

FAMILY TIES

148th Fighter Wing

Special Edition

The Happiest Life...



With another deployment knocking on our door, we felt it was important to send out a special edition of the *Family Ties* newsletter to let our families know about the events that will be offered to bring 148th

FW families together to support each other as well as focus on personal wellness.

We hope we have arranged classes that will

energize and motivate you to become the best you can be while making new and lasting friendships. We also hope you make a life-long change in your health, wealth and readiness capabilities. Whether you make it to one class our all six, it will be a step in the right direction!

A complete list of events can be found on the insert.

"The happiest life is that which constantly exercises and educates what is best in us."

Families Welcome!

There will be more than one send-off for the AEF deployment so when the dates and times are set, your Airman will let you know when families can begin congregating. The following are the family waiting areas:

ADVON—Great Lakes Inn (dining hall)

MAIN BODY—old fuel cell

ESTA—Great Lakes Inn (dining hall)

Pilots—Operations Building



When you get to the 148th FW, the driver of the vehicle must have a driver's license or ID and be able to tell the guard who they are seeing off.

Questions? Jennifer Kuhlman
218-788-7833 or
Jennifer.kuhlman@ang.af.mil.

Stauber Brothers Military Hero's Hockey Camp

"Stauber Brothers Military Hero's Hockey School" gives back to the families of our Service Members. Stauber Brothers are once again hosting the Military Hero's Hockey Camp in Hermantown (near Duluth) for 40 kids per age/group level.

The players will be split up into: Mites, Squirts and Pee Wee levels. Each group receives two on-ice sessions per day.

Camp starts at 0800 and runs Monday, August 6th through Wednesday, August 8th,

The location for this camp is: 4309 Ugstad Rd. in Hermantown, Minnesota.

Contact: krystal@DefendingTheBlueLine.com with any questions regarding camps. Or go to www.defendingtheblueline.org for more camp information.

SAVE THE DATE!!!

148TH FIGHTER WING FAMILY DAY AND OKTOBERFEST
OCTOBER 20, 2012

Be not afraid of growing slowly; be afraid only of standing still.

Chinese Proverb

**148th Fighter Wing
Airman & Family Program**

148 FW/FSF
4680 Viper St
Duluth, MN 55811
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*Social networking sites (SNS) like Facebook and Twitter are software application that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt the mission. Practicing Operations Security (OPSEC) will help you to recognize your critical information and protect it from an adversary. **THINK BEFORE YOU POST!** Think. Protect. OPSEC www.ioss.gov*

148 FW/FSF
4680 Viper St
Duluth, MN 55811
Official Business



Back To School Picnic



Deployments cause a number of changes in children's lives and, along with going back to school without their loved one home, can be stressful. We want to help ease that stress...at least for one night!

Who: Families with a loved one deployed and have school-aged children

Where: 148th FW

When: 6:00 PM Tuesday, August 28

POTLUCK—meat and drinks will be provided, please bring a dish to share.

Games, speakers, door prizes, Kona Shave Ice, meet your school administrators, counselors and teachers and more.



Summer and Fall Family Events



Tuesday, August 14—6:30 PM Great Lakes Inn (Register by August 13)

Introduction to Fitness: Tortoise & Hare shoe store will walk you through the different shoe types and the importance of shoes in your workout; Jessica Backe, Coordinator of Essentia's Wellness Center and Bonnie Brost, Nutritionist from Essentia, will talk about a good nutrition plan for you and your family and how to know if you're "heart healthy". Children under 13 will be playing fun games on the field then joining you for a walk around the base to conclude the evening.

Tuesday, August 21—6:30 PM Great Lakes Inn (Register by August 20)

Rotate through three different workouts to see which one suits your body. Impact Sports Therapy (IST) will be working with weights in the gym, FitLosophy will be working your core in the Great Lakes Inn and a ZUMBA workout will be offered in the courtyard. Each session will be 25 minutes. Children under 13 years will be playing fun games around the base.

Thursday, September 13—6:30 PM Hartley Nature Center, Woodland Ave, Duluth (Register by September 12)

While searching for scavenger hunt items, hike the trails in Hartley Nature Center. Following the hike, we will meet for a nutritious treat and scavenger hunt prizes.

Friday, September 14—6:00-9:00 PM Progressive Martial Arts, Hermantown/Great Lakes Inn (Register by September 13)

Drop your kids off at the Great Lakes Inn and carpool five minutes to PMA (4176 Thunderchief Ln)—while you're experiencing an adult self defense class, your children under age 13 will be going through their own class! Class will start with home security tips then transition to the gym where you'll learn and practice basic self defense moves. This class was made possible by the Sexual Assault prevention and Response (SAPR) program. Class is limited to 20.

Thursday, September 20—6:30 PM Great Lakes Inn (Register by September 19)

Rotate through three 30 minute sessions: My Life in a Box (medical emergencies, fires, floods...how to leave your house in minutes with everything you need to rebuild your life), Financial Fitness (preparing for the future while living for today) and Basic CPR/First Aid course (babysitting course for kids)

Thursday, October 11—4:00-8:00 Duluth Children's Museum (No registration necessary)

Have a fun time FREE at the new and improved Children's Museum. This event is sponsored by the Duluth Yellow Ribbon committee.

- **These events aren't just for families of deployed service members, everyone is welcome! (parents, grandparents, children, grand children, spouses, siblings, significant others).**
- **Childcare will be provided by licensed childcare providers and volunteers**
- **MUST RSVP name, phone number (in case event is cancelled) and, if you have children, their ages Jennifer Kuhlman (218-788-7833 or jennifer.kuhlman@ang.af.mil)**
- **Door prizes will be given on most nights!**