

Bulldogs

**148th Fighter Wing
Duluth, Minnesota**

On Five

June - July - August 2008

Minnesota celebrates 150 years of statehood





Commander's Column

Col. John H. Spencer, Jr. MXG CC



Looking back at the trail of accomplishments the 148th Fighter Wing has experienced over the past year, we begin to wonder how this unit could ever have been considered for closure. The Ops Tempo has been at an all-time high. We completed major Air Expeditionary Force (AEF) deployments to Iraq and Afghanistan, an Alert Force Evaluation (AFE), followed by a no-notice emergency Air Sovereignty Alert (ASA) detachment to Shaw Air Force Base, S.C. for six weeks - whew! Then, a minimum

time spin-up for a comprehensive Phase One Operational Readiness Inspection. Two weeks later the unit was deploying on another emergency alert tasking to Hickam Air Force Base, Hawaii, for two and a half months while the F-15 fleet solved structural issues. Before departing Hawaii, the unit was tasked to pick up alert tasking at Elmendorf Air Force Base, Alaska for an additional six weeks to relieve the F-22s, so they could complete training requirements – Stop! That was a lot to have accomplished!!

The immediate future doesn't look much different. Today, we are postured for another no-notice Alert Force Evaluation, converting two-thirds of the aircraft fleet to a structurally enhanced version of the Block 25 F-16, and preparing for another major AEF deployment. On top of that we have a delegation of VIPs coming for a week long visit in June, and we will spend the better part of a week performing a Phase two Operational Readiness Exercise the end of July into August.

When does the Chaos end?? The honest truth is...the Ops Tempo will remain at an unprecedented

level for the foreseeable future. Why?...the bottom line is the 148th Fighter Wing must remain relevant if we expect to remain in business. Since the 2005 Base Realignment and Closure (BRAC) plan that called for the 148th Fighter Wing to essentially close it's doors, we were fortunate to receive (in my terms) a 'stay of execution.' Very lucky, yes...but the next BRAC is rapidly approaching and we must be prepared and proactive in protecting the existence of the 148th Fighter Wing's 'Proud Tradition.'

Along with all available political support, it has always been the unit's location and reputation that has done the most for preserving unit longevity. With threat evolution our location isn't as strategically important today. We must exploit our best attribute and that is the work ethic and culture of our members that has highlighted the 148th Fighter Wing as the unit to be counted on to get the job done anywhere and anytime! No kidding, this reputation has us on the top of many, many charts!! It is quite an 'honor' to earn this reputation. Along with the honor comes responsibility and expectations. Now, we must balance the (continued on page 3)

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Year 2008 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

	UTA	SUTA	MANDATORY
AFT			
13-15 Jun		None Jun	
None Jul		None Jul	28 Jul - 01 Aug
02-03 Aug		None Aug	
23-24 Aug			
13-14 Sep		None Sep	
04-05 Oct			25-26 Oct
01-02 Nov		None Nov	
06-07 Dec		None Dec	

On the Cover

F16s flown by pilots from the 148th Fighter Wing flew triumphantly overhead the Minnesota State Capitol in celebration of Minnesota's 150th birthday. Photo by Capt. Audra A. Flanagan. See story on page 7.

Check out the 148th Fighter Wing website at www.mndulu.ang.af.mil

Commander's (cont. from page 2) responsibilities and expectations so that we do not over extend our capabilities or people. We have the oldest aircraft and the least amount of people assigned to perform our mission. We realize we continually ask more from our members and their families, but it is with best intentions. The goal is to continue to pursue a mission that will ensure the existence of the 148th Fighter Wing well into the future. Potential future missions continue to evolve so we must retain our current reputation to remain competitive when those missions are assigned.

It is critical everyone understands that we must remain focused on maintaining our current reputation. Without that, many other units competing with us for survival will continue to remain ahead of us in the fight for longevity. In the past we earned green stamps that expired before we could cash them

Local hero

By Kim Ferdon
Hermantown Star

The city of Duluth honored 148th Firefighter Tech. Sgt. Brian Black by awarding the Clarence Matty Award for outstanding civic service, thanks to his part in rescuing a child from a fire in September 2007.

"Saving lives and fighting fire is part of the job," said Duluth Fire Chief John Strongitharm. "That in itself is not enough to get a nomination for the Clarence Matty Award. In the Sept. 7 fire, Captain Phil Rogers and firefighter Brian Black went into a fire without a fire line or backup to perform a rescue. Putting their own lives at risk was a decision they made due to the

in for similar accomplishments, but the stakes are quite different today. Now, we expect timely recognition equal to the level of challenge the unit has voluntarily accepted and successfully accomplished. Although in the past we quietly enjoyed our successes, today we are receiving noteworthy recognition for many of the heroics our members have recently performed. In June, we will celebrate receiving the "Outstanding Unit" Award for 2007. We will also receive national recognition as the first Air Force unit to receive the prestigious Safety Award for our "Voluntary Protection Program" (VPP). We are extremely excited to receive these two awards. These awards recognize the everyday culture and work ethic of the 148th Fighter Wing.

Still, everyone knows, our recent accomplishments deserve a whole lot more recognition for the continuous dedicated heroics

immediate threat on a small child's life."

The Clarence Matty Award is awarded to city employees who have surpassed expectations in the line of duty. They are nominated by their coworkers or supervisors and then chosen by senior staff members.

On Sept. 7, Black and Rogers responded to a fire in a 2-story apartment in West Duluth. There were reports that children were trapped in the apartment; upon arrival, they found heavy smoke pouring from the door. Two children had been rescued by their mother, but the smoke had foiled both her's and the father's attempts to find their third child. The mother was suffering from smoke inhalation; she was later taken to

performed. The 148th Fighter Wing deserves a mission that will keep it relevant well into the future! Unfortunately, we may have to keep up this Ops Tempo until the future mission planners receive overwhelming pressure to convince them that they have no other choice but to give us what we rightfully deserve. It will require many additional acts of heroism from our unit to convince those planners. I am confident that we can continue to perform at this level through the next year but I also realize we are accepting many risks along the way. Please, keep up the great work of reinforcing this great reputation through our proven culture and work ethic as we continue to pursue our goal. We truly appreciate the envious position the unit is currently in and we believe great things come to those who work hard.

(See article on VPP on page 6).



the hospital for treatment.

Black, a full-time Duluth Firefighter, is also a volunteer firefighter with the Hermantown Fire Department and previous fire inspector. He also trains future firefighters at Lake Superior College.

Medical Minute

Obesity

By Capt. Anthony C. Valentine
148th Fighter Wing Medical Group

Obesity is a serious health issue in the United States. Current statistics show one in four adults in the U.S. are obese. In 2006, only four states had a prevalence of obesity less than 20%. Twenty-two states had prevalence equal to >25%; two of these states (Mississippi and West Virginia) had a prevalence of obesity >30% (Statistical data published by the Centers for Disease Control). People who are overweight or obese have a greater risk of developing serious chronic illnesses, such as high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke, and certain cancers. For the Wing to maintain optimal operational capabilities, it is important that every service member understand the definition of obesity and its negative impact on health and ways to prevent obesity or to resolve it.

The National Institute of Health defines overweight as an adult who has a Body Mass Index (BMI) between 25 and 29.9. An adult who has a BMI of >30 is considered obese. BMI is a measure of weight in relation to height. Use the fol-

lowing formula to determine your BMI: weight (kg) / height (m)² or weight (lbs) / height (in)² x 703.

The measure of waist circumference is also a predictor of developing risk factors for heart disease and other long-term illnesses. The risk increases with a waist measurement of over 40 inches in men and over 35 inches in women. For people who are considered obese and have one risk factor or are overweight and have two or more of the risk factors listed below, the National Institute of Health recommends weight loss. Obesity Risk Factors include high blood pressure (hypertension), high blood glucose (sugar), high LDL-cholesterol ("bad" cholesterol), a family history of premature heart disease, low HDL-cholesterol ("good" cholesterol), physical inactivity, high triglycerides, and cigarette smoking.

A small amount of weight loss (10% of current body weight) will help to lower the risk of developing diseases associated with obesity. For example, 10 % weight loss from current body weight can lower blood pressure by ten points. Preventing obesity or losing weight will help to lower the risk of developing high blood pressure high cholesterol, type 2 diabetes, heart

disease, stroke, and certain cancers.

Preventing obesity or losing weight requires a comprehensive approach. A healthy diet low in fat and starchy foods is important to weight loss as is maintaining good fluid hydration; ideally 64 ounces of water daily. A critical factor for weight loss is physical activity. The NIH recommends at least four to five days a week of modest (30 minutes) cardio-respiratory activity, i.e.; jogging, biking, swimming, brisk walk, aerobics class, etc. As service members, it is ideal that we remain in good physical shape. Not only will regular exercise help you to lose weight and stay at a healthy BMI, but it will have you prepared for the physical fitness test.

Hopefully this article has explained the seriousness of obesity in the U.S. and its current prevalence. There are many chronic illnesses associated with obesity and often these illnesses can be controlled or even resolved with weight loss or prevention of obesity. Remember, a healthy diet, drinking 64 ounces of water daily and regular exercise can help us all to lose a few pounds and then keep the pounds off. Don't forget, there's no better time to start than the present and by the way, we do have a physical fitness test in August!

Summer safety

The 148th Fighter Wing Safety office organized a Coast Guard approved boat inspection on May 9, 2008. The event was part of the units lead in to the Air Force's "101 Critical Days of Summer."

Sixteen boats were inspected by two members from the Duluth Sail and Power Squadron. 148th members and their families were invited to bring their boats to the base for the opportunity to have a safety inspection.

Members were automatically entered into a free drawing for a life jacket that was donated by the Guard Family Network. Senior Master Sgt. Steve Samuelson won the life jacket.

Check out the 148th Fighter Wing website at www.mndulu.ang.af.mil



Senior Master Sgt. Steve Samuelson (center) tries on his new life jacket. Presenting the life jacket are Jennifer Kuhlman, Guard Family Network, and Lt. Col. Charlie Nelson, 148th Fighter Wing Safety Officer. Photo by Tech. Sgt. Jason W. Rolfe.



CHIEF'S CORNER

The latest updates from your Chiefs' Council

By Chief Master Sgt. Kraig J. Konietzko

Human Resources Advisor

Transforming Today's Airman into Tomorrow's Leaders Through "My EDP"!

It's a Senior Non-Commissioned Officer's inherent duty and responsibility to develop and discover opportunities for professional growth for our enlisted force. We cannot expect our Airman to know something they have never been taught. The 148th Fighter Wing is currently in the process of rolling out a mentoring program that focuses on the enlisted personnel's leadership skills and career development. Located directly on the Air Force Portal, My EDP (Enlisted Development Plan), allows enlisted members to have a direct impact on their own professional growth and development.

This mentoring tool will assist each enlisted Airman in providing increased knowledge on every aspect of their career development. My EDP has direct links to appropriate Air Force Instructions, Air Force Doctrines, and other information required for career progression. The entire premise of the program is built on developing skills that encompass the USAF sixteen enduring leadership competencies. Accessing My EDP and creating an account is rather easy. Here are the step-by-step directions on how to access MyEDP:

1. Open AF Portal home page <https://www.my.af.mil>
2. Find Featured Links, Top Viewed: Career (right-side of center section)
3. Click on MyEDP (Enlisted De-

velopment Plan)

Next, you will have to create a My EDP account. This page will only appear the first time you enter My EDP, and there are four steps:

1. Enter your Social Security Number (twice)
2. Verify information: this information is pulled directly from MilPDS. If incorrect contact your Military Personnel Flight. Follow on-screen directions to make immediate changes and then click on "next" button.
3. Login setting: Here they will ask for an email address—any email address can be used. Note: if you use a "non-mil" email address you'll need to let your subordinates and/or mentees know. Click on "finish" button.
4. Complete - your My EDP (populated based on MilPDS information) displays.

This program is supported by our senior leaders and every enlisted member is highly encouraged to participate. Be sure to visit the S-Drive @ S:\HRA (Konietzko) to find step-by-step PowerPoint slide-shows, articles, and other document that can assist you in the My EDP process. This is an opportunity for our enlisted individuals to grow and develop professionally. My EDP will benefit us with a more skilled and proficient enlisted work force.

148th Fighter Wing PROMOTIONS

Rank/Name Sq

As of May 1, 2008

MSgt. Ryan M. Blazevic	Med Gp.
MSgt. Dale M. Haupt	SVC
MSgt. Erica A. Olson	Med Gp.
MSgt. Gregory R. Stevens	Med Gp.
TSgt. Brian A. Black	CES
TSgt. Nicholas G. Downs	CES
TSgt. Grant A. Gimpel	CES
TSgt. Michaela Jaros-Turicka	SVC
TSgt. Jami R. Panula	SVC
TSgt. Christopher J. Robbins	SVC
TSgt. Emeri N. Rohweder	SVC
TSgt. Ronald F. Schutte	SVC
TSgt. Melanie A. Sloan	SVC
SSgt. Nichole J. Dahlen	LRS
SSgt. Daisha M. McCuskey	Med Gp.
SrA. Benjamin J. Ward	SFS

As of May 15, 2008

CMSgt. Dean V. Kuhlman	CF
SMSgt. Lance L. Johnson	AMXS
SMSgt. Julie M. Samuelson	OSF
SMSgt. Jon P. Livingston	MOF
MSgt. Thomas E. Welden	CF
TSgt. Jamey M. Nord	SFS
TSgt. Stephen L. Tuohy	SFS
TSgt. Jeffrey R. Kreager	SFS
TSgt. Matthew J. Pecore	CF
TSgt. Nathan J. Skoglund	CF
TSgt. Christopher E. Vest	LRS
SSgt. James R. Shimon	MXS



CONGRATULATIONS

Check out upcoming events and ways to get involved on page 11

148th Fighter Wing earns “Star” rating

By Capt. Audra A. Flanagan

On Wednesday, April 30, 2008, the Occupational Health and Safety Administration (OSHA) announced the 148th Fighter Wing located in Duluth, Minn. had earned the prestigious Voluntary Protection Program (VPP) Star status. The 148th is the first unit in the Air Force to accomplish this goal.

The VPP provides a measurable process to show excellence in occupational safety and health. VPP participants are recognized based on their written safety and health management system, sustained superior performance, and a commitment to effective employee protection beyond the requirements of OSHA standards. In addition to reviewing extensive documentation, OSHA conducts an on-site evaluation to judge how well the site’s safety and protection system is working.

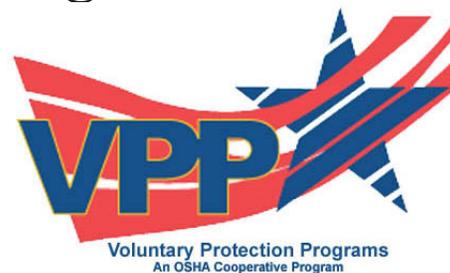
On March 3, 2006 Secretary of Defense Wynne made improving safety and health performance part of Air Force Smart Operations for the 21st Century (AFSO21). Tasked with building a culture of continuous improvement to enhance combat effectiveness, AFSO21 has outlined safety as a key area for process improvement

to help guide initiatives throughout the Air Force. VPP is a program aligned with this initiative.

The 148th began the VPP process 18-months ago, began working with a local, civilian mentor from Minnesota Power 12-months ago, and then submitted their official VPP application to OSHA in October 2007. In February 2008, a team of OSHA VPP experts performed an on-site assessment of the 148th Fighter Wing and recommended the Wing for a “Star” rating.

The 148th Ground Safety Manager, Senior Master Sgt. Todd Zimmer worked extensively with mentor Greg Rindal from Minnesota Power, an Allete Company based in Duluth, Minn. Mr. Rindal was appointed as a Special Government Employee (SGE) by OSHA which enables business industries and government agencies to work together. Zimmer said Rindal “completed a site analysis and helped the Wing identify improvement areas which was very helpful to the 148th.”

In addition to preparing for VPP during the past 18-months, the Wing supported a variety of missions to include deployments and inspections. The 148th deployed to Balad Air Force Base, Iraq in sup-



port of Operation IRAQI FREEDOM; Shaw Air Force Base, S.C. in support of Operation NOBLE EAGLE; and Hickam Air Force Base, Hawaii and Elmendorf Air Force Base, Alaska to support Air Sovereignty Alert after the Air Force grounded the F-15 fleet. The 148th also received an “Excellent” Alert Force Evaluation rating; “Outstanding” ACC COMSEC inspection rating and an “Excellent” Phase I Operational Readiness Inspection rating.

148th Chief of Safety, Lt. Col. Charlie Nelson stated that “the 148th Fighter Wing succeeded at earning the VPP Star Rating as a result of the strong safety culture in the Wing.” Upon receiving the official news that the 148th earned the Star rating, Wing Commander, Col. Mark Johnson said that “Earning the VPP Star rating is a validation of all 148th members working together for a common goal, to ensure the safety of all its members and their families.”

LEADS scholarship winners

Three new members of the 148th Fighter Wing selected to receive the Leadership Excellence and Dedicated Service Scholarship. Airman Darin Larson (148th Medical Group), Airman Jesse Miller (148th Aircraft Maintenance Squadron) and Airman Dalton Johnson (148th Operations Support Flight) will each receive a \$1,000 scholarship.

The Minnesota National Guard will award a maximum of 25 LEADS Scholarships to selected High

School seniors who become a member of the Minnesota Air National Guard and complete the application process.

For eligibility you must be a high school senior, be a member of the Minnesota Air National Guard and to receive payment you must successfully complete Basic Military Training.

The application consists of a prepared essay on leadership, resume, letters of recommendation, and a certified transcript.

Check out the 148th Fighter Wing website at www.148FW.mndulu.af.mil

Volunteerism at the 148th Fighter Wing

By Capt. Audra A. Flanagan

Volunteers don't get paid, not because they're worthless, but because they're priceless.

- Sherry Anderson

As most of us know, 148th members are encouraged to support youth and charitable organizations. United States Code 32, Section 508 allows the National Guard to provide support services to the following:

- Boy or Girl Scouts of America
- Boys & Girls Clubs of America
- YMCA or YWCA
- US Olympic Committee
- Special Olympics
- Non-profits supported by the Combined Federal Campaign

Master Sgt. David Blazevic from

the 148th Engine Shop makes volunteerism a "family affair". He and his



Chief Master Sgt. Robert Kotter, a full time fire fighter with the 148th Fighter Wing shows area Boy Scouts one of the 148th fire trucks. 156 area Boy Scouts from all of Northern Minnesota toured the 148th Fighter Wing on Saturday, April 5, 2008. This tour helped the Scouts earn their Aviation Merit Badge. Photo by Tech. Sgt. Jason W. Rolfe.

family teach 30 American Red Cross-certified Life Guard, CPR and First Aid courses through the Duluth Public

Schools Annually. In addition to teaching courses, he has been leading Boy Scout Troops since 1975, giving 500-hours a year to area youth.

Each year we exceed our goal of 4,000-hours of community service because the men and women of the 148th donate their time to various non-profit organizations, volunteer fire departments. Additionally, we support community events such as the Northland Memorial Day Parade, Grandma's Marathon or the St. Scholastica Thanksgiving Buffet.

If you volunteer your time to a non-profit organization, please let me know so I can credit the Wing. Please send your name, number of hours volunteered, name of organiza-

tion and other pertinent details to: audra.flanagan@mndulu.ang.af.mil.

Minnesota celebrates Sesquicentennial

Media, Minnesotans, and members of the Minnesota National Guard gathered in front of Capitol Building in St. Paul to honor Minnesota's 150th year of statehood. May 18.

Highlighted speakers included Gov. Tim Pawlenty, commander-in-chief of the Minnesota National Guard, First Lady Mary Pawlenty, and Maj. Gen. Larry W. Shellito, the adjutant general for the state of Minnesota, who gave thanks to members of the United States Armed Forces as well as their families for their sacrifices made to keep the U.S. and Minnesota safe.

"Minnesota ranks 26th in terms of overall population, but is the 5th largest state when it comes to military service," said Shellito. "Our

citizens are patriotic, and have served proudly in all branches of armed service since Minnesota was a territory."

A color guard comprised of Soldiers and Airmen, each representing his or her battalion or wing with a corresponding flag, marched through the aisle of the audience and made their way up the stairs of the Capitol. A larger formation of Soldiers and Airmen followed, turned and faced the audience at the position of attention.

Shellito proceeded to introduce via satellite Lt. Col. Greg Thingvold, commander of the 2nd Battalion, 147th Assault Helicopter Battalion who are currently serving in Iraq. The audience watched with emotion as Thingvold's wife,



Senior Airman Don Brown from the 148th Fighter Wing Logistics Readiness Squadron, carries the flag representing the 148th at the Sesquicentennial ceremony on May 18, 2008. Photo by Capt. Audra A. Flanagan.

Sara; son, Derrick; and daughter, Brooke Lynn took their places at the podium and exchanged stories with their father from thousands of miles away.

Employer Support for the Guard and Reserve

By Capt. Audra A. Flanagan

Employer Support for the Guard and Reserve (ESGR) is a Department of Defense organization. It is a staff group within the Office of the Assistant Secretary of Defense for Reserve Affairs (OASD/RA), which is a part of the Office of the Secretary of Defense. ESGR's mission is to gain and maintain employer support for Guard and Reserve service by recognizing outstanding support, increasing awareness of the law, and resolving conflicts through informal mediation.

If you would like to recognize your employer for the support they have provided you; you can submit them for the ESGR-sponsored Patriot Award. The nomination process is easy and can be done on-line at www.esgr.org. Upon entering the website, scroll down and click the link on the right side titled "AWARD YOUR EMPLOYER." An easy, on-line form will

appear where you fill in pertinent information on your employer, the 148th Fighter Wing and yourself. The final question asks where to mail the certificate. The 148th's preference is to have it mailed to you, the member, or your unit commander. Upon receiving the certificate we can plan a presentation to reward your employer.

The 148th is tentatively planning an ESGR event for the fall; the date is yet to be determined. If you are interested in having your employer invited to an event which would include a meal, briefing and tour please send the following information to audra.flanagan@mndulu.ang.af.mil:

- Name of employer/company and person(s) you wish to invite
- Employer address
- 148th member name

Home sweet home

One of Duluth's first F-16s reached its final home at the Minnesota Air Guard Museum.

F-16A block 15, #81-0807 was selected by the Air National Guard as the plane of choice to be dedicated to the Museum. #81-0807, was one of the early F-16s the 148th Fighter Wing received in the 1990s. The jet made its final flight back in February 2007.

The wings, tail, instruments and engine were removed by members of the 148th Maintenance Squadron before being strapped to a trailer for the journey. On arrival, it was reassembled and will go on display at the museum at Minneapolis-St. Paul International Airport.

The jet first came to Duluth in 1991 when the 148th



An F-16 from the 148th Fighter Wing was dedicated to the Minnesota Air Guard Museum May 16, 2008. Photo by Staff Sgt. Donald L. Acton.

began converting from F-4s to F-16 Fighting Falcons. When the wing received newer F-16s in 2003, the plane was sent to Arizona to serve as a trainer. Later, it was stationed in Fargo, N.D.



Klatt featured in airshow

Major John Klatt, an F-16 pilot with the 148th Fighter Wing, will take his acrobatics to the air in a Staudacher S-300D during the 2008 Duluth Airshow.

The Airshow will take place July 19-20, 2008 at the Duluth International Airport. The show will also feature F16s from the 148th Fighter Wing, as well as the United States Navy's Blue Angels.

Check out the 148th Fighter Wing website at www.mndulu.ang.af.mil

MNGEA 2008 conference

By Master Sgt. Deana R. Wolff and Staff Sgt. Kelly A. Nelson

Despite the snow and cold weather that hit Minnesota over the weekend of April 25-27, 2008 enlisted Soldiers and Airmen from around the state attended the 39th annual Minnesota National Guard Enlisted Association Conference. The conference was hosted by Cragun's Resort in Baxter, Minn. The mayors of both Brainerd and Baxter kicked off the conference with a welcome to the enlisted Soldiers and Airmen.

Minnesota Adjutant General Maj. Gen. Larry Shellito spoke to the Soldiers and Airmen about the current state of the Minnesota National Guard. Shellito thanked the 148th Fighter Wing personally for the recent back to back deployments to Hawaii and Alaska. Retired First Sgt. Bob Metcalf gave a presentation on the 2009 National Enlisted Conference, which will be held in Rochester, Minn. August 9-13, 2009.

The Duluth Chapter (Chapter 48) had the largest representation of any other chapter in attendance during this year's conference with

25 delegates! With the help of all of our delegates, MNGEA was able to pass four new resolutions which will now be addressed during this year's Enlisted Association of the National Guard of the United States (EANGUS) Conference in August. Chapter 48 also filled three key positions on the MNGEA Executive Board.

The Business Session of the conference concluded with the election of retired Command Sgt. Major Chuck Benda as the new President, Master Sgt. Mark Wasserbauer as Vice-President and retired First Sgt. Bob Metcalf as Treasurer of the MNGEA Council. Chapter 48 also elected Master Sgt. Keith Johnson and Staff Sgt. Kelly Nelson as the Co-Directors for Duluth.

During the awards banquet, scholarships were awarded. Three out of the four Minuteman Scholarships were given to eligible 148th MNGEA members/dependents. Staff Sgt. Alexa Carroll (Service's Flight), Erin Blazevic (daughter of Master Sgt. Dave Blazevic, Main-

tenance Squadron), and Amanda Sorenson (daughter of John Sorenson, Maintenance Operations Flight) were the winners. Senior Master Sgt. Gary Luke also received an award for being selected as the First Sgt. of the Year from the State of Minnesota. Congratulations to all of you once again!

The conference culminated with a patriotic tribute from recording artist Rockie Lynne. The performance ended with a patriotic medley featuring the song "Red, White, and Blue." The 148th Chapter of MNGEA's goal is to bring awareness to issues that are important to the well-being of the enlisted forces, both Army and Air. This organization is "Our Enlisted Voice!", and we encourage you to participate in any way you can!

As we begin planning for next year's conference (which will be held right here in Duluth next April – "Party in Paradise"), We hope you will continue to support our Chapter and State Association. If you would like to be a part of the "Party in Paradise" Committee, please contact Master Sgt. Mark Wasserbauer at (218) 788-7352.

ANG Paralegal: A challenging opportunity!

As an Air Force Paralegal serving in the Air National Guard, you are part of the Judge Advocate General's Corps. The primary mission of the corps is to provide legal counsel to commanders, first sergeants, and other key personnel on a broad spectrum of legal matters. The paralegal's role is to assist judge advocates (attorneys) in accomplishing that mission. Paralegals conduct legal research, interview witnesses, draft opinions, Powers of Attorney, and prepare Wills under supervision of an attorney.

Would you consider joining us as a member of the Judge Advocate General's Corps? Did you know that as an enlisted member you might be eligible to retrain into the paralegal career field? Minimum qualifications include ability to type 25 words per minute, a minimum ASVAB General score of 51, and no derogatory information in your records. If you're eligible and wish to retrain, you must submit a retraining application, and be interviewed by the Law Office Superintendent and the Staff Judge Advocate.

The paralegal career field is extremely interesting and very challenging. It is rewarding for individuals who are looking for a job that gives you independence in your work, personal growth, and most importantly, a sense of accomplishment at the end of each day. If this is what you seek, then the paralegal career field is right for you! For more information contact Senior Master Sgt. Frank Lehto at the Base Legal Office, Bldg 250, or call (218) 788-7269.

GFN Silent Auction a success!

The Guard Family Network would like to extend their thanks to the 148th Fighter Wing squadrons, families and friends that donated items to the Silent Auction held during the Spaghetti Feed. The auction was, once again, a huge success raising money for our 148th families in need, upcoming family events and deployment support. Thanks to everyone that bid on items, played the grab bag game and bought a raffle ticket for one of our six wonderful baskets. We hope you had fun and went home with something special! Finally, thank you to all our volunteers, without your help and support this fundraiser would not be possible.



Left and above: Members of the 148th Fighter Wing and their families help make the Guard Family Network Silent Auction and Spaghetti Feed a success. Over 500 people enjoyed spaghetti, dancing and the Guard Family Network silent auction. Photos by Staff. Sgt. Donald L. Acton.

Educate yourself - Minnesota GI Bill tuition benefit program

As a member of the Minnesota National Guard, it is amazing how appreciated each and every one of you are. In an effort to show the appreciation of the state of Minnesota, Gov. Tim Pawlenty recently authorized the new Minnesota GI Bill to go into effect immediately. The Minnesota GI Bill gives Soldiers and Airmen of the Minnesota National Guard up to \$1,000 per semester to attend school, and can be used in conjunction with any other benefits the National Guard offers. Those of you who are members of the National Guard, attending an accredited college located in Minnesota and a resident of the state of Minnesota, qualify for this benefit. There are many other ways to qualify for this benefit, you can find these and answers to any questions you may have at: <http://www.getreadyforcollege.org>, here you can also find an application which must be submitted along with your current DD Form 214 to your institute's financial aid office. If you have any questions on this please feel free to contact Senior Airman Casey Erickson at casey.erickson@mndulu.ang.af.mil or (218) 788-7390.

Bring our sons and daughters to work day

Held annually on the fourth Thursday of April, the Bring Our Sons & Daughters to Work Day provides young men and women (ages 8-18) the opportunity to see a variety of job roles and responsibilities at the 148th and reinforces the importance of teamwork and diversity in the workplace.

The kids began the day working along side their parent/guardian, had a luncheon in the afternoon, and finished the day with a base tour.

For more information about the annual event, contact Master Sgt. Kim Schaeffbauer at (218) 788-7203 or via e-mail at kim.schaeffbauer@mndulu.ang.af.mil.



Children of Base personnel pose for photos with the Lt. Col. James Stauber and Lt. Col. Guy Schaumberg on 'Bring Our Sons & Daughters to Work Day,' April 24, 2008. Photo by Tech. Sgt. Jason W. Rolfe.

Check out the 148th Fighter Wing website at www.mndulu.ang.af.mil

News around base

Retires breakfast

Thursday, June 19, 2008, Great Lakes Inn.
8:30 a.m. registration and 9:00 a.m. breakfast

Please RSVP Larry Burda ASAP to plan for enough food at (218) 722-9909, Cell (218) 343-0980, or ljburda@aol.com.

148th Fighter Wing 60th Anniversary

To help commemorate the 60th Anniversary of the 148th Fighter Wing, the Services Club is offering a special edition 148th Fighter Wing 60th Anniversary stein. This stein is 0.5 liters with a pewter lid and is made in Germany. The cost is \$50. The design in this picture is only a sample.



The stein will have the Wing's 60th anniversary logo on one side and 30th Annual Oktoberfest on the other. Steins MUST be pre-ordered by June 15, 2008. Orders can be placed with Tech. Sgt. Glen Flanagan or Master Sgt. Mark Wasser-

bauer at (218) 788-7352.

Oktoberfest Homebrew Contest

The Annual Oktoberfest Homebrew Contest will be Saturday, Sept. 13, 2008. The winner will receive an authentic German Stein. If you are interest in entering, contact Master Sgt. Steve Gerads at (218) 788-7414.

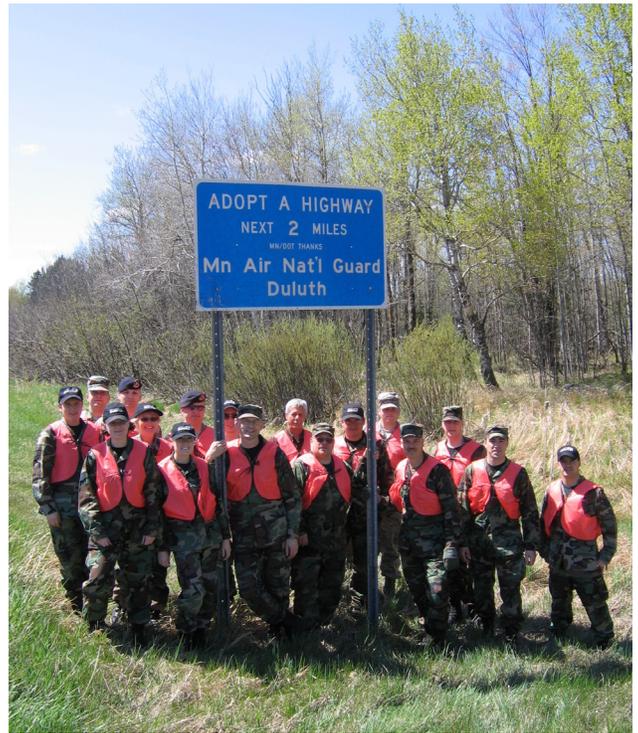
Oktoberfest Car Show

The 5th Annual Oktoberfest Car Show will be Saturday, Sept. 13, 2008 from 12:00 p.m. to 4:30 p.m. There is a \$5 entry fee. Entrants must be a 148th member or a sponsored guest. There will be a trophy for vehicles older than 20 years, newer than 20 years and toys (motorcycle, sleds, ATVs, ETC.) If you are interested and want to register, please contact Tech. Sgt. Scott Twining at (218) 788-7315.

June awards ceremony

All 148th Fighter Wing members and their families are invited to attend the upcoming Award Celebration celebrating the OSHA Voluntary Protection Program (VPP) Star Rating and Air Force Outstanding Unit Award.

The ceremony will be held Sunday, June 15, 2008, 1:00 p.m. at Denfeld High School Auditorium, 4405 West 4th Street.



18 members of the 148th Fighter Wing volunteered to clean up the Minnesota Air National Guard - Duluth portion of the Adopt A Highway program, a two mile stretch along Highway 194. The group spent two hours cleaning up both sides of the busy road.

Photo by Staff Sgt. Megan Mork.

Upcoming volunteer opportunities

- Quarterly Blood Drive – June 14, 2008 from 8:00 a.m. to 11:00 a.m. If you would like to held contact Tech. Sgt. Justin Pederson at (218) 788-7838.
- Courage Duluth Fishing Tournament at Driftwood Estates – June 14, 2008. If you would like to volunteer contact Tech. Sgt. Glen Flanagan at (218) 788-7352 or Tech. Sgt. Andy Hayes at (218) 788-7428.

148th Fighter Wing earns Air Force Outstanding Unit Award



BulldogBits

By Lt. Col. Penny J. Dieryck

It's Sunday of the May UTA. The weather is clear, visibility is endless, and the skies are a beautiful blue color. It's been a long winter with not a very nice spring. However, June is just around the corner, and we know we'll soon hear the rustling of leaves, singing of birds, and the roar of lawn mowers. Along with those sounds around our homes, we'll experience road construction across the great state of Minnesota to include the road into the base. Airport Road, which runs from Rice Lake Road to the Duluth International Airport will be torn up and repaired starting in May. The goal is to have a turning lane added to the road to make access to the base easier.

Along with road construction, the Wing has numerous remodeling and new buildings springing up. Support from Congressman Oberstar may provide the 148th with funds to build a new fuel cell. We'll be repairing the roof on the alert hanger, striving to build a wing storage facility, moving the supply function, potentially tearing down building 243 to expand our parking lots, etc. Capt. Kaspari and the Civil Engineers are continuing their hectic pace of upgrading the wing for this millennium. It's remarkable how a new facility not only requires CE help but also reviews by communications, safety, environmental, and the final user. Keep watching as the Wing changes.

As I talked earlier about Communications and the 21st Century, more and more of our work is becoming web-based via the Internet. Our personnel now need access to the

Virtual Military Personnel Flight and a different account in the database at the Air Reserve Personnel Center called vPC-GR. It's truly amazing how much of this stuff is being digitalized to include our individual Military Personal Record, awards and decorations, retirement benefits, etc. I want to take this opportunity to remind retirees they need to contact ARPC themselves. Yes, either call the 1-800 phone number or contact ARPC at www.arpc.mil. The Wing will always be here to help the retirees, however, when you get close to age 60 and are looking for your retirement check and medical benefits, the retiree will need to get ahold of ARPC and ensure their paperwork is complete, ARPC has their current address and personal information, and work with ARPC on which bank account to send their respective retirement check. Col. Moe told me, "You'll know when it's time to retire" as he headed out the door. Now I see what he meant.

Now I have to take you back to the future. Our week of June 9, 2008 will be a highly paced, highly prized week of special visitors and events. We'll be hosting visitors from Goporeau sister state of Croatia, up to 30 Air Force Generals for a formal training course; Under Secretary of the Air Force, and hopefully Gov. Pawlenty, Senators Coleman and Klobacher, and Congressman Oberstar. We're calling it the perfect storm because of the three waves of VIP's coming to the Wing. We know how well our personnel will treat those people with our Minnesota nice, professionalism, and work ethic. It should be a great week to showcase the 148th Fighter Wing and show off our "Proud Tradition" which reflects our vision of "Be, Provide and Expect the Best!"



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www.goang.com

I need to end my column by saying good bye to one of our retirees. Master Sgt. Wayne Teachworth, 148th crew chief and PMEL worker, passed away on May 16, 2008. We'll remember his smile, happy enthusiastic attitude, and hard work supporting the Wing! I know he's in heaven pulling alert for God, doing some fishing and hunting, and enjoying himself. We'll miss him!

**148th Fighter Wing
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4680 Viper Street
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