

ON FIVE

JULY/AUG/SEPT 2012



Major Joseph P. Gomer

"One of America's Heroes"

On July 20, 1920 in Irma Falls, Iowa, Major Joseph P. Gomer has been honored as one of Duluth and America's heroes.

He joined the Army in July 1942 and received flight training at Tuskegee Army Airfield, Alabama. While there, he became a part of American history.

Assigned to the famed 332nd Fighter Group, known as the "Red Tails," as referenced in the 2012 Hollywood movie *Red Tails*, the former nickname referred to the location of their base. The distinctive red tails on their P-40 Warhawk, P-39 Airacobra, P-51 Thunderbolt and finally the P-51 Mustang fighter aircraft.

After the Tuskegee Army Airfield helped pave the way for the eventual integration of the United States Armed Forces.

Gomer flew 60 combat missions.

After the 1948 re-integration of the Armed Forces, Gomer stayed in the military and worked in both aircraft maintenance and missile work, eventually becoming a nuclear weapons technician.

Major Joseph P. Gomer

332nd Fighter Group
"The Tuskegee Army"
United States Army Air Corps
World War II

"We're all Americans. That's why we chose to fight. I'm as American as anybody. My black ancestors were brought over here against their will, to help build America. My German ancestors came over to build a new life. My Cherokee ancestors were here to greet all the newcomers."

J. P. Gomer



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

In this article, I thought I would update you on current activities happening in a few of our various councils. All of the councils are focused on developing our Airmen to become our future leaders through

mentorship, career development, and career progression planning. Each of these processes supports both the Air Force Core Values and Air Force Instruction (AFI) 36-2618 The Enlisted Force Structure. The three tiers of the enlisted force structure focus on improving technical abilities to accomplish the mission, being physically ready to accomplish the mission, being mentally ready to accomplish the mission, exhibit professional behavior, understand the wingman concept, and continue professional development.

The mission of the Bulldog Enlisted Council (BEC) is to promote professionalism and the highest standards of conduct, instilling the Air Force Core Values through the actions and examples of its members. Their motto is "We Build Airmen." The BEC will focus on professional development of Airmen. You may ask how that is being accomplished. This energetic group has formed several committees including Rookie Ranks, It's Your Career, Fitness, Heritage, and Communication to accomplish their mission. They have taken the newest members, or Rookie Ranks, and have prepared them for the rigors of Basic Military Training. They set the standards these young trainees will live and breathe throughout their careers. As fitness has become the culture of the Wing, the Fitness Committee was formed to help that transformation. The BEC has teamed with the Services Club to host the annual Meatball Run. This event has grown each year with a record of 110 runners this year. The Heritage Committee is working to capture our history to be displayed not only wing wide, but within each squadron or

flight. This will serve as a reminder of where we have been and who helped build this unit to what it is today. The BEC is a great way to get involved in the betterment of the Wing and continue our Legacy of Excellence.

One of the Minnesota State Adjutant General's (TAG) six priorities for the Minnesota National Guard is to diversify the force. Through this priority, the Wing Diversity Council was formed. The council is an advisory body being chartered by the 148th Fighter Wing Commander to analyze policies, plans, programs, and practices and to recommend ideas to increase mission readiness in the Minnesota Air National Guard focusing on workforce diversity and assuring fair and equitable participation for all. The ultimate goal is to improve mission effectiveness by maintaining standards of performance, conduct, and bearing in an environment free of the undermining effects of discrimination. This council met for the first time during May drill. We as a wing must be open to the change not only in the demographics of the unit but also the change in other thought processes.



Command Chief Master Sgt. Mark S. Rukavina

The Senior Enlisted Advisor for the Minnesota National Guard has formed a Senior Enlisted Advisory Council. This council is represented by three Air members from each Wing and 20 senior enlisted from the Army Guard. The mission is to serve as a launch-pad for change initiatives being directed to the enlisted force. They will try to assist with the implementation of the TAG's priorities. Through this council they hope to share ideas to better mentor and build a better Airman or Soldier.

These councils are making an impact to our enlisted force to ensure today's Airmen are tomorrow's leaders.

"Last week we received a deployment order tasking nearly 300 of our Bulldogs of the 148th Fighter Wing to go serve at Kandahar Air Field, in Afghanistan in support of Operation Enduring Freedom," said 179th Fighter Squadron Commander Lt. Col. Chris Blomquist during a press conference at the 148th Fighter Wing June 28, 2012. "This will be our first overseas deployment in our new Block 50 F-16s and the first time our unit has deployed to Afghanistan."

The 148th Fighter Wing is scheduled to deploy its aviation package— aircraft and approximately 300 Guard members consisting of pilots, aircraft maintenance personnel, and support personnel in early August 2012 to Kandahar Air Field, Afghanistan for approximately two months in support of Operation Enduring Freedom.

"The Bulldogs have trained for this event for the past two years," said Blomquist. "I am confident that we will exceed the goals of the ground commanders in Afghanistan. In addition to the aviation package tasking, the 148th Fighter Wing will continue to deploy smaller groups of personnel in a variety of other career fields to Southwest Asia in support of current operations."

The Block 50 F-16 conversion process was completed earlier in 2012, when the 148th became mission-capable and fully able to deploy with the newest model F-16 in the Air Force's inventory. In addition to deploying with new aircraft, the 148th will also perform its new Suppression of Enemy Air Defense (SEAD) and Destruction of Enemy Air Defense (DEAD) missions after months of intense training and evaluations.



179th Fighter Squadron Commander Lt. Col. Chris Blomquist announces an upcoming deployment to Afghanistan during a press conference at the 148th Fighter Wing June 28, 2012. (National Guard photo by Master Sgt. Ralph J. Kupustka.)

"After two years mastering the Block 50 F-16 and the Suppression of Enemy Air Defense (SEAD) mission, the Air Force has tasked our wing to deploy" said 148th Fighter Wing Commander, Col. Frank Stokes. "The Bulldogs of the 148th are ready for this challenge and proud to serve our great country."

The Bulldogs previously deployed their aviation package to Joint Base Balad, Iraq in 2005, 2007 and 2008.

"This deployment will not only affect our Airmen, but their families, their friends, and their employers," said Blomquist. "We appreciate the support from our families and from our friends, employers and from the entire community."

148TH FIGHTER WING TO RECEIVE NATIONAL AWARD

BY 2ND LT. JODI KIMINSKI, PUBLIC AFFAIRS



The 148th Fighter Wing will be awarded the 2012 Air Force Association (AFA) Outstanding Air National Guard Flying Unit Award (AFOUA). The award was announced by the Director of the Air National Guard, Air Force Lt. Gen. Harry M. Wyatt III.

"This is the third time the 148th has been selected for this award which is given to the overall best Air National Guard flying unit," said 148th Fighter Wing Executive Officer, Air Force Maj. Audra A. Flanagan.

The 148th previously earned the award in 2006 and 2009.

This prestigious award will be given to the Wing for its many accomplishments in 2011 to include safely accomplishing three large scale flying training deployments in support of the Wing's major aircraft conversion, deploying 73 personnel to 12 overseas countries, being recertified for OSHA's Volunteer Protection Program "Star Status," and supporting state and local events such as wild fires and floods in western Minnesota.

In addition, the Wing earned an outstanding performance in four Air Force Inspections and maintained exceptional execution

of its Aerospace Control Alert mission.

The AFA is an independent, nonprofit, civilian education organization that promotes public understanding of aerospace power and the pivotal role it plays in the security of the nation. AFA publishes Air Force Magazine, conducts national symposium and disseminates information through outreach programs, sponsors professional development seminars and recognizes excellence in the education and aerospace fields through national awards programs.

Members of the 148th will travel to Washington, D.C. in September for the formal presentation of the award.



Bulldogs!
Check out The Air Force Virtual Wingman—a helpful mobile app that provides resources and information designed to promote and protect you and your wingman.

Scan the tag or visit www.airforcevirtualwingman.com for more information.



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Year 2012 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

2012

UTA	SUTA
14-15 July	28-29 July
04-05 Aug	None Aug
08-09 Sept	None Sept
20-21 Oct	27-28 Oct
17-18 Nov	03-04 Nov
01-02 Dec	None Dec

ON THE COVER... Maj. (Ret.) Joe Gomer, a Tuskegee Airman and Duluth native, looks at the statue dedicated to his service in World War II during a ceremony at the Commemorative Air Force hangar, Duluth, Minn. June 23, 2012. (National Guard photo by Staff Sgt. Don L. Acton.)



For more 148th stories, visit www.148fw.ang.af.mil

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WE ARE ALL AMERICANS

BY TECH. SGT. BRETT R. EWALD, PUBLIC AFFAIRS

U. S. Air Force Maj. (Ret.) Joseph "Joe" Philip Gomer, 92, was monumentalized in bronze and stone during a statue unveiling and dedication ceremony June 23, 2012 at the local Commemorative Air Force hangar, Duluth, Minn. The ceremony focused on Gomer and the new monument, which is a life-sized bronze statue resembling the World War II Tuskegee Airman fighter pilot.

It was attended by more than 200 family, friends and active and retired military members. His statue will permanently be on display at the new Duluth International Airport terminal in the fall of 2012.

Gomer is one of more than 960 Tuskegee Airmen, an all African-American fighter pilot unit of the Army Air Corps during World War II. The Tuskegee Airmen were part of the 332nd Fighter Group and were commonly known as the "Red Tails" or "Red Tail Angels" for the distinctive paint markings on their aircraft tails. The "Red Tails" hold the significance of having never lost a bomber aircraft to the enemy while they were escorting them. They accomplished this feat at a high cost, losing 66 Airmen in aerial combat. Gomer himself flew 68 combat missions, or sorties, during his World War II service. Along with fighting the enemy, the Tuskegee Airmen had to fight adversity and racism in a segregated U.S. military. "I flew for my parents, for my race, for our battle for first-class citizenship and for my country," said Gomer.

Gomer continued his military career after the war, seeing the de-segregation of the military in 1948. His last duty station was at the former Duluth Air National Guard Base, Minn. Gomer retired from the U. S. Air Force in 1964 after a military career spanning more than two decades.

Gomer has raised his family stressing the value of earning an education. He speaks often to youths to emphasize the



Maj. (Ret.) Joe Gomer and more than 200 family members, friends and community members attend a dedication ceremony June 23, 2012. A bronze life-sized statue of Gomer was unveiled, honoring his service and dedication during World War II. (National Guard photo by Staff Sgt. Don L. Acton.)

importance of an education and the role it has played throughout his life. He has been inducted in the Iowa Aviation Hall of Fame, possesses a Doctorate of Humanities from Ellsworth College, Iowa, was featured in the "HistoryMakers Project", and was awarded the Congressional Gold Medal.

148TH FIGHTER WING MEMBER VISITS WORLD WAR II MEMORIAL

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

On a day predicted to see rain and thunder, Lloyd O. Johnson and his son Kyle were dry as they visited the grounds of the World War II memorial; a memorial dedicated to the service of veterans like Lloyd Johnson--veterans that put their lives on the line for their country.

Tuesday, May 15, 2012, the Johnsons and 84 veterans from northern Minnesota and Wisconsin, accompanied by volunteer guardians, took in a full day of tours for the third northland honor flight out of Duluth International Airport.

Chief Master Sgt. Kyle A. Johnson, a 148th Fighter Wing Civil Engineering Mechanic and 23-year Air Force veteran, applied to the program on behalf of his father, Private 1st Class Lloyd O. Johnson (Ret.), in 2011, hoping they would be able to make the trip.

Starting with an 8 a.m. flight out of Duluth, Minn., the Johnsons flew to Reagan National Airport.

Halfway to D.C., the veterans were surprised with a mid-flight mail call, harking back to the days prior to email or text messaging.

"It was very good," said Lloyd Johnson. "I didn't know anything about it, and I had cards and letters from everybody."

The letters, sent from family members and friends, were collected by the guardians in the weeks prior to the flight.

"I really enjoyed the mail call--I think that's something so small that you don't even think about it, but back then, that was huge," said Kyle Johnson. "It's something we take for granted."

Upon arriving at Reagan National Airport, the veterans were greeted by Congressman Chip Cravaack along with members of the Air Force National Capital Region (AFNCR), and a large crowd of cheering supporters.

Four buses brought the group to the World War II memorial, which Lloyd Johnson saw for the first time.

"That memorial was not built when I was here," he said. "That's why I came."

Lloyd Johnson, a Marine Corps. World War II veteran, served from 1944 to 1946 in China and Guam.

"It's beautiful," said Lloyd Johnson of the memorial.

From the World War II memorial, the veterans were brought to the Women's Memorial, where they had lunch among the heroes of female service members.

A bus tour followed, as did a chance to witness the changing of the guard at the Tomb of the Unknown Soldier--a solemn event that commanded silence and respect.

The last stop before the return flight was the Lincoln Memorial, where U.S. Senators Amy Klobuchar and Al Franken expressed their gratitude and shook hands with the veterans.

"Thank you for saving the world," said Franken.

The veterans returned to Duluth to the sound of cheers as they were greeted by the Patriot Guard, members of the Duluth Police Department and many other local organizations, family, and friends.

According to Kyle Johnson, the flight was something anyone that knows a veteran should get involved with.

"Even if you can't personally go, get them the form," said Kyle Johnson. "It's well worth it."



148th Fighter Wing member Chief Master Sgt. Kyle A. Johnson and his father Lloyd O. Johnson read letters received during mail call on the flight to Washington D.C. Tuesday May 15, 2012. The mail call was reminiscent of a time when the postal service was a Servicemember's only connection to their family and friends. (National Guard photo by Tech. Sgt. Scott G. Herrington.)



148th Fighter Wing member Chief Master Sgt. Kyle A. Johnson and his father Lloyd O. Johnson tour the World War II Memorial in Washington D.C. Tuesday May 15, 2012. The memorial has two distinct ends, each representing the two major theaters of battle during the war. (National Guard photo by Tech. Sgt. Scott G. Herrington.)

To find out how to become a guardian or send a veteran on an honor flight, visit www.honorflightnorthland.org and download an application.

To make a donation, call 218-409-6110 or mail them to Honor Flight Northland, P.O. Box 7229 Duluth, MN 55807.

PROMOTIONS

APRIL

OLSON, JUSTIN, 179TH, A1C
OSTOFF, SHERIA, MOF, SRA
DALBEC, MICHAEL, MXG, MSGT
JOHNSON, ROBERT, CES, MSGT
NYSTROM, KEITH, AMXS, MSGT
SLEEN, KEVIN, MXG, MSGT

MAY

LADZINSKI, ANDREW, CES, AMN
MYRE, NOLAN, CF, AMN
ESSON, TREVOR, MSG, A1C
HOMER, JUSTIN, STU FLT, A1C
BOYAT, BEAU, CES, SRA
CHADBOURNE, JASON, MXS, SRA
HAMMOND, BRADLEY, MXS, SRA
MILLER, GARRETT, MXS, SRA
CARLSON, ANNA, HQ, SSGT
ROHWEDER, ANDREW, AMXS, TSGT
WALD, LINDA, HQ, TSGT
BUCAR, FRANK, LRS, MSGT
BURG, QUENTIN, AMXS, MSGT
GUSTAFSON, BRYAN, HQ, MSGT
SWANSON, KERRI, MDG, MSGT
WALLACE, THEODORE, LRS, MSGT

JUNE

CAVALLIN, CODY, STU FLT, AMN
BEATREZ, MEGAN, STUF FLT, A1C
LARSON, PHILP, STU FLT, A1C
LARSON, TROY, FSS, A1C
NELSON, BRANDON, STU FLT, A1C
BLAZEVIC, RORY, LRS, SRA
CARLSON, DANIEL, OSF, SRA
ROEN, JACOB, LRS, SRA
WETZEL, ALYSSA, 179TH, SRA
TULLGREN, ADAM, FSS, SSGT
HAWLEY, NATHANIEL, SFS, TSGT
LAURIN, JESSICA, MOF, TSGT
BRINGE, CHAD, MOF, MSGT
MCDONALD, DAVID, MOF, MSGT
ION, DOUGLAS, CES, SMSGT
JOHNSON, KYLE, CES, CMSGT
ZINNER, TODD, MXG, CMSGT

BULLDOGS IN ACTION

Senior Master Sgt. Pete Neumann poses with his son during the 148th's take your children to work day. The event allowed Bulldogs to show their kids what their parents do at the base, and eat lunch together.

National Guard photo by Master Sgt. Ralph J. Kapuska



Bulldogs, family, and friends go through the line at the Services Club spaghetti feed May 19, 2012 in the fuel cell at the 148th Fighter Wing.

National Guard photo by Master Sgt. Ralph J. Kapuska



National Guard photo by Master Sgt. Ralph J. Kapuska



Command Chief Master Sgt. Mark S. Rukavina speaks during a Memorial Day service at Sunrise Memorial Cemetery May 28, 2012.

Ryan Steen and Pat Vermilyen of International Paper are presented with the "Above and Beyond Award" at the Employer Support for the Guard and Reserve Banquet May 21st, 2012 in Minnetonka, Minn. International Paper was submitted for this recognition for their outstanding support of Senior Master Sgt. Matt Koolmo.

Courtesy Photo.



Col. Penny Dieryck poses with Hermantown Historical Society Chair Sandy Reinke and Co-Chair Bob Swanson June 23, 2012 in front of the Society's newly dedicated mural in their military room.

National Guard photo by Master Sgt. Ralph J. Kapuska



Courtesy Photo.



Minnesota National Guard Enlisted Association members from the 148th Fighter Wing pose for a photo during safety day in the Great Lakes Inn at the 148th Fighter Wing.

Police Chief, Gordon Ramsey of the Duluth Police Department is presented the "Above and Beyond Award" at the Employer Support of the Guard and Reserve Banquet May 21st, 2012 in Minnetonka, Minn. The Duluth Police Department was submitted for recognition for their outstanding support of 148th Fighter Wing members.

Tech. Sgt. Ryan Hall has his boat inspected at the 148th Fighter Wing May 10, 2012 for Minnesota's fishing opener.

National Guard photo by Master Sgt. Ralph J. Kapuska



National Guard photo by Master Sgt. Ralph J. Kapuska



National Guard photo by Staff Sgt. Don L. Acton



Members of the 148th Fighter Wing perform highway clean-up rain or shine May 20, 2012. For years, the 148th has adopted a stretch of highway 194 in Hermantown, Minn.

The importance of maintaining fitness for operational readiness is taking on renewed importance with tightening fitness standards. The benefits of staying healthy are numerous and include both mental and physical rewards.

Unfortunately, exercise can be like dieting in that individuals will often have initial success with an exercise program, but over time boredom sets in and people lose interest and revert back to their old habits. Methods to cope with this include training with friends, cross training, hiring a personal trainer, and goal setting. One way to set and measure a goal is through entering a competition or event.

Gone are the days when the only options to compete were 10K fun runs or marathons. Options now range from a running race to military style obstacle course races. Running races now can be trail runs or road events with multiple distances from a 2-mile run to a 24-hour race. Military style obstacle course races are gaining in popularity and often can be entered as an individual or as part of a team. Other events include triathlons, inline skating races, cross country ski races, cycling, mountain bike races, swimming, and mountaineering. Options are really limitless and an event can be found spring, summer, winter and fall. For more information do a quick search on the web for your activity of interest or visit a site like active.com.



RUNNING FOR A GOOD CAUSE

Members of the 148th Fighter Wing participated in the 3rd annual Meatball 5k run May 19, 2012 to raise donations for a local food shelf. (National Guard photo by Senior Airman Sarah Hayes.)



National Guard photo by Master Sgt. Ralph J. Kapustka

Courtesy photo

Courtesy photo

Courtesy photo

National Guard photo by Master Sgt. Ralph J. Kapustka

National Guard photo by Master Sgt. Ralph J. Kapustka

DEPLOYED AIRMEN RUN TO RAISE REFLEX NEUROVASCULAR DYSTROPHY AWARENESS

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

148th Fighter Wing Firefighter Tech. Sgt. Wayne E. Jenderny ran 100 miles to raise awareness for reflex neurovascular dystrophy (RND) April 7, 2012. While deployed at an undisclosed location in Southwest Asia, Jenderny learned that a fellow deployed Airman's daughter was diagnosed with RND.

Sharon Soergel, the 12-year-old daughter of Master Sgt. Pete Soergel, a member of the 171st Pittsburgh Air National Guard and a city of Pittsburgh firefighter, has been diagnosed with RND. A painful condition, RND leads to severe pain in the joints and muscles in children. The pain is caused by a nerve sensitivity whereby the nerves in the body send pain signals to the brain inappropriately. Sharon has extensive physical therapy sessions to retrain the affected nerves and reduce the pain.

"Sharon has a lot of challenges she faces every day, we all do," said Soergel. "But now my daughter knows that there are people all over the world who are thinking about her and praying for her. This has really helped her, especially since her dad's going to be away for six months; and because it's easier for her, it's easier for me."

"I have been deployed with Master Sgt. Soergel twice, along with several other 148th firefighters," said Jenderny. "Many of us in our 148th unit know him. And, as with many deployments, new friendships are forged. So from our deployments in 2008 and 2010, we have gotten to know much of his family from this exemplary Senior NCO. His daughter has a recognized condition now; however, it has been well over a year that a sound diagnosis had been made. Without it, his daughter had to go through unfortunate medical delays of 'trial and error,' from hospital to different hospital, to find a diagnosis which could yield the proper route of care."

Once word was spread about Sharon's condition, the deployed firefighters from the 148th Fighter Wing and 133rd Airlift Wing were compelled to make a difference.

"The concern and interest in the welfare of this fellow firefighter's daughter was very evident in conversations heard around the fire station," said Jenderny. "All we needed was a channel to provide that support."

Jenderny decided he would attempt a 100-mile run in under 24 hours. A daunting task for most runners, Jenderny considered it a personal goal. Throughout his run, Jenderny received motivation and aid from his fellow Airmen.

"Most people on base seemed to know what he was doing when he passed them and honked and gave support as they passed by," said Lt. Col. Daniel E. Gabrielli. "The Minnesota Air National Guard firefighters are extremely popular here. I found that out quickly when I came out here to start my deployment in early March, and whenever I mentioned that I was Minnesota Air National Guard, they went on and on about the firefighters as well as the 133rd Civil Engineering folks who were here earlier this year."

Gabrielli, the 133rd Airlift Wing Operations Support Flight Commander and 386th Expeditionary Operations Group Deputy Commander, met Jenderny during the run.

"He was accompanied by volunteers throughout the run, as well as the wing commander at the end," said Gabrielli. "I was happy that we started running with him at mile 57, because then I thought he might be tired enough to be at my pace."

"Many helped with the aid station which was set up at our main fire station apparatus bay," said Jenderny. "Most of the firefighters ran some mileage with me. I even was joined by the 386th Air Expeditionary Wing



U.S. Air Force Tech. Sgt. Wayne Jenderny (red shirt), 386th Expeditionary Civil Engineering Squadron Firefighter, runs alongside other Airmen from the 386th Air Expeditionary Wing at an undisclosed location, Southwest Asia, April 7, 2012. Jenderny, a Minnesota Air National Guard member deployed from the 148th Fighter Wing and native of Eyota, Minn., ran 100 miles in less than 24 hours to raise awareness and take donations for a fellow firefighter's daughter who is suffering from a painful nerve disorder. (U.S. Air Force photo by Staff Sgt. James Lieth)



U.S. Air Force Tech. Sgt. Wayne Jenderny, 386th Expeditionary Civil Engineering Squadron Firefighter, crosses the finish line after completing 100 miles in less than 24 hours at an undisclosed location, Southwest Asia, April 7, 2012. (U.S. Air Force photo by Staff Sgt. James Lieth)

Commander and many of his staff. I had experienced running pacers for key parts of the event-- namely, our 148th Firefighters who helped pace the event. Tech. Sgt. Tom Simmonds paced with my final seven miles, and Master Sgt. Mark Watzak paced my starting 10 miles-- 10 in the hottest part of the early afternoon, and my last seven miles. They were both invaluable."

Looking back at more than 22 hours of running in high heat, Jenderny describes his success as something made possible only with the help of the deployed Airmen around him.

"It is truly amazing what we as a fire department can accomplish when we want to," said Jenderny. "Each and every firefighter from our unit played an instrumental part to my completing this run. In these desert conditions, there is no way I could not have done this without my fellow 148th CE firefighters supporting me during those 22-plus hours."

"I found out that Wayne posted his pictures and information about his run on his Facebook site right before I was going to report to the MAC terminal to get on the rotator," said Soergel. "I only had a few minutes to post it onto my wall, and when I was able to check it last night I already saw 30 people had 'liked' it. So I'm not sure what support people will offer other than their thoughts and prayers, but those thoughts and prayers are absolutely priceless for Sharon and myself."

PME: IN RESIDENCE OR CDC

BY CHIEF MASTER SGT. RYAN GUNDERSON, SECURITY FORCES SQUADRON

As members of the Air National Guard (ANG) we know that Professional Military Education (PME) is not only required, but is necessary to advance in our military career. A question many Airmen may have is whether to complete PME through attending an in residence course or to complete it by Correspondence Development Course (CDC). On Dec. 13, 2011 five Airmen from the 148th Fighter Wing graduated from Airman Leadership School (ALS) at the Paul H. Lankford Enlisted PME Center, McGhee Tyson Air National Guard Base, Tenn. I was fortunate enough to attend their graduation ceremony and awards dinner.

The ceremony was comprised of nine flights of graduates that were called on stage, one by one, and congratulated by Command Chief Master Sgt. Christopher Muncy. I was amazed by the large number of Chiefs, Command Chiefs, First Sergeants and Commanders (to include a one star general) who had arrived, just as I had, to honor the graduates of their respective units. In his closing remarks, Chief Master Sgt. Felch (Commandant of the ANG Non-Commissioned Officer (NCO) Academy) stressed two topics to the guests in attendance. First, he said how pleased he was with the number of attendees, there to honor the graduates, and how we as leaders need to show our support and admiration for their accomplishments. Secondly, he challenged us to turn to the newly graduated Airmen and utilize the knowledge they gained while attending ALS.

The awards dinner was held at the Knoxville Convention Center in downtown Knoxville, Tenn. This was a top notch production attended in semi-formal or formal dress attire, with an excellent meal and many Airmen receiving awards

for their accomplishments achieved during the five week course. Chief Master Sgt. Muncy also addressed the 500 plus Airmen, guests and family in attendance. I have had the privilege of hearing Chief Master Sgt. Muncy speak on three occasions and anyone who has heard him knows he is an excellent story teller, using humor and personal experiences to keep the audience laughing and on the edge of their seats. I spoke with several of the graduates that day and without exception they all spoke of the course being an excellent training and learning experience. The Airmen also stated they would highly recommend attending the course to other Airmen. In May 2012 I attended the Chief Executive Course in Washington D.C. at which both Chief Master Sgt. Muncy and Commandant Felch spoke about the importance of our Airmen attending in residence PME to enhance their training and further enhance their value as an asset to the ANG.

I would ask that all Airmen consider attending an in residence PME course. To those who have attended and graduated from an in residence course, speak with other Airmen about the benefits of attending and share your experiences. I would also challenge, as Chief Master Sgt. Felch did, our chiefs, commanders and supervisors to look toward the newly educated Airmen and exploit what they have learned at the courses. We also need to recognize our Airmen who dedicate time to attend these courses, not only for their benefit, but for the benefit of all 148th Fighter Wing members. After all, the Airmen of today are the future leaders of the 148th Fighter Wing and the ANG.

10th Annual Commanders Golf Scramble!

FRIDAY SEPTEMBER 28TH, 2012 - 12:00 (NOON)
SHOTGUN START FOUR PERSON SCRAMBLE
RIDGEVIEW COUNTRY CLUB
700 W REDWING ST DULUTH

DINNER AND AWARDS CEREMONY TO FOLLOW
MENU: GRILLED STEAK DINNER WITH BAKED POTATO, VEGETABLE, CAESAR SALAD AND DESSERT

GOLF SCRAMBLE CHAIRPERSON: GARY LUKE
TO SIGN UP AS TEAM OR INDIVIDUAL,
PLEASE E-MAIL OR CALL:
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GARYLUKE@ANG.AE.MIL OR 218.788.7590
TSGT KELLY NELSON
KELLYNELSON@ANG.AE.MIL OR 218.788.7313
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CHAPLAIN'S CORNER

BY CHAPLAIN DARRELL KYLE

The projected financial cost for repairing the damage from the recent floods has already topped \$100 million. That number is just damage to public property. The costs for repairs to private property will add millions of dollars to that number. While the physical damage to our area will be repaired in time, there are other costs that we will bear far into the future.

These financial and emotional costs will not always be easy to see. My son and I came to Duluth, Minn. from our home in Wisconsin on the Thursday following the floods. Being 11, he was excited to see the water everywhere. As we made our way up the hill and to the mall area, he looked around and said, "Is that it? There's not even any water around Grandma's." And it was true. The water receded so quickly that even one day after pictures flooded the newspaper and our computer, it was nearly impossible to see that anything had happened at all. But underneath all of the basements, roads, and even in the midst of many people's personal lives, the damage had been done.

The extra stress of putting lives and homes back together is something that each of us will face at some point in our lives. How we manage that stress is an essential part of recovery. First and foremost, remember that each of us is called to be a wingman. We look after each other and share our joys as well as our sorrows. We check in on one another and lend a helping hand as well as a sympathetic ear. Second, remember to keep first things first. Some things will wait, some won't. Tending to our relationships is something every one of us must do every single day. My 11-year-old is going to be moving away from home in just a few years. We both need to spend the time we have together and that time is now. Third, remember that taking care of yourself by spending time doing what you enjoy is good for the soul.

All of these things together make for a more resilient individual and a better team for all of us.

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By Col. Penny J. Dieryck

August 26th is a special day for me personally and in 1971, it became a special day for the United States. For the Dieryck, Gatlin, Keith Larson, Clauson, Anthony Peterson, and Vine families, it is a birthday celebration.

Not only is August 26th a special day for me due to the birth of our son (and Gen. Gatlin, my hero) it also holds a significant place in America. Why do you ask, is that such a special day? It is the day the United States of America set aside in 1971 as "Women's Equality Day." The day was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution granting women the right to vote.

How does all this relate to myself or other females of the 148th Fighter Wing? I was the first enlisted female to work on airplanes in the maintenance organization when I enlisted in 1980. I was the first full-time female officer, the first female squadron commander, and the first female colonel. Other firsts for women of our organization are:

1st female 1st Sgt. - Chief Master Sgt. Sue Ksicinski, retired, in the logistics readiness squadron (1999)

1st female to retire as a Master Sgt. from the 148th and the Minnesota Air National Guard (ANG) - Master Sgt. Jean Abrahamson (1992)

1st female Chief Master Sgt. - Chief Master Sgt. Marie Ojala (July 2001)

1st female Command Chief Master Sgt. of the Wing - Chief Master Sgt. Jodi Stauber (October 2004)

1st female pilot - Lt. Col. Mary Rainaldi (August 2000)

However, all those firsts did not always come easy. It has been hard work, determination, and sometimes even "True Grit" that have gotten us this far. For me, through mentors such as Gen. Gatlin, wing commanders, and my family, I have learned to be a self-starting, highly motivated, charismatic person. These traits have taken me to this point and will continue to guide me to the end of my career.

The lesson I want to leave our young female Airmen is do not feel you are entitled to progress - you must be persistent, work hard, and remain determined. My first ANG supervisor, Master Sgt. Richard Richie, always said, "Remember your grass roots and how others will be there to support you!" He was right.

The work ethic of the Wing is its strength. As we strive to grow our workforce to be an organization who excels with expanded thoughts and concepts, we'll look to all our Airmen. They will give us that ever vigilant, cross functional expertise (both male and female) to live and leave our "Legacy of Excellence!"



In February of 1972, Marleene E. Young became the first female to enlist in the Duluth Air National Guard when she was sworn in by Maj. Gen. (Ret.) Wayne C. Gatlin. By the end of 1972, at least three other women had gone through Basic Military Training to join the 148th Fighter Wing.



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