



# FALCON'S VIEW

183rd Fighter Wing

Illinois Air National Guard, Springfield, Ill.

November 2012, Vol. XII, No. 10

## 183rd Civil Engineering partners with Habitat for Humanity for community projects

by Tech. Sgt. Andria Sapp  
183rd Public Affairs

The 183rd Fighter Wing hosted a press conference Oct. 14 in conjunction with Habitat for Humanity to announce the beginning of an ongoing partnership.

The partnership is an Innovative Readiness Training (IRT) project approved by the U. S. Department of Defense allowing the 183rd to work with Habitat for the next three years to build houses in the local Springfield community.

An IRT's purpose is to improve military readiness for wartime, local and natural disasters, while simultaneously providing immediate and lasting benefits to local communities.

This particular IRT is doing exactly what it is designed to do. Members of the 183rd's Civil Engineering Squadron (CES) are getting hands-on experience while assisting Habitat in building several homes in Springfield. Habitat, in turn, is receiving free and guaranteed assistance in the process.

The 183rd is benefiting in other ways as well. For example, the 183rd CES members have the opportunity to conduct annual training without the added expense of travel, lodging or per diem. All training will be conducted as unit training assembly or annual training days. No additional days or funding is being requested or used to participate in this training event, as the annual distribution of days and dollars is sufficient to support this request.

Additionally, this IRT is allowing the 183rd CES to meet mobilization readiness requirements, enhancing morale and



Airmen with the 183rd Civil Engineering Squadron, 183rd Fighter Wing help construct a home with Habitat for Humanity through an Innovative Readiness Training project in Springfield, Oct. 13. The project is scheduled for three years and the 183rd CES will help build numerous homes in Sangamon County during that time. (Air National Guard photo by Tech. Sgt. Andria Sapp/Released)

contributing to military recruiting and retention.

The idea of developing an IRT with Habitat came about after meeting with them to discuss volunteer opportunities. Since the 183rd CES has participated in successful IRTs in the past, it seemed natural to turn the volunteer opportunities into a long term partnership. Thanks to the efforts of Sarah Mackey and Ryan Mobley with Habitat and Capt. Robert Mitchell, the 183rd CES Commander, the application was approved through a joint military/civilian effort.

### IN THIS ISSUE

**Page 3**  
**New commander announced**

**Page 4**  
**Airmen selected for leadership course**

**Page 6**  
**Colonel Michael A. Meyer**

**Page 11**  
**Master Sgt. Bob Price**

## Important Information

### Unit Training Assembly Schedule and pay dates



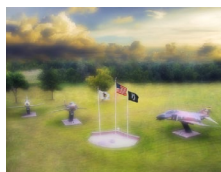
Duty Performed	Pays out (approx.)
NOV 3-4	NOV 14
DEC 1-2	DEC 12
JAN 5-6	JAN 16

**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.

### "Like" us on Facebook

#### The 183rd Fighter Wing is now on Facebook!

We will use this page to bring you newsworthy topics related to the 183rd as well as disseminate other information that may be relevant to drill, weather, etc. When you search for our page look for the photo below as the profile picture. This is the official page established here by the unit. If you find the page that has the wing crest as the profile picture, you have found a 183rd page that has been launched by Wikipedia, and is not the official page. Please direct your questions or comments to the Public Affairs office by email: [183fw.pa@ang.af.mil](mailto:183fw.pa@ang.af.mil)



### November Lunch Menu

*\*Menu subject to change*

#### Saturday:

**Holiday meal from 1030 to 1300**

**Main line both sides, no short order**

Rib Roast, Baked Ham, Roasted Turkey, Sweet Potatoes, Mashed Potatoes and Gravy, Rice Pilaf, Corn Bread, Dressing, Country Style Green Beans, Steam Corn, Peas and Mushrooms, Roasted Red Pepper Tomato Soup, Shrimp Cocktail, Buttered Sweet Rolls, Salad Bar, Pumpkin Pie, Apple Pie

#### Sunday:

**1100 - 1300**

Main line: Tai Sweet and Spicy Chicken Quarters, Chili Mac, Orange Rice, Veggie Stir Fry, Corn

Short Order: Beer Battered fish planks, Fries

Contents of the Falcon's View are not necessarily the official views of, or endorsed by, the US Government, DoD, the Department of the Air Force or the Air National Guard. The editorial content is edited, prepared, and provided by the Public Affairs office of the 183rd Fighter Wing. All photographs are Air Force photographs unless otherwise indicated.

#### Wing Commander

Col. Michael A. Meyer

#### Editors

Maj. Nancie Alexander  
1st Lt. Stephen  
Unverzagt

#### Videographers

Master Sgt. Samuel  
Kassis  
  
Senior Airman Sarah  
Pherigo

#### Journalist

Tech. Sgt. Andria Sapp

#### Public Affairs Manager

Master Sgt. Shaun Kerr

#### Photographer

Tech. Sgt. Shelly Stark

## Attention!

**The deadline for the  
December issue of the  
Falcon's View is, 1200 hrs.  
November 3rd!**



## 183FW Commander announced



Col. Ronald E. Paul, has been selected as the new 183rd Fighter Wing commander, replacing retiring commander Col. Michael A. Meyer.

Col. Paul has history with the 183rd. In the past he has served the wing in several capacities:

- June 2001-October 2002, Chief of Supply, 183rd Logistics Squadron
- October 2002-August 2004, Commander, 183rd Maintenance Squadron
- August 2004-September 2007, Commander, 183rd Aircraft Maintenance Squadron
- October 2007-Oct 2009, Commander, 183rd Mission Support Group

After leaving the unit in Oct. 2009, then Lt. Col. Paul, accepted an active duty position at Tyndall AFB, acting as Director of Logistics for First Air Force (AFNORTH).

Col. Paul will accept command of the 183rd in a ceremony to be held on the morning of Nov. 3.

## Wreath Laying ceremony

### Remembering those who have passed

183rd holds annual wreath laying ceremony

*by Master Sgt. Shaun Kerr*

*183rd Public Affairs*

The 183rd Fighter Wing held its annual wreath laying ceremony Oct. 13. The event is held each year in remembrance of those members of the unit who have passed away. During the ceremony, a wreath is laid in place by two of the unit's Airman of the Year winners, as two members of the 183rd Honor Guard are posted on either side.



Tech. Sgt. Daniel Whitlow and Master Sgt. James Bryan stand at a wreath placed in remembrance of 183rd Fighter Wing members who have passed away. The 183rd held its annual wreath laying ceremony Oct. 13. (Air National Guard photo by Tech. Sgt. Shelly Stark/Released)

## 183rd airmen selected for international leadership course

by Capt. Stacey Rieger  
183d Air Mobility Operations Squadron

Furstenfeldbruck, Germany – For one intense week in September, more than 40 junior officers from seven countries participated in the International Junior Officer Leadership Development Course (IJO-LD) 2012 at the German Air Force Officer School to enhance and refine their leadership skills, cultural understanding and military officership.

Capt. Stacey Rieger, of San Jose, Ill., with the Illinois Air National Guard's 183rd Air Mobility Operations Squadron in Springfield was among four Air National Guard members selected by National Guard Bureau to participate in IJOLD 2012.

“There are not many leadership development programs available for junior officers,” said Rieger. “This was an incredible opportunity to broaden my management and leadership skills with other company grade officers in a multinational setting.”

The Air Force Reserve Command sponsored IJO-LD program began in 1994 at the NATO school

in Oberammergau, Germany with 18 participants from five countries. Since then, the annual event has expanded to include more than 60 students with briefings on international leadership, team building, cultural diversity, international relations and cross-cultural mobilization issues. This is the first year the National Guard Bureau has sponsored lieutenants and captains for the course.

“IJOLD is a great forum for junior officers from many countries to build relationships early in their careers,” said Maj. Gen. Donald Ralph, mobilization assistance to the commander, U.S. Air Forces Europe and chairman for the Committee on Leadership Development.

“Joint leadership training is essential in today’s global arena, where working with multinational forces and partner nations is the standard.”

Working together and understanding differences was a key aspect of the training.

Capt. Sam Stephens, of Tulsa, Okla., an F-16 pilot with the Oklahoma Air National Guard in Tulsa said, “Foreign militaries' may

have different customs, courtesies, and cultures, but people, as individuals, desire the exact same guidance and motivation to both follow and lead.”



International Junior Officer Leadership (IJO-LD) course students pause for a team photo while completing an obstacle course at the German Airborne Training School. Capt. Stacey Rieger of San Jose, Ill., with the Illinois Air National Guard's 183rd Air Mobility Operations Squadron along with more than 40 other junior officers from seven countries participated in IJO-LD in Furstenfeldbruck, Germany Sept. 7-15. (Courtesy photo)

*continued pg. 5*

*continued from pg. 5*

“Leadership is important to junior officers because of the responsibility of their rank, making them leaders from the start,” said Col. Jim Kerr, Air Force Reserve Command Professional Development Center Chief. “IJOLD, and other programs like it, provide opportunities to bring young officers together to develop leadership skills.”

IJOLD events ranged from lectures on German military structure and history to tours of the Bavarian state capital and German Air Force base. During the field exercise at the German Airborne Training School, participants worked together, overcoming leadership differences and communication challenges to accomplish various tasks. Communication was essential to accomplishing tasks, including a land navigation that required completing unique tasks at each waypoint.

Second Lt. Doug Carlson of Lincoln, Neb., from the 155th Air Refueling Wing, Nebraska Air National Guard, said listening was the one leadership skill he enhanced during IJOLD.

“Overcoming the language barrier creates the perfect opportunity to learn to listen rather than talk,” said Carlson

Throughout activities, IJOLD participants shared their experiences with each other.

“One of my favorite aspects of IJOLD was having the time to talk to so many people from many different backgrounds. Since all the participants were reservists, everyone had at least two stories to tell

– their military story and their civilian story,” said Rieger. “Not only did I learn about the structure and history of the German military, I heard the personal element. For example, it was great to hear what some of our German counterparts thought about the wall coming down, reunification between East and West Germany and the challenges they are still working through, even after more than 20 years.”

Those conversations enhanced the cultural understanding and supported international relations, which along with developing friendships and partnerships were main goals of IJOLD.

“It was sad to leave at the end of week,” said Rieger. “I learned a great deal about our NATO partners, but more importantly, I have a new network of colleagues and friends that I look forward to seeing again in the future.”

That sentiment is shared, not only by the participants, but by senior leaders who see the value in IJOLD and programs like it.

“I was amazed at the friendships that were made by the end of the week. It was almost weeping, wailing, and gnashing of teeth, as the expression goes, when it came time to go home,” said Kerr, who attended IJOLD in 2011.

Each year IJOLDS is conducted in a different NATO country. Past seminars have been held in Switzerland, Canada, the United States and the Netherlands. Next year England will host

their international counterparts.



International Junior Officer Leadership (IJOD) course students tour historic Neuburg, Germany as part of the course’s cultural diversity training. Capt. Stacey Rieger of San Jose, Ill., with the Illinois Air National Guard’s 183rd Air Mobility Operations Squadron along with more than 40 other junior officers from seven countries participated in IJOD in Furstenfeldbruck, Germany Sept. 7 to 15. The course included briefings on international leadership, team building, cultural diversity, international relations and cross-cultural mobilization issues. (Courtesy photo)

## 183rd Commander retires

Colonel Michael Meyer leaves after 35 years of dedicated service

*by Tech. Sgt Andria Sapp  
183rd Public Affairs*

Col. Michael A. Meyer, Commander of the 183<sup>rd</sup> Fighter Wing, Illinois Air National Guard is retiring after 35 years of service.

Meyer's military career began in November of 1977 when he joined the 113th Tactical Fighter Wing, District of Columbia Air National Guard. This was just under a year and a half after his graduation from Marquette University in May 1976 with a Bachelor of Science degree in Business Management. He joined the 183rd Tactical Fighter Group, Illinois Air National Guard, in February 1982, the same month he graduated from Georgetown University with a Juris Doctor degree.

He has served in many capacities in the 183rd, to include aircraft commander, instructor pilot, Chief of Standardization and Evaluation, Chief of Wing Plans, and Air Operations Officer, Vice Commander, and eventually Commander.

He has flown over 4000 flying hours, including 40 combat and combat support missions in Southwest Asia during two tours to Kuwait in 1997 and 2002 and one to Saudi Arabia in 1999. He has flown in support of the U. S. counter-drug operation Coro-

net Nighthawk in Panama in 1998 and as the unit project officer in Curacao, Netherlands Antilles, in January 2001. He was instrumental in the Illinois Air National Guard's role in supporting the Polish Air Force when it recently commenced F-16 flying operations culminating with the honor of landing the first Polish Air Force F-16C on Polish soil in November 2006.

Col. Meyer has done all of these very important things, but he has also done much more than what can be found in his online biography. He has mentored countless Airmen during his career providing them with insight from his own past experiences, approved annual training days to ensure they are educated to the greatest extent possible to do their job well, and offered guidance when Airmen have come to crossroads in their career.

"Col. Meyer has demonstrated nothing but the

finest qualities of leadership and dedication to the men and women of the 183FW; our diverse mission set can be credited to his vision and leadership, focused at making the 183rd a relevant force multiplier to our state and nation in a post BRAC environment," said Lt. Col.



Reginald McCutcheon, 183<sup>rd</sup> Maintenance Squadron commander.

He has also developed friendships with people that will forever remember the impact he has had on their lives and their careers.

"I have worked for Col. Meyer in some capacity or

## Unit News cont.

### Exercise your right to vote

Secretary of Defense speaks on importance of voting

*As Delivered by Secretary of Defense Leon E. Panetta, The Pentagon, Washington, D.C., Thursday, October 04*

On November 6th, Americans will have the opportunity to exercise the most important responsibility we have in a democracy – the right to vote. Voters will choose from candidates at every level – from the Commander-in-Chief, to legislative representatives, to county commissioners, city council members and others.

I don't have to tell you that your vote can determine the future. It really counts. And that's why it's so important to participate in this process – no matter where you are in the world, no matter who you plan to vote for. Please exercise the very privilege that you're willing to fight and die for in order to protect.

But there isn't much time. If you're overseas or away from home, request your absentee ballot immediately, and mail it back in time so that your vote will count. And if you need help, visit your Installation Voter Assistance Office, or see your Unit's Voting Assistance Officer, or visit the website [www.fvap.gov](http://www.fvap.gov).

Every day, your efforts make this country safer and its people more secure. You have more than earned the right to vote. So please participate in the democratic process that sustains the blessings of liberty that we work so hard to protect.

This Election Day I encourage you and your family to play an important part in our great democracy. Your vote will help determine the future of our nation, and the future of a government of, by, and for all people.

Thank you.

## Colonel Michael A. Meyer cont.

another since joining the unit in 1996. It does not seem possible that he is retiring," said Capt. Tara L. DeJanovich, 183<sup>rd</sup> Budget Officer. "He has always been supportive of my personal goals, and I have truly appreciated his guidance and leadership."

2<sup>nd</sup> Lt. Stephen G. Younker acting executive officer for Col. Meyer shares Capt. DeJanovich's sentiments.



Col Meyer has given me personal support, guidance and more," said Younker. "He has exuded leadership qualities to shape all Airmen and taught me how to make a positive impact in service."

Maj. Gen. Dennis L. Celletti, the Adjutant General of the Illinois Air National Guard is hosting a retirement ceremony to honor Col. Meyer Nov. 3 at 3:00 p.m. at the 183<sup>rd</sup> FW P-48 Auditorium.

# Run To Remember 2012





# Holiday Thoughts

by Chaplain Lt. Col. Jeff Laible  
183rd Chaplain

As we anticipate the upcoming holiday season, now just a few weeks away, a whirlwind of thoughts and emotions can swirl around in our hearts and minds. Holiday dinners, seeing extended family and friends, buying gifts for loved ones, attending seasonal events like concerts, parades, sporting events and religious services are all wrapped up in the months of November and December. The last two months of the calendar year are really an exciting way to conclude 2012.

While the holiday season can be filled with moments of joy, peace and spiritual renewal, these upcoming days can also be marked by anxiety, loneliness and lots of additional stress. For some, the holiday season is anything but a time to rejoice and give thanks. Any number of factors can contribute to an extended two month time-frame where there is not much of a reason to be happy. The loss of a loved one, a recent divorce, a prolonged deployment, unemployment, poor health of a loved one are just some of factors that contribute to holiday stress, loneliness and even depression.

Other factors that sometimes contribute to holiday stress are having unrealistic expectations about what the holidays should or should not be like. Is there such a reality called the perfect holiday, or the perfect family gathering? Hardly, in my opinion. While we can all hope for a peaceful and joy-filled holiday season, a more realistic perspective might include the simple fact that the holiday season does not remove some of life's perplexing situations, like unemployment, family unrest, long deployments or unrealistic holiday expectations.

Given that we live in an imperfect world, we can move into the holiday season with a more realistic mindset. Yes, it is a wonderful time of the year and we can all hope and pray that November and December will be memorable, fun, and prayerful, with extra time for family and friends. However, try not to set your holiday expectations too high or too low. Be realistic. If Uncle Joe has always attempted to upset Aunt Suzie at Thanksgiving dinner, he will likely try to do the same again this year. Be prepared for both the good and the difficult moments that come with this annual two months of family time, feasting, concerts, religious services and holiday events.

Roman Catholic Chaplain

Lt. Col. Jeff Laible

phone: 217-732-4019

Frlaible@hotmail.com

jeffrey.laible@ang.af.mil



Roman Catholic Chaplain

Lt. Col. Bob Barry

phone: 773-296-3857

RLBarry@att.net

robert.barry@ang.af.mil



Protestant Chaplain

1st Lt. Jon Bormann

phone: 217-361-8833

jonbormann@gmail.com

jon.bormann@ang.af.mil



## RELIGIOUS SERVICES

Protestant Service:  
Saturday 12:30 p.m.

Catholic Mass:  
Sunday 8:30 a.m.

Base Chapel Office:

Bldg. P-48, Room 302

Phone 217-757-1367

DSN 892-8367

Fax (217)757-1509

## Announcements

### Promotions

<b>Lieutenant Colonel</b>	<b>Master Sergeant</b>
Christopher P. Brennan	Anthony T. Moore
Jason L. Hetrick	Barbie L. Miller
<b>Major</b>	<b>Technical Sergeant</b>
Daniel S. Fales	Serena E. Tudor
Noah J. Pressler	<b>Senior Aiman</b>
Justin P. Short	Tyler G. Casson
Justin J. Smith	John D. Chenault
<b>Captain</b>	Blake A. Davis
Jason E. Dorris	Jack M. Elston
<b>Senior Master Sgt.</b>	Justin A. Masten
Matthew A. Hemann	Matthew J. Snyder



Congratulations goes out to the following members who earned their Community College of the Air Force (CCAF) degrees for the October 2012 graduation season:

Alicia Braun - Contracts Management  
Travis Cave - Education and Training Management  
Loni Crowder – Information Systems Technology  
Kurt Ellrich - Aviation Maintenance Technology  
Brent Keller - Aviation Maintenance Technology, Contracts Management  
Anthony Moore - Information Management  
Bradford Rich - Aviation Maintenance Technology

### Welcome Aboard!

Maj. William Wong, SG  
1st Lt. Phillip A. Surrey, AIS  
Tech. Sgt. Roger N. Barber III, AIS  
Senior Airman Jordan Wright, 217th EIS  
Airman 1st Class Colten J. Lyons, AIS  
Airman 1st Class Michael A. Owens, AIS  
Airman 1st Class Nicholas M. Serpico, MXS  
Airman 1st Class Minda J. Squires, ACOS  
Airman Basic Andrew S. Flinn, FSS  
Airman Basic Ryan R. Hecker, CE

---

### New unit Sexual Assault Response Coordinator (SARC) announced

Congratulations to Capt. Tara DeJanovich on your selection as primary SARC. Lt. Col. George Vukotich will remain on board as alternate.

Anyone interested in becoming a victims advocate, contact Capt. DeJanovich at 757-1223.

### 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, December 4. 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!

## Remembrance

### 183rd member gone too soon

Remembering Master Sgt. Bob Price

*Press release courtesy of Illinois State Police*

Illinois State Police Director Hiram Grau expressed deep regret and sadness for the family, friends and fellow ISP officers regarding the tragic fatal boating accident involving an ISP officer. Master Sergeant Bob Price, District 18, was tragically killed in a boating accident at Hillsboro Lake in Hillsboro, Illinois on Sunday, Sept. 30.

This tragic accident is the second boating fatality of an ISP officer within the last month.

“On behalf of the men and women of the Illinois State Police, our prayers and thoughts are with the family and friends of Master Sergeant Bob Price,” said Director Hiram Grau.

“Our ISP police family just grieved the loss of a member who was lost as a result of a boating tragedy, and

we are in disbelief to learn that it has happened again. Master Sergeant Price was a dedicated and honorable member of the Department and his service will be remembered by the men and women of ISP and the citizens he served,” he added.



Master Sergeant Price was a 17 year veteran of the Illinois State Police starting his career in District 18, and served with the Executive Protection Unit, Medicaid Fraud Control Bureau and District 11 Patrol. His last assignment was Administrative Master Sergeant for District 18 in Litchfield, Illinois.

## Spotlight



**Who:** Staff Sgt. Andrew G. Laning

**What:** Engineering Assistant with Civil Engineering

**When:** Enlisted May 17, 2001

**Why:** For the college benefits

**Civilian Employment:** I work as a line-operator with Ryt-Way in Gibson City.

**Civilian/Military Correlation:** None

**Recent/Favorite Deployment:** My most recent deployment was to Baghdad. I did two tours there. Once for four months and again for six months. I have also been to Ali, Iraq and Diego Garcia. Diego Garcia was my favorite deployment because of the weather and beaches.

**Additional Comments:** I re-enlisted because I really like deploying. Plus, I like my job as an engineering assistant, and I think I am good at it too. Not to mention the perk of having Capt. Mitchell as a mentor. In the picture above Sgt. Laning is shown siding a house for Habitat For Humanity. For further details about the Habitat project see page 1.

### Tricare changes

To ALCON - Tricare Reserve Select (TRS) Members

BLUF: TRS monthly premium payments must be made by either recurring Electronic Funds Transfer (EFT) or recurring Debit/Credit Card (Visa/Master-Card only) beginning no later than January 1, 2013.

### POV Travel requirements

Effective Sept. 26, all personally owned vehicle (POV) travel of 800 miles or less roundtrip will be automatically considered “advantageous to the government” and will not require a cost comparison. If you have questions contact Senior Master Sgt. Paula Schou, 757-1224, or, paula.schou@ang.af.mil.

### Veteran’s Day Speeches

If you plan to speak at a Veterans Day event, the Public Affairs office may be able to help you prepare. We can offer you samples of speeches, topics to speak on, or general guidance on what is or is not appropriate subject matter. If you have questions, contact the Public Affairs Office at 757-1267, or by email at 183fw.pa@ang.af.mil.

### AOG aligned under the 183rd

On Oct. 15, the state of Illinois received authorization to inactivate Detachment 1, Headquarters Illinois ANG (Det 1, HQ IL ANG), Concurrently, upon inactivation of Det 1, HQ IL ANG, the state was authorized to activate Det 1, HQ 183d Fighter Wing (Det 1, HQ 183d Fighter Wing).

### 1st Sgt. vacancy announcement

TITLE: 217th Engineering & Installation Squadron  
First Sergeant

AFSC: 8F000

UNIT OF ASSIGNMENT: 217th Engineering & Installation Squadron (C81SFL5V)

AUTHORIZED GRADE: Master Sergeant / E-7

OPENS: September 14, 2012

CLOSES: November 4, 2012

SELECTING OFFICIAL: Lt. Col. James R. Loux,  
217th EIS/CC

REMARKS: Applicant must: be a Master Sergeant / E-7 (or a Tech. Sgt./ E-6 eligible for promotion to MSgt), hold a 7 skill level in any AFSC, meet physical fitness requirements IAW AFI 36-2905, have the ability to speak distinctly, PULHES: 3 3 3 2 3 1. Strength Aptitude Code: G (40 lbs)

WHAT TO SUBMIT: All interested applicants must submit the following documentation:

- Resume – should include information pertaining to past and/or present military membership & civilian work experience
- Record Review RIP – can be obtained from unit Orderly Room or FSS Customer Service
- Current Air Force Fitness Test

SUBMIT APPLICATIONS TO:

Chief Master Sgt. John Jordan  
183 FW/CCC  
3101 J. David Jones Parkway  
Springfield, IL 62707-5001

Questions about interviews or selection should be directed to Chief Master Sgt. John Jordan at (217) 757-1232 / DSN: 892-8232.

# Whooping Cough is Back!

by Capt. Amanda Shull  
183rd Medical Group

I am sure that some of you have heard, but for those who have not, whooping cough has returned with the worse outbreak in the United States in 50 years. According to the Center for Disease Control and Prevention (CDC), as of August 2012, 46 states have reported an increase in cases since 2011. The reason for this increase is due to a decrease in vaccination, lack of complete vaccination, and weakening immunity.

Whooping cough, known medically as pertussis, causes severe coughing spells that can lead to difficulty breathing, vomiting, and lack of sleep. The cough is described as a high-pitched, rib-cracking cough that can last for more than two months and can be fatal among infants. The vaccine for pertussis is highly effective in preventing the disease, but it needs to be administered as recommended by the CDC.

Children ages 2 months to 6 years are recommended, by the CDC, to receive 5 doses of the DTap (diphtheria, tetanus, and acellular pertussis). Those children that do not receive this vaccine are vulnerable to and possible carriers of the pertussis bacteria. They are also susceptible to tetanus and diphtheria bacteria.

Tetanus, also known as lockjaw, causes painful muscle

spasms and stiffness, usually all over the body. Diphtheria can cause a thick membrane to cover the back of the throat. This can lead to breathing problems, paralysis, heart failure, and death. The protection from these two diseases further justifies the importance of getting your children properly vaccinated.

The DTap vaccine is given to children 6 years of age and younger to protect them from these three diseases. However, older children, adolescents and adults need protection too. The two vaccines that offer continued protection for those age 7 years and older are Td and Tdap.

The Td vaccine protects against tetanus and diphtheria, and is given every 10 years. The Tdap vaccine is the first vaccine for adolescents and adults that protects against pertussis, as well as, tetanus and diphtheria. A dose of Tdap is given only once and is recommended at age 11 or 12. However, Tdap can be given as early as age 7 for children who missed one or more childhood doses of DTap.

As a military member you will be administered the Tdap vaccine as a part of your required immunizations. However, it is important to discuss this vaccine recommendation with your family. It is vital that all your family members become vaccinated against the pertussis bacteria, especially those in contact with infants and others that have a compromised immune system. Make sure you protect your family against whooping cough!

## Announcement

### Satellite enlisted PME facilitators needed

Submitted by Master Sgt. Jennifer Weitekamp  
183rd Air Operations Group

The unit is seeking additional facilitators for the Satellite Enlisted PME courses held here at the 183FW. Satellite Non-Commissioned Officer Academy currently takes place two nights a week, with two classes a year lasting 13 weeks each.

We are wanting to add a Satellite Airman Leadership School (ALS) class this spring, and will need more facilitators. If you have any additional questions about the program, please contact Master Sgt. Jennifer Weitekamp, Senior Master Sgt. Ed Ferguson or Master Sgt. Stacy Hamilton.

Following is a list of the requirements to attend the facilitator

course (two week course at McGhee Tyson Air National Guard Base, Tenn.)

The Instructor Certification Program (ICP) has a class scheduled for November 5 and currently there are several slots available. If you are interested in becoming a facilitator, this is a great opportunity to get trained. You will need to get application packages submitted and approved before signing up for the class.

Package requirements:

Letter of Intent, endorsed by Unit CC (why you want to be a facilitator)

Proof of Associates' Degree or higher

Proof of Resident NCOA (or higher) completion

Valid, passing Fitness Assessment with zero exempt areas  
RIP from vMPF

Full length photo in blues (any combination)

# Preventing Foodborne Illness

by Master Sgt. Michael Niepert  
183rd Safety Office

The coming holiday season means getting together and enjoying food and good time. Also, recent events have put some attention on fresh eggs and their safe handling. So we thought it would be a good idea to cover some practices for safe food handling. Nobody would like to have the holidays ruined by a bout of food illness.

So what is foodborne illness and disease? Because foodborne illness often presents itself as flu-like symptoms such as nausea, vomiting, diarrhea, or fever, many people may not realize the illness is caused by bacteria or other pathogens in food. Thousands of types of bacteria are naturally present in our environment. Bacteria that cause diseases are called pathogens. When certain pathogens enter the food supply, they can cause foodborne illness. How do these bacteria become present in food? It may be present on products when you purchase them. Plastic-wrapped boneless chicken breasts and ground meat, for example, were once part of live chickens or cattle. Raw meat, poultry, seafood, and eggs are not sterile. Neither is fresh produce such as lettuce, tomatoes, sprouts, and melons. Cross contamination is the transfer of harmful bacteria from unsafe foods to ready to eat and other wise safe foods via cutting boards, utensils, etc. Millions of cases of foodborne illness occur each year. Most cases of foodborne illness can be prevented. Proper cooking or processing of food destroys bacteria.

So how do we prevent foodborne illness? Quite simply by keeping hot food hot and cold food cold. Bacteria multiply rapidly between 40 °F and 140 °F, so it is important to keep food out of this "Danger Zone". Follow these guidelines for keeping out of the danger zone:

- Store food in the refrigerator (40 °F or below) or freezer (0 °F or below).
- Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F or below and the freezer at 0 °F or below.

*\*Cook food to a safe minimum internal temperature.*

- Beef, veal, and lamb steaks, roasts, and chops may be cooked to **145 °F**
- All cuts of pork to **160 °F**
- Ground beef, veal and lamb to **160 °F**
- All poultry should reach a safe minimum internal temperature of **165 °F**
- Maintain hot cooked food at **140 °F or above**
- When reheating cooked food, reheat to **165 °F**

To prevent cross contamination the USDA recommends following a simple four step strategy:

1. **Clean:** Wash hands and surfaces often. Always wash hands with warm water and soap for 20 seconds before and after handling food. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water. Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.
2. **Separate:** Don't cross-contaminate. Keep uncooked food away from prepared or food to be eaten raw. Use separate cutting boards and utensils for meat and vegetables.
3. **Cook:** Cook to proper temperatures. See the above guidelines.
4. **Chill:** Refrigerate all leftovers promptly. Always refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F). Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F). Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling. Use cooked leftovers within four days.

A few other things to consider for better food safety. Purchase refrigerated or frozen items after selecting your non-perishables. Some even suggest using a cooler for frozen and refrigerated goods. Some guidelines for thawing frozen food safely depend on the method used. Thawing in the refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food. For faster thawing place food in a leak-proof plastic bag and submerge in cold tap water. Change the water every 30 minutes. If you use the microwave to thaw meat and poultry, cook immediately after thawing.

## Family Readiness

### 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 did not. 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  
Phone: 217.757.1569 email: joe.ward.1@ang.af.mil

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.

**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 October 1. 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. Additional positions are available for new Guard members and transfers from active duty. Please contact Master Sgt. Allen for more information.

<b>CES</b>			<b>AMOS</b>		
E-5	3E4X1	Water/Fuel System Maint	E-6	1C0X2	Aviation Res Mgr
<b>FSS</b>			<b>ACOMS</b>		
E-5	3M0X1	Services	E-6	3D0X1	Cyber Sys Ops
<b>MXS</b>			<b>SFS</b>		
E-5	2A6X1	Aerospace Propulsion	E-5	3P0X1	Security Forces
E-5	2A7X3	Aircraft Structure Maint	E-5	3S0X1	Personnel
E-5	3D0X1	Knowledge Ops Mgt	<b>EIS</b>		
<b>JFHQ</b>			E-5	2S0X1	Material Management
E-6	2S0X1	Material Mangement	E-5	3D1X3	RF Transmissions
<b>LRS</b>			E-6	3D1X6	Airfield Systems
E-5	2S0X1	Material Mangement	<b>FW</b>		
			E-6	3N0X1	Public Affairs

The following is a list of officer vacancies as of October 1. Contact Senior Master Sgt. Diana Braun at 217-757-1566 or DSN: 892-8566 if interested in applying for these positions. Prior service members are encouraged to explore these exciting new opportunities.

<b>183 FW</b>			<b>AOS</b>		
O-4	052R3	Chaplain	O-4	013S4	Space and Missile
O-4	051J3	Judge Advocate	O-5	013S4	Space and Missile
O-5	011F3Y	Fighter Pilot	O-4	013B4B	Air Battle Manager
<b>MDG</b>			O-5	013B4B	Air Battle Manager
O-5	048A3	Aero Med Specialist	O-4	012F4Y	Fighter CSO
O-5	048R3	Flight Surgeon	O-4	012F4W	Fighter CSO
<b>ACOS</b>			O-4	012B4Y	Bomber CSO
O-4	043H4	Public Health	O-4	011F4Y	Fighter Pilot
O-5	048R4	Flight Surgeon	O-6	011F4Y	Fighter Pilot
O-5	017D4A	Cyberspace Operation	O-4	011B4Y	Bomber Pilot
O-4	011M3Y	Mobility Pilot	O-4	011F4B	Fighter Pilot
O-4	061A4	Ops Research Analyst	O-5	011F4H	Fighter Pilot
O-4	021R4	Logistics Readiness	O-5	011M4T	Mobility Pilot
O-4	016G4	Staff Officer	<b>HQ ILANG</b>		
O-4	014N4	Intelligence	O-4	017D4B	Cyberspace Operations
<b>AMOS</b>			<b>AOG</b>		
O-4	041A4	Health Services Admin	O-4	016G4	Staff Officer
O-4	012M3T	Mobility CSO	O-5	016G4	Staff Officer