helped mak this happen: Jeff Baer, Kenny Vennell, Erin Roesch, Mark Kessler, Ted Miller, Chris Alexander and Nancie Margetis, Drew Thompson, Fred



Ausmus the Security Forces Squadron, Andy Payne, Ted Miller, Brexton Hall, Tommy Dale, Nikki Weishaar, the Medical Group, Ryan Scott, all of the Student Flight, Brian Hodge and Jim Probst. There are others and I apologize for any missed names, but I assure you it takes a lot of people to make this happen and I am honored to be a

part of it. Congratulations to all. Overall winners received a unique, hand-crafted plaque and a \$25 gas card. The under 17 winners received a \$10 movie ticket and the rest received a \$10 gas card. We will begin planning next year's R2R and will publicize the date when it is confirmed. I look forward to seeing everyone at next year's event!



(National Guard photos by Master Sgt. Shaun Kerr)

2011 Run to Remember Winners

Overall Male: Daniel Dunbar 16:04
Overall Female Nancie Margetis 20:22
17-under Male: Noah Horton
Female: Kayla Green
18-29 Male: Andrew Payne
Female: Leah Lutz
30-39 Male: Mitch Shelton
Female: Erin Roesch
40-49 Male: John Jordan
Female: Tammy Neely
50-59: George Vukotich
Female: Diana Braun

Announcements

Promotions

Lieutenant Colonel

Michael M. Armijo
Jeffrey S. Marks
Mark A. Matson
Reginald G. McCutcheon

Major

Jeffery D. Heller

Captain

Rafal M. Kowalczyk

2nd Lieutenant

Angela D. McMillen

Technical Sergeant

Cassandra L. Hampton

Staff Sergeant

Derek D. Nord

Senior Airman

Devin C. Bergschneider
Heather A. Dyer
Jereme F. Groeninger
Andrew J. Hemberger
Devin J. Watkins

Retirees

Senior Master Sgt. Cristy E. Long
183rd Air Support Squadron
Sept. 30

Senior Master Sgt. John M. Ring
183rd Civil Engineering Squadron
Sept. 30

Master Sgt. Carl W. Hill
217th Engineering & Installation
Squadron
Sept. 22

Master Sgt. James W. Leahy
183rd Maintenance Squadron
September 29, 2011

Tech. Sgt. Michael R. Daniels
183rd Maintenance Squadron
Sept. 24

Welcome Aboard

Lt. Col. Scott D. Pauley	Air Operations Squadron
Maj. Edward L. Vanzandt Jr.	Air Operations Squadron
Maj. David L. Varner	Air Operations Squadron
Tech. Sgt. Claire R. Alexander	Air Mobility Operations Squadron
Tech. Sgt. Ralph C Parker Jr.	Air Mobility Operations Squadron
Senior Airman Beth A. Brustuen	Air Support Squadron
Senior Airman Ryan K. Gamber	Security Forces Squadron
Senior Airman Jacqueline M. Ward	Maintenance Squadron
Airman 1st Class Eric M. Alger	Security Forces Squadron
Airman 1st Class Dylan M. Beach	Engineering Installation Squadron
Airman 1st Class Justin D. Britton	Wing Headquarters
Airman 1st Class Robert W. Cousin II	Security Forces Squadron
Airman 1st Class Kasey A. Dale	Air Intelligence Squadron
Airman 1st Class Trenton J. Erlenbush	Civil Engineering Squadron
Airman 1st Class Jordan E. Gary	Air Intelligence Squadron
Airman 1st Class Brandon S. Ivey	Air Operations Squadron
Airman 1st Class Eric U. Pickens	Air Mobility Squadron
Airman 1st Class Brittini M. Stark	Engineering Installation Squadron
Airman 1st Class Kristin N. Stine	Maintenance Squadron
Airman 1st Class Jacob V. Todd	Air Operations Squadron
Airman Basic Katlin M. Becker	Engineering Installation Squadron
Airman Basic Benjamin D. Casson	Communications Flight
Airman Basic Morgan L. Grigiski	Wing Headquarters
Airman Basic Devon M.P. Wemple	Air Mobility Operations Squadron



New TRICARE Prime Enrollees Pay Adjusted Annual Fees

WASHINGTON, Sept. 30, 2011 Military retirees enrolling in the TRICARE Prime health plan after Oct. 1 will begin paying slightly higher annual fees, Pentagon officials announced. The fee change for fiscal 2012 means the plan will cost \$260 per year for members and \$520 per year for members and family. The increase amounts to an additional \$2.50 per month for individual members and \$5 per month for members and family, officials said. Active duty service members receive health care with no out-of-pocket costs.

Retiree News

Breakfast Gathering: Retirees gather on the first Tuesday of each month to share breakfast and talk about the good ole days. Join them at King Pin Lanes, on the corner of Sangamon Ave. and Dirksen Parkway, Tuesday, Nov. 1st. 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!

Illinois' top military officer receives prestigious polish army medal

WARSAW, POLAND (09/30/2011) With a Polish Army band, military parade and a "dress and review," Governor Pat Quinn's top military officer, Maj. Gen. William L. Enyart, of Belleville, the Adjutant General of Illinois, received the Polish Army Medal on Friday during an official visit to Poland with the U.S. Assistant Secretary of the Army for Manpower and Reserve Affairs Thomas Lamont.

"As Commander-in-Chief of the Illinois National Guard, I know the quality of the leaders within its ranks," said Governor Quinn. "We have the best National Guard in the United States and the best Adjutant General. This medal shows the positive impact our National Guard has not only here in Illinois and in the United States, but across the world."



Maj. Gen. William L. Enyart receives the Polish Army Medal from Polish Land Forces Commander Lt. Gen. Zbigniew Glowienka Sept. 23. (Photo Courtesy of Polish Ministry of Defense)

In receiving the Gold grade of the medal, Enyart joins a short list of American generals to receive the award including former Army Chief of Staff Gen. (ret.) George W. Casey, former Central Command Commander and current CIA Director Army Gen. (ret.) David Petraeus, African Command Commander Army Gen. Carter Ham, and Marine Gen. John R. Allen, the Commander of International Security Assistance Force- Afghanistan and United States Forces – Afghanistan.

The medal was signed by Polish Minister of National Defense Tomasz Siemoniak and was approved by the Polish President Bronislaw Komorowski.

"I am both humbled and honored to receive this medal from Poland," Enyart said. "This honor belongs to the Illinois National Guard Soldiers and Airmen who have worked side-by-side with the Polish for close to 20 years."

Enyart commands the 13,000-member Illinois National Guard, which has had a State Partnership Program with

Poland since 1993. Aside from military-to-military and military-to-civilian exchanges and co-training, the Illinois National Guard also co-deploys with Polish forces, first to Iraq and now to Afghanistan. The Illinois

National Guard's Bilateral Embedded Support Team (BEST) has approximately 20 Soldiers serving with a Polish brigade in Afghanistan today.

In May, Illinois National Guard troops who specialize in responding to domestic attacks and disasters trained with Polish troops in preparation to Eurocup 2012, which Poland is hosting. As part of the planning, Enyart met with Chief of the General Staff of the Polish Armed Forces Gen. Franciszek Gągor.

This week, military attorneys from the Illinois National Guard and the Polish military are discussing military law and the military legal systems in the two countries. Enyart, who holds a law degree from Southern Illinois University School of Law, was instrumental in setting up this exchange.

After an April 10, 2010 airplane crash in Russia killed Polish President Lech Kaczyński and many of Poland's top civilian and military leaders, Enyart rushed to Poland to offer his personal condolences to the Polish people.

"I knew most of these men personally and was blessed to consider them friends and colleagues. Several of my troops served under these officers in combat and will forever be grateful for their inspired leadership," Enyart said in April 2010.

After a volcano in Iceland prevented further travel from the United States to Poland, Enyart represented the U.S. Secretary of Defense and was the senior military representative of the U.S. government to attend the Polish officials' funerals.

Poland has been a staunch ally of the United States in Europe and throughout the world.

Family Day 2011



Wyatt: Air Guard is affordable, operational, accessible

By Air Force Tech. Sgt. John Orrell
National Guard Bureau

OXON HILL, Md. (9/27/11) – The Air National Guard is the affordable, operational, fully accessible force the Air Force needs during uncertain economic times, the director of the Air National Guard Air Force Lt. Gen. Harry Wyatt said here last week.

“The Air Guard provides to the United States Air Force 34 percent of the combat capability on seven percent of the budget,” he said. “I like where the Air National Guard is positioned.”

Speaking during the Air Force Association’s 2011 Air and Space Conference and Technology Exposition, Wyatt explained how the Air Guard has, is and will continue to be America’s homeland force with a federal capability.

“It started in the mid-1990s when the Air Force recognized that [they] could no longer afford the luxury of having an operational force and a strategic reserve force that could be placed on the shelf.”

After the first Gulf War and Operations Northern Watch and Southern Watch in Southwest Asia, the active duty forces were beginning to stretch thin trying to do all the missions the U.S. expected the Air Force to do.

The Air Force turned to the Air Guard to join in the fight. But equipment, training and funding for the Air Guard at that time was

nowhere near what it would need to be to achieve those missions, Wyatt said.

“Think of the transition the Air Guard has made since I joined in 1977 when it was a strategic reserve, to what the Guard did on September 11, 2001, to what the Guard has done for the last 10 years to today,” he said.

The Air Guard is present in the majority of Air Force missions with a fraction of the cost, Wyatt said:

- 43 percent of the air-refueling mission.
- 33 percent of the fighter mission.
- 30 percent of the cargo and transport mission.
- 20 percent of the remotely piloted aircraft mission.
- 20 percent of the distributive common ground station mission.

The Air Guard operates 66 of 89 Wings off of civilian airfields for about the same amount of money as it costs to run a large U.S. Air Force base, Wyatt said. “And we’re dispersed in 50 states, Guam, Puerto Rico, Virgin Islands and the District of Columbia.”

“We are an operational force.” Wyatt said that when you look at the facts – the cost effectiveness, preparation, skill levels, experience, training, quality of Guard members both officer and enlisted – that should be all that is needed in any debate of whether or not the Guard is fully operational.



Air Force Lt. Gen. Harry Wyatt, director of the Air National Guard, speaks during the Air Force Association’s 2011 Air and Space Conference and Technology and Exposition Sept. 20, 2011. (U.S. Air Force photo by Tech. Sgt. John Orrell) (Released)

“I’ve told my Airmen that the Air National Guard is positioned exactly where it needs to be at this critical time to provide the most combat capability for the least amount of money,” he said.

With that being said, Wyatt does not want the Defense Department to look at these numbers and think the Air Force needs to shrink in size, just continue to utilize the Guard to fill the holes and shrink the budget.

“I’m not advocating reducing the active duty end-strength,” he said. “I am advocating looking at the platforms that we have ... instead of doing what we normally do in times like this –make all the components smaller.

“We have an opportunity to not make this United States Air Force smaller, but with a little bit of force structure adjustment, maybe maintain those highly trained combat skilled warriors that reside in our United States Air Force right now,” he said.

Wreath Laying Ceremony



(National Guard photos by Master Sgt. Shaun Kerr)



Community College of the Air Force Graduates

October 2011 Class:

Staff Sgt. Paige A. Borjon	CES	Mechanical and Electrical Technology
Tech. Sgt. Jesse W. Budd	FW	Criminal Justice
Master Sgt. Kevin P. Croll	AOG	Communications Applications Technology
Tech. Sgt. Richard A. Davis	AOG	Intelligence Studies and Technology
Staff Sgt. Cassandra Hampton	FSS	Restaurant, Hotel, and Fitness Management
Senior Airman Brandy E. Hendy	MXS	Aviation Maintenance Technology
Airman 1st Class Kayla M. Kent	MDG	Allied Health Sciences
Senior Master Sgt. Mark W. Kessler	CES	Mechanical and Electrical Technology
		Human Resources Management
Master Sgt. Michelle L. Ladd	FW	Information Management
Senior Master Sgt. John W. Marinelli	ASuS	Information Systems Technology
Tech. Sgt. Kayla M. Pickford	MDG	Public Health Technology
Master Sgt. Daron E. Poage	AOG	Air and Space Operations Technology
Staff Sgt. Brett A. Schrad	CES	Aircraft Armament Systems Technology
Staff Sgt. Renee M. Yore	ASuS	Weather Technology
Staff Sgt. Nicholas A. Zellers	SFS	Criminal Justice



Time to renew and refresh

*By 1st Lt. Jon Bormann
Base Chaplains Office*

"I'm bored." It is one of the favorite phrases uttered by children, and I certainly stated it myself when I was young. With every passing year, it seems increasingly difficult to find the time to be bored. Often we are wishing for a break in the action just to catch our breath.

We stress and we strain in a vain attempt to get done what has been thrust upon us, yet with every task completed, another rears its head. In the hurried and frazzled nature of our lives, with so many obligations pressing upon us, it seems impossible to simply be at peace and take the time we need for contemplation and spiritual renewal.

We have the great honor of being part of the Air National Guard, but that little bit of time we might have at the end of a work week is negated by our service. Additionally, anytime we are gone, whether for drill or a tour of duty, the demands of home never dissipate; resulting in even more demands upon our time.

The temptation is to tirelessly strive to get everything accomplished, even though we know it is futile. We tell ourselves that we do not have time to take a much deserved rest. The challenge for us is to discover those things that bring about renewal for us individually so that within our families, in our jobs, and in service for our nation, we are giving our absolute best.

What brings that renewal for one does not provide the same solace for another. Take the time to discover what your spirit craves so that you might find that inner strength to optimize the gifts and talents you possess. The demands upon us are not going away, and they will certainly be waiting for our return. In the mean time, make the decision to care for yourself, allowing you to be renewed and refreshed.

Roman Catholic Chaplains

Lt. Col. Bob Barry

phone: 773-296-3857

email: RLBarry@att.net

or robert.barry@ang.af.mil

Lt. Col. Jeff Laible

phone: 217-732-4019

email: Frlaible@hotmail.com

Protestant Chaplain

1st Lt. Jon Bormann

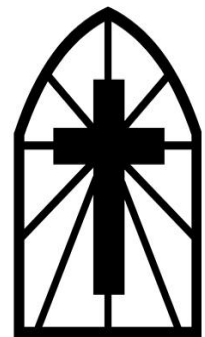
phone: 217-361-8833

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



Deer Season is here!

*Submitted By Senior Master Sgt.
Brian Willoughby
183rd Fighter Wing Safety Office*

Many members are excited because fall is in full swing and deer hunting season is here. But with the cooler weather comes an increase in activity by the plentiful deer population here in Illinois. According to the Illinois Department of Transportation, there were 18,831 deer-vehicle collisions in 2009, including six human fatalities. Two-thirds of those collisions occurred after dark. Fortunately, the trend has been improving in terms of number of accidents but the number of fatalities doubled from 2008.

The Illinois DNR compiles a list of total accidents annually. The greatest number of accidents occurs in the more populous north-east counties of the state. Locally, Sangamon County makes this dubious "top ten" list every year. But, when the numbers of vehicle miles driven are considered residents of Pike, Hardin and Greene are five times more likely to hit deer according to the IDNR.

Over the next few months keep the following in mind when driving:

- * Be particularly cautious at dusk and dawn, when deer are most active.
- * Reduce speed and be prepared to stop on roads where deer may be present.
- * Deer may cross the roadway and double back across the road



surface. Make sure deer have moved away before proceeding.

* Be mindful that several others may follow a single deer near or across a road.

* Keep track of locations where deer have been seen in the past to avoid being surprised by deer crossing roads.

* Avoid swerving into oncoming traffic or off the road if deer are on the roadway. Instead, slow to a stop and wait for the deer to move along.

* Drivers encountering deer on the roadway should try flashing their headlights from bright to dim or honking their horn to encourage the deer to move on.

* Drivers can alert other motorists to the presence of deer by tapping their brakes.

Deer are plentiful throughout the state so everyone should be more vigilant. Enjoy the last of the fall weather and safe travels.

Important Vehicle Updates

Air Force Instruction 31-204, 183rd Fighter Wing Supplement 1, Air Force Motor Vehicle Supervision, 16 Sep 2011 has been updated.

The complete version of the instruction can be view on the Wing's CoP ("Publications & Forms" folder). Some of the key aspects of this instruction are listed below:

- Seat belts are still required
- Texting/cell phones while driving is still prohibited
- DUI are processed by local law enforcement
- All on-base vehicle accidents are investigated by SFS
- All reserved parking spaces are in effect 24/7/365
- AF Form 483 competency card required for motorcycle access
- No overnight parking, except in TDY parking area, where, Form 20, 183 FW TDY Parking Pass, must be displayed in dash and provided to SFS
- Form is located on Wing CoP (Base Pubs & Forms folder)
- Scan completed form to 183rd FW/Security Forces distribution list

Please ensure you are aware of the base rules. Contact Senior Master Sgt. Fred Ausmus at ext. 383 if you have any questions regarding this updated instruction.



*Submitted by
183rd Security
Forces*

COPD- Are Your Lungs Healthy?

By Tech. Sgt. Amy Murphy
183rd Medical Group

Chronic Obstructive Pulmonary Disease, or COPD, is a lung disease that over an extended period of time makes it difficult for you to breathe. This includes chronic bronchitis (the lining of your breathing tubes become swollen and produces a lot of mucus) and emphysema (the walls of the air sacs in your lungs are broken down and the air spaces get bigger and air then becomes trapped).

The obstruction part of this disease occurs when the air flow in and out of your lungs is less than normal. When this occurs, less oxygen gets into your body tissues and makes it harder to get rid of carbon dioxide, which is waste gas from your lungs.

As the disease progresses, it becomes harder to stay active due to the increase shortness of breath. COPD is the third leading cause of death in America today. It can cause serious disability and death if not recognized and treated. There is no cure for COPD and more than 12 million people are affected by this disease every year. Women are more affected by this disease than men, and it is not often diagnosed until it is advanced, mostly due to the population being unaware of the early signs.

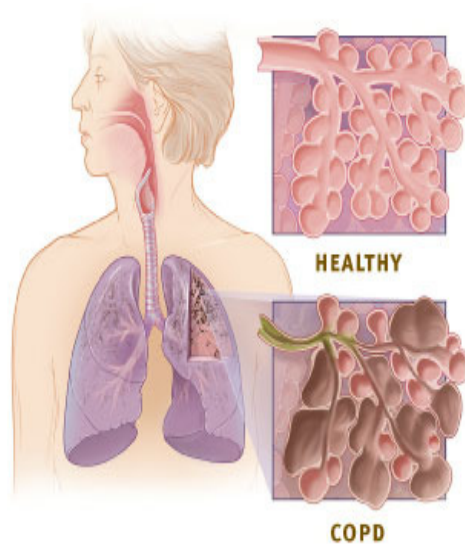
COPD is caused by numerous things. However, smoking is the major cause of this disease. The poison in cigarette smoke can weaken the lungs defense against

infections, can narrow your air passages, can cause swelling in your air tubes and destroy the air sacs inside your lungs. Smoking accounts for 80-90% of COPD cases each year. Pollution from the environment and irritating fumes and dust can also cause COPD.

The following are some common symptoms of COPD:

- Constant coughing, often referred to as “smoker’s cough”
- Shortness of breath while doing your everyday activities
- Producing a lot of mucus
- The feeling that you can not breathe/take a deep breath
- Wheezing

Diagnosing COPD is done by your primary physician. The test



that is used is called a spirometry. With this test, you blow air into a mouthpiece that is attached to a small machine. This particular machine measures and records the amount of air you blow out and how fast you blow it out. A chest x-ray might also be ordered, to rule out any other lung diseases.

Treating COPD is done through

many ways, some of which include:

- If you smoke-STOP!
- Take your medicine that is prescribed by your doctor
- Oxygen might be necessary to help with the shortness of breath
- Pulmonary rehabilitation (program that educates you about COPD)
- Surgery

Lungs are among the largest organs in the body. They sit in the chest, taking up most of the space there, and are protected by our ribs and spines. Like most of our other organs, we do not think about them very often as long as they stay healthy. Healthy lungs work all day every day to move good air in and old air out. Our healthy lungs work with the rest of our bodies to keep us alive.

Keeping Healthy Lungs Healthy

Of course, the “don’ts” include smoking because it can damage the lungs and impair oxygenation, causing trouble for all organs. The “do’s” are more numerous. Do drink water and eat your fruits and vegetables. Moisture is essential to maintain the moist condition of the lungs and their best functioning. Fruits and vegetables contain antioxidants that keep organs youthful and working their best also. Exercise is good for circulation, which feeds organs including the lungs. Endurance-type exercises like walking and bicycling are especially beneficial. Breathe the best air you can. Stay away from pollution and second-hand smoke.

Source: <http://www.ehow.com>

In the Spotlight



Who: Airman 1st Class Doug Millburg

What: Jet Engine Mechanic

When: June 2010

Why: Ever since I was little I knew that I wanted to be in the military.

My great uncle served in the Army in Korea. It was because of his military experience that I became interested in the military. I had a few friends that were in the Air Guard, and that is how I learned of the 183rd. I looked at the military as an opportunity for a better life and a way to eventually go to college if that is what I choose to do later on. I also knew that I would not find a retirement pension as good as the one the Guard had to offer.

Civilian Employment: I am a coal miner at Tri-County Coal.

Civilian/Military Correlation: There is no correlation between my two jobs, and although I enjoy coal mining, Guard weekends are a nice change of pace. I would like to get a full time position at the Guard eventually.

Additional Comment/Suggestions:

So far the extent of my military career has mostly been Basic Training and Tech School, but I am really enjoying my job here at the 183rd. I am also looking forward to my first deployment.

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.

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.

Vacancies

The following is a list of enlisted vacancies as of Oct 5. Members applying for these positions must currently hold the AFSC for the position being applied for. 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.

CES

E-5 3E4X1 Water/Fuel Sys Maint

EIS

E-5 3D1X3 RF Transmission Sys
 E-5 3D1X6 Airfield Systems
 E-5 3D1X7 Cable and Antenna Sys

AMOS

E-6 2T2X1 Air Trans

Prior service members are encouraged to explore these exciting new opportunities.

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.

183 FW

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

MDG

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

ASUS

O-4 052R3 Chaplain
 O-4 043H4 Public Health
 O-4 043E4A Bioenv Eng
 O-4 021A4 Aircraft Maint

O-5 048R4 Flight Surgeon
 O-4 012M4Y Mobility CSO
 O-4 012M4S Mobility CSO

O-4 016G4 AF Ops Staff Officer

O-5 016G4 AF Ops Staff Officer
 O-4 041A4 Health Svs Admin

AMOS

O-4 046F4 Flight Nurse
 O-4 021A4 Aircraft Maint
 O-4 012M3T Mobility CSO

AOS

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-4 011B4Y Bomber Pilot

AOG

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

HQ ILANG

O-6 017D4B Cyberspace Ops

Air Force Uniform Updates

The Air Force's instruction on dress and personal appearance received an appearance upgrade with the release of the updated instruction July 18. AFI 36-2903, Dress and Personal Appearance, received the facelift after several years of interim updates as uniform items were introduced and phased out. Updates include:

- Integrated public display of affection (PDA) language
- Elimination of Friday morale T-shirts for flight suit wearers
- Added "dental ornamentation" as a prohibited item
- Exclusion of the Command Insignia from the count of maximum badges authorized
- Added authorizations for cosmetic tattoos for medical reasons for both men and women.
- Allows cosmetic tattoos for non-medical conditions such as eyebrows and eye liner for women (in line with other Services)
- Tables are now integrated into text and each uniform has its own section in the AFI
- Photos of uniform combinations, drawings depicting hair standards, measurement tools for Airmen and Commanders to determine if tattoos meet standards

All personnel are encouraged to review the entire AFI.