

# ON FIVE

APRIL/MAY/JUNE 2011



VISIT OUR WEBSITE [HTTP://WWW.148FW.ANG.AF.MIL](http://www.148fw.ang.af.mil), FOR MORE 148TH FIGHTER WING NEWS





Bulldogs,

I was recently asked by a friend if I was worried about the looming national budget cuts and how they might affect the 148th Fighter Wing. After a moment of thought, my short answer to him was

“Not at all!” Now,

on the surface, it may sound like I’m ignoring the facts. You can’t tune into a news program these days without witnessing heated discussions about our deficit and the steps our country needs to take to fix it. I’m sure that our Wing, along with others, will face continuing challenges competing for the “days and dollars” we need to accomplish our mission. But if you look below the surface a little deeper, you’ll find that the Air Force is actually thinking about *adding* aircraft and people to the 148th in the form of an Active Association. If you didn’t know, Active Association is the process of bringing active duty Air Force pilots and maintainers to our base in order to take advantage of our Minnesota Air National Guard experience and training. These active duty folks would live and work here in Duluth for a normal tour rotation and then return to the regular Air Force to pass along their knowledge. You may be asking yourself why the Air Force would be looking to spend the money to do something like this in an era of downsizing. I think the answer can be easily summed up in one word...Value.

In 2008, Congress created the independent Commission on the National Guard and Reserves. Their job was to recommend any needed changes in law and policy to ensure that the Guard and Reserves are organized, trained, equipped, compensated and supported to best meet the national security requirements of the United States. Here are few of their findings:

*“Given the...looming fiscal challenges the nation confronts, the projected demands for forces, the unique capabilities resident in the reserve components, and their cost effectiveness, the Commission sees no reasonable alternative to an increased use of and reliance on the reserve components.”*

*“Our analysis found that reservists are the best buy for the taxpayer... by any metric they are a cost-effective source of trained manpower, particularly as the cost of active-duty manpower has grown exponentially in recent years.”* “The Air National Guard provides 35% of U.S. Air Force capabilities for 6% of the budget.”



Lt. Col. Jon S. Safstrom

The Commission and its findings provided official confirmation of what many of us already knew; that the Air National Guard is a tremendous value for the people of the United States. Now the Air Force is looking to create Active Associations with the Air National Guard to take advantage of our strengths. Why should Duluth be one of the places they choose? Here are just a few of the many reasons:

**Our Valuable People:**

- Unit manning has exceeded 100% for over 10 years.
- Retention rates are over 90% for 5 consecutive years.
- Over 250 7-level maintenance craftsmen.
- Full-time maintenance force averages 19 years of experience.
- Pilots average 1,600 hours in the F-16 and over 2,300 hours total time.

**Our Valuable Performance:**

- The work ethic of the 148th is unmatched. The Wing earned Excellent or Outstanding ratings on all 15 of its major inspections over the last 10 years.

- The Bulldogs were the recipient of the 2008 Raytheon Trophy, given to the Air Force’s top air superiority squadron.
- The Bulldogs are the first unit in the Air force to be awarded the prestigious Star Rating in OSHA’s Voluntary Protection Program (VPP).

**Our Valuable Community:**

- Tremendous support or our Chamber of Commerce and its Military Affairs Committee (MAC).
- Unmatched airspace complex that allows for large-scale exercises.
- Ample housing availability and access to two regional healthcare facilities.
- Envioius education, arts and recreation opportunities all within the local area.

It’s easy to see why the 148th Fighter Wing is positioned so well for the future. Your hard work and dedication, and the hard work and dedication of those that went before you, have created a legacy of excellence that will be the foundation for an Active Association. So continue to do great work, be thankful for the opportunities we have and don’t be too concerned about our future, even amidst the coming budget battles. Because in the end...we’re just too valuable.

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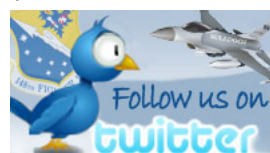
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	1st. Lt. Jodi L. Kiminski
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Fiscal Year 2011 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

<u>UTA</u>	<u>SUTA</u>
16-17 Apr	09-10 Apr
21-22 May	07-08 May
Jul None	
11-12 Jun	25-26 Jun
06-07 Aug	27-28 Aug
10-11 Sep	24-25 Sep

**ON THE COVER..**Members of the 148th Fighter Wing, board a C-17 bound for Tyndall Air Force Base, FL. from Duluth Minn. to participate in training exercise Combat Archer January 22, 2010. Combat Archer will be the first operational test of the new Block 50 F-16 Falcons. Photo by Staff Sgt. Donald Acton. Graphic Illustration by Tech. Sgt. Julie M. Tomaska.



twitter/148FW

# 148TH MAKES HEALTH HISTORY

BY 1ST LT. JODI L. KIMINSKI, PUBLIC AFFAIRS



For the first time in the history of the 148th Fighter Wing and the Air National Guard, a fulltime mental health professional has been added to the list of resources available to help Airmen and their families cope with the stresses of deployment.

Across the nation, Air National Guard leaders have created a new, wing-level position to ensure a continuance of excellent care for servicemembers. The professionals who work closely with base chaplains, substance abuse counselors and each state's psychological services agency will provide mental health and support services as well as serve as points of contact for an array of mental health programs such as suicide prevention.

In January, William Maloney assumed his new role as the 148th Fighter Wing's Director of Psychological Health (WDPH). With more than 25 years of experience in behavioral health to include providing services on the ground in Oklahoma City, Littleton Colorado, World Trade Center "Ground Zero", Sen. Paul Wellstone's plane crash, and the Red Lake Indian Reservation incident, Mr. Maloney says he's thrilled to be able to work with the mighty Bulldogs of the 148th.

"I couldn't be happier being here," said Maloney. "The compassion that I have to all warriors and responders is one of the reasons I took this position. I know the great reputation this unit has and I'm excited and honored to be here."

Military officials have recognized in recent years a steady increase in post traumatic stress disorder, divorce and suicide among servicemembers. In fact, the Guard's fairly steady rise in the suicide rate in 2010 was one of the main reasons for adding the positions nationwide. Until now, The Air National Guard was the only service component that hasn't employed mental health professionals.

In addition to mental health and non-medical support services, the WDPH will work closely with the Yellow Ribbon program, Air Force suicide prevention programs and the Air Force resiliency program when it is fielded. "I am here to provide assessment, support, consultation and resources to the Aimen and families of the 148th." Mr. Maloney is available during the week, on drill weekends and is on call 24/7. To contact Mr. Maloney call 218-788-7022.

The 2011 Annual Spaghetti Feed will be held on Saturday, April 16, 2011. Social Hour is at 4:30 p.m. and Dinner is at 5:30 p.m. DJ Jason Allen will be providing the music for our listening and dancing pleasure. Music will start at 4:30 p.m. and continue until 10:00 p.m. The dance will start at 7:00 p.m. and continue until 10:00 p.m. Tickets will be \$6.00.

Please call Staff Sgt. Amy Houde at 218-788-7246 or Tech. Sgt. Kyle Lindstrom at 218-788-7542 for more information. If you are having guests attend the dinner that will be driving on base, vehicle passes are required and will be available from Security Forces, your Board of Governors (BOG) Representative or on the Services Club website. Tickets will be available April UTA from 11:00 a.m. – 12:00 p.m. in the Great Lakes Inn, from your BOG Representative, and will be available at the door.

## APRIL IS SEXUAL ASSAULT AWARENESS MONTH: MEET YOUR 148TH FIGHTER WING SEXUAL ASSAULT RESPONSE TEAM



[L to R] - Maj. Audra Flanagan, Tech. Sgt. Josh Dietrich, Tech. Sgt. Julie M. Tomaska, Staff Sgt. Chris McLeod, Staff Sgt. April Hewitt. For more information on the Sexual Assault Response and Prevention program visit [www.sapr.mil](http://www.sapr.mil)



# CHIEF'S CORNER

BY CHIEF MASTER SGT. RON WATERHOUSE

One of the responsibilities of a 148th Fighter Wing Chief includes authoring an article of great value and insight. This article should be written with such skill that all will be greatly influenced and lives will be changed forever. I'm hopeful for something just slightly less profound.

Recently, I've been reflecting on my past 33 years with the 148th Fighter Wing. Back in 1978, retired Master Sgt. Gene Rock and retired Master Sgt. Bob Stokes shared their appreciation for a great Fighter Wing with me and I will forever be grateful.

What I have come to realize during these many years is that our behavior will influence the well being of "the team." Ask yourself how you conduct yourself during challenging periods and how you present your message. Our behavior, good or less than perfect, can stay with the people we work with for a long period of time, it becomes our legacy. How many of us have witnessed a co-worker or supervisor share a message with a less than perfect approach? As Airmen, we have a responsibility to maintain an environment free of any behaviors that hinder other member's ability to achieve their full potential. We all have a responsibility to recognize when a negative influence is at work. Take advantage of these opportunities to hone your skills and speak to that situation. Choose a confidential, positive and thoughtful approach and our team will be more successful in accomplishing our mission. In addition, both you and the individuals involved will become more effective leaders.

As you may remember, the Doolittle Raid occurred on April 18, 1942. Shortly after jumping out of his aircraft and locating his flight engineer (Staff Sgt. Paul Leonard), Lt. Col. James Doolittle was asked by Staff Sgt. Leonard, "What do you think will happen when you go home Colonel?" Doolittle answered, "Well I guess they'll court-martial me and send me to prison at Fort Leavenworth." Sgt. Leonard replied, "No sir, I'll tell you what will happen. They're going to make you a General and they're going to give you a Congressional Medal of Honor." In my opinion, Sgt. Leonard had great insight and perspective during an extremely stressful time and I would bet his comments had a long lasting impression on then Lt. Col. Doolittle. Staff Sgt. Leonard was killed in action in Africa on Jan. 5, 1943.

So when you are providing that "highly effective leadership", please consider these points:

- Our ability to mentor and influence is hampered considerably when we make choices which may bring to question our integrity or trustworthiness.
- Creating a negative environment can easily be accomplished simply by allowing negative behavior.
- Time spent on things we can't control will decrease our effectiveness and increases stress.
- Communicate, plan ahead and anticipate solutions.
- View every challenge as an opportunity. Provide insight and solutions to leadership in advance and look for ways not just to mentor your people but to teach appreciation, patience and encouragement.
- Ask yourself if anyone has come to you in the recent past and expressed their appreciation for your interest in their career.

Our Fighter Wing has an impressive heritage. We are highly respected and we have been very successful. We have the very best people who have performed exceptionally well all over the world. I share that great appreciation for a premier fighter wing and I want my legacy to be positive.

## 8th Annual Retirees Breakfast

June 23, 2011

Great lakes Inn (Dining Hall)

8:00 a.m. Coffee and social

9:00 a.m. breakfast and 148th current affairs brief

Cost: \$5.00

RSVP to Larry Burda 218-343-0980

- or -

Tom Sinnott 218-729-9239 -or- 218-348-3012

## PROMOTIONS

### JANUARY

GOORHOUSE, KATELYN, MXS, AMN  
HUBERTY, KATELYN, MDG, A1C  
KLIBER, BRADLEY, MDG, SSGT  
OHARA, ERIC, MXS, TSGT  
STREIT, JEREMY, MXS, TSGT  
LOWNEY, FAWN, HQ, MSGT

### FEBRUARY

DAVIDSON, SARAH, FSS, SRA  
ZACK, CODY, AMXS, SSGT  
DRALLETTE, BRENDAN, AMXS, SSGT  
RANDOL, SCOTT, AMXS, SSGT  
SITU, SCOTT, MXS, SSGT  
AMES, ANDREW, MDG, SSGT

MUSOLF, CHRISTOPHER, SFS, SSGT

LUSTIG, SCOTT, LRS, SSGT  
PEMBLE, CHAD, MXS, TSGT  
CODY, DALLAS, AMXS, TSGT  
HIEB, ADAM, AMXS, TSGT  
ERICKSON, CASEY, SFS, TSGT  
MARCUK, GREGG, MXS, TSGT  
GOHMAN, DALE, SFS, TSGT  
COOK, THOMAS, MXS, MSGT  
COUGHLIN, TIMOTHY, AMXS, MSGT  
MCEWEN, JOHN, AMXS, MSGT  
MUNSON, AARON, MXS, MSGT  
PELLINEN, GERALD, MXS, MSGT  
TANSKI, JASON, MXS, MSGT  
GRAVES, JEFFREY, CES, MSGT  
AULT, JULIE, OG, MSGT  
KOOLMO, MATTHEW, MXS, SMSGT

NEUMANN, PETER, SFS, SMSGT  
MISGEN, MARVIN, MXS, CMST

### MARCH

WETZEL, ALYSSA, 179FS, A1C  
PEDERSON, KYLE, 179FS, SSGT  
WESTERGREN, ANDREW, 179FS, SSGT  
HOUDE, AMY, MXS, SSGT  
JUNGER, MATHIAS, MXS, TSGT  
REGAS, STEVE, LRS, MSGT  
TURICKA-JOHNSON, MICHAELA, FSS, MSGT

## MECHANICS MEET CONVERSION CHALLENGE

BY TECH. SGT. SCOTT G. HERRINGTON, PUBLIC AFFAIRS

The 148th Fighter Wing Propulsion Element, also known as the engine shop, has been faced with many new challenges with the conversion from Block 25 to Block 50 F-16's, the most complex conversion completed by the shop in the last 35 years.

Members of the propulsion element are going through a comprehensive training plan due to new procedures and special tools required by the engine in the Block 50 F-16. Shop members have attended courses on engine disassembly and reassembly at Shaw Air Force Base, S.C. and Hill Air Force Base, Utah and continue to learn the complex new components and related systems, while unlearning the decades of Block 25 specific knowledge.

"The new engines provide the propulsion element a challenge--one that they have met head-on and with great results," said Senior Master Sgt. Pat Lustig, propulsion element supervisor. "Change is a good thing; the new jets allow us to deploy to different places that we couldn't have with the old jets."

Currently, the propulsion element is unable to test uninstalled engines in the 148th's Hush House without a necessary conversion kit, so the engines are wrapped and sent by truck to the 183rd Fighter Wing in Springfield, Ill. The engines are then tested and sent back--a trip that typically takes a week including a 12-hour road trip each way.

The 148th Fighter Wing is the only Air National Guard unit flying the Block 50 F-16, so the propulsion element has had to reach out to their counterparts in the active duty Air Force for tools specific to the new aircraft. The list of tools that the propulsion element lacks is considerable, but they, along with the Block 50 hush house conversion kit are on order. In the meantime, the propulsion element will continue to collaborate with the active duty Air Force to allow operations to continue at the high level considered standard at the 148th.



*Airman 1st Class Matthew McEwen, Senior Airman John Broberg and Airman 1st Class Alicia Jenness conduct repairs on a dismantled F-16 Block 50 engine. Photo by Staff Sgt. Donald Acton.*

## THE CURRENT BUZZ ON VITAMIN D

BY LT. COL. EVA CLEET, MEDICAL GROUP

Whether you get your news from CNN, talk radio, newspapers or the Internet, chances are you have heard discussion over the past several months about vitamin D. Vitamin D is important for several functions of your body, such as the formation and maintenance of strong bones. Among other things, it also reduces inflammation, affects neuromuscular function, and influences the action of some of our genetic material, which regulates different stages in the lifespan of cells. It is a busy bee within our Bulldog bodies.

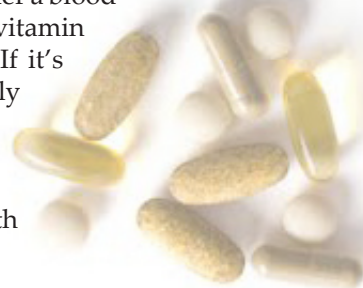
Vitamin D can be found in eggs, fish, mushrooms, beef, liver, and fortified products such as milk, cereal and orange juice. Vitamin D can also be synthesized in our skin when it is exposed to ultraviolet rays from sunlight. The amount of Vitamin D we get from our skin depends on the amount of exposure we have to sunlight. For example, Bulldogs deployed to Hawaii likely boosted their vitamin D stores more significantly than did the Bulldogs who deployed to Alaska. Bulldogs of pasty Scandinavian descent (I can say that because I am such a Dog) make more vitamin D in their skin than do swarthier, Italian-type Bulldogs, simply because more UV light gets through the cells of lighter pigmentation to make the chemical reaction happen.

Recent research indicates that vitamin D may be important in a variety of other treatment and preventative areas of medicine, though more work needs to be done before recommendations for normal dosing would change. For example, vitamin D deficiency has been associated with muscle weakness and pain in both adults and children. Supplementation may reduce pain in patients with conditions as common as low back pain.

Vitamin D supplementation is also being used to augment the treatment of chronic pain syndromes, with promising early results. Studies using vitamin D as a therapy for or prevention of various cancers are ongoing, with encouraging yields. Results from investigations using vitamin D in the treatment of high blood pressure and diabetes are also positive.

The Institute of Medicine (IOM) just released new recommended intakes for vitamin D. For most healthy adults, the recommended daily allowance (RDA) is 600 international units (IU) per day. For adults of age 71 years and older, the recommendation increases to 800 IU per day. For children and adolescents, the recommended dose is 400 IU per day. Vitamin D supplementation is safe during both pregnancy and breast feeding.

So, should you be taking a vitamin D supplement? Perhaps. If you have a well balanced diet and reasonable exposure to sunlight (is there ever a "reasonable" amount of sunlight in Duluth?!), chances are good that you are already getting enough vitamin D in your world. If you think you might not have enough, you can request that your physician, Physician's Assistant or Nurse Practitioner order a blood test which will tell you if your vitamin D level is within normal limits. If it's not, supplementation is probably a good idea. If you are taking medications for other chronic medical conditions, you should discuss such supplementation with your medical care provider.











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eer Advisor of the Year award from Chief Master Sgt. Michael Layman, Command Chief Master Sgt. and Col. Frank H. Stokes, Wing Commander. Photo by Staff by Master Sgt. Ralph Kapustka. 4. Past and present Chief Master Sgts. from the 148th Fighter Wing take time to pose for a group picture while attending the 2011 ment (DICE) are seen setting up equipment at their deployed location in support of the John Beargrease Sled Dog Marathon. Photo by Master Sgt. Richard Kaufman. Tim Blazevic, Wendy Blazevic, Cheryl Blazevic, Jerry Blazevic (Ret.), Jerome Blazevic (Ret.), Master Sgt. Dave Blazevic, Jill Blazevic, and Evan Blazevic who is nversing with Col. Frank Stokes, 148th Fighter Wing, Wing Commander moments before leaving for Tyndall Air Force Base, Fla. Photo by Staff Sgt. Don Acton. accomplishments while deployed to Afghanistan. Photo by Staff Sgt. Don Acton. 10. Brig. Gen. Cayton, Chief of Staff, Minnesota Air National Guard visits with alarico (background) present the colors during the 148th Fighter Wing 2010 awards ceremony. Photo by Tech. Sgt. Amie Dahl.



## CONGRESSMAN CHIP CRAVAACK VISITS THE 148TH FIGHTER WING

BY MAJ. AUDRA FLANAGAN, WING EXECUTIVE OFFICER



*Congressman Cravaack visits with Airmen from the 148th Fighter Wing, Maintenance Squadron, sheet metal and fabrication shop. Photo by Master Sgt. Ralph J. Kapustka.*

After just one month in office, U.S. Congressman Chip Cravaack toured the 148th Fighter Wing. While at the 148th, Rep. Cravaack toured its maintenance facility, an F-16 fighter jet, met with Airmen, and attended a mission briefing.

Rep. Cravaack, a 24-year retired Navy captain and former airline pilot, received a briefing on the 148th's flying mission as well as its 24/7 Air Sovereignty Alert Mission. Rep. Cravaack, was recently appointed to two subcommittees on the House of Representatives Homeland Security Committee and three subcommittees on the House Transportation and Infrastructure Committee.

The 148th Fighter Wing is the ninth largest employer in Duluth with over 1,000 members. In addition to its flying mission, the 148th provides Explosive Ordnance Disposal (EOD), also known as bomb squad support, to local law enforcement in Northern Minnesota and Wisconsin, and provides 24-hour fire, crash and rescue support to the Duluth International Airport.

Rep. Cravaack stated, "It was my privilege to visit the men and women of the 148th Fighter Wing earlier today. These brave individuals run a first-class facility that keeps our citizens safe from those who wish to do us harm. I stand ready to support them now and throughout the 112th Congress."

## ESGR RECOGNIZES EMPLOYERS



Don Ness (holding award), Mayor of Duluth, Minn. accepts the "Above and Beyond Award" for the City of Duluth during the Minnesota Employer Support for the Guard and Reserve (ESGR) Banquet held in Oakdale, Minn. Mark Dayton (third from left), Governor of Minnesota and Gen. Craig McKinley (far right), Chief, National Guard Bureau were on hand to present the awards. Photo by Master Sgt. Ralph J. Kapustka.

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

## CREATIVE BY DESIGN

BY TECH. SGT. SCOTT G. HERRINGTON, PUBLIC AFFAIRS



Staff Sgt. Paul Santikko, a member of the 148th Fighter Wing Services Flight, designed Col. Dwight C. Sones' personal coin while deployed at Manas Air Force Base, Kyrgyzstan. Col. Sones, the commander of the 376th Air Expeditionary Wing, had asked the base for help in designing his coin and Sgt. Santikko tapped his formidable graphic design background with great results.

Sgt. Santikko was deployed for four months as the Non Commissioned Officer in Charge of the base fitness center at Manas Air Force Base when he decided his free time and artistic talent could be put to use in answering Col. Sones' request for assistance. Upon making the final design decisions which utilized Sgt. Santikko's ideas, Col. Sones sent Sgt. Santikko a letter expressing his gratitude and included the first coin to be minted.

This isn't Sgt. Santikko's first success in using his graphic design skills for a military application; He created the 60th anniversary logo for the 148th Fighter Wing as well. Currently attending the University of Minnesota Duluth for graphic design, Sgt. Santikko plans to pursue a career in design, utilizing his degrees in graphic design and studio art.



# SENIOR AIRMAN

Andrew Busam

## WHY I SERVE:

“One-part financial benefits,  
one part family tradition,  
one part desire to serve state  
and country.”

## HOMETOWN:

Duluth, MN

## AFSC:

Cyber Surety Specialist

## RECENT ACHIEVEMENTS:

- Cyber Surety Top Graduate
- Communications Flight  
Airman of the Year



# COMMUNICATIONS FLIGHT

*Photos by Tech. Sgt. Amie M. Dahl  
Graphic Illustration by Tech. Sgt. Julie M. Tomaska*



## BUILD WEALTH, NOT DEBT

BY TECH. SGT. SCOTT G. HERRINGTON, PUBLIC AFFAIRS

Two personal financial counselors held seminars Feb. 26 and 27 at the 148th Fighter Wing as part of the Military Saves campaign. The seminars introduced the campaign and covered financial freedom for college students, retirement, debt management and budgeting. In addition, individual financial counseling was available for attendees with specific questions.



According to Jennifer Kuhlman, 148th Fighter Wing Airman and Family Readiness Program Manager, the focus of her office for 2011 is emphasizing personal finances. The office will provide various events throughout the year geared toward the importance of saving and exercising good financial habits. The upcoming Strong Bonds retreats--couples enrichment retreats held during April and September-- will also feature discussions regarding fiscal well-being.

## 2025 AND BEYOND

BY CHIEF MASTER SGT. MICHAEL D. LAYMAN, COMMAND CHIEF MASTER SGT.

I attended the Senior Leaders Conference held in Washington D.C. on Nov. 16-18, 2011. The theme of the conference was, "Air National Guard 2025, are you ready?" There were many briefers who painted a picture of the future wrought with various challenges to overcome. As they described the picture of our future years, highlighted by shrinking manpower allocations and continued financial constraints, we heard repeatedly that the key to our survival was to effectively manage our limited resources. This portion of the conference was not very encouraging; then Gen. McKinley spoke. He did not talk about managing resources; rather, he spoke about leadership. He made several outstanding comments that I would like to share with you.

**"There is life after what we know today."** A change in mission does not have to be a death knell for any unit; rather, it should be the beginning of a new chapter in a unit's history. Those units that have successfully overcome a mission change have not just persevered; they have embraced their new mission.

**"Our people are looking to you for leadership; we must display the highest level of integrity."** The message here is simply this: managers do things right; leaders do right things. We define our character with each decision we make; let's uphold the high standard of integrity set forth in the Air Force core values.

**"In our roles as leaders in our organizations, we can no longer simply be experts in our respective Air Force specialty."** We can all do what we did before our current opportunity to serve, but we must move out of our comfort zone and provide what our Airmen need from us in the positions we are in now. They need our leadership.

Kuhlman said that the financial counselors can be brought back for more seminars or counseling in the future as the needs of the 148th members dictate. Kuhlman has received training necessary to help Airmen with budgeting questions and encourages those with questions to contact her. Military Saves is a national campaign to encourage military families to save money every month

and to persuade leaders to be aggressive in promoting automatic savings.

More information about the Military Saves campaign may be found at [www.militarysaves.org](http://www.militarysaves.org), or to contact Jennifer Kuhlman at the Airman and Family Readiness Office, call 218-788-7833 or send an email to [Jennifer.kuhlman@ang.af.mil](mailto:Jennifer.kuhlman@ang.af.mil).

Gen. McKinley closed by saying maybe the most encouraging statement of the conference. **"Let's not settle for endeavoring to save our current missions and status with the Air Force, but let's take the Air National Guard to a place of prominence with the Air Force that it has never had before."** Let's expand our role into missions that the Air Force can't do; we cannot change the situation we find ourselves in and it will not be easy, but let's lead the Air National Guard into the future. What a challenge for our young talented leaders of tomorrow.

Bulldogs - We are very fortunate to have our F-16CJ Block 50s sitting on our ramp right now. Our immediate future through 2025 could be flying these aircraft, as they are slated to be in the fight until that time. Still we can ask ourselves the question; are we ready for the future through 2025 and beyond? What will the distant future hold for this unit and which of you will lead this unit into the next chapter of our history?



**The BEC Fitness Committee will be sponsoring the 2nd Annual Meatball 5K Run on Saturday, April 16.**

The run begins at 3:00 p.m.

(participants must be in place by 2:30 p.m.).

All runners **MUST** have supervisor's approval to participate. The entry fee will again be a non-perishable food donation to the Second Harvest Food Bank. Please check your Orderly Rooms for registration forms and flyers.





April 16<sup>th</sup> 11:00 a.m. - 3:00 p.m.  
2920 West Michigan Street  
Duluth, Minn.

Duluth's second annual "Community Wellness Day" will be held on April 16, 2011 at Clyde Park, from 11:00 a.m.-3:00 p.m. Community Wellness Day is a national event focusing on educating the members of our community on very important information which is critical to the total wellness for our residents. We will be sharing an array of information on health, safety, environmental and financial wellness.

This event will be taking place in many cities nationwide during a three week period during the spring of 2011. Our political leaders will be recognizing this as an important day in our community to empower people to take back responsibility for their families' well being. The local law enforcement will be on hand to provide important I.D. information for children, families and seniors.

The local fire department will be providing fire prevention and safety information. Various community agencies will be participating and sharing their programs on car and bicycle safety, Internet safety, identity fraud protection, financial literacy information, health screenings, drug/ alcohol awareness information, senior services information, and much more. There will be information available for all ages of our community.

The 148th Fighter Wing will be accepting the Community Champion award at noon. Admission to the event is **FREE**, and there will be food, fun & entertainment for all ages. Bring your skates and skate with the Bulldogs from 12:00 p.m.-4:00 p.m. in the Heritage Sports Center. The Duluth Heritage Sports Center is located at 120 South 30th Avenue West in Duluth, Minn.

### 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 using the Internet. 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.



### **Guard Family Network Sledding Party!**

About 30 families enjoyed the beautiful 35 degree day at Pine Hill in Cloquet, Minn. the site of this year's Guard Family Network (GFN) sponsored Sledding Party.

They could not have asked for a nicer day...until the end of the day when the tow rope broke and everyone had to climb the hill!

1. The tow rope at Pine Hill pulling up some of the sledders. 2. Kevin Jackson and his son Blake give a "thumb's up" to the day. 3. Jenn McCloud, Britt Skoglund, Katrina Patterson and Wendy Gunderson take a break from sliding.



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## **BulldogBits**



By Col. Penny J. Dieryck

Well, spring will be here before we know it. At least we hope it will. I do not know why this winter seems to have dragged on and on. Maybe it's my age starting to creep up on me. With the spring comes the call to support Flood Fight 2011. The weather forecasters are predicting records floods for the St. Croix, Minnesota and Red Rivers. These predictions will affect the western border of the state as well as the Twin Cities areas. The 148th Fighter Wing is ready to spring into action when the request for support comes.

With the floods comes the call for help and aid from the American Red Cross. Ironically, March is also American Red Cross month. Locally, the American Red Cross is represented by the Northland Chapter of the American Red Cross, a non-profit organization. Its goal is to help people during times of crisis, natural disasters and emergencies. For the members of the 148th Fighter Wing, the Northland Chapter has provided financial support for a house fire and other emergencies. They also were the entity called when some of our members who were deployed needed to be notified concerning an emergency of a loved one back home. The Red Cross provided the vital information surrounding the emergency to the members' deployed command. The Commander would then determine if the person should travel back home or not. This service would not be available without the Red Cross' support.

Another facet of the Northland Chapter of the American Red Cross is the course they provide to citizens of the local community, or the opportunity people have to become Red Cross volunteers. A great, new course being offered by the Northland Chapter of the American Red Cross is the Red Cross' Certified Nursing Assistant Program. It consists of over 800 hours of work to provide the course participants with the basic skills to help people that need help in their living accommodations. This course is in response to the rising demand for assistance to people who want to remain in their homes but need some support to continue to live independently. As the American population ages, these jobs will continue to grow. It is a wonderful way for a young person to obtain medical/support training and earn an income. The class work will take place at the Northland Chapter's Maple Grove office here in Duluth. Potential participants can contact the Red Cross office at 218-722-0992 for a fall class start date.

As I think about assisting the elderly, I have to write that we at the Wing are always available to help our retirees. This was evident twice on the same day. I was at a retirement gathering for a 148th state employee when I was approached by a past member of the civil engineer squadron. His wife had passed away almost two years ago, but the Air Reserve Personnel Center had not adjusted this member's retirement check. I told him if he was willing to give me his information, we'd get the personnel staff to help him out. That put a huge smile on his face! The other request came to me later that night, when a 148th retiree asked how Chaplain Martenson was doing at his deployed location. The retiree told me that Chaplain Martenson's congregation misses him and wishes him well.

Back to the retirement party and the chance to take this opportunity to say thank you and good luck in their future endeavors to Senior Master Sgt. Lynette Kovach and Mr. George Miller. Lynette was a critical individual in the communications organization. Her job was to ensure all communication devices and computers at the Wing were accounted for. George was one of the state electricians who literally lit up our lives. His work is evident in every light switch or street light across the base. We wish them both great prosperity in the next step of their lives.



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