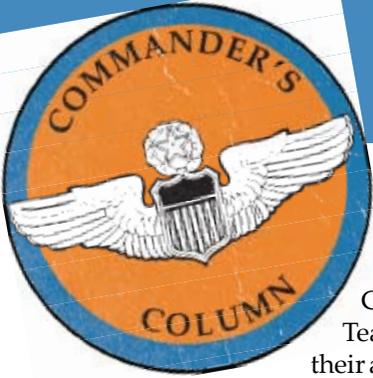


JULY/AUGUST/SEPTEMBER 2009

ON FIVE





Bulldogs,

In a few short weeks, approximately 80 members of the Air Combat Command Inspector General Team will step off a plane and begin their assessment of our ability to employ in a wartime environment. Make no mistake, the inspection will start the minute the inspectors shake

our hands. They will start to form an impression of our culture and attitude immediately – that first impression will be key to the outcome of our Operational Readiness Inspection.

The Wing has worked hard over the last several months in preparation for this inspection. It is an important event in our history. As I mentioned at the change of command ceremony, the 148th has risen to the “top of the pile.” We have been presented nearly every significant Air Force, Air National Guard, and Air Force Association award in the last four years. Our Outstanding Unit Award ribbon has six Oak Leaf Clusters! The most coveted award in the United States Air Force fighter community, the Raytheon Trophy, sits in our trophy case. The name “Duluth” is on the minds and the lips of our elected leadership, and military chain of command. Our success in this inspection will cement that reputation. A successful rating is critical for the future of our Wing, and potential missions to come.

The Inspector General will evaluate our capabilities and reactions to very stressful scenarios. Although we have practiced every one we know of, somehow the team seems to find a way to invent new stressors. They are experts at “maxing” us out, and each one of us will find ourselves operating at a high level. During those stressed periods, our success depends as much on our attitude as our ability to get the job done. The IG will watch that we employ effectively; but it’s our pride and professionalism that will “win them over.”

During each of our weekly Wing ORI meetings, we have reviewed the “keys to Success” for the ORI. That list is a condensed version of a longer one titled “ten ways to dazzle the IG.” I ask that each of you read this list and adopt the recommendations. It was written by Brig. Gen. Mark Zamzow, the former Inspector General for Air Mobility Command. Here it is:



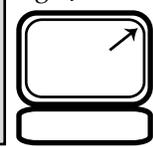
Col. Frank H. Stokes

1. Competence. Know your job inside and out and perform those duties to the best of your ability despite the scenario or the inspector’s glare!
 2. Responsiveness. Show that “sense of urgency” during every waking moment; lean forward and propel yourself into every activity.
 3. Attitude. Display a positive attitude; recognize that enthusiasm is contagious.
 4. Readiness. Ensure your processes are in order, checklists are perfect, and your training records are flawless!
 5. Aggressiveness. React with authority to Ability to Survive and Operate (ATSO) scenarios and self-aid/buddy care. Treat exercises as the real thing.
 6. Appearance. Look people in the eye, pop a sharp salute, uniforms and haircuts are perfect.
 7. Safety. Approach duties with safety in mind, apply Operational Risk Management. We want no one hurt, and nothing will impact our rating more than a safety violation.
 8. Leadership. Lead by words and actions.
 9. Followership. Follow orders and directions quickly and without complaint.
 10. Pride. Visibly exude pride in yourself and your unit. Look good, feel good, be a winner!
- I ask that you review this list often between now and the ORI. The 148th has a sustained reputation of successful evaluations. Our attitude and interaction with the inspectors has much to do with that success. Of course we will continue our phase II practices and preparation – but we all need to “psych ourselves up” for the IG team. Be ready to show them how you do your job. Be confident and proud. Let’s show the IG Team that we are the best unit in the ANG!

<p>This funded Air Force newspaper is an authorized publication for members of the U.S. Military services. Content of the ON FIVE are not necessarily the official views of, or endorsed by, the Department of Defense, the Department of the Air Force or the National Guard Bureau. The editorial content is edited, prepared and provided by the Public Affairs Office of the 148th Fighter Wing at Duluth, International Airport, Duluth, MN 55811-5000.</p>		<p>This photo-offset publication subscribes to and uses the services of AFPS, AFNS, and NGAUSPS. Material from other sources will be credited with proper bylines.</p>	
<p>Year 2009 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:</p>		<p>MANDATORY AFT</p>	
<p>COMMANDER VICE COMMANDER PUBLIC AFFAIRS OFFICER WING EXECUTIVE STAFF OFFICER EDITOR PUBLIC AFFAIRS STAFF - Senior Master Sgt. Ralph J. Kapustka, Master Sgt. Jason W. Rolfe, Master Sgt. Denise M. McDougall, Tech. Sgt. Brett R. Ewald, Tech. Sgt. Nancy L. Hanson, Tech. Sgt. Margaret R. Engebretson, Tech. Sgt. Amie M. Dahl, Staff Sgt. Donald L. Acton. PRODUCTION COORDINATOR</p>	<p>Col. Frank H. Stokes Col. Paul D. Cummings Capt. Julie M. Grandaw 2nd. Lt. Jodi L. Kiminski Maj. Audra A. Flannagan Tech. Sgt. Julie M. Tomaska</p>	<p>UTA 10-11 Jan 07-08 Feb 21-22 Mar 18-19 Apr 16-17 May 13-14 Jun 18-19 Jul 22-23 Aug 12-13 Sep 03-04 Oct</p>	<p>SUTA 24-25 Jan None Feb 07-08 Mar 04-05 Apr None May None Jun None Jul None Aug None Sep 24-25 Oct</p>

ON THE COVER...

Sgt. Joshua Fellegly, avionics specialist, carries the American flag during the Memorial Day parade in West Duluth May 25, 2009. Fellegly led the parade followed by over 30 fellow members of the 148th Fighter Wing. Photograph by Tech. Sgt. Brett R. Ewald, Photo Illustration by Tech. Sgt. Julie M. Tomaska.



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



CHAPLAIN'S COLUMN

BY CAPT. DARRELL O. KYLE, CHAPLAIN

'Praise be to the Lord, my Rock, who trains my hands for war, my fingers for battle. He is my loving God and my fortress, my stronghold and my deliverer, my shield in whom I take refuge.' Psalm 144:1-2

As I was reading through the Psalms looking for a devotion to share at the regional gathering of the Evangelical Lutheran Church in America, I came across this gem from Psalm 144. I was at first wondering how this piece of scripture might be heard by an audience of people who were by and large not military. The more I thought about it, the more I was sure that this word was not only a good place to start a devotion, but also the right place.

In the military, we pray for God's guidance, blessings and protection. This is nothing new. From the prayers of David

before he went out to meet Goliath to the "Battle Hymn of the Republic" in the American Civil War and today, it is both right and proper that we should seek God's wisdom before we enter the field of battle.

And God promises to go with us into whatever battles we may face. We each have our struggles in life and God is there in the thick of it each and every day. Here at the 148th, we have been preparing for months for our Phase II Operational Readiness Inspection. Here to we seek God's strength to carry us through. And we seek His wisdom to do the best we can here at home so that we may also give our best when we are far from home.

May God continue to guide and protect you in the days and weeks ahead and your whole life long. For He is indeed, "My Rock, my fortress, my stronghold and my deliverer, my shield in whom I take refuge."

THE 148TH PAYS TRIBUTE TO VETERANS WHO GAVE ULTIMATE SACRIFICE

BY MAJ. AUDRA A. FLANAGAN

The 148th Fighter Wing recently participated in multiple Memorial Day events in the local community. The sound of freedom from our very own F-16s could be heard at official flyovers in Eagle River, Wisc.; Ashby, Nisswa, Hermantown and Duluth, Minn.

Col. Penny Dieryck was one of three key note speakers at the Sunrise Memorial Park Memorial Day Ceremony in Hermantown. This annual event, planned by World War II Veteran Bob Watts, hosted 500 people.

Thirty 148th personnel led the Northland Memorial Day parade held in West Duluth. This annual event was attended by 3,000 people. The parade was followed by a Memorial Day observation at Public School Stadium. Col. Frank Stokes and Mayor Don Ness gave key note addresses at this event.

Last, but certainly not least, Lt. Col. Eric Chandler spoke to Congdon Elementary School students at their first annual Memorial Day observation.

Memorial Day is observed annually on the last Monday in May in honor of nation's armed services killed in wartime.



[Left] A young girl looks on and waves a flag during the Memorial Day Parade. [Center] A Veteran salutes as the flag passes by at the Memorial Day Parade. [Right] Col. Frank Stokes, Wing Commander, speaks during a Memorial Day celebration at the Denfeld High School in Duluth May 25, 2009 following a parade. Photos by: Tech. Sgt. Brett R. Ewald

148TH FIRST SERGEANTS COUNCIL SUPPORTS MACV'S GAS-FOR-VANS PROGRAM

BY MASTER SGT. MARK J. WASSERBAUER



148th Fighter Wing First Sergeant's Council presents a check to the Gas for Vans program. Photo by: Tech. Sgt. Brett R. Ewald

The 148th First Sergeants Council raised \$1,035 for the Gas-For-Vans Fundraiser in a base-wide fundraising drive which started back in November 2008. The funds raised were converted into prepaid gas cards and donated to the Military Assistance Council for Veterans (MACV) Duluth and Duluth's Combined

Honor Guard for their Gas-For-Vans Program. This program helps provide funds (in the form of pre-paid gas cards) to assist MACV and the Combined Honor Guard in the operation and sustainment of their vans which are used to provide critical transportation needs for many local area veterans.

In 2008, MACV vans provided over 12,500 miles for direct services to veterans including transporting veterans to hospitals (including the VA hospital in St. Cloud, Minn.), appointments, and shopping. The vans are also used to assist the Community Outreach programs in Duluth. They were heavily involved with the NERCC (Northeast Regional Correction Center) Food Support program which works directly with C.H.U.M. (Churches United in Ministry) and the Damiano Center, both of Duluth, to deliver thousands of pounds of food and produce to local residents. The Duluth Combined Honor Guard is one of the busiest in the state. In the last year, the Honor Guard performed services for 205 funerals (up from 148 funerals in 2007 and over 1,000 funerals in the last five years).

The Gas-For-Vans fundraising drive, the third annual drive hosted by the 148th First Sergeants Council, also serves a dual purpose. The money raised is used to purchase pre-paid gas cards from St. James Catholic School. Three percent of the total cards purchased from St. James goes back to them and is used to purchase school supplies and sports equipment for the school.

The 148th First Sergeants Council presented MACV-Duluth with the donated prepaid gas cards on June 14, 2009 in the Great Lakes Inn – North Dining Facility (Bldg 250). Last but definitely not least, the 148th First Sergeants Council and MACV would like to say "THANK YOU!" to all those in the 148th who have supported this program and donated their time and funds to this worthy cause.

PROMOTIONS

APRIL

AULT, ADAM, MXS, SRA
SCHAFTER, NICOLAS, CF, SRA
GILLET, MELISSA, CES, SRA
TROLSON, TED, CES, SRA
SANDA, PATRICK, CES, SRA
NEPHEW, STACY, OPS, SRA
ROEN, AMANDA, OPS, SRA
BROBERG, JOHN, MXS, SRA
VAGLE, MATTHEW, MXS, SSGT
JOHNSON, KEVIN, AMXS, SSGT
HAWLEY, NATHANIEL, SFS, SSGT
SANDBERG, ROBBY, SFS, SSGT
SALO, JESSICA, SFS, SSGT
WABROWETZ, ADAM, OSF, TSGT
LIPINSKI, STEVE, CF, TSGT
MCDUGALL, MICHAEL, SFS, MSGT
PATTERSON, KATRINA, MSE, MSGT
CLARK, PAUL, MOF, MSGT
WILLIAMS, TED, MDG, SMSGT
KOVACH, LYNETTE, CF, SMSGT

MAY

DODGE, RYAN, STU FLT, A1C
KUSTER, ERIC, CF, SRA
BROWN, EDWIN, CES, SRA
PETERSON, DAVID, MXS, SRA
ERBLE, MARK, SFS, SRA
SANDERS, MICHAEL, MXS, SRA
BOUCHER, JUSTIN, SFS, SRA
FREEMAN, TYLER, HQ, SSGT
SHULSTAD, NATHAN, MXS, SSGT
LANSKA, JEFFREY, CF, SSGT
JACKSON, KEVIN, SVF, SSGT
HARSTAD, DAVID, SVF, SSGT
BROWN, KENT, LRS, SSGT
BROWN, DONALD, LRS, SSGT
MIHALIK, STEVEN, SFS, SSGT
LINDSTROM, KYLE, SFS, TSGT
ROSS, ADAM, SFS, TSGT
LIIMATTA, JASON, SVF, TSGT
JACOBSEN, CRAIG, SFS, TSGT
LUCAS, ROBERT, SFS, TSGT
KLECKNER, SARAH, MDG, TSGT
SLETTEN, LAUREN, MXS, SMSGT
BESSLER, JON, MDG, CMSGT

CONGRATULATIONS!

LEADS SCHOLARSHIP WINNER



Recruiter, Master Sgt. Brenda McCorrison, poses with newly enlisted Airman First Class Jacob Olson during the Willow River High School graduation. Olson was presented a \$1,000 LEADS scholarship by the Minnesota National Guard.

ADOPT-A-HIGHWAY

BY STAFF SGT. MEGAN M. SHANER

Did you know that over 12,000 miles of Minnesota roadways have been adopted by volunteers across the state and two of those belong to the 148th Fighter Wing?

After getting rained out twice, the spring cleanup of Highway 194 was completed on Wednesday, June 3, 2009. Twelve Wing members spent the afternoon collecting trash as part of the Minnesota Department of Transportation (MN/DoT) Adopt-a-Highway program.

The 148th agrees to clean the roadside and ditches two to three times each year. By utilizing a volunteer workforce, MN/DoT saves \$6.9 million annually! Our next clean-up day will be coming mid-summer followed by a final one before the snow flies.

If you are interested in participating in future events, please contact Tech. Sgt. Adam Ross at 218-788-7422 or Staff Sgt. Megan Shaner at 218-788-7471.

Members of the 148th Fighter Wing volunteer their time to clean up Highway 194, on Wednesday, June 3, 2009. The 148th has adopted a portion of the highway in support of the MN/DoT Adopt-a-Highway Program. Photo by: Staff Sgt. Megan M. Shaner



UPDATED GI-BILL: MORE EDUCATION BENEFITS FOR YOU, YOUR SPOUSE OR CHILDREN

BY 2ND LT. JODI L. KIMINSKI

A new GI Bill has gone into effect, providing money for those who have served in the armed forces at any time since Sept. 10, 2001. In July of 2008 the Post-9/11 GI Bill was signed into law, creating a new robust education benefits program rivaling the WWII Era GI Bill of Rights. The new Post 9/11 GI Bill, which goes into effect on Aug. 1, 2009, will provide education benefits for servicemembers who have served on active duty for 90 or more days since Sept. 10, 2001. These benefits are tiered based on the number of days served on active duty, creating a benefit package that gives current and previously activated National Guard and Reserve members the same benefits as active duty servicemembers.

Although the Department of Veterans Affairs is now accepting applications for the Post-9/11 GI Bill, it will not actually go into effect until Aug. 1, 2009. This means that benefits will not be paid for any training or education programs completed before July 31, 2009.

The New Post-9/11 GI Bill offers a new set of benefits for servicemembers and veterans attending education and training programs taken at an accredited college or university. For those who have served 36 months, 100% of the benefits will be available. This gradually decreases for varied times of service and bottoms out at 40% for those who have served between 90 days and 6 months.

If you are eligible, VA will pay your tuition & fees payment directly to the school. This payment is not to exceed the highest undergraduate tuition & fees rates at a state operated college or university (Institution of Higher Learning). This payment rate is based on the state in which the school is located - not your state of residence.

As an eligible veteran or member of the National Guard or Selected Reserve you may receive a monthly housing allowance

(living stipend) based on the ZIP code of the location of the school you are attending - not your home ZIP code. This stipend currently averages \$1,200 a month, but can run as high as \$2,700. This stipend is based on the DoD's Basic Allowance for Housing (BAH) for an E-5 with dependents. This stipend does not require students to live on campus. You may also receive an annual book stipend of up to \$1,000 to be paid at the beginning of each term. It is paid proportionately based on the number of credits taken by each student at \$41 per credit hour.

In addition, service members on active duty or in the selected reserve on Aug. 1, 2009, and who are eligible for the "Post 9/11 GI Bill," may be entitled to transfer all or a portion of their education entitlement to one or more family members. To be eligible, service members must have served in the Armed Forces for at least six years, and agree to serve four additional years, from the date of election to transfer.

Service members with at least 10 years of service, who by DoD or service policy are prevented from committing to four additional years, may transfer their benefits provided they commit for the maximum amount of time allowed by such policy or statute.

Also, temporary rules have been developed for service members eligible to retire between Aug. 1, 2009 and Aug. 1, 2012. Depending on their retirement eligibility date, these service members will commit to one to three additional years, from the date of election to transfer.

The Department of Defense will provide further implementation guidance. Beginning June 29, 2009, eligible service members may make transfer designations by visiting www.dmdc.osd.mil/TEB.

More details about the Post-9/11 GI Bill are posted on the Department of Veterans Affairs Web site at www.gibill.va.gov.

Right, Staff Sgt. Casey Erickson, security forces, takes a defensive position while on patrol during the May ORE.



Game

OPERATIONAL READ

Photos by: 148th Fighter Wing Public Affairs - Senior Mas



Above, Capt. Jessica Loukinen (center), 148th Medical Group, processes through the decontamination station following a simulated chemical attack during the May ORE.



Below, firefighters from the Civil Engineering Squadron extract a pilot from an F-16 Fighting Falcon as part of an aircrew extraction exercise during the May ORE.



ON!

L DINNESS EXERCISE

Master Sgt. Ralph J. Kapustka and Master Sgt. Jason W. Rolfe



Left, Airman 1st Class Sean Graskey, crew chief, prepares to recover an F16C Fighting Falcon while in MOPP level 4 during the May ORE.



Above, Airman 1st Class Sean Graskey, 148th Fighter Wing crew chief, recovers an F-16C Fighting Falcon while in mission oriented protective posture (MOPP) level 4 during the May Operational Readiness Exercise.



Above, munitions specialists load a training missile onto an F-16C Fighting Falcon during the May ORE.

Left, Airman 1st Class Kayla Goorhouse, 148th Fighter Wing Services Squadron, performs self aid buddy care after a simulated chemical attack while under the watchful eyes of EET members during the May ORE.

Below, Tech. Sgt. John McEwen, crew chief, eagerly awaits the arrival of his aircraft during a period of alarm black in the May ORE.

Below, the new state of the art Emergency Operation Center (EOC) and its members plays an integral part of the communications chain during the May ORE.



40TH ANNUAL MNGEA CONFERENCE

BY MASTER SGT. MARK J. WASSERBAUER

The 40th Annual Minnesota National Guard Enlisted Association (MNGEA) Conference was held at the Holiday Inn Center in Duluth, Minn., Apr. 24-25, 2009. MNGEA Chapter 48 (148th Fighter Wing) hosted this year's conference and did a fantastic job! There were 146 registered guests in attendance (39 of which were 148th members). The event kicked off Friday with business meetings and committee breakouts in the afternoon followed by a mixer later that evening (themed "Party in Paradise" winter luau). The conference continued Saturday with the general session meeting which included opening remarks by St. Louis County Commissioner Chris Dahlberg, 148th Fighter Wing Commander Col. Frank Stokes, and a video welcome from State Representative



Army Command Sergeant Major (Retired) Charles Benda, MNGEA President (left), 148th Fighter Wing Staff Sgt. Kelly Nelson and Master Sgt. Keith Johnson, both Chapter 48 C-Directors, accept a certificate of appreciation on behalf of the MNGEA Chapter 48 for hosting the 2009 conference. Photo by: Master Sgt. Jason W. Rolfe

Roger Reinert. Lots of constructive discussion and work continued throughout the day, addressing many quality of life concerns of our fellow National Guard enlisted corps and military veteran benefits. Many of these concerns were made into resolutions

which will go forward to the Enlisted Association of the National Guard of the United States (EANGUS) conference later this year. An awards banquet signified the close of the conference showcasing keynote speaker, retired Lt. Col. Albert Amatuzio, Founder and CEO of Amsoil, Inc. On behalf of Chapter 48, we would like to thank all those who attended this year's conference and invite everyone to the EANGUS conference Aug. 9-14, 2009 in Rochester, Minn. Come support your Minnesota National Guard Enlisted Association!

46TH ANNUAL ANG BOWLING TOURNAMENT

BY SENIOR MASTER SGT. WILLIAM J. MCRAE



L-R: William McRae, Nancy McRae, Peggy-Sue Slocum, Ashley St. Arnold, Ian McRae and Conrad Slocum. Photo submitted by: Senior Master Sgt. William McRae

The 46th Annual Air National Guard Bowling Tournament was hosted by the 132nd Fighter Wing, Des Moines, Iowa, on May 8-9, 2009. The 148th was represented by Master Sgt. Conrad Slocum, Peggy-Sue Slocum, Staff Sgt. Ian McRae, Senior Master Sgt. William McRae and Nancy McRae. The Bulldog Team bowled a total of 3,320, for 2nd place, edging out the 133rd Airlift Wing. There were 42 teams represented in this year's tournament. Duluth will be hosting the 2011 tournament.

Hey Kids! Draw a picture of your Mom or Dad in their uniform and you can be entered into a raffle to win a GREAT prize! We will also be featuring some of the drawings in our next issue! Parents - please submit the drawings to the PA Office by 9/1/09. One drawing per child.

SERVICE CLUB NEWS

Family Picnic

The 148th Fighter Wing Family Picnic at Driftwood Estates will take place on Saturday, July 25, 2009. Don't miss the egg toss, the canoe races or any of the other fun events during the day. Everything will finish with a dance at dusk at the pavilion. All club members are invited to attend for a day of fun and games for the whole family.

Membership reminder

Under the rules set forth in the Club Constitution, you must have been an active member for a minimum of your last five years prior to retirement in order to qualify for a retired membership. Don't let your active membership lapse and lose out on the benefits of the club like Driftwood Estates after you retire. If you have any questions, please contact Master Sgt. Steve Gerads at 218-788-7414 or Master Sgt. Mark Wasserbauer at 218-788-7884.

CONGRATULATIONS BULLDOGS!

The 148th Fighter Wing has been recognized for its continued superior performance. The mighty Bulldogs earned the 2009 Air Force Association Outstanding Air National Guard Flying Unit Award given to the overall best flying Wing. The award will be presented during an Awards Ceremony in September at the Air Force Association Air and Space Conference held in Washington, D.C. This is the second time the 148th earned this award; the first award was presented in 2006.

The 148th was also selected for a 2009 National Guard of the United States (NGAUS) Distinguished Flying Unit Plaque, given to five outstanding Air National Guard units. This is the second time and the second consecutive time the 148th earned this award.

VITAMINS AND SUPPLEMENTS

BY CAPT. JOY C. TABER - MEDICAL GROUP

With so many vitamins, minerals, herbal remedies and cure-alls on the market, finding the necessary supplements to take in addition to a healthy diet can be overwhelming. The good news is, most Americans are amply fed and well nourished with fortified diets and many supplements haven't been proven to be necessary. Many experts agree, with the exception of pregnant women and the elderly, most people don't need supplements; but, to be safe, there are a few additions to a healthy diet that show promise and may ultimately prove beneficial. Here's a quick primer on the general consensus for addition of vitamins and supplements to your diet:

First, although the standard multivitamin hasn't been proven to ward off cancer or heart disease, it's not likely harmful and may prove worthwhile. Specialized or fancy brands aren't necessary; namely, an inexpensive, basic vitamin is sufficient.

Second, calcium and vitamin D are safe and routinely prescribed, especially for women and many Americans who don't get enough vitamin D in their diet. Adding 1,000 international units of vitamin D a day is a good allowance and promotes uptake of calcium. Some studies suggest vitamin D may prevent cancer

GRANDMA'S MARATHON

BY MAJ. AUDRA A. FLANAGAN

In the early 1970s a young Scott Keenan attended Basic Military Training at Lackland Air Force Base, Texas after enlisting with the 148th Fighter Group as a fire fighter. While at Lackland, he began running, as it was part of the mandatory fitness routine. Surprisingly, Keenan began to love running.

Fast-forward to 30 years later, Grandma's Marathon Executive Director, Scott Keenan still loves running. In fact, he has dedicated his life to running and promoting running. He is the founder of Grandma's Marathon and its parent company, Grandma's Maraton Duluth Inc. Grandma's Marathon Duluth Inc. plans and executes all races during Grandma's weekend, plus the Fitger's 5K, Minnesota Mile, Park Point 5-Miler and all Young Athletes Foundation races.

In 2009, nearly five percent of the 148th Fighter Wing members participated again during Grandma's Marathon Weekend. The dynamic duo of Lt. Col.'s Reed Bowman and Kevin Peterson provided another breath-taking and motivating F-16 fly-by.

Six members of our Security Forces Squadron, led by Master Sgt. Bill Hawley ran the Garry Bjorkland to raise funds for the

and some infections; and in climates like Minnesota, little sun exposure during winter months makes a vitamin D supplement even more prudent.

Third, evidence points to the benefits of fish oil and omega-3 fatty acids for those at risk of cardiovascular disease and with heart-related conditions. The American Heart Association recommends fish oil supplements for those at risk of heart attack; adding 1,000 mg is a suggested amount.

Lastly, although observational studies have proposed those who eat fruits and vegetables loaded with anti-oxidants lower their risk of heart disease and cancer, most clinical trials haven't shown the same result with isolated supplements of anti-oxidants such as vitamins A, C, E, selenium, and beta-carotene. Ultimately, as we've known before, a diet with fruits and vegetables, supported with moderate exercise for lean muscle mass and with smaller amounts of meat and processed foods, is likely the best and safest bet; again, there is no "magic bullet," and no single pill, vitamin or supplement can replace a balanced diet and overall healthy lifestyle.

Reference: Hobson, Katherine. "Vitamins and Supplements: Do They Work?" US News and World Report 9 Dec. 2008.

Wounded Warrior Project, a nonprofit organization to support military members who have been severely wounded in the Iraq and Afghanistan wars. Hawley "enjoyed the opportunity to run his first half marathon with his fellow squadron members" and that he found the race spectators and atmosphere "took away the pain one might have from running so far." Security Forces members hope to raise \$1,000 for the Wounded Warrior Project.



L-R: Master Sgt. Glen Flanagan, Master Sgt. Steve Gerads, Master Sgt. Steve Adamski and Tech. Sgt. Devin Bergman pose for a photo after completing the Garry Bjorkland Half Marathon. Photo by: Maj. Audra A. Flanagan

Congratulations to the below 148th Fighter Wing members for completing their races!

Grandmas Marathon

Col Janus Butcher
TSgt Randy Johnson
SMSgt Marvin Misgen
TSgt Justin Pederson
SrA Alex Spehar

Garry Bjorkland Half Marathon

MSgt Steve Adamski
MSgt Jeff Barbee
TSgt Devin Bergman
SSgt Kate Boynton
SMSgt Lynn Brophy
Lt Col Scott Chambers
TSgt Jon Clauson
Maj Chris Cloutier
SSgt Josh Dietrich
TSgt Keith Erickson

MSgt Paul Erickson
MSgt Glen Flanagan
MSgt Steven Gerads
SMSgt Ryan Gunderson
MSgt Bill Hawley
SrA Tiffany Josephson
TSgt Jeff Kreager
SSgt Elizabeth Lindstrom
SSgt Jeremy MacNair
TSgt Al McDonald
SSgt Brian Myhre
SSgt Alexa Olson
SrA Whitney Olson
MSgt Duane Persch
SSgt Nick Polzin
Capt TJ Rendulich
SSgt Jessica Salo

SMSgt Steve Samuelson
Capt Kristy Severson
Col John Spencer
Capt Babette Van Hees
SMSgt Steve Vanderburg
TSgt Trevor Vanderburg
TSgt Todd West
Mr. Jeff Winkels
MSgt Floyd Zylka

William A. Irvin 5K

SMSgt Lynette Kovach
SrA Kyle Peterson
SSgt Dan Porter
Maj Tom Ruud
SMSgt Julie Samuelson
SrA Jon Svobodny



Senior Master Sgt.'s Julie and Steve Samuelson pose for a photo with their daughters after Steve completed the Garry Bjorkland Half Marathon. Photo by: Maj. Audra A. Flanagan

UNIFORM BOARD DECISIONS – CHANGES TO AFI 36-2903

- Effective Oct. 1, 2010, trousers on utility uniforms will be tucked into boots and give a bloused appearance. Tucking had previously been optional.
- The green fleece, formerly worn only as layer underneath the all-purpose environmental clothing system jacket, may now be worn by itself. The jacket must have Velcro strips on the chest with the Airman's rank, last name and "Air Force" embroidered tapes. Detailed rules on where to sew the Velcro will be available soon.
- Airmen may now use personal cellular telephones while in uniform. They may be worn on the wearer's right or left, however, must be conservative in color. Military customs and courtesies are required and take precedence. Talking on a phone is no excuse for not saluting. Still prohibited is wearing hands-free devices such as cell phones attachments worn on the ears.
- Enlisted chevrons will be worn on light weight blue jacket sleeves instead of the metal rank insignias on the collar effective Jan. 1, 2010.
- The ends of boot laces must be tucked into boots. Wrapping the laces around boot is authorized.
- The length of ABU lower leg pocket will increase by approximately 1/2 inch.
- Upper sleeve pockets are authorized on fire-resistant clothing authorized for the Central Command region.
- Airmen earning and awarded the Army Parachute Riggers badge are authorized permanent wear on all uniform combinations.
- For the ABU and the BDU, the badge will be blue. On the DCU the approved color is brown.
- Wearing the black Army Air Assault Badge on the battle dress uniform is authorized upon graduation from Air Assault School.
- Organizational ball caps are not authorized to be attached to either lower leg cargo pockets on the BDU trousers.
- The female ABU trouser fly buttons will be the same as on men's pants.



Story Time from Balad

By Master Sgt. Jason W. Rolfe
Staff Sgt. Mitch Petcoff from the 148th
Fighter Wing Phase Dock had the
opportunity to use one very important
service offered in Balad AFB, Iraq this last
year...a bedtime story.

One of the family services offered in Balad
was to video record service members reading
a story and then burned it to DVD for the
member to send home for his/her family.
This allowed family members, especially
little ones, to see their mom or dad from
time to time during a deployment.

Mitch read a Dr. Suess story and then
mailed the DVD home. Brady, his son,
viewed it for the first time at Grandpa
and Grandma's house. Because it was
more than just a phone call or VTC, Brady
was able to watch it again and again, each
time seeing Dad right there in the living
room. Mitch was deployed from June 2008
until January 2009.

CHIEF'S CORNER

BY CHIEF MASTER SGT. DAVID E. DAIGLE

As you read this article the 148th Fighter Wing will be only be a few weeks away from our Phase II Operational Readiness Inspection, scheduled for Aug 17-23, 2009. Our wing goal for the ORI is an OUTSTANDING. Some of you may be asking...What is the Phase II ORI?

Phase II, Employment, is the evaluation of our unit's ability to meet wartime tasking. Our goal is to maintain the maximum number of combat ready aircraft, using all available assets, so the unit command and control can effectively conduct wartime operations. The Inspector General is here to validate our readiness.

Phase II begins where Phase I left off. We are all simulated deployed to Base X and have begun to fight the war. Ability to Survive and Operate (ATSO) exercises are conducted throughout the exercise. Be prepared to operate at various MOPP levels. Review your Airman's Manual, know how to respond to different emergency situations (i.e. rocket, mortar and missile attacks with chemical / biological agents, sniper activities, fires, security incursions, dropped munitions, cyber attacks, etc.). Be ready to perform self aid buddy care.

In order to be successful for this inspection, we'll need each and every person to keep their ancillary training, medical requirements, and deployment readiness at the forefront. This includes staying current with your dental checkups, gas mask fit test and inspection, small arms firing, and many others. All Wing personnel are integral to the success of our unit during this inspection.

GOOD NEIGHBOR PROGRAM - SATHER AIR BASE, IRAQ

BY COMMAND CHIEF MASTER SGT. JODI L. STAUBER

Greetings Bulldogs from Iraq - I would like to take this opportunity to share with you some of the things I have seen and experienced while deployed. Without going into too much detail, I can tell you that there are many, many Iraqi families with babies and children that live in terrible poverty. They have had to leave their previous lives and go into hiding. They live in a field behind concrete walls. Those of us stationed here visit on occasion to play with the kids and try to talk with the moms. Sometimes there is an interpreter to help with communication.



Chief Master Sgt. Jodi L. Stauber visits with children outside of Sather Air Base, Iraq.

I was really taken aback by the experience, therefore, I am writing this to ask for assistance. The families rely heavily on donations, and there just isn't enough to go around. There are several infants and hardly any diapers. We brought some diapers, but not enough for all. Two of the moms were left crying and pointing to their infants' diapers and saying "no more." I felt so helpless. I can't ever say that I have gone without diapers

**148th Fighter Wing
Strong Bonds Couples Weekend
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*Couples receive Strong Bonds training from Air National Guard Chaplains. This is **NOT** group therapy, you do not have to worry about speaking during the group portion. Strong Bonds is a practical application opportunity to learn what works in a marriage, and what makes a marriage work!*

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PERKS!

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**For more information about Strong Bonds, or to register call/email:
Jennifer Kuhlman
218-788-7833 or jennifer.kuhlman@mndulu.ang.af.mil**

for my kids. Some items they are in desperate need of include; wipes and diapers of all sizes, new clothes for the kids (check your closets for new unused stuff, please don't send old clothes), toys, feminine hygiene products (pads only), school supplies, toiletries, etc. Please don't feel pressured. Money and time are both tight these days, but if you decide to, just know that I will be handing your donations directly to those in need. You won't have to wonder where your generosity is going. I will deliver everything you send. Tell your neighbors and friends!

If you feel inclined to send some donations, ask for a military flat-rate box at the post office, its cheaper to mail that way. Please mail them to me at:

**447 AEG/CCC
SATHER AIR BASE
ATTN: Chief Jodi Stauber/Good Neighbor Program
APO AE 09321**



By Col. Penny J. Dieryck

It's Monday morning, June 1, 2009. I'm sitting in the board room of the Air Force Reserve Personnel Center (ARPC). I'm here to learn about the mandatory promotion board process to Lt. Col. for Air Force Reserve Officers, both line and professional categories. Each board over 1,000 AF Reserve majors are considered to be promoted to Lt. Col. What a huge task! Our trainer said the key to this promotion process is the 'potential of the officer meeting the board'. Being a member of the promotion process and not knowing the individual sure must be an unbelievably difficult job, however, it will be an awesome learning opportunity.

The biggest factor I learned from this mandatory promotion process is how important it is for the Air Force Reserve Center and Air National Guard officers to accept individual responsibility for their records. In this day and age of computer record keeping, if the member is not helping the military personnel office (MPF) ensure their personal data is current and accurate, when a promotion opportunity arises, the officer may be left in the dust.

Another factor for officer promotions was professional military education, now called developmental education. In the past, many officers 'shook the dice' and came up with "7" or "11," i.e., they got promoted without doing their PME. Now that roll will probably give them "snake eyes." The promotion boards are not rewarding officers who have not completed their developmental education (Squadron Officers School, Air Command and Staff College and Air War College). I know the enlisted corps cannot get promoted without PME, so it's refreshing to see the same standards being held for the officers, no matter what specialty or category the officer possesses.

Another interesting thing about personal military information is now it's available via this wonderful thing we call the computer. As I was at the Air Reserve Personnel Center, I got an electronic e-mail message from our Military Personnel Flight back in Duluth about one of the 148th's retirees looking for a copy of their DD Form 214, Certificate of Release or Discharge from Active Duty. I went into the retirement's section here in Denver to see if I could get a copy of this document for the retiree. What I found out is those documents are stored in the archives at the National Personnel Records Center in St. Louis, Mo., (Ok, I sort of knew that). What I did not know is that retired, or separated, military

members can request copies of their records/military documents at the web site <http://www.archives.gov/st-louis/military-personnel>. From the web site, an individual can request data/information concerning their military history (once they have retired or been separated) from the military. We sure have come a long way in the short time via Wi-Fi and laptop, Blackberry, or iPhone! Before you know it, we'll all be on Facebook or MySpace and texting or twittering one another. Whatever happened to good, old fashioned face-to-face interaction and handshakes or better yet, hugs!

I did get my hug on my way home. Actually, I got a couple of them. I ran into some of the military retirees on the flight from Minneapolis to Duluth. It was amazing to me to see these individuals working off a laptop computer, cellular phone, and Blackberry. They were comparing notes about a recent aircraft incident. Did I feel like the odd person out. It was inspiring to see the two of them put their heads together (like when they were in Operations) and review the data being presented to them. Between the two of them, they decided the information was not real and deleted the data from the computer. Once I landed in Duluth, I gave them each a hug and wished them well. They said they would see me at the Raytheon Trophy celebration later this summer. When I grabbed my bags, I also ran into Barb Kanuit, wife of our aircraft painter and retired friend, Master Sgt. Tom Kanuit. Tom has left this earth for the great paint booth in the sky and is putting "Bulldogs" on the spine of the Lord's F-16s. "WOW" do they look great! Thanks, Tom!



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