

ON FIVE

OCT/NOV/DEC 2010





It is time to write a Commander's Column, and I am not sure of the topic to select. I could discuss the conversion to the Block 50 aircraft, the impending Unit Compliance Inspection, the success of our Security Force and Civil Engineer Squadrons for their partial mobilization missions to Southwest Asia which recently ended, or I could focus on the future.

Today, the 148th Fighter Wing is in the right place, at the right time, in the right mission. We have received the Block 50 F-16 Fighting Falcons which will lead the Wing well into the year 2020. The pilots are busy preparing themselves for the task of learning how to suppress and destroy enemy air defenses. This portion of their skills will require them to learn how to employ the avionics and weapons aboard their jet. This opportunity also lends

itself into new phases of computer and security levels never experienced before here in Duluth. The maintenance personnel are busy making these aircraft exceptional "Bulldogs" and tweaking the systems which control the plane.

Not only has the conversion made an impact on our work force, the concept surrounding the war fighter is not just from the air to the ground, it also lies in our desktop computers and ways we choose to utilize them. The cyberspace from aircraft to warfighter on the ground to the satellite in the stratosphere are concepts evolving each and every day, if not every hour. Hackers are striving to get into military systems at an alarming rate. We think and feel we are safe, and then we find out a fire wall did not hold or a super virus has been implemented into our networks. Our vigilance on the front line is not only with a gun and or aircraft, now it also is on our desktops!



Col. Penny J. Dieryck

AIR NATIONAL GUARD DIRECTOR OF SAFETY OUTSTANDING SAFETY ACHIEVEMENT AWARD

BY 2ND LT. JODI KIMINSKI

Senior Master Sgt. Todd Zimmer was presented the award for the Air National Guard Director of Safety Outstanding Safety Achievement Award during September drill at the Duluth Air National Guard (ANG) Base. The award, known as "The Safety Heisman" recognizes a field unit individual for outstanding ANG safety program management contributions or achievements during the fiscal year.

Senior Master Sgt. Zimmer was selected by the Air National Guard Director of Safety with consultation of the ANG Safety Staff. The Director considers special accomplishments in all areas of mishap prevention, applicability of mishap prevention value outside the individual unit of assignment, and community involvement or service. Zimmer spearheaded the efforts that led the 148th Fighter Wing to become the first Air Force Unit to receive Voluntary Protection Programs (VPP) Star status. The VPP process he used is currently being used as a model by other Army and Air Force installations.



Members of the 148th Fighter Wing Safety office proudly display the Outstanding Safety Achievement Award. Pictured from left to right, Master Sgt. Craig Honkala, Master Sgt. Matt Wolff, Senior Master Sgt. Todd Zimmer (award recipient) and Lt. Col. Guy Schaumberg. Photo by Staff Sgt. Donald L. Acton.

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Year 2009 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

UTA	SUTA
02-03 Oct	23-24 Oct
20-21 Nov	None Nov
04-05 Dec	None Dec
08-09 Jan	None Jan
29-30 Jan	None Jan
26-27 Feb	None Feb
19-20 Mar	None Mar

ON THE COVER...Photos taken in 2010 by members of the 148th Fighter Wing depict the new block 50 F-16's, and Bulldogs both deployed and at home station. Graphic Illustration by Tech. Sgt. Scott G. Herrington.



twitter.com/148FW

CHANGES FOR STATE TUITION REIMBURSEMENT PROGRAM

BY MASTER SGT. KATRINA PATTERSON

New guidance came out on July 1, 2010 that will affect everyone who uses the State Tuition Reimbursement (STR) Program. There are new forms, dated July 1, 2010, that are required. Forms are posted to the Force Development sharepoint and also available in our office. No other versions will be accepted. Below are the major changes that will affect you.

1. In order to use the STR program you must be considered a satisfactory participant. A satisfactory participant is defined as: (you must meet all of these requirements) 1) active drilling member (2) no periods of AWOL/unsatisfactory participation within 12 months (3) no more than four excused absences within 12 months (4) currently deployable (5) not under adverse administrative actions and (5) IS COMPLIANT WITH AF PT STANDARDS AND IS CURRENT WITHIN 12 MONTHS. This last requirement is new and we will be checking all PT scores for passing/current scores.

2. RATE OF REIMBURSEMENT: The Minnesota National Guard will reimburse up to 100% of the tuition CHARGED, not to exceed the maximum of \$7,500 per year. The total amount of STR each member can receive WILL NOT EXCEED \$7,500 per fiscal year (1 Jul 10 – 30 Jun 11). The rate of payment will not exceed 100% of the University of Minnesota (U of M) Twin Cities undergraduate campus rate. The maximum reimbursement for quarter hours (QH) is 2/3rds (66.6%) of the semester hour rate at the U of M.

3. TUITION REIMBURSEMENT OPTION FOR SPOUSES. Service members who meet the following criteria may opt to have their spouse use a portion of the remaining balance of their STR: Those eligible must be in the pay grade of E-6, E-7, O-2 or O-3 and have served at least 8 years in the Minnesota National Guard.

Now you are probably wondering, "What do I have to do to use the STR program?"

MEMBER'S RESPONSIBILITIES

1. Members must fill out the Memorandum Statement of Understanding (MOU) once a year. You need to print your name

on page one and sign page four. Your supervisor or commander will need to sign page four as well. Please turn this in ASAP. You will not get paid if we do not have one of these on file. Everyone using the program after July 1, 2010 will be required to fill out a new MOU.

2. Members must fill out an Annual Obligation Request form within 45 days of the class start date. (This can be after start date). Failure to do so will result in non-payment.

3. Members must fill out a Payment Request form within 90 days of the class end date. Failure to do so will result in non-payment. Member must include a detailed fee statement that shows the amount of tuition charged. If the fee statement does not clearly show the amount of tuition charged, the member will obtain a letter from the institution that states the amount of tuition charged and lists a point of contact at the school. This policy will be strictly enforced! Ensure that all payment requests are signed by a unit representative. This can be orderly room, supervisor or commander. The Force Development office WILL NOT sign your forms. If you turn in an unsigned payment request it will be returned without action.

Members receiving Federal Benefits, which pay tuition benefits directly to the institution, are eligible to receive funds under the STR program; however, the combination of Federal Benefits and STR cannot exceed 100% of the tuition cost or the STR maximum credit hour benefit, whichever is less. (This only affects members using Federal Tuition Assistance and members using the new Chapter 33 – Post 911 GI Bill.)

If a student receives a tuition waiver (no tuition paid or the fee statement indicates no tuition charges), reimbursement is not authorized. For example, members who are eligible for the Wisconsin G.I. Bill Tuition Remission Program (which pays 100% of tuition) would not be eligible for STR benefits.

If you have any further questions regarding this issue, please contact Master Sgt. Katrina Patterson at (218) 788-7596 or katrina.patterson@ang.af.mil. This information along with new forms were mailed to all active participants in the STR program.



BULLDOG ENLISTED COUNCIL COMPASS

BY TECH. SGT. FRANK BUCAR

2011 MILITARY BALL

The Bulldog Enlisted Council will be hosting the 2011 Military Ball. The Military Ball will be taking place on Saturday, March 19, 2011 at the Greysolon Plaza Ballroom in downtown Duluth. A Military Ball brings together members in a unit for camaraderie, good fellowship, and social rapport as well as enhancing the esprit de corps. Watch for more details in the next On Five. Accomplishing the objectives of the BEC takes involvement from

every enlisted member. Our next BEC meeting will be Sunday, Oct. 3, 2010 at 9:00 a.m. in Building 252 (CES Classroom), and the Sunday of every UTA thereafter. BEC represents you! Come and be heard! See you there!

For more information contact Tech. Sgt. Adam Wabrowetz at adam.wabrowetz@ang.af.mil.

HOMETOWN



BULLDOGS RECOGNIZED AS HOMETOWN HEROES

BY TECH. SGT. SCOTT G. HERRINGTON

The 148th Fighter Wing, Minnesota Air National Guard honored more than 500 Airmen and their families in their first Hometown Heroes Salute Award Ceremony at the Duluth Air National Guard base, Sept. 12, 2010 at 2:30 p.m.

"This isn't just another award," said Col. Frank Stokes, Wing Commander. "It's special because it comes from our nation's leaders—General McKinley and his staff."

The Airmen recognized in the ceremony have deployed in support of Operations Enduring Freedom, Iraqi Freedom, Noble Eagle and other peacekeeping operations across the globe from Sept. 11, 2001 through Dec. 31, 2008 for 30 or more consecutive days.

In August 2008, Gen. Craig R. McKinley, Chief of the National Guard Bureau, sanctioned the Air National Guard Hometown Heroes Salute recognition program. The purpose of this program



HOMETOWN HEROES

DES

is to celebrate and honor Airmen, families, communities and those special supporters who have significantly contributed to supporting our Airmen and the Air National Guard's mission.

The recognized Airmen received a framed Letter of Appreciation signed by the Air National Guard director and command chief master sergeant that contains the Hometown Heroes Salute coin. The honored Airmen's spouse, or significant other, received an engraved pen/pencil set with the ANG Hometown Heroes Salute Logo, and their children received unique Hometown Heroes Salute dog tags.

Command Chief Master Sgt. Michael Layman told the assembled Bulldogs that it is their families who have made their nearly continuous deployments since 9/11 possible; that the Hometown Heroes Award recognizes the sacrifices and efforts of those back home.



MEDICAL MINUTE - BUG BITES

BY LT. COL. KEVIN T. STEPHAN

We in the Northland live in an outdoors paradise – beautiful scenery, four seasons (winter, and the remaining four months of the year!), and lots of opportunities for recreational pursuits. We love our cabins, our hunting, camping, hiking, and fishing. Unfortunately, we also live in a war zone – more precisely, a bio-warfare zone that pits humans against a tiny foe – Ixodes scapularis, better known as the deer tick. These ticks are increasing in number and are looking for a chance to suck your blood.

Most of us have heard of Lyme disease and its' association with deer tick bites. But did you know that you can actually acquire at least four different infections from a deer tick bite? Human granulocytic anaplasmosis, babesiosis, and Powassan virus can also be transmitted by deer tick bites. On occasion, a single bite can transmit multiple infections to the same person, which can complicate the diagnosis and treatment of these illnesses.

Lyme disease is the most common tick-borne infection in our area. Usually, the first finding is a round red rash expanding from the bite wound. It can look like a bullseye, but can also be a solid red rash that can be mistaken for a routine skin infection or even a spider bite. Ten to 30 percent of people do not see the rash. Next, most people notice fever, joint aches or muscle aches, headache, and fatigue. Occasionally more severe conditions like meningitis, Bell's palsy, or heart rhythm problems can develop.

Anaplasmosis infects your white blood cells once it enters your body. It causes high fevers, chills, muscle aches and headaches, in other words flu-like symptoms. If you develop "the flu" but there is no influenza being seen in your area at that time, you might have anaplasmosis. Babesiosis is caused by a parasite, like malaria, that infects red blood cells. Most people with babesiosis will experience high fevers, chills, weakness, and may have an enlarged spleen. Powassan virus is uncommon, but can cause fever, headache, stiff neck, and changes in alertness or other mental processes.

All of these infections can be diagnosed by your health care provider with a combination of history, physical examination, and blood tests. There are good treatments for all but Powassan virus.

The best defense is a good offense – when you are outdoors level the playing field by wearing a good insect repellent containing at least 25% DEET. Inspect yourself carefully for ticks when you come back inside. If you find an attached deer tick, especially if it is engorged with your blood, carefully remove it with a sharp tip tweezers as close to the skin as possible and wash the area with soap and water. If you develop a rash, fever, or other symptoms, seek medical attention promptly. Remember, finding a tick in time can save Lyme!

PROMOTIONS

JULY

HUBERTY, KATELYN, MDG, AMN
KNIGHT, JORDAN, STU FT, A1C
HOLMES, DANIEL, AMXS, SRA
TABER, CHRISTIAN, AMXS, SRA
ANDERSON, PERRY, AMXS, SRA
HARRIS, TRENT, AMXS, SRA
SANCHEZ ENO, JOSHUA, FSS, SRA
FOLLIS, CLIFFORD, SFS, SRA
CARLSON, KARA, MXS, SRA
DWYER, STEPHANIE, MXS, SRA
WACKER, CHARLES, MXS, SRA
BUNDY, JHESYE, HQ, SRA
EICHER, TERI, CES, SRA
KUETTEL, SEAN, MXS, SRA
PUFALL, CRAIG, SFS, SRA
ANDERSON, CHRISTOPHER, SFS, SRA
JAKEWAY, JAY, CF, SSGT
JOHNSON, KARI, 179TH, SSGT
HERRINGTON, SCOTT, HQ, TSGT
MERTZIG, GRETCHEN, FSS, TSGT
TRAUTMILLER, DEREK, MOF, TSGT
SORENSEN, JOHN, MOF, SMSGT
ZOBEL, ROBERT, LRS, SMSGT

AUGUST

WETZEL, ALYSSA, OSF, AMN
DRISCOLL, JOSEPH, FSS, SRA
STONE, COURTNEY, AMXS, SRA
SKOG, JEREMY, AMXS, SRA
SKOG, STEVEN, AMXS, SRA
BUCAR, DENIS, LRS, SSGT
GALL, DAVID, MXS, SSGT
DAHLEN, NICOLE, LRS, TSGT
HENNES, RICHARD, 179TH, TSGT
POPPENBERG, PAUL, MXS, CMSG

SEPTEMBER

KENYON, JOHN, LRS, A1C
DAVIDSON, CALIN, AMXS, SRA
NELSON, GARRET, M XS, SRA
OBRIEN, JOHN, AMXS, SRA
HALDORSON, LUCAS, MDG, SRA
VERDUGO, MARC, MXS, SSGT
DULLINGER, BLAKE, MXS, SSGT
HAYES, MATTHEW, LRS, SSGT
JURAKOVICH, MARK, CES, SSGT
TALARICO, JACOB, HQ, SSGT
MARTINEAU, HEATHER, MDG, SRA

FAMILY DAY 2010



Members of the 148th Fighter Wing, along with friends and family, participate in Family Day events at the Duluth Air National Guard Base on Sept. 11, 2010. Family Day activities included demonstrations by the 148th Fighter Wing Fire Department and Security Forces, the Zoomobile, photos in an F-16 and ID tags for kids.



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Bulldog Bits

By Col. Penny J. Dieryck

I looked back to review my last "Bulldog Bits" column and it dawned on me that summer was over. Only a few short months ago, I was writing about Family Day, Oktoberfest, and the fitness test. These events have passed, and our children are back in school (to include college). It seems that each and every day flashes before our eyes and poof, we're handing out Halloween candy, deciding on where to have Thanksgiving dinner, and trying to get the Christmas shopping done.

As I am sitting in the Wing Commander's UTA stand up briefing Senior Master Sgt. Todd Zimmer, our Ground Safety NCO, is being presented with a Minuteman statue, a.k.a. the Safety Heisman. Through his hard work and determination Senior Master Sgt. Zimmer was recognized as the number one Ground Safety NCO in the Air National Guard (ANG). His diligence in the safety world and his continued support to other ANG units is the drive behind him receiving this honor. Congratulations, Todd!

Back to the holidays, Safety, and what is happening at the Wing. In October before we get to trick and treat, we'll be hosting General Craig R. McKinley, Director of the National Guard (Army and Air). He will be in Duluth to be the honorable guest speaker at the City of Duluth Chamber of Commerce's Annual Dinner. Although General McKinley is a Florida based pilot, Wing Commander, and ANG officer, he has laid some roots in Minn. Rumor has it he attended Shattuck -St. Mary's Academy (SSM) located in Faribault, Minn. When the General was a student, SSM was a premier military academy for high school students. Some of his fellow students were the Bell Brother: Charlie, Frank, and Tom from the prestigious Bell Brothers Funeral Home lineage here in Duluth. Now Shattuck St. Mary's is one of the best high schools to attend for young

men and women seeking a future in college and NHL hockey. I am sure he is going to enjoy his visit back to Minnesota and especially Duluth.

Now that I am on a hockey roll, the DECC's new UMD Bulldog Hockey arena will be opening in late December 2010. How it is attached to the 148th, you may ask? Well one of our retired Bulldogs, Col. Al Amatuzio (the owner and founder of AMSOIL, Inc.) provided a substantial financial contribution to the completion of the arena. Thanks Col. Amatuzio and we look forward to watching Bulldog hockey in the "AL"!

Finally, I want to say thank you, Happy Holidays and a Great 2011 to each and every member of the Wing, their employers, families, and friends. Their support has given us another year of dedicated service to our nation, state, and community. Our Security Forces and Civil Engineer Squadrons mobilized for over six months and safely returned home, the conversion is ongoing and our future is solid for a long time. Our focus for a long range will be to become the best flying unit in the Suppression and Destruction of the Enemy Defense Forces. It's a great time to be a "Bulldog" and our "Proud Tradition" will carry us forward to the next generation thanks to each and every one of you, past present and future!

YELLOW RIBBON EVENT HELPS WELCOME AIRMEN HOME



Pictured above: Returned Civil Engineering members receive information during a Yellow Ribbon event at St. Scholastica. Photo by Tech. Sgt. Scott G. Herrington

Visit our webpage
www.148fw.ang.af.mil
for more on this story


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