

# ON FIVE

JULY/AUGUST/SEPTEMBER 2010





**Lucky to be Alive:**

It's the flex day after the Fourth of July holiday. The weather is perfect and I'm on my way to pick up my wife from work. I'm stopped at the intersection of Hermantown and Lavaque

Roads which, by the way, is a four-way stop.

A grey haired gentleman driving a Ford F-250 to my left reaches the intersection first and has the right of way. No one is stopped in the other two directions. The F-250 is big, black and covered with custom installed chrome, all gleaming in the bright sun. I watch as he begins to pull into the intersection, then I'm puzzled as he slams on his brakes; remember, there are no cars stopped in the other two directions. Suddenly, a small beige GM car flies through the intersection from the grey haired gentlemen's left. There is no indication of the driver attempting to slow down or even being aware of the intersection, let alone the stop sign. As the car passes on my left, I notice a young lady driving with her full attention focused on the cell phone in her right hand. The driver of the F-250 and I look at each other, shake our heads, and politely go on our way.

Col. Stokes, Lt. Col. Schaumberg and I had the pleasure of attending the Air National Guard Executive Safety Summit in Ft. Worth, Texas in June. The agenda for the first day focused on ground safety, specifically automobile related safety. The speakers represented the Highway Loss Data Institute, the National Safety Council and the National Highway Traffic Safety Administration. Mr. Hazelbaker from the Highway Loss Data Institute presented a series of crash test dummy video clips showing what happens when vehicles crash into each other, including when small vehicles collide with large vehicles; i.e., small GM car vs. F-250. Ms. Froetscher of the National Safety Council spoke about the current epidemic of accidents caused by



*Col. Steven Wabrowetz*

inattentive driving, particularly due to texting and cell phones. Ms. Froetscher quoted three facts that stick in my mind: 1) statistics show that hands free cell phones do nothing to reduce the distraction of using a cell phone; 2) texting or talking on a cell phone while driving reduces your field of vision by greater than fifty percent; and most importantly, 3) the annual nationwide death toll in accidents caused by inattentive driving, specifically texting and cell phone use, is rapidly approaching that of deaths caused by DWIs!

It was all great information presented at the Summit, but as in most lectures, you take the information and absorb what you want. It takes real life experiences to get true value from what you've learned. After turning left onto Hermantown Road on that bright sunny day, I realized that I had just witnessed how close a young lady came to becoming another statistic. It was only due to the attentive driving of the grey haired gentleman that an accident was avoided. Somewhere out there in the Duluth community, there is a young lady who owes her life to a grey haired gentleman driving a big black F-250; and she doesn't even know it.

As the 148th Fighter Wing continues to slug its way through the Block 50 conversion, every single member of the Wing is critical to our success. It doesn't matter if you are a pilot, a maintainer, a cook or a fire fighter, a Technician, an AGR, a State employee or a Traditional member, you are absolutely crucial to meeting the Wing's established goals. Do you talk on your cell phone or text while driving? I used to on occasion, but no longer. Next time you text or talk while driving, you may not have an attentive grey haired gentleman watching out for you. What I witnessed in less than one second that day drove the lesson home for me. What could possibly have been so important to the driver of that beige car, that she was willing to risk her life for that conversation? She truly is, lucky to be alive!

**RETIRED PAY POINT OF CONTACT**

**Who do I contact with Retired and/or Annuitant Pay questions?**

ARPC or DFAS Contact ARPC using the Total Force Toll Free number: 1-800-525-0102

You may also contact DFAS Retired Pay for all branches of service at: 1-800-321-1080

Another option is to submit your Retired Pay inquiry through the web. Use the following address to access the customer inquiry form: <https://ca.dtic.mil/dfas/s-retired/ret-pay.htm>. Visit the DFAS Retired and Annuitant Home Page at: <http://www.dfas.mil/retiredpay.html> for more information.

This funded Air Force newspaper is an authorized publication for members of the U.S. Military services. Content of the ON FIVE are not necessarily the official views of, or endorsed by, the Department of Defense, the Department of the Air Force or the National Guard Bureau. The editorial content is edited, prepared and provided by the Public Affairs Office of the 148th Fighter Wing at Duluth, International Airport, Duluth, MN 55811-5000.

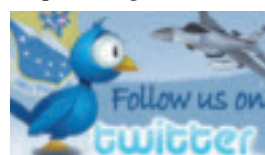
- COMMANDER Col. Frank H. Stokes
- VICE COMMANDER Col. John H. Spencer, Jr.
- PUBLIC AFFAIRS OFFICER Capt. Julie M. Grandaw
- 2nd. Lt. Jodi L. Kiminski
- WING EXECUTIVE STAFF OFFICER Maj. Audra A. Flannagan
- EDITOR Tech. Sgt. Julie M. Tomaska
- PUBLIC AFFAIRS STAFF - Senior Master Sgt. Ralph J. Kapustka,
- Master Sgt. Jason W. Rolfe, Tech. Sgt. Brett R. Ewald, Staff. Sgt. Nancy L. Hanson, Tech. Sgt. Margaret R. Engebretson, Tech. Sgt. Amie M. Dahl, Staff Sgt. Donald L. Acton, Staff Sgt. Scott G. Herrington, Senior Airman Sarah Hayes.
- PRODUCTION COORDINATOR Master Sgt. Paula J. Kane

This photo-offset publication subscribes to and uses the services of AFPS, AFNS, and NGAUSPS. Material from other sources will be credited with proper bylines.

Year 2009 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

UTA	SUTA
07-08 Aug	28-29 Aug
11-12 Sep	25-26 Sep
02-03 Oct	23-24 Oct
20-21 Nov	None Nov
04-05 Dec	None Dec

**ON THE COVER...**Air National Guard Fire Fighter Aaron Nelson and Tech. Sgt Nick Downs, 148th Fighter Wing, fight a fire during a Major Accident Response Exercise (MARE) of a commercial airliner crash at the Duluth International Airport, Minn., June 3, 2010. The MARE was held in conjunction with local, state and federal emergency response agencies to test and validate emergency



response capabilities. Photo by Master Sgt. Jason W. Rolfe. Graphic Illustration by Technical Sgt. Julie M. Tomaska.



## 148TH FIGHTER WING PARTICIPATES IN EMERGENCY RESPONSE EXERCISE

BY 2ND LT. JODI KIMINSKI

Members of the 148th Fighter Wing participated in a Major Accident Response Exercise (MARE) at the Duluth International Airport on June 3, 2010. The exercise was held in conjunction with local, state and federal emergency response agencies to test and validate emergency response capabilities. "The exercise gives us and other emergency response services an opportunity to work together and ensure our standing operating procedures are up to speed," said Col. John Spencer, 148th Fighter Wing Vice-Wing Commander. "It's not the first time we've done it and it won't be the last."

The exercise also gave the 148th Fighter Wing an opportunity to exercise their command and control capabilities, delegation of responsibility, set-up and communications. Military specialties involved in the exercise included security forces, communication, public affairs and other support personnel. The Federal Aviation Administration requires that all certified airports conduct a full-scale emergency exercise at least once every three years, and was a requirement in preparation for the upcoming Duluth Air and Aviation Expo. The airport also hosts annual tabletop exercises with local agencies, to include the 148th Fighter Wing.

More than 100 emergency responders and military personnel, along with dozens of fire trucks, ambulances and rescue vehicles participated in the aircraft crash disaster drill. Some of the other agencies involved include the Duluth Airport Authority, the Federal Bureau of Investigation, the Federal Transportation Security Administration, the St. Louis County Sheriff's and Medical Examiner's Office, Gold Cross Ambulance and the Duluth Fire and Police Departments



*Top Left: 148th Fighter Wing firefighters enter a simulated commercial airliner during a Major Accident Response Exercise (MARE) at the Duluth Airport June 3, 2010. The MARE was held in conjunction with local, state and federal emergency response agencies. Bottom Left: Air National Guard Fire Fighter Joel Anderson (left) and Carl Anderson (center), both 148th Fighter Wing Assistant Fire Chiefs, communicate with a Gold Cross EMT during a Major Accident Response Exercise (MARE). Photos by Master Sgt. Jason W. Rolfe.*

## SECURITY FORCES RETURN FROM DEPLOYMENT

BY MAJOR AUDRA FLANAGAN

Family and friends gathered on a cold and rainy day to welcome home nearly 35 Duluth, Minn., based 148th Security Forces members who were deployed to southwest Asia in support of Operation Iraqi Freedom for nearly seven-months.

Billie Jean "Bea" Hawley had two reasons to be happy. Bea is the spouse of Master Sgt. William Hawley and mother of Staff Sgt. Nathaniel Hawley, both of whom returned today. Upon returning, Master Sgt. Hawley told family and friends that "none of this was possible without the support of the families back home." There won't be a lot of relaxing for the Hawley's this weekend. The family will travel to St. Paul from Ely to watch William receive his Master's Degree from Concordia University.

148th Mission Support Group Commander, Col. Penny Dieryck enjoyed "watching our Airmen who returned walking taller and being prouder about serving their country." She said they "did a stellar job at their deployed location." The Security Forces specialists left in October for Fort Dix, New Jersey where they received additional combat skills training to prepare them for their deployment. Of the 35 personnel who deployed, 22 of them had previously deployed to southwest Asia; locations include: Manas Air Base, Kyrgyzstan (2006), Baghdad, Iraq (2005 & 2006), the United Arab Emirates (2002), and Diego Garcia (2005).



*[Left] Chief Master Sgt. Susan Ksicinski, Security Forces Superintendent, is greeted by wing leadership as she gets off a plane at the Duluth, Minn., International Airport May 13, 2010. [Right] Senior Master Sgt. James Picconatto, 148th Fighter Wing Security Forces, embraces his three daughters as he arrives home at the Duluth, Minn., based Air National Guard base May 13, 2010. Photos by Master Sgt. Jason W. Rolfe.*

## MEDICAL MINUTE - LIFESAVING PRESCRIPTION AVAILABLE

BY LT. COL. CLARICE KONSHOK

Physicians are making use of a lifesaving prescription. The benefits of this prescription are greater than any other single medicine available and include a 30% decreased risk of dying from any causes, 20% decreased risk of heart disease at low dose (30% at higher dose). It also leads to a decreased risk of ever developing diabetes or high blood pressure, or if you already have them it can help lower blood pressure and control blood sugars. This new prescription even reduces the risk of lung, colon, uterine and ovarian cancer by 20-30%. For the elderly, it reduces the risk of falls by 30% and improves brain function, meaning less risk of Alzheimer's dementia.

Sound too good to be true? The prescription costs essentially nothing to fill other than an investment of time. Side effects are limited. It actually reduces feelings of depression while people take it and can give people a general sense of well being while they are on it. What prescription can do all this? Exercise! The above is only a partial list of benefits. Virtually no other

prescription has the same weight of scientific evidence behind it supporting the benefits.

The government has published guidelines for physical activity. For adults the recommendation is a minimum of 150 minutes (2.5 hours) per week of moderately intense exercise with muscle strengthening activities for all major muscle groups two or more days per week. Not surprisingly, the higher the "dose" of exercise, the greater the benefits.

For military members, our motivation to "fill" this prescription should be high with the upcoming annual physical fitness testing, but based on the list of benefits, this should be a prescription that we all want to fill not only for ourselves, but also for our family members. Making a regular time or appointment for exercise and keeping it as a high priority can help. Breaking it into small doses (even 10 minutes at a time) does not decrease the effectiveness of exercise. Find an exercise partner or "wingman," set a goal, make sure you have good shoes, and just do it.

## PROMOTIONS

### APRIL

HAYES, SARAH, HQ, SRA  
SLOTNESS, KAPRI, CES, SRA  
JONES, KEVIN, CES, SRA  
PETERSON, ANTHONY, CES, SRA  
LARSON, DARIN, MDG, SRA  
REED, BRANDON, AMXS, SRA  
GRASKEY, SEAN, AMXS, SRA  
HANNA, THOMAS, CES, SRA  
LAGARDE, ALICIA, CES, SSGT  
LUNDBERG, PHILIP, AMXS, SSGT  
OLSON, CHRISTOPHER, MXS, SSGT  
HENDERSON, JESSICA, MXS, SSGT  
GRESSMAN, WAYNE, MXG, MSGT  
LANG, JOHN, MXS, MSGT  
LUKE, GARY HQ, CMST

### MAY

RICH, NICHOLAS, AMXS, SRA  
OLSON, RYAN, AMXS, SRA  
LACOURSIERE, STACEY, MXS, SRA  
FLANNIGAN, BRADLEE, AMXS, SRA  
BECKWITH, LUKE, AMXS, SRA  
WICK, ERIC, AMXS, SRA  
KRIZNAR, KELLEY, MSG, SRA  
LUNDBERG, LAUREN, OG, SRA  
KARNAU, GABRIAL, CES, SSGT  
ARVIDSON, BRADY, MXS, SSGT  
REHBEIN, JOSHUA, MXS, TSgt  
BERGL, THOMAS, FSS, TSgt  
VANROSSEM, MARK, AMXS, TSgt  
BERGMAN, DEVIN, AMXS, MSGT  
GRUENHAGEN, MICHAEL, AMXS, MSGT  
MILLER, JILL, HQ, MSGT  
PANULA, JAMI, FSS, MSGT  
SLOAN, MELANIE, FSS, MSGT

### JUNE

CARLSON, DANIEL, OSF, AMN  
ST JOHN, MICHAEL, AMXS, AMN  
DAVIDSON, LUKE, FSS, AMN  
HARTWICK, STERLING, MXS, SRA  
HOLT, JONATHON, MXS, SRA  
POPPENBERG, ANDREW, MXS, SRA  
JEROME, KIRSTEN, MOF, SRA  
LUND, ASHLEY, MOF, SSGT  
WHEELER, ASHLEY, OSF, SSGT  
STEPP, JACOB, AMXS, SSGT  
CLANCEY, BRIAN, AMXS, SSGT  
WARD, BENJAMIN, SFS, SSGT  
SUONVIERI, KIRK, OG, TSgt  
SHATTO, LORA, LRS, TSgt  
HEWITT, APRIL, LRS, TSgt  
ION, DAVID, LRS, MSGT  
WIGG, DAVID, MXG, MSGT  
ADAMSKI, STEVEN, AMXS, SMSGT  
CHEHOCK, BLYE, MXG, SMSGT  
CHESLAK, JENNIFER, FSS, SMSGT

## ONLINE PERSONNEL SERVICES AND TOTAL FORCE CENTER SUPPORT - ANG MEMBERS

Do you want to avoid waiting in line at your Military Personnel office? Did you know that you can perform many personnel actions from your home using a variety of online services? For ANG members, the virtual Personnel Center-Guard and Reserve (vPC-GR), the virtual Military Personnel Flight (vMPF), and the Personnel Record Display Application (PRDA) are all online services and available for your use 24/7. Some of the applications available in vPC-GR include, initiate and process decoration nominations; request corrections or changes to your federal awards and decorations; view your duty history and request a correction or change to your duty history; submit a voluntary separation discharge/resignation or retirement application; write, sign, and submit evaluation's including LOE's and request a copy of your EPR/OPR forms. Applications for your use in vMPF include view/print a visual display of your federal awards and decorations; view your data verification brief, access your record review and update some of the data; as well as update your emergency data information. The Personnel Record Display Application (PRDA) allows you to view and print forms from your official military personnel record.

You can access vPC-GR, vMPF and PRDA from the AF Portal, [www.my.af.mil](http://www.my.af.mil), under the Top Portal Links section. For an all inclusive view of what services are available, please refer to the Online Personnel Services Brochure. A copy can be obtained from your Military Personnel office or you can view/print a copy from the Air Force Portal, Life and Career Tab, ANG Page.

The Total Force Service Center is available for customer support and provides processing for online services. Contact the Total Force Service Center (TFSC) at 1-800-525-0102, if assistance is needed.

## HOMETOWN HEROES SALUTE!



The Air National Guard's Hometown Heroes Salute campaign was launched to celebrate and honor our Airmen, families, communities and those special supporters who have significantly contributed to supporting our Airmen and the ANG's mission. ANG units have outstanding recognition programs which are deeply rooted in each individual unit's heritage and traditions. The Hometown Heroes Salute campaign is one of the ANG's largest Airmen Recognition endeavors in history and is intended to supplement these rich traditions.

### 148TH FIGHTER WING GETS NEW WINGS

BY 2ND LT. JODI L. KIMINSKI

Fighter pilot Lt. Col. Reed Bowman was all smiles when the first F-16 Block 50 landed at the Duluth Air National Guard (ANG) Base April 27, 2010. "You don't believe it until they're sitting on the ramp in front of you and you're ready to start work on them and we're there today," said Bowman, 148th Fighter Wing (FW) Conversion Officer. "This has been in motion for many, many months and the work to get us into this position took years."

The planes, the first of 20 the Air Force is transferring from the 22nd Fighter Squadron at Spangdahlem Air Base, Germany, will replace the 148th's current Block 25 F-16s. Past and present members of the unit, friends and family, along with state and local officials celebrated the arrival of the new aircraft during a ceremony at the Duluth ANG Base on Friday, April 30, 2010. "Our leadership, national, state and local, as well as the support we get from the community is the reason we're here. If nothing happened and those forces didn't rise up we would be shutting the doors," said Col. Frank Stokes, 148th FW Commander.

The 148th FW is the first Air National Guard Wing to convert to the Block 50 from the active duty Air Force, and one of only two Guard units in the country to fly them. In 2005, the 148th FW faced the loss of its fleet, and potentially hundreds of jobs, when the Pentagon recommended the unit's Block 25 F-16s be retired as part of the Air Force Base Realignment and Closure (BRAC). Instead, after years of hard work and support from state and national politicians, along with local community groups and leaders, the unit was awarded a new mission along with new aircraft providing the Wing ready capabilities well into the future.

"No base is more deserving of these planes than this base, Duluth and the 148th. Time and time again they've won awards because they're one of the best bases in the nation. They may be small but they're mighty and we wanted to make sure they got these planes," said U.S. Senator Amy Klobuchar (D-MN). The Block 50 aircraft boasts an improved engine with more thrust as well as enhancements to the aircraft structure. It also includes a greater computer capacity for future upgrades and improvements.

"Our previous airplane was like you bought a computer and just couldn't upgrade it anymore," said Bowman. "These new jets have almost limitless upgrade capability to the point where they'll be the second most capable we have in our inventory behind the F-22 until the F-35 comes online." Pilots and aircraft maintenance personnel are currently attending technical training for the new aircraft. All 20 of the new aircraft should be on base by the end of May. The conversion from the Block 25 to the new Block 50 aircraft will take approximately 18 to 24 months. "Today, we are at the top of all U.S. Air Force F-16 fighter wings," said Stokes. "It's a good day to be a Bulldog."

The National Guard Bureau-funded campaign will recognize those eligible Airmen who deployed for more than 30 consecutive days for operations Noble Eagle, Enduring Freedom and Iraqi Freedom, Hurricane Katrina and "all other contingency operations." Air National Guard officials anticipate the numbers of members to be saluted since Sept. 11, 2001, to be in the vicinity of 70,000 Airmen!

Eligible Airmen will be awarded a cherry wood encased letter of appreciation, enclosed with a commemorative coin, from the Air Guard director and command chief. A complete, three-tiered recognition system was incorporated that, in addition to the above, will award a framed American flag with inset coins for succeeding deployments of 180 to 365 consecutive days, and an eagle statuette for deployments more than 365 consecutive days. Airmen can earn all three awards, yet they cannot receive an award more than once. The program recognizes not only the Airman, but the Airman's family, i.e., spouse/significant other, and children. The Airmen can also decide on a "center of influence" in their community and present that person or organization with a special medallion of appreciation.

The 148th Fighter Wing Bulldog recognition committee has decided with wing leadership to present the Hometown Heroes Salute awards to its eligible members in September 2010. Examples of these awards are on display near the Great Lakes Inn.



*Distinguished guests of the 148th Fighter Wing pose in front of one of the wing's new F-16C Fighting Falcons at a wing celebration ceremony. Past and present members of the unit, friends and family, along with state and local officials gathered at the wing to celebrate the arrival of the new block 50 F-16C aircraft. Photo By Master Sgt. Jason W. Rolfe*

B U L L



148TH FIGHTER

D O G S



WING - MAY 2010

# 1ST ANNUAL BULLDOG ENLISTED COUNCIL MEATBALL 5K RUN

BY MASTER SGT. MARK J. WASSERBAUER



Eighty-five members of the 148th Fighter Wing braved the windy weather and overcast skies on April 10, 2010 for the first annual 148th Bulldog Enlisted Council (BEC) Meatball 5K Run. Senior Airman Jordan Richards crossed the finish line first with a time of 20:05, followed closely by Technical Sgt. Justin Pedersen (20:20) and Master Sgt. Mark Watzak (20:47). The top female runner was Staff Sgt. Alexandra Olson with a time of 23:46, followed by Staff Sgt. DessaRae Erickson (24:47) and Airman 1st Class Lauren Lundberg (25:06).

As part of the 5K race, the BEC partnered with Second Harvest Northern Lakes food bank to host a local food drive. All race participants were asked to donate either a non-perishable food item(s) or cash donation as part of the registration fee. As Duluth's only Food Bank, they are the sole distributor of nationally and regionally donated food to over 140 charitable

feeding programs including 34 regional food shelves, soup kitchens, and shelters in the Duluth area. As a non-profit food bank, Second Harvest's primary role is to provide food to the front-line charitable agencies that offer meals to the hungry but they also provide food directly to over 1,000 people per month as part of their own direct service program. The event raised 268 pounds of donated food items and \$65 in cash for Second Harvest.

The event, a brain child of the BEC Fitness Committee, was a huge success! Our goal was to help jumpstart members as we prepare for the Wing's annual Fitness Assessment in September, building camaraderie amongst Wing members, and promoting an active, healthy life style while also providing much needed help to the local community who struggle to put food on the table. Congratulations to all the Bulldogs that participated in the 5K and also to all those who volunteered to help out! We hope to see you all next year!

## DEPARTMENT RECOGNIZES BEST RESERVE COMPONENT FAMILY PROGRAMS

BY LISA DANIEL - AMERICAN FORCES PRESS SERVICE

Defense Department officials recognized the best in National Guard and reserve family programs saying such efforts are critical to combat readiness. "If we lose the support of our families, if we lose the support of our employers, we will be put out of business," said Dennis M. McCarthy, assistant Secretary of Defense for reserve affairs. "The sustainment of these family programs isn't just a nicety. There is a direct connection in their success and our operational readiness and our ability to succeed in combat."

McCarthy presented each of the seven winners with an engraved plaque during a Pentagon ceremony, and heralded the efforts of today's military families. Retired Navy Vice Adm. Norb Ryan Jr., president of the Military Officers Association of America accompanied McCarthy in presenting the awards. "You are our heroes," Ryan told the attendants. "You've carried us on your shoulders. We know you are the strongest and most resilient families this nation has and we need for you to be the strongest and most resilient. "You have stretched and strained in manners I can only imagine," Ryan continued. "Nothing is more important than your support."

Defense Secretary Robert M. Gates, who is traveling and could not attend the ceremony, provided a statement of congratulations to the award recipients. "The National Guard and reserve is integral to everything the military does, and never more so than in the past decade." Gates said in his statement that it is "absolutely critical" to mission readiness that troops know before they deploy that their families will be okay. "We've been treated to a description of what are arguably the best of the best programs," McCarthy said, "but we all know there are many, many more out there. If we do nothing else, we must support them because they are the backbone of our organization."

One of the many practices that helped win this award is that the 148th Fighter Wing contacts each new member's family and tracks every family's ability to have contact with their deployed service member. Jennifer Kuhlman is the wing's family program coordinator at the 148th. She has been instrumental in each of the deployments that deployed over 1,400 personnel to other countries in the past three years.



*L to R: Brig. Gen. Johnson, Maj. Gen. Buddy Titshaw (Special Assistant to Dir ANG), Tech. Sgt. Julie Tomaska, Command Chief Master Sgt. Laymann, Minnesota Representative, Jim Oberstar, Chief Master Sgt. Dean Kuhlman, Jennifer Kuhlman, Lt. Col. Mark Vavra, Master Sgt. Ryan Niesen, Col. Penny Dieryck, Secretary Dennis M. McCarthy, Assistant Secretary of Defense (Reserve Affairs) and Vice Adm. Norb Ryan, Jr., USN (Ret).*



# 41ST ANNUAL MNGEA CONFERENCE

BY MASTER SGT MARK J. WASSERBAUER, MNGEA PRESIDENT-ELECT



The 41st Annual Minnesota National Guard Enlisted Association (MNGEA) Conference was held at the Country Inn & Suites Hotel in Mankato, Minnesota, April 23-24, 2010. Although the registered numbers were the lowest in conference history, Chapter 48 (Duluth) had the largest group with 16 delegates. The event kicked off Friday with business meetings and committee breakouts in the afternoon followed by a mixer later that evening (themed "Viva Las Vegas"). Maj. Gen. Larry Shellito and his wife Evonne, both strong supporters of MNGEA, spoke to members informing us that this was their last conference in an "official" capacity. Lots of constructive discussion and work on several resolutions continued throughout the day, addressing many quality of life concerns of our fellow National Guard enlisted corps and military veteran benefits. These resolutions will go forward to the Enlisted Association of the National Guard of the United States (EANGUS) conference later this year.

An awards banquet signified the close of the conference showcasing keynote speaker Command Chief Greg Close, Minnesota State CCM. On behalf of Chapter 48, we would like to thank all those who attended this year's conference and invite everyone to next year's conference taking place April 29-30, 2011 in Otsego, Minn. (near Elk River in the Twin Cities). We appreciate your continued support of your Minnesota National Guard Enlisted Association! **OUR ENLISTED VOICE!! STRENGTH IN NUMBERS!!**

## CHIEF'S CORNER

BY CHIEF MASTER SGT. PAUL NEPHEW

Navigating Change, you can either embrace it, or it may quickly pass you by. Personally, I like the word transition better, change seems final, where transition only has a high probability of occurring. I've been a member of the 148th Fighter Wing for 25 years. During this time I've seen the mission, aircraft, buildings and personnel change.

The new "fit to fight" physical training (PT) standard has been the topic of much discussion. As we transition into a more physically fit Air Force, we need to embrace this challenge with a positive attitude, and encourage all levels of participations. Don't wait until September; get started on a training program now.

Furthermore, I've learned over the years; never leave a position or promotion to chance. This takes a lot of hard work and dedication. However, you'll be surprised what can happen if you have your "ducks in a row." Professional Military Education (PME), I know, I've heard all the excuses. However, there's a 100% chance you won't get promoted if you don't have it done. Over my career I've been fortunate to have received three surprises, Technical Sgt., Master Sgt. and Chief Master Sgt. This wasn't an accident, through (strong) supervisor encouragement, and being proactive, I had my courses done; "ducks in a row."

When unexpected opportunity for promotion came, I was prepared. Therefore, making leaderships decision easier.

In addition, the 148th has been a wonderful employer, the opportunities afforded me have been endless. Not only do I believe in the 148th, it believes in me. Never was that more evident than when they surprised me with the promotion to Chief Master Sergeant under the Exceptional Performance Program (EPP), one of the highest points in my career. I believe very strongly that my success today was founded and built by the 148th, past supervisor, mentors, and even basic training has played a significant role in my career and civilian/military life.

In closing, I'd like to say becoming a Chief has been a humbling and rewarding experience, my job is to grow and groom our Airmen to one day take my place, and ensure that they have the equipment and tools to do so. My philosophy is; "lead by example, I'll give you the tools to do your job, and then let you do it." I'll encourage and praise as needed, and make corrections when necessary. Positive reinforcement is extremely important in developing competent, professional and polished Airman.

I am proud of the many committed, creative and passionate Airman of the 148th Fighter Wing. Together we can continue the legacy, proudly passed down by those before us.



## BULLDOG ENLISTED COUNCIL COMPASS

BY TECHNICAL SGT. ADAM WABROWETZ

The Bulldog Enlisted Council would like to thank all who have made the most recent events held by the council possible. They include the 5K run and Rookie Ranks tours.

Upcoming events include; Family Day events in September, It's Your Career brief this fall and preparation for the military ball to be held on March 19, 2011.

Soon the Bulldog Enlisted Council will be going through a transition as new officers and new committee chairs are appointed later this year. This is still a very young council so the importance lies within the preparation leading up to the change. The goal is to ensure that there is a solid foundation that can be passed on to the next group of individuals who will take on the challenge of ensuring the success and longevity of the BEC.

When we begin something, it is most often with the intention of finishing that something or accomplishing a goal. We think

ahead, prepare and execute. What can we do individually to make sure that our objective comes to light? I've learned if you never give up, you will always succeed. Some people call it having a positive attitude, some people respect that failure is not an option and others make a choice. I've also learned if something out of your control stops you from achieving your goal, you now have the ability to establish a new and better goal that you otherwise would not have been ready for. So, whether you decide to have a positive attitude, decide not to fail or just make a choice; know that you have the ability to finish.

Accomplishing the objectives of the BEC takes involvement from every enlisted member. Our next council meeting will be Sunday, Aug. 8, 2010 at 9:00 a.m. in Building 252 – CES Classroom, and the Sunday of every UTA thereafter. BEC represents you! Come and be heard! See you there! Point of contact: adam.wabrowetz@ang.af.mil.

# 148TH RETIREES ANNUAL BREAKFAST AND MEETING

BY TOM SINNOTT

President Al Eastman called the meeting to order at 8:45 a.m. June 10, 2010 on the lighter side as usual. Larry Burda led the Pledge of Allegiance, gave the invocation, grace and had a moment of silence for retired members who have passed on since the last June. Those members include George W. Anderson, Russell D. Mertes, Jose Andres Alberio, John F. O'Niel, James Krysiak, Thomas Sirois, Gerald Gellerstedt, Marvin D. Anderson, Dale Fish, David H. Udd, Marvin W. Hickock, Edward Hogetvedt, Ralph Daniels, Dennis Welhaven, James A. Carter, James Karowsky, Herbert Tuckanen, Dwight Davis, Donald Elmore.

Col. Frank Stokes welcomed us and narrated a power point visual of the activities at the 148th over the past few years. Activities included deployments, Phase I and II ORI's, Alert Inspections, and Awards presented such as the Raytheon Trophy and the Outstanding Unit Award. The Unit remains over 100% Manning. Block 50 F-16's have all arrived and are being brought up to 148th standards, while Block 25's are leaving except for one to be mounted on a stand near Airport Road. The new mission will be very similar to the old "Wild Weasel" flying mission.

Infrastructure upgrades include a new Fuel Cell in progress and Fuel Storage will be relocated to the 148th side of the air field, the new Services Club to be located in bldg 240, hoping for a September Grand Opening. The Services Club still needs our "Buy a Brick Support."

The future vision includes the F-35 Strike Fighter. Command Chief, Chief Master Sgt. Mike Lyman briefed us on a recent meeting that he attended. He was told, "This is not your Fathers Air Force anymore." He briefed that Support troops are reverting to the role of Army Soldiers and the Air Force is no longer "Fighter Oriented." The Future is Army style support missions, Remotely Piloted Vehicles (RPV), Cyber Warfare (anti-computer) and Intelligence.

Newly retired Chief Master Sgt. Jodi Stauber briefed us on the Yellow Ribbon support program which includes working with members and their families during pre-deployment, deployed and post-deployment status, with three meeting periods on post-deployment. This is a fulltime contract position funded by the National Guard Bureau.

Retired Master Sgt. Stepanie LaFlaure briefed us on the Duluth Air Show July 16-18, 2010. Friday, July 16 is Military Appreciation Day and is FREE to military members and their family. (ID Required) The show will feature eight flying demo teams to include the Thunder Birds.

Chief Master Sgt. Trish Beaudry reminded us to update our ID card at age 65 to get current information into the Tricare System.

President Eastman opened the business meeting at 10:05 a.m.

James Jerome has replaced David Udd as the retirees representative to the Services Club.

1. Vote was approved to have a Retirees Dinner late Sept-Oct to include Spouses/Significant Other
2. Vote approved to donate \$100 to the 148th Family Support Program
3. Vote approved to donate \$100 to the Driftwood Estates Retiree Plant a Tree Program

Tom Sinnott was re-elected Vice-President and Larry Burda was re-elected Treasurer, both for two-year terms.

Upcoming meeting reminders: Monthly: 1st Monday, Supply/Support 9:00 a.m. at the Chalet, 1st Tuesday, Open to All, 8:30 a.m. at the Chalet, 1st Thursday, Maintenance, 9:00 a.m. at Embers.

Meeting Adjourned at 10:20 a.m. (90 in attendance)



*Civil Engineer Squadron families attended a Family Sustainment event at Sugar Lake Lodge 21-22 May. The purpose of the event was to prepare the families for the return and reintegration of their deployed service member. Several presenters were on hand for the adults and children to learn about what they could do to make it through the rest of the deployment phase.*

# 148TH FIGHTER WING BECOMES FIRST NATIONAL GUARD STORMREADY COMMUNITY

BY MASTER SGT. JASON W. ROLFE



*Mr. Michael R. Stewart, meteorologist in charge of the Duluth, Minn., National Weather Service (right center) presents the 148th Fighter Wing with certification as a StormReady Community. Photo by Master Sgt. Jason Rolfe*

The 148th has become one of only 13 military installations to become a StormReady Community. Of these communities, only three are active duty Air Force bases; Tyndall Air Force Base, Fla., Offutt Air Force Base, Neb., and FE Warren Air Force Base, Wyo. "Meeting StormReady requirements to protect the assortment of on-duty personnel and the varied types of shelters available was a substantial undertaking," said Michael R. Stewart, meteorologist in charge of the National Weather Service office. "StormReady helps commanders make decisions that will help everyone at the airfield year-around."

StormReady helps community leaders and emergency managers strengthen local safety programs. Ninety percent of all presidentially declared disasters are weather related, leading to around 500 deaths per year and nearly \$14 billion in damage. The National Weather Service's StormReady, a program started

in 1999 in Tulsa, Okla., helps arm America's communities with the communication and safety skills needed to save lives and property-before and during the event.

## WEAPONS LOAD WINNERS

BY MASTER SGT. TIMOTHY BABBINI



*Airman 1st Class Ryan D. Olson loads munitions into an F-16 Fighting Falcon during a timed weapons loading competition. Olson was a member of the first load crew, which was chosen to participate in the competition based on overall load scores from the previous six months. Photo by Senior Airman Sarah Hayes.*

During the May UTA, the 148th Weapons Element held their semi-annual Load Competition. The top two load crews, based on overall load scores from the previous six months, competed against each other. They were graded on the ability to follow proper tech data procedures, time and professionalism.

The crews consisted of Technical Sgt. Jason Nieman, Staff Sgt. Joshua Bartel, and Senior Airman Ryan Olson, followed by Technical Sgt. Mark VanRossem, Staff Sgt. Reid Michael and Senior Airman Sean Dechaine.

The scores were tabulated after both loads, with the team of VanRossem, Michael, and Dechaine being declared the winners. Their names will be displayed on a trophy in the Maintenance orderly room. The winning crew also received a time off reward and a gift certificate.

After the event, Master Sgt. Kent Larson, Load Standardization NCOIC, stated, "First of all, congratulations to the winning crew. The competition gives all crews a chance to show their crew integrity, military bearing and pride in ownership. Their outstanding performances greatly contribute to mission effectiveness, and the overall success of the 148th Fighter Wing Weapons Element."



The legislatively mandated Yellow Ribbon Program provides information, services, referrals and proactive outreach programs to Service members of the National Guard and Reserves and their Families through all phases of the deployment cycle. The Yellow Ribbon Program helps Service members and their Families navigate through the numerous Department of Defense (DoD), Veterans Affairs and state systems to ensure they receive information and assistance regarding all the benefits and entitlements they have earned as a result of deployment.

All of the areas available through the Yellow Ribbon Program are too numerous to mention. For information on upcoming events for deploying, deployed or returning members and their families, please visit the Joint Services Support website at <http://www.jointservicesupport.org>.

148th Fighter Wing  
Minnesota Air National Guard  
4680 Viper Street  
Duluth, Minnesota 55811-6031

Pre-Sorted  
Standard

U.S. Postage  
PAID

Duluth, MN  
Permit No. 40

## BulldogBits

By Col. Penny J. Dieryck

I hope the summer is not clicking by too fast for all of you. By the time you read this article, Grandma's Marathon will be past, we'll be flying Block 50 F-16s, the days will be getting shorter, and the Duluth Blues Fest will be just around the corner. I cannot believe how fast time goes by when we are having a good time.

Some of the key events coming up at the Wing are the Annual Physical Fitness Test, Hometown Heroes honors to hundreds of our personnel who have deployed in support of Operations Iraqi Freedom, Enduring Freedom or Noble Eagle, Family Day, and Oktoberfest. All these events will take place on Saturday, Sept. 11, 2010, beginning at the start of the day and ending with great music from the Singing Slovenes.

Family Day will begin on Sept. 11 at 2:00 p.m. and run until 4:30 p.m. We will have the kiddie rides, the opportunity to have your child's picture taken in an F-16, demonstrations across the Wing, and of course food. From here we'll transition into Oktoberfest with the cold frosty mug of some liquid beverages. This celebration will also include the opening of the new 148th Services Club which is located in the old Traffic Management Office, Building 240. The festivities will be the inaugural event for the new facility.

For the new facility, the price of the building was in line with what the Club could afford. Remodeling and upgrading the building to include a bar, more restrooms, a new beverage cooler, and sitting space have been the emphasis of the club members. The diligence, sweat and determination will be evidenced as we dance the night away.

After the commercial break, we are back to the "Price is Right"...yes, I did write "The Price is Right." The 148th's Staff

Sgt. Rachel Carrothers Skaal from the Services Section of the Force Support Squadron was selected as a contestant on the famous game show that aired June 2, 2010. Bidding on an exercise bike, she got on stage and hugged Drew Carey. Rachel did not win her dream car of a Dodge Challenger; however, she did spin \$1 on the Big Wheel and got to be the second contestant for the "Showcase Showdown." Rachel's infectious smile and enthusiasm were the keys to being picked. She did the Wing well and got us national attention for her 15 seconds of fame. Soon after the show aired, Sgt. Skaal packed her bags and headed with eight of her fellow Wingmen to Manas AB, Kyrgyzstan for a four month tour. I wonder if she got to pack her exercise bike to take with her.

In closing, I need to end my column with a fond farewell to two of our 148th friends. Senior Master Sgt. Dwight Davis and Master Sgt. Don Elmore (retired) passed away since my last column. Both of them were gentle people whose presence was hugely felt. They were never loud or boastful but they always watched over their Wingmen and put others' wants and needs in front of their own. They have and will continue to be missed each and every day.

### 148TH FIGHTER WING FOCUSES ON AIRMEN



Pictured above: U.S. Air Force Col. John Slocum, the Air National Guard's safety director, discusses the Maintenance Resource Management (MRM) program and Wingman concepts with Airmen from the 148th Fighter Wing at the Duluth, Minn., Air National Guard base June 12, 2010. MRM training was presented to maintenance personnel in conjunction with a base wide "Wingman Stand-down." Photo by Master Sgt. Jason W. Rolfe

Visit our webpage  
[www.148fw.ang.af.mil](http://www.148fw.ang.af.mil)  
for more on this story

  
CURRENT JOB OPENINGS

E.O.D

CALL A RECRUITER TODAY 1-800-831-7027

[www.goang.com](http://www.goang.com)