

ONE FIVE

JANUARY/FEBRUARY/MARCH 2010





Bulldogs,

As we head into the year 2010, we're coming to realize the Age of Information Warfare is upon us. It was only 10 short years ago, when we as a Wing, a country and a world, were worried that Y2K was going to cause a catastrophe when computers would not recognize the year was 2000 and not 1900. We were concerned as the world moved through it's time zones, the chaos would move with it so we developed plans to counter any type of electric grid, emergency responder, hospital operating room or nuclear power plant shutdown created by the new millenium; However, each and every hour that clicked along proved that humankind had developed computers which knew the difference between the last century and the new century and no calamity prevailed.

Now the computer world has become a part of our everyday life. The young Airmen eat, breathe, and sleep with their Blackberry, iPhone, or cellular phone as they constantly text, Twitter, do facebook or update My Space. However, these are also our cyber warriors who must defend the nation against hackers who strive to tap into the Department of Defense's secure and non-secure networks. Not only are the young Airmen asked to defend against the unknown, we all need to get smarter on how computers can be used to attack our bases.

The role all Airmen play in the "Rise of the Cyber Wingman" is vital in the defense of our country. This philosophy incorporates the following 10 guiding principles every Airman needs to know and use to secure Cyberspace:

1. The United States is vulnerable to cyberspace attacks by relentless adversaries attempting to infiltrate our networks – at work and at home – millions of times a day, 24/7.



Col Penny J. Dieryck

2. Our adversaries plant malicious code, worms, botnets and hooks in common websites, software and in hardware such as thumbdrives, printers, etc.
3. Once implanted, this code begins to distort, destroy and manipulate information, or it "phones" it home. Certain code allows our adversaries to obtain higher levels of credentials to access highly sensitive information.
4. The adversary attacks your computers at work and at home knowing you communicate with the Air Force networking by electronic mail or by transferring information from one system to another.
5. As cyber wingmen, you have a critical role in defending your networks, your information, your security, your teammates and your country.
6. You significantly decrease our adversaries' access to our networks, critical Air Force information, and even your personal identity, by taking a simple action.
7. Do not open attachments or click on links unless the e-mail is digitally signed, or you can directly verify the source, even if it appears to be from someone you know.
8. Do not connect any hardware or download any software, applications, music or information onto Air Force networks without approval.
9. Encrypt sensitive but unclassified and/or mission critical information. Ask your computer security administrator for more information.
10. Install the free Department of Defense anti-virus software on your home computer. Your CSA can provide you with your free copy.

ON THE COVER...148th Honor Guard member Tech. Sgt. Reginald Saxton, Communications Squadron, stands ready to present folded American flags to retiring members of the wing at the retirement and awards ceremony in Duluth, Minn. Dec. 6, 2009. Nearly 40 retired or retiring members of the 148th were in attendance to receive recognition for their dedicated service to the military and the 148th Fighter Wing. Photos by Tech. Sgt. Brett R. Ewald. Graphic illustration by Tech. Sgt. Julie M. Tomaska.



A SPECIAL FAREWELL...The 148th Fighter Wing Public Affairs staff would like to thank Master Sgt. Denise M. McDougall for her years of hard work and dedication to the production of the On Five. As editor, McDougall spent numerous nights and weekends cutting and pasting photos, writing articles and correcting hundreds of spelling and grammar mistakes in order to get the On Five delivered to each and every member on time, every time. McDougall retired in Dec. 2009 after 21 years with the 148th Fighter Wing, Minnesota Air National Guard. She will be greatly missed.

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Year 2010 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

COMMANDER	Col. Frank H. Stokes
VICE COMMANDER	Col. John H. Spencer, Jr.
PUBLIC AFFAIRS OFFICER	Capt. Julie M. Grandaw 2nd. Lt. Jodi L. Kiminski
WING EXECUTIVE STAFF OFFICER	Maj. Audra A. Flannagan
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PRODUCTION COORDINATOR	Master Sgt. Paula J. Kane

UTA	SUTA
09-10 Jan	None Jan
30-31 Jan	
27-28 Feb	None Feb
20-21 Mar	None Mar
10-11 Apr	24-25 Apr
01-02 May	08-09 May
12-13 Jun	05-06 Jun
None Jul	None Jul
07-08 Aug	28-29 Aug
11-12 Sep	25-26 Sep
02-03 Oct	23-24 Oct

148TH CIVIL ENGINEERS DEPART FOR AFGHANISTAN

BY MAJ. AUDRA A. FLANAGAN



Family and friends gathered on a chilly Duluth morning to say good-bye to the first wave of civil engineers who are departing for the 455th Air Expedition Wing at Bagram Airfield, Afghanistan. The civil engineers will be deployed for approximately six months. They plan to build and repair roads and airfield surfaces as well as maintain buildings and provide utilities at Bagram Airfield.

Civil Engineer Squadron Commander, Lt. Col. Scott Chambers who will deploy within a few weeks said, "It's been a tough morning. Exciting. Nerve-wracking. Emotionally draining; after a lot of planning and preparation we just launched a good portion of our Civil Engineer troops."

The 455th Air Expeditionary Wing at Bagram Airfield, Afghanistan provides close air support, combat search rescue, aerial intelligence, surveillance and reconnaissance, and airlift capabilities to U.S. and coalition forces supporting Operation Enduring Freedom. In conjunction with Combined Joint Task Force-82, the 455th AEW is working to secure the future of Afghanistan for the Afghan people. Bagram is located in the Parwan Province southeast of the city of Charikar and north of Kabul.



[Top Left] Staff Sgt. Mike Cole holds his daughter before saying goodbye [Lower Left] Staff Sgt. Christa Wood hugs her son goodbye [Above] Members of the 148th Fighter Wing Air National Guard load a C-130 Hercules as part of the first wave of Civil Engineers from the wing to depart Duluth, Minn. Dec. 17th, 2009. A large number of 148th Civil Engineers will deploy to Bagram Airfield, Afghanistan for approximately six months in late 2009 and early 2010. Photos by Master Sgt. Jason W. Rolfe

MILITARY APPRECIATION NIGHT

BY 2ND LT. JODI KIMINSKI

Several members of the 148th Fighter Wing took part in the Minnesota Vikings military appreciation event held during the Vikings/Lions game Nov. 15, 2009. The game presented honors and appreciation to Servicemembers from beginning to end, starting with the Vikings running onto the field past a lineup of Minnesota National Guard members. The Minnesota National Guard Honor Guard presented the flags, and during halftime the men and women in uniform performed a flag presentation amidst a montage of patriotic songs.



[Left] Honor Guard members from the MN National Guard take a break to pose with the Vikings cheerleaders. Photo by Staff Sgt. Lynette R. Hoke [Center] Even Viktor the Viking showed up in camo to celebrate our military. Photo by Tech. Sgt. Amie M. Dahl [Right] Members of the MN National Guard display the flag prior to the military appreciation event held Nov. 15, 2009. Photo by Tech. Sgt. Amie M. Dahl

THE HUMAN RESOURCE ADVISOR - DIVERSITY IN LEADERSHIP

BY SENIOR MASTER SGT. GARY LUKE

As the Human Resource Advisor (HRA), I have several roles and responsibilities. One thing I am responsible for is working with key individuals in the human resource process to achieve diversity management objectives within the organization. These objectives cover the base as a whole and apply to the everyday mission. Diversity also applies to leadership.

I believe, as members of the Air National Guard, we are all leaders – and we are all diverse. We each bring different values, experiences, and knowledge to the table as we enter the gates each month. This is one aspect that enhances the military and strengthens our capabilities. I have witnessed or experienced diversity in leadership throughout my career. There were new supervisors or commanders, new instructors, or just those who stood up and took on leadership roles. Leadership opportunities are there for each of us to grasp and to add our unique strengths in order to make our organization stronger. You may have experiences that improve a technique, help you work well with others, add to a group dynamic, or enhance the organization as a whole. Recognize your diversity and that of others and what they can contribute. The Air Force has 16 Leadership Competencies that we can all develop and improve upon.

Personal Leadership:

1. Exercise Sound Judgment
2. Adapt and Perform under Pressure
3. Inspire Trust
4. Lead Courageously
5. Assess Self

Leading People/Teams:

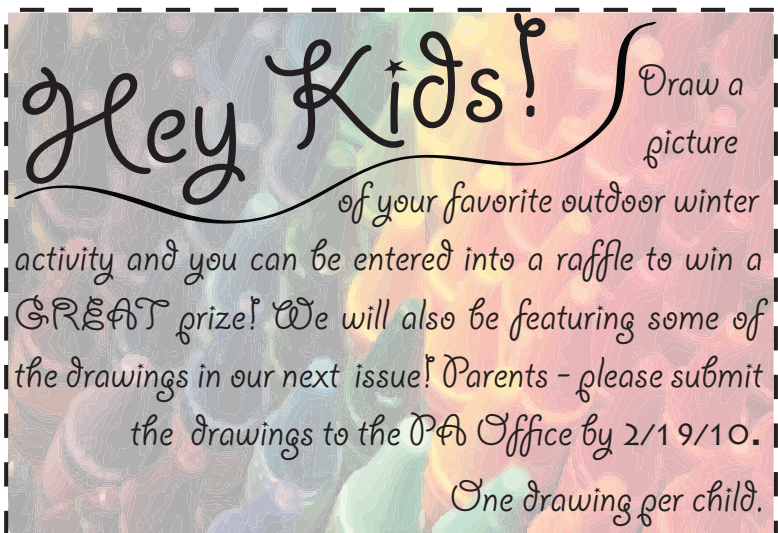
6. Foster Effective Communication
7. Drive Performance through Shared Vision, Values, and Accountability
8. Influence through Win/Win Solutions
9. Mentor and Coach for Growth and Success

10. Promote Collaboration and Teamwork
11. Partner to Maximize Results

Leading the Institution:

12. Shape Air Force Strategy and Direction
13. Command Organizational and Mission Success through Enterprise Integration (Note: Command is a legal authority, not exclusively a moral or ethical one.)
14. Embrace Change and Transformation
15. Drive Execution
16. Attract, Retain, and Develop Talent

Leadership is constantly changing both in the Guard and in the civilian world. In the future at the 148th, new leaders will emerge and bring their diverse experiences with them. There will be diversity in every situation and we should capitalize on it, bringing knowledge and strength to our organization. I encourage you to sharpen and strengthen your competencies and be a leader in your area.



Hey Kids! Draw a picture of your favorite outdoor winter activity and you can be entered into a raffle to win a GREAT prize! We will also be featuring some of the drawings in our next issue! Parents - please submit the drawings to the P&F Office by 2/19/10. One drawing per child.



NEW AT THE BULLDOG BX!
148th F-16 Fighting Falcon Bulldog Model! Featuring current Bulldog tail flash!

Beautiful model of the 148th's F-16 Fighting Falcon
Tail flash available in color or black&white

Solid wood display stand

Price: \$110 (w/o tail number) or \$135 (w/ tail number)

Specific tail numbers can be special ordered when paid in full.

For more available items, visit the Bulldog BX located upstairs in the Bldg 212 or our display case located in Bldg 250 (in the hallway between the Recruiters and Wing Commander's offices)

OR

Contact Master Sgt. Mark Wasserbauer
218-788-7884
mark.wasserbauer@us.af.mil

MINNESOTA GOLD STAR LICENSE PLATE UNVEILED

BY 2ND LT. JODI KIMINSKI



Tech. Sgt. Amie Dahl, 148th Fighter Wing Public Affairs, was presented an award of appreciation from the Minnesota Gold Star families for her work in creating the State of Minnesota Gold Star license plate. The new license plate, which was unveiled Sept. 22, 2009 at the Minnesota State Capitol, is offered to Gold Star families, who've lost a family member who fought in a war. The plate, designed by Dahl, features an eagle with an American flag in the background, with the words "Some gave all, Freedom is not free." Dahl is a photographer with the 148th Fighter Wing and a full-time Visual Information Specialist with the Minnesota National Guard based out of Joint Force Headquarters in Saint Paul.



A press conference was held to unveil the new license plates offered to Gold Star families, who've lost a family member who fought in a war, at the Minnesota State Capitol in St. Paul, Minn. on Sept. 22. The plate features an eagle with an American flag in the background, with the words "Some gave all, Freedom is not free." Photo by Sgt. Jodi Krause.

PROMOTIONS

OCTOBER

CHARTIER, MARTHA, OSF, SRA
RICHARDS, JORDAN, AMXS, SRA
MONCEL, AARON, MXS, SRA
TUOMI, DERRICK, CF, SRA
OLSON, WHITNEY, AMXS, SRA
WEIS, AMBER, MDG, SRA
RISDALL, KYLE, MXS, SSGT
KEMPFER, ERIC, SFS, SSGT
ERICKSON, DESSARAE, MOF, SSGT
SANTIKKO, PAUL, FSS, SSGT
STOKKE, JUSTIN, LRS, TSGT
MCINTOSH, DOUGLAS, AMXS, TSGT
JOHNSON, CHAD, SFS, TSGT
JACKSON, BRIAN, SFS, TSGT
DUNBAR, WILLIAM, MXS, TSGT
CORDERO, JOHN, MDG, TSGT
ROTH, DANIEL, AMXS, TSGT

BOLF, SHAWN, CES, MSGT
DWYER, TIMOTHY, CES, MSGT
FRYE, JAMES, MXS, MSGT
KETTLEHUT, WAYNE, CES, SMSGT

NOVEMBER

ANTHONY, NATHANIEL, AMXS, SRA
SPAETH, JONATHAN, MXS, SSGT
PRIOLA, MICHAEL, CES, SSGT
SJOBERG, TOM, LRS, TSGT
MORRIS, CASEY, 179TH, TSGT
SODERLUND, DONALD, LRS, MSGT

DECEMBER

GRYTDAHL, ERIC, STU FT, A1C
THARLSDON, DANIELLE, MXS, SRA
ERIKSON, JASON, CES, SRA
MILLER, JESSE, AMXS, SRA
REDFIELD, JON, CES, SRA
BROWN, NATHAN, CES, SRA
MICKEN, BRENT, CES, SRA
BARTLETT, DUSTIN, CES, SRA
ST.GERMAIN, LUKE, MDG, SRA
FRANKOVICH-SAMICH, DUSTIN, SFS, SRA
KNIESEL, HOLLY, FSS, SRA
GESE, KENNETH, CF, SSGT
EKLUND, MELISSA, HQ, SSGT
HALL, RYAN, FSS, TSGT
BERGMAN, JOSEPH, LRS, TSGT
AKERSTROM, CRAIG, SFS, TSGT
LANE, DAVID, FSS, MSGT

CONGRATULATIONS

148TH MEMBER SAVES WOMAN TRAPPED IN CAR

COURTESY OF MYFOX9.COM



Master Sgt. Mark Watzak, a 148th Fighter Wing firefighter and fulltime Richfield, Minn. firefighter helped rescue a trapped woman from her vehicle on Nov. 29, 2009. The crosstown in Richfield is often a hotbed of activity for fire station number one. As the crew started pulling the hoses and suiting up things quickly changed when they found out someone was still inside. Lieutenant Dale Perrault was first to the vehicle.

"There was heavy black smoke in the car, so we actually didn't see the person at first with the flashlight," said Perrault. The driver's car door was stuck between the barriers. Perrault

went through the passenger side and found 25-year-old Flor Aguilar unconscious. As he tried pulling her out, she became stuck, so Mark Watzak jumped in to help. He found Aguilar's feet caught in the seatbelt and untangled her. All six members of the c-shift at station one played a significant roll. As Perrault and Watzak rescued Aguilar, the others were hosing down the flames, keeping their colleagues safe. Ronaldo Pineda says his wife arrived at Hennepin County Medical Center with severe smoke inhalation.

2009 Honor Airmen:
SSgt Donald Brown
TSgt Jarel Tanski
MSgt David Blazevic
MSgt Larry Beaulier



CELEBRATION



Above, Colonel Frank Stokes and Chief Jodi Stauber hold up the prestigious Emmy Award. The Emmy was awarded to recognize the Minnesota National Guard for Hockey Day Minnesota, showcasing the 148th Fighter Wing and 34th Combat Aviation Brigade while deployed to Iraq in January of 2009.

Below, Raytheon trophy along with many other wing awards were proudly displayed during the award ceremony at the 148th Fighter Wing Dec. 6th, 2009.



BRATE



2010 Honor Airmen:
SrA Anna Carlson
TSgt Julie Tomaska
MSgt Michael
Hawkinson
(MSgt William Hawley
currently deployed)

Photographs by:
[148FW Public Affairs](#)
SMSgt Ralph Kapuska
TSgt Brett Ewald
SSgt Don Acton



Above, Senior Airman Jennifer Kuklenski was presented with the John L. Levitow award during the awards ceremony. The award is the pinnacle of achievement for enlisted professional military education and awarded to the top graduate of each class.



Above, Nearly 40 retirees of the 148th were honored at the Dec Awards and Retirement Ceremony.

Below, Staff Sgt. April Hewitt, Staff Sgt. Jeffery Lanska and Tech. Sgt. Julie Ault, 148th Honor Guard, present arms.

Left, Master Sgt. Tom Walden, Communications Squadron, holds the Mission Support Group guidon in formation as the group falls into formation before the ceremony.

Below, the main hangar was filled by wing members, award recipients, retirees and guests Dec. 6th, 2009.



A HELPFUL MISSION

BY 2ND LT. JODI KIMINSKI



Mary Linda Sather, author and mother of 148th Fighter Wing member Senior Master Sgt. Ronald Waterhouse, shared her message of how families can deal with separation during a book signing at Fitger's Bookstore on Saturday, Dec. 5, 2009. Sather's book "Boo Boo Bear's Mission" tells the true story of a teddy bear who travels to Iraq to carry a family's love until they can be together again.

"The book really stresses the importance of family connections," said Sather. "We spent a lot of time together as a family when Ron was in Iraq and when he got back, so I wanted to use our experience to help other families."

"Boo Boo Bear's Mission" is a true story of how Ron's daughter (Shea Leigh) sends Boo Boo to him in a care package to Joint Base Balad, Iraq. Ron then gives Boo Boo the trip of a lifetime; spending time on the base, dining in the mess hall, even getting a ride in an F-16 until Boo Boo and Ron can return home together. "The message I want to get out with the book is that the difficulties of family separation can turn into opportunities of growth," said Sather. "Both children and adults can learn from the book. And it has a positive ending."

Being an educator all her life, Sather hopes the book will educate families on the importance of staying positive, communicating and sharing feelings. The book contains some helpful tips on how to use the book to connect with each other through activities and conversations. She also works with families to aid in how to deal with separation. "My mission is to make sure that people who need to know about or could get help from the book get it," she said. "I'll try to get the word out any way I can."

"Boo Boo Bear's Mission" is available at most bookstores for \$17.95. A portion of the proceeds from the sale of the book will be donated to military family programs. More information as well as contact information can be found at boo-boo-bears-mission.net.

Pictured above: Mary Linda Sather, author of "Boo Boo Bear's Mission," signed copies of her book at Fitger's Bookstore Dec. 5, 2009. Illustrated by children of both civilian and military families, the book details Boo Boo Bear's journey to Iraq and back home. Photo by Staff Sgt. Scott J. Herrington

FIFTEEN 148TH MEMBERS RECIEVE WALDON SCHOLARSHIP

BY MAJ. AUDRA A. FLANAGAN

The Freemasons of Minnesota, representing 161 Masonic Lodges across the state, support several scholarship programs for Minnesota high school graduates and postgraduate students. In 2007, they began offering the General Edward W. Waldon Scholarship, named in honor of Masonic Past Grand Master and retired Major General Edward W. Waldon who once commanded the Minnesota National Guard's 47th "Viking" Infantry Division. The \$1,000 scholarships can be used to pay tuition at the member's school of choice.

The Freemasons are guided by their core values of Freedom, Integrity and Tolerance. Since 2007, the Freemasons have given \$500,000 worth of scholarships to Minnesota Guard and Reservists who have served overseas in combat zones since 9/11.

Congratulations to the following 148th Fighter Wing Scholarship Recipients:

SSgt Cyrus Beckwith
SrA Crystal Boben
TSgt Jon Fisk
SSgt Timothy Fuller
SSgt Molly Hannon
TSgt Bryce Hanson
TSgt Elizabeth Hansen
TSgt Sarah Kleckner
TSgt Pat Lawler
TSgt Danielle Luukkonen
SSgt Eric O'Hara
TSgt Mark Scheib
MSgt Conrad Slocum
MSgt Dawn Teachworth
TSgt Julie Tomaska



Free & Fun

Parent/Child Playgroups!

All military families with children ages 0-3 are invited to the Parents as Teachers- Heroes at Home Playgroups. Bring your entire family and wear comfy clothes!

Learn how to support your child's development with fun activities:

- Expand language development skills with rhymes and songs
- Develop healthy motor skills
- Support social development through interactions
- Learn music & movement activities you can do at home
- Meet new military parents and their young children
- Meet certified parent educators: Terri Konczak & April Olson

Playgroup Dates & Locations:

Thursday Jan. 28, 6-7 PM - TOPIC - Music & Movement
Thursday Feb. 25, 6-7PM - TOPIC - Gym Night

Hermantown Area Family Resource Center (ECFE)
5028 Miller Trunk Hwy, Hermantown, MN 55811

Please RSVP to your local Family Programs Office:

Jennifer Kuhlman: 218-788-7833
jennifer.kuhlman@mndulu.ang.af.mil

Shawn Valentine: 218-723-4852
shawn.valentine1@us.army.mil

WINTER EXERCISE

BY CAPT. DAN L. MARK - MEDICAL GROUP

Approximately 65 percent of Americans are overweight or obese placing them at risk of developing substantial health problems and shortened lifespan. Thirty minutes of physical activity on five or more days a week has been shown to significantly reduce the risk of cardiovascular disease, diabetes mellitus, high blood pressure, depression and anxiety, and joint pain. Barriers to exercise for most Americans include time, convenience, and safety.

Winter is here and with it comes a variety of outdoor activity options to stay in shape or initiate a new exercise program. With proper planning these activities can be safe, convenient, and enjoyable and offer a new way of looking at winter. Cold weather activity can be divided into two general groups;

1. Gravity based sports include sports such as downhill skiing, snowboarding, and ice climbing. These tend to be power or high exertion activities with periods of rest and recovery.

2. Cardiovascular based sports include sports such as running, snow-shoeing, x-country skiing, skating and backcountry hiking. These activities involve sustained low to moderate exertion for a prolonged period of time.

No matter what type of winter activity you choose, set reasonable expectations and follow the guidelines listed below for a safe and comfortable experience.

1. Dress properly. It is easy to overdress. A general rule is that you should feel slightly cool at the start of your activity. You will sweat and your body will generate enough heat to make it feel 30 degrees warmer than it actually is. Layering is key. Avoid cotton and stick with synthetic materials which can wick sweat away from your body. Top it all off with an outer shell that is breathable and waterproof. If the temperature drops to below 0 degrees Fahrenheit or you have asthma, you may need to cover your mouth.

2. Be aware of the risk of frostbite and hypothermia. With cold weather your blood is shunted to your core placing your hands, feet, and head at risk of frostbite. Layered gloves and an extra pair of socks can protect your hands and feet, and a headband,

hat, or balaclava will protect your head.

3. See and be seen. Be sure to wear reflective gear if you are exercising in the early morning or late afternoon. LED headlamps are also helpful.

4. Remember your sunscreen and sunglasses. The sun will reflect off the snow and can put exposed skin at risk of sunburn. Be sure to use sunglasses with UVA and UVB protection. Sunglasses or goggles will also protect your eyes from the drying effects of the wind.

5. Stay hydrated. Cold weather exercise is similar to warm weather exercise when it comes to fluid loss from sweat, breathing and urine production.

Whether you are beginning an exercise program or are looking at a way to stay in shape until spring, winter training can be a fun, challenging, and invigorating way to stay fit and avoid the winter blues.

THE GOLDEN ANNIVERSARY OF THE CHIEF



On Oct. 2, 2009, 52 148th Fighter Wing Chiefs, past and present, gathered together to celebrate the Golden Anniversary of the Chief's Rank. Photo by Jennifer Kuhlman



ESGR - BREAKFAST WITH THE BOSS

148th Fighter Wing members and their employers pose in front of an F-16 during the annual Employer Support of the Guard and Reserve (ESGR) Breakfast with the Boss on Oct. 29, 2009. The event featured a breakfast, briefing and a tour of 148th facilities. For more information on ESGR visit ESGR.org. Photo by Tech. Sgt. Brett R. Ewald.



BY CHIEF MASTER SGT. MICHAEL D. LAYMAN

As you read this article the 148th Fighter Wing will be only be The Minnesota Combined Chief's Council from the 148th Fighter Wing and the 133rd Airlift Wing sponsor a senior Non-Commissioned Officer refresher course each year at Camp Ripley. The course was the vision of State Command Chief A.J. Long who enlisted the support of several senior NCOs with education backgrounds to devise and administer the initial course. The course has changed every year with several different instructors presenting many different topics for discussion. The course has been supported and promoted by both wing's leadership and attendance has become standard for every Chief promotion.

The course has achieved two valuable goals. It has brought a cooperation between the Chiefs from both wings as the course is operated jointly with instructors and facilitators from both wings actively involved in the planning and execution of the course, and it has provided an introduction of our Senior Master Sgts. to their contemporaries from the opposite wing as well as challenging their thinking in a few areas outside their normal duties.

I had the distinct pleasure of sharing some thoughts on leadership with this year's group and I would like to share a small part with you. These thoughts are a collection of thoughts from my background, but I used a book by John Maxwell for the outline. The Air Force core values match up with these individual qualities. Think of how these two qualities fit in with the core values. There are many different personal qualities that make a leader. Let's look briefly at two of them.

Character

Crisis doesn't create character, but it reveals it. Each time we are confronted with an adverse situation, a crossroads is presented to us. We can take the high road or the low road with every decision we make. A decision based on beliefs makes an individual stronger even if it brings negative consequences.

Character is a choice; many things in life we cannot choose, but we create our character with every choice we make.



BULLDOG ENLISTED COUNCIL

BY TECH. SGT. ADAM E. WABROWETZ

The problem with a "New Year's resolution," is exactly that, it's a new year's resolution. The resolution we attempt to apply to our lives often ends up being short term. Instead why not make a "New Life" resolution? You could classify it more as an attitude adjustment, and with determination, something that could change your life forever.

How many times have we set those New Year's resolutions to find ourselves only weeks down the road slacking and eventually giving up all together? So, whether your resolution is to have more patience with your spouse, finish your schoolwork on time, quit smoking, give more to charity or the all time favorites, eating healthier and exercising; decide right now that you will make that change for every year to come, not just this year.

By surrounding yourself with other likeminded people, you drastically improve your resolution success. Become an Active Member of BEC. BEC – short for Bulldog Enlisted Council

We can either cop out or dig out of a difficult circumstance; either bend the truth or to stand under the weight of it.

G. Alan Bernard said, *"The respect that leadership must have requires that one's ethics be without question – Not right or wrong, but above gray."*

A man brought his daughter to the fair and she asked for a big stick of cotton candy. He said, "Can you eat all that?" Her response was "I'm a lot bigger in the inside."

Character is being bigger on the inside.

Courage

Winston Churchill said, *"Courage is rightly esteemed the first of human qualities... because it is the quality which guarantees all others."*

Courage begins with an inward battle, every test you face as a leader begins with you. It is not the absence of fear; rather, it is doing what you are afraid of. It involves making things right, not merely smoothing them over. Courage involves standing on conviction (just as character does). If you cannot compromise, you will never be a good manager; if you cannot stand alone on your conviction, you will never be a great leader. Be courageous in your life, take the plunge and do something your afraid of and you will grow as a person.

Martin Luther King Jr. said, *"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."*

Two comments about courage: (1) The desire for safety stands in the way of every great undertaking. (2) What is ironic is that those who do not have courage to take risks and those that do experience the same amount of fear.

The Senior NCO Refresher Course was a good idea that has been transformed into a great opportunity for our senior NCOs to gain an exposure to a variety of presentations and offers a great time for Minnesota's two Air Wings to interact.

meets monthly on the Sunday of each guard drill at 9:00 a.m. All 148th Fighter Wing enlisted guard members are members of BEC and have an opportunity to become involved in one of our four current committees: Rookie Ranks, Military Ball 2011, Fitness Challenge and Its Your Career – Briefings. Committees are created based on the goals and objectives of other members just like you. Additional committees will be formed as active involvement increases. We look forward to seeing and hearing from you!

POC: Airman First Class Kayla Goorhouse, Council Vice President kayla.goorhouse@mndulu.ang.af.mil



SENIOR AIRMAN

Josh Niemi

WHY I SERVE:

"It has run in my family for a long time. I saw it as a good experience and a way to meet some great people."

HOMETOWN:

Carlton, MN

AFSC:

Pavements and construction
Equipment Operator

DEPLOYMENTS:

2010 - Bagram Airfield
Afghanistan



CIVIL ENGINEER

Photos by Master Sgt. Jason W. Rolfe
Graphic Illustration by Tech. Sgt. Julie M. Tomaska

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BulldogBits

By Col. Penny J. Dieryck

It's Wednesday, Dec. 2, 2009 and we still do not have any snow, which is unbelievable for us Northern Minnesotans. It didn't dump on my house during the Minnesota Firearms Deer Hunting season, so I didn't have to shovel while my spouse was enjoying the woods, hunting shack, and camaraderie with his friends. Thank you, God!

Our role today as base leaders and Senior Non-Commissioned Officers was to help develop a way ahead for the 148th Fighter Wing to coincide with the future missions. Our keys to success were to be open-minded, actively engaged, and remember the big picture of having F-35's Joint Strike Fighter (JFS) on our ramp by 2020-2025. We brainstormed how the Wing facilities should be laid out, striving to meet our needs efficiently and effectively. The parameters to handle were the environment, energy efficiency, land use limitations, and anti-terrorism/force protection factors. We invited the Duluth Airport Authority to be a part of our process due to the fact that the more we can work together, the better off both agencies will be. One hope would be the extension of the cross runway 3/21. This project alone would be a huge benefit to the Air National Guard and to the civilian sector giving the Wing two runways within 50 miles of the base which is a requirement of the JSF, i.e. off we go into the Wild Blue Yonder!

Not only are we in the process of looking at the "Art of the Long View" we are also preparing for an Alert Force Evaluation. We're shining up the aircraft, reviewing the technical manuals, cleaning out FOD containers, and memorizing the duress words for an impending inspection of our air sovereignty mission. A

First Air Force Staff Assistance Team provided the Wing with a holiday gift of their presence the first week of December. The crew chiefs, pilots, security forces, mission support and Wing once again were challenged with the opportunity to find the bad guy in the air. The AESIRS successfully found the SPAD and confronted it in the air. The 1AF SAV Team saw the 148th light their afterburners and excel a positive rating and now await the official inspection by the United States Northern Command sometime in the near future. Bring it on!

In addition to the Alert Force Inspection next year, we are also preparing for an Environmental Occupational Safety and Health Assessment in April, a Standardization/ Evaluation check for our pilots in June, and an Air Combat Command Unit Compliance Inspection in December. We look forward to shining during all these higher headquarters checks. Let's look forward to a great year, having some fun, and showing the teams our "Bulldog Proud Tradition" to "Expect, Provide, and Be the Best!"



Pictured above: U.S. Air Force Lt. Gen. Harry Wyatt, Director of the Air National Guard, poses next to Senior Master Sgt. Anthony Beatrez and Staff Sgt. Kirk Suonvieri, 148th Intel, and the Raytheon Trophy at the 148th Fighter Wing Air National Guard base in Duluth, Minn. Dec. 11, 2009. Beatrez and Suonvieri were both recognized with a coin from Lt. Gen. Wyatt for their dedication to the wing and past deployments. Photo by Master Sgt. Jason W. Rolfe

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