

ON FIVE

JULY/AUG/SEPT 2011

SECURITY FORCES
INTENSE TRAINING

VISIT OUR WEBSITE: WWW.148FW.ANG.AF.MIL, FOR MORE 148TH FIGHTER WING NEWS



We are living in an interesting time in our unit's history; never has the 148th Fighter Wing (FW) asked as much from our Airmen. The tasking for long deployments has become a part of our everyday culture and we are supporting the contingency requirements individually, in small groups, and with our larger aviation package. With this deployment schedule affecting each Airman's life in some way, we are also working through a major conversion in both mission and aircraft. The everyday efforts of our Airmen to meet each new challenge head on and to successfully complete them have propelled the image of 148th FW to new heights in national recognition. I would like to share a few thoughts on leadership and followership which can help us as we continue to dig in and accomplish great things for our unit.

Throughout my career, the emphasis for success has been centered on leadership. The military, business, universities, and consultants all offer countless courses and books on the topics of leadership (how to be an effective leader, what are the traits of a leader, how to lead your organization successfully, etc). As a matter of fact as I look at my bookshelf right now, I have several books with effective leadership in the title. But unless you are at the very top of the food chain; you will spend your entire career as a follower and only a portion of it as a leader, while still being a follower. In truth, it takes both effective leadership and followership for an organization to accomplish its goals.

It is impossible to be a leader without first being a follower. Effective leaders clearly envision the future state of the organization and effectively communicate that vision to all the members of that organization. Effective followers see that vision, ask questions to shape their understanding of that vision, and then apply themselves through their daily responsibilities to accomplish that understood or common vision.

Effective followers spend their time doing, they don't just do their time. Involvement in the understood vision for an organization creates followers who rather than complain about what's not right get involved in the solution. They get engaged in new ideas, and creative solutions to chronic problems. They maintain an active role and are clear about what they can do to make a difference within the organization. Instead of waiting for a leader to give them direction, a good follower will present ideas or options to help shape that direction.

It is the followers who are closest to the operation and who really know what is working and what must be worked around.

Effective followers need to discuss major issues with their supervisor and present viewpoints that may disagree with theirs. The practice of asking the tough questions or voicing a contrary position is vital to really understand the depth of issues and therefore resolving them.

The following are concrete steps you can take to be an effective follower:

1. *Keep your leader informed.* We often complain that information does not reach us at the working level. Leaders make the same statement. Leaders can make bad decisions based on a lack of information or bad information. A good follower will keep supervision abreast of every project, even if they don't ask.
2. *Be good at what you do.* When you consistently deliver good results, most supervisors will give you more trust and therefore more latitude to lead. A good follower is a superior performer.
3. *Admit your mistakes.* Don't make excuses, don't point fingers, and don't act like a victim. Tell your supervisor what happened, what you have learned from it (so you don't repeat it), and what your proposing to do to fix the problem. A good follower is accountable for their actions.
4. *Don't bring problems to your supervisor, bring solutions.* A good follower follows the old cliché; don't delegate upward.
5. *Prioritize your work.* A good follower knows what is urgent and what can wait.
6. *Be an optimist.* Positive attitudes and positive energy are contagious. A good follower is not a complainer or consistently negative.
7. *Support your supervisor (especially behind their backs).* It is unprofessional behavior to belittle or criticize your leaders in a group of your peers. A good follower is not critical of those above them.
8. *Be a team player.* Pitch in and help with the efforts of others to be successful. A good follower is part of the team effort to accomplish the group's goals and objectives.
9. *Embrace change.* Look for the possibilities for success in someone else's ideas. A good follower is an instrument of change and not an impediment to that change.
10. *Love what you do.* If you don't like what you're doing it will show in your performance. Don't hang on to what you consider a lousy job, move on. A good follower has found their niche in the organization.



Command Chief Master Sgt. Michael D. Lehman

Our unit has great people. Every member is important to the organization and every member is relied upon to contribute to the success of the organization. By incorporating these concepts into your day to day operations, you will be a more productive member and you are ensuring the continued success of the 148th Fighter Wing.

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Year 2011 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

UTA	SUTA
10-11 Sep	24-25 Sep
15-16 Oct	29-30 Oct
19-20 Nov	None Nov
03-04 Dec	None Dec

ON THE COVER...Airman 1st Class Michael Fish guards his part of a 360 degree perimeter during an exercise at Camp Ripley, Little Falls, Minn. on June 9, 2011. The SFS trained at Camp Ripley for a week, learning ground combat skills, mounted and unmounted patrols, and urban tactics. Photo by Tech. Sgt. Scott G. Herrington. Story found on page 4, additional photos on pages 5 and 6. For more on this story visit our website at www.148fw.ang.af.mil



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148TH FIGHTER WING MEMBER EARNS TOP COMMAND POST HONOR

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

"Knowing my superiors think so highly of me to put me in for this award is such an amazing feeling," said Tech. Sgt. Stephanie L. Vandehaar, 148th Fighter Wing Command Post Controller. Tech. Sgt. Vandehaar received top honors as the Air National Guard's Command Post Non-Commissioned Officer of the Year 2010.

A Des Moines, Iowa native and servicemember of 10 years, Tech. Sgt. Vandehaar is viewed as an expert by her peers and all involved in the 148th Fighter Wing alert mission. Through her motivation and outstanding contributions, the Command Post received no discrepancies during the December Unit Compliance Inspection at the 148th Fighter Wing.

Prior to being hired as a full time member of the



Tech. Sgt. Stephanie L. Vandehaar

Command post in October of 2007, Tech. Sgt. Vandehaar was a member of the 132nd Fighter Wing for six years. While augmenting the 148th Fighter Wing deployment to Balad, Iraq in support of Operation Enduring Freedom, her attention to detail and commitment to the mission earned her a recommendation for a command and control position at the 148th Fighter wing by the 332nd Expeditionary Fighter Squadron.

Tech. Sgt. Vandehaar's impact on the 148th Fighter Wing has been considerable. She volunteered to update the Alert Pilot Smart Packs during the conversion from Block 25 to Block 50 F-16's, which resulted in an effortless conversion from Block 25s to Block 50s on alert.

"I continue to strive for excellence and lead by example," said Vandehaar. "It's a very gratifying honor."

148TH FIGHTER WING MEMBER AWARDED SAFETY OFFICER OF THE YEAR

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

"It's nice to get recognition for a shop that's doing its job above and beyond," said Lt. Col. Guy Schaumburg, 148th Fighter Wing Safety Officer. Lt. Col. Schaumburg received top honors as the Air National Guard's Outstanding Individual Flight Safety Officer of the Year 2010. "It's really good for the wing to continue to put the wing's name in the spotlight."

Lt. Col. Schaumburg was recognized for his efforts on Foreign Object Damage (FOD) prevention, creation and implementation of a bird depredation process, and development of Mid Air Collision Avoidance posters and briefs given to civilians to highlight the dangers of flying.

In addition, he spearheaded an ESHOCAMP inspection in April of 2010 which resulted in zero findings, he co-authors a bi-monthly newsletter that is distributed base-wide containing on and off duty safety articles and collaborated with the National Guard Bureau to provide Maintenance Risk Management training to 307 of 396 maintenance personnel.

He is a fully qualified F-16 pilot, completed Board President School for Safety Investigation Boards June of 2010, and is a member of the Safe Communities Network developed to bring civilian safety and health professionals in the local area together to improve safety and health conditions in the community.

The attitude of the safety office is that they are not afraid of taking on tasks and making more work for themselves. "We're always trying to decrease the potential for hazards," said Lt. Col. Schaumburg.



Lt. Col. Guy Schaumburg

TWO BULLDOGS GRADUATE FROM THE ELITE U.S. AIR FORCE WEAPONS SCHOOL

148TH FIGHTER WING PUBLIC AFFAIRS

On June 11, a piece of history was made at the 148th Fighter Wing and Minnesota National Guard—two 148th Fighter Wing members graduated from Weapons School at Nellis Air Force Base, Nev. Capt. James Grandaw, the first intelligence officer, and Maj. Nathan Aysta, the second pilot, earned the distinguished and highly-respected title of Weapons Instructor Course graduates.

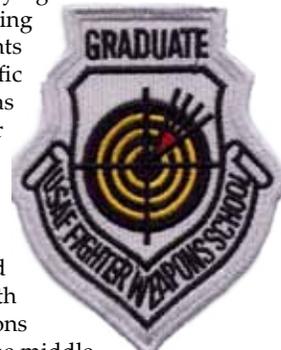
Maj. Aysta was also awarded the U.S. Air Force Weapons School, F-16, Class 11A "Flying Award" for demonstrating excellent instructor performance in brief, execution, and debrief throughout the course.

The U.S. Air Force Weapons School, an elite school that teaches graduate-level instructor academics and flying courses, provides the world's most advanced training in weapons, tactics and systems employment to officers of the combat and mobility air forces. Once completed, students are considered leaders and expert instructors across all Air Force operated weapons systems and are one of only a select few who can call themselves Weapons School graduates.

While competition to get into Weapons School is fierce, preparing for

and completing the course are even tougher. It takes students months to prepare and once at school, they can work up to 18-hour days during their nearly six months of training learning and applying their newly gained knowledge to demanding combat training missions. To graduate, students must demonstrate their mastery of their specific field and be able to instruct it, as well as demonstrate their ability to integrate every Air Force weapons system to tactical and strategic objective. This can be a daunting task for many.

With the graduation of Capt. Grandaw and Maj. Aysta, the 148th Fighter Wing has distinguished itself with the unique capabilities of having both an Intel officer and pilots who are trained Weapons School graduates. As the Wing is currently in the middle of its conversion to the block 50 and Suppression of Enemy Air Defense (SEAD) mission, the new Weapons School graduates' education and experience will prove to be a great asset during the conversion and going forward.



148TH FIGHTER WING COMPLETES A PHASE II OPERATIONAL READINESS EXERCISE (ORE)

BY SENIOR AIRMAN SARAH C. HAYES, PUBLIC AFFAIRS

The 148th Fighter Wing completed the Operational Readiness Exercise (ORE) Coronet Lightning, Saturday, June 11, 2011. This exercise began Friday, June 10, 2011 and was designed to refamiliarize Airmen with Force Protection Conditions (FPCON), Mission Oriented Protection Postures (MOPP) and for members to perform the mission while wearing the Chemical Protective Overgarment (CPO).

Col. Frank Stokes, Commander of the 148th Fighter Wing, noted, "Coronet Lightning is our first Phase II Operational Readiness Exercise since our conversion to the Block 50 F-16 Fighting Falcon. With our mission comes a slightly different phase II scenario."

Another goal of this exercise was to train new unit members on the successful completion of exercises and inspections in the future. More seasoned Airmen were able to advise new members on the correct procedures involved with this type of exercise.

Col. Stokes expressed, "It's important to take the time to reflect on our role in this exercise and make improvements where required. While many Airmen have participated in many Operational Readiness Exercises and Inspections, we should strive to educate our newest members who have not as they are vital for future success."

Senior Master Sgt. Kelvin McCuskey, Wing Installation Emergency Manager, planned and coordinated the exercise. He stated, "I think a lot of great training took place and I was truly impressed with the great attitudes people had and the willingness to participate in this exercise. Overall, the two-day exercise was successful in accomplishing our wing goals that were set to be achieved."



Senior Airman Jordan Richards is performing a composite tool kit inventory following a successful weapons loading operation during the Operational Readiness Exercise June 11, 2011. (U.S. Air Force photo by Senior Airman Sarah C. Hayes.)

PROMOTIONS

APRIL

MITCHELL, KAI, CES, SRA
WALKER, ANDREW, CES, SSGT
SOUDERS, JEREMY, AMXS, SSGT
GILLETT, MELISSA, CES, SSGT
FRITZ, DANA, LRS, SSGT
BOBEN, MEGHAN, SFS, SSGT
PORTER, DANIEL, OG, TSGT
GARVEY, THOMAS, MDG, TSGT

MAY

NELSON, ANDRIA, FSS, AMN
AULT, ADAM, MXS, SSGT
EBERLE, MARK, SFS, SSGT
BOUCHER, JUSTIN, SFS, SSGT
SAWYER, CHRISTINE, HQ, TSGT
KIMINSKI, NICHOLAS, FSS, TSGT
BARNSTORE, JOSEPH, AMXS, TSGT
CHAPMAN, EMILY, LRS, TSGT

JUNE

CARLSON, DANIEL, OSF, A1C
PETERSON, DAVID, MXS, SSGT
SANDA, PATRICK, CES, SSGT
STODOLA, JARED, CES, SSGT
LINDER, JESSE, CES, SSGT
YANTOS, CHRISTOPHER, SFS, SSGT
NEPHEW, ALICE, FSS, SSGT
NELSON, PAUL, MXS, TSGT
BURNHAM, JESS, SFS, MSGT
DOWNS, NICHOLAS, CES, MSGT
WEIS, GUY, MXS, MSGT
SONDGEROTH, DANIEL, CES, MSGT
CHURCHILL, DAVE, CF, SMSGT
HETTINGER, DALE, MXS, SMSGT
STEVENS, GREGORY, MDG, SMSGT
GUNDERSON, RYAN, SFS, CMSGT

SECURITY FORCES: INTENSE TRAINING

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



Members of the 148th Fighter Wing Security Forces Squadron cover each direction during a foot patrol exercise at Camp Ripley, Minn. June 6, 2011. (U.S. Air Force photo by Tech. Sgt. Scott G. Herrington.)

More than 35 members of the 148th Fighter Wing Security Forces Squadron (SFS) went to Camp Ripley located in Little Falls, Minn. on Sunday, June 5, 2011 and underwent intense training for the next six days. Accompanying the Security Forces members were members of the Services Squadron and members of the Civil Engineering Squadron (CES).

Tech. Sgt. Blake Hostetter, a member of the 148th Fighter Wing Security Forces Squadron as well as a member of the Exercise Evaluation Team (EET), said that the training was 100 percent successful. "Our objectives were to teach basic skills and to be able to gauge an overall skill level as a group," said Tech. Sgt. Hostetter.

The main areas of focus during the week were mounted patrol, foot patrol, land navigation skills, and Military Operations in Urban Terrain (MOUT). In addition to these areas of emphasis, there was an underlying theme of team building and camaraderie among the Airmen in the SFS.

The land navigation course required teams of two Airmen to plot points in a thickly wooded area and find their way from point to point using a map and compass. This was to be accomplished in a two and a half hour time period in intense heat and difficult terrain.

The SFS had six Humvees on hand for the mounted patrol portion of the training. While in the vehicles, SFS conducted convoy training in which the procession of vehicles was attacked and forced to use an alternate route. During this and other exercises involving firefights, the EET members and CES members acted as the opposing force, firing blanks, throwing ground burst simulators, and using smoke grenades to simulate explosions.

Foot patrols were sent out through predetermined sections of the Camp Ripley training area. The threat of attack was ever present as the patrols cut across dense woods.

Camp Ripley is home to a simulated village which provided the SFS an opportunity to practice clearing buildings in teams. Small homes, a school and a hotel were among the buildings available for the MOUT training, and the SFS took full advantage of all of them.

On Thursday, the final day of training, all of the exercises came to a head in the Field Training Exercise (FTX). The SFS members rode in a convoy to a predetermined location, dismounted and continued on foot to the Forward Operating Base (FOB). Taking the FOB resulted in a large fire fight with CES and EET members. After the FOB was claimed, the SFS made their way through the woods to the simulated village.

The village was under enemy control, and two members of the SFS were being held hostage. The SFS systematically cleared each building in the village, rescuing and escorting the hostages to safety.

"Everyone was very motivated and eager to take on challenges," said Capt. John M. Christenson of the 148th Fighter Wing SFS. "Incorporating the other support functions—CE and Services—was essential in our success," said Capt. Christenson.

Another trip to Camp Ripley is currently in the works, is scheduled for August 2011. According to Tech. Sgt. Hostetter, simulated ammunition and night operations are the next challenges the SFS is aiming to tackle while training.

148TH FIGHTER WING SECURITY FORCES SQUADRON



1. A member of the 148th Fighter Wing Security Forces Squadron approaches a simulated explosion during an exercise at Camp Ripley, Little Rock, Arkansas, June 8, 2011. 3. Members of the 148th Fighter Wing Security Forces Squadron run between buildings in a simulated village at Camp Ripley, June 8, 2011. 5. Members of the 148th Fighter Wing Security Forces Squadron scale a hill during an exercise at Camp Ripley, June 9, 2011. 6. Staff Sgt. Michael S. Clow holds his position within a simulated house in Camp Ripley, June 8, 2011. 8. Tech. Sgt. Craig S. Jacobsen, Staff Sgt. Michael S. Clow, and Tech. Sgt. Dale A. Clow of the 148th Fighter Wing Security Forces Squadron pose for a photo after their week of training at Camp Ripley, June 9, 2011. 10. Tech. Sgt. Dale A. Clow of the 148th Fighter Wing Security Forces Squadron (U.S. Air Force photos by Tech. Sgt. Scott G. Herrington.)

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1. Staff Sgt. Richard M. Quick leads an unmounted patrol during at training exercise at Camp Ripley, June 9, 2011. 2. Staff Sgt. Richard M. Quick leads an unmounted patrol during at training exercise at Camp Ripley, June 9, 2011. 3. Tech. Sgt. Craig S. Jacobsen leads a squad from the woods into the simulated village during an exercise at Camp Ripley, June 8, 2011. 4. Tech. Sgt. Craig S. Jacobsen leads a squad from the woods into the simulated village during an exercise at Camp Ripley, June 8, 2011. 5. Tech. Sgt. Craig A. Akerstrom vigilantly covers a hallway in a simulated school during Military Operations in Urban Terrain (MOUT) training at Camp Ripley, June 8, 2011. 6. Tech. Sgt. Craig Akerstrom react to simulated explosions during mounted patrol exercises at Camp Ripley, June 9, 2011. 7. Tech. Sgt. Craig Akerstrom react to simulated explosions during mounted patrol exercises at Camp Ripley, June 9, 2011. 8. Members of the 148th Infantry Brigade Combat Team clear a room in a simulated village during an exercise at Camp Ripley, June 8, 2011. 9. Members of the 148th Infantry Brigade Combat Team covers a hallway in a simulated school during Military Operations in Urban Terrain (MOUT) training at Camp Ripley, June 8, 2011.

CHIEF'S CORNER

BY CHIEF MASTER SGT. PAUL POPPENBERG

Developing Airmen for future mission requirements was the message delivered by the Director of the Air National Guard, Lt. Gen. Bud Wyatt, during a presentation given at the Chief Executive Course May 16-20, 2011 in Washington D.C. General Wyatt started his briefing by explaining how visibly relevant the Air National Guard (ANG) has become; being able to accomplish 1/3 the mission for only 7% of the budget puts us in the spotlight. He also stated that future down-sizing will bring new missions to the Air Guard. All of our senior leaders seem to be on the same page because ANG Command Chief, Chief Master Sgt. Chris Muncy, sent a similar message back in October of 2010 at the Minnesota Combined Chiefs & First Sergeants Council Meeting.

Talking about new missions; look at the one we recently received SEADS/DEADS (Suppression/Destruction of Enemy Air Defense System) with Block 50 F-16s, this is just the first step in some new challenges coming our way. Total Force Integration (TFI), or Associate Unit, is another possible challenge just around the corner for us; blending a mix of active duty folks within our base will help to open new doors for the 148th Fighter Wing. Hopefully, TFI will bring new missions down the road, maybe even the F-35 someday. Who knows what other challenges or new missions are just around the corner?

With these new missions and new challenges in our foresight and at a time ever so crucial we need to lean on our Non-Commissioned Officers (NCO). IAW AFI 36-2618 (your little brown book), the primary focus of Staff Sgt's & Technical Sgt's should be "mission accomplishment," that is a pretty big hat you wear, accomplishing our missions. Your little brown book also states that NCO's will mentor and develop subordinates, and assist them in reaching their full potential.

With all of this being said, we are confident that you Staff Sgt's and Technical Sgt's will do the right thing and take that Airman by the hand during this very relevant and crucial time and be their mentor. While you are doing this mentoring don't be afraid to show them that little brown book; show them the part in their responsibilities that states they



Command Chief Master Sgt. Christopher Muncy speaking at the 2010 Air National Guard Senior Leadership Conference. (Photo from AmeriForce Military News.)

must "maintain the highest level of personal readiness to meet mission requirements." Let them know how important it is follow technical data and regulations governing their sections. Let them know how important their role is and how their role fits in to mission accomplishment. When you do this, when you take our Airman, our future Staff Sgt's and Technical Sgt's, the ones who will accomplish our future missions by the hand and lead them into tomorrow you can take a big sigh of relief knowing that you are doing your part in developing our Airmen for future mission requirements.

9TH ANNUAL COMMANDERS GOLF SCRAMBLE

BY SENIOR MASTER SGT. STEVEN S. SAMUELSON, QUALITY ASSURANCE

The 9th Annual Commanders Golf Scramble will be held on Sept. 16, 2011 at the Cloquet Country Club. It is a four person team, 10:00 a.m. shotgun start. In previous years we have had approximately 150 military members, friends and family come out and enjoy a day filled with golf, fun, and goodwill. The tournament helps special organizations in Minnesota to raise money and boost the morale of our military personnel who have been serving our country. Last year, we raised \$2,370.00 for the Duluth and Cloquet VFWs! This year we will be supporting Chapter 48 of the Minnesota National Guard Enlisted Association (MNGEA). MNGEA has been a long standing icon in the Air National Guard. It has been fighting for Airmen and soldier's rights and benefits for many years.

Last year we had one of the most successful tournaments, and we are hoping that this year will be even better. If you are interested in playing, please contact Senior Master Sgt. Steve Samuelson at 218-788-7057 or 218-393-8546. The cost of the tournament is \$60 and includes 18 holes, a golf cart and dinner. The deadline to register is Sept. 12. The cost is \$70 per person if paid after Sept. 12. Throughout the day, we will be having a long putt contest, hole in one contests and our silent auction. I look forward to hearing from you and will see you on the golf course!

DOD IDENTIFICATION CARDS

As of June 1, 2011 ID cards issued from RAPIDS will no longer print SSNs. The DoD ID number will be the identifier for all ID card categories and will print on all CAC and IDs. The DoD benefits number will print on any ID when the ID card holder has any of the RAPIDS authorized benefits not just medical; i.e., MWR, Commissary, Exchange. This includes the military members' CACs.

With the new changes that have been incorporated Defense Manpower Data Center (DMDC) is expecting sites to be inundated with members (current, retired and dependents) wanting to get a new ID card for this change. The Military Personnel Squadron (MPS) are asking that members hold off on getting a new card until expiration of the current card, change in status, (e.g. promotion, or name change) or unable to get logged on.

This is a great change for all military members as DMDC is ensuring our security by issuing DOD numbers instead of SSN. Again, MPS ask that members remember that stocks of cards are low across the country because of this change and we do reserve the right to ask a member to wait while we progress into this change to help out members who need immediate attention.

If you have any questions please do not hesitate to contact the MPS front counter at 218-788-7212, or Staff Sgt. Alice Nephew at 218-788-7423.

42ND ANNUAL MNGEA CONFERENCE

BY MASTER SGT. DEANNA WOLFF, RET.



Members of the 148th Fighter Wing attend the 42nd Annual State Minnesota National Guard Enlisted Association Conference in Otsego, Minn. April 30, 2011. (Photo submitted by Master Sgt. Deanne Wolff, Ret.)

The 42nd Annual State Minnesota National Guard Enlisted Association (MNGEA) Conference was held in Otsego, Minn., April 29-30, 2011. Chapter 48 had 21 attendees of which 14 were delegates and three were auxiliary members. Several resolutions were voted on and passed to benefit our Airmen and will now be voted on at the national level.

Current Chapter 48 MNGEA members will receive an official report when it becomes available. From the 148th Fighter Wing, Alert Forces and Services were each presented a plaque for achieving 100% Chapter 48 MNGEA membership for 2011! Krystal Brown and Katelyn Koneitzko were each selected for scholarships, and Master Sgt. Jeremy Graves was awarded a plaque from MNGEA for First Sergeant of the Year for Minnesota. Master Sgt. Steve Gerads was selected as the State Vice President for Membership, and Tech. Sgt. Kelly Nelson is now one of our Co-directors for MNGEA Chapter 48. Congratulations to all! Thank you to all delegates and auxiliary members that attended and helped make it possible to ensure that the Air National Guard maintains and obtains benefits deserving of us!

CHANGES TO THE VIRTUAL PERSONNEL CENTER-GUARD AND RESERVE (vPC-GR)

BY TECH. SGT. JILL M. HAAPALA

Beginning July 2011, the Virtual Personnel Center-Guard and Reserve (vPC-GR) will move to a new website called Air Force Personnel Services (AFPERS). The site has been set up to establish a total force source for online information and services pertaining to active duty Air Force, Air National Guard, Air Force Reserve, civilians, and retirees.

All services that vPC-GR provides will remain the same. A web redirect will take customers accessing vPC-GR through the current link to AFPERS. AFPERS is a secure website so an account will need to be established. Once established, access can be through the Common Access Card (CAC) or through a user ID and password. Once a member is logged into AFPERS no other login is necessary. All the member needs to do is click on the vPC-GR Dashboard link.

vPC-GR users also having an AFPERS account can use their AFPERS user ID/password or CAC for access. For those customers with only a vPC-GR account they should use the vPC-GR user ID/password or CAC at first login and follow the prompt to change and add security information to get their AFPERS account set up.

The AFPERS website can be located at <https://gum-crm.csd.disa.mil>. For assistance with login errors or AFPERS website issues, please contact the Total Force Service Center at 800-525-0102. For additional assistance, you may also contact Tech. Sgt. Jill Haapala at 218-788-7212 or jill.haapala@ang.af.mil.

RETIRED RESERVISTS CAN GET DS LOGONS AT TRICARE SERVICE CENTERS

Retired reservists can now get a DoD self-service Logon (DS Logon) account at any TRICARE Service Center (TSC) worldwide. Once they have a DS Logon, they can use it to go online to purchase TRICARE Retired Reserve (TRR) health care coverage.

To locate the nearest TSC, visit www.tricare.mil/contacts.

In-person proofing at Veterans Administration (VA) regional offices or remote proofing through the Defense Enrollment Eligibility Reporting System (DEERS)/Defense Manpower Data Center Support Office (DSO) remain available as well.

The DS logon can be used to access the web-based Reserve Component Purchased TRICARE Application (RCPTA) to qualify for and purchase TRR, a premium-based health care plan available to qualified gray-area retired reservists and their survivors. If a retired reservist does not have a DS Logon account, he or she can still call the DSO at 1-800-538-9552 (1-866-363-2883 for the hearing impaired) to request documentation via remote proofing. DSO will provide

step-by-step instructions and the appropriate documentation to get a DS Logon.

Retired reservists may also go to their designated VA regional offices to complete in-person-proofing and receive a DS logon account. To locate a VA regional office, visit www.vba.va.gov/vba/benefits/offices.asp.

Getting a DS Logon is not restricted to retired reservists. Members of the Selected Reserve most likely have either a Common Access Card or Defense Finance and Accounting Service account that allow them to access the RCPTA to qualify for and purchase TRICARE Reserve Select. However, for those who do not, National Guard and reserve members can also get DS logon accounts as mentioned above, similar to retired reservists.

For more information about TRICARE's health care benefits for members of the National Guard and Reserve, visit www.tricare.osd.mil/reserve.

SPIRIT OF SERVICE

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



Maj. Gen. Wayne C. Gatlin (Ret.), former 148th Commander poses inside a P-51 Mustang cockpit during the Minnesota Air National Guard's 90th Anniversary celebration. The P-51 Mustang was the original aircraft flown by the 148th Fighter Wing and was flown from 1948 to 1954. (U.S. Air Force photo by Master Sgt. Ralph Kapustka)

"I served with the greatest bunch of people," said Maj. Gen. Wayne C. Gatlin (Ret.) after receiving the inaugural Brig. Gen. Ray Miller Spirit of Service Award from Brig. Gen. Mark Ness (Ret.) July 14, 2011. Maj. Gen. Gatlin describes his military career in Duluth as being enjoyable--days starting with breakfast at his own house, followed by flying a P-51 Mustang over Lake Superior, and ending back at home.

Maj. Gen. Gatlin, a Duluth, Minn. native, served as the operations officer for the 179th Fighter Interceptor Squadron, group commander of the 148th Fighter Group, and finally Chief of Staff for the Minnesota Air National Guard. By the end of his flying career, Maj. Gen. Gatlin logged more than 6,700 hours of flying.

The Minnesota Air National Guard Historical Foundation hosted the award ceremony as part of a state-wide celebration of the Minnesota Air National Guard's 90th anniversary. Sept. 26, 1920 was the day three Minnesotans rented a Curtiss Oriole Biplane

and started an eight day flight to Washington, D.C. in order to petition to be the first federally recognized National Guard flying squadron. Minnesota was later recognized as having a National Guard flying squadron in 1921 due to the efforts of Ray Miller and his companions.

The Brig. Gen. Ray Miller Spirit of Service Award was created by the Minnesota Air National Guard Historical Foundation to commemorate his life and work as the "Father of the Minnesota Air National Guard," as well as an individual who had a major impact on Minnesota's economy.

Service members and distinguished guests were shown a presentation honoring Maj. Gen. Gatlin and of the history of the 148th Fighter Wing. Dr. George "Pinky" Nelson, a member of the U.S. Astronaut Hall of Fame, spoke about his experiences and the future of space travel. At the conclusion of the anniversary program, a commemorative flight of a P-51 Mustang took place.



Maj. Gen. Wayne C. Gatlin (Ret.), former 148th Commander is awarded the Brig. Gen. Ray Miller Spirit of Service Award by Brig. Gen. Mark Ness (Ret.) during a luncheon held at the 148th Fighter Wing, Duluth, Minn. (U.S. Air Force photo by Master Sgt. Ralph Kapustka)



Former 148th Fighter Wing members along with other special guests pose for a group shot with the P-51 Mustang and the block 10, F-16 during the Minnesota Air National Guard's 90th Anniversary celebration. (U.S. Air Force photo by Master Sgt. Ralph Kapustka/ released)

THREE GENERATIONS OF SERVICE

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



Tech. Sgt. Scott G. Herrington, Ship's Cook 1st Class George S. Herrington (Ret.) and Chief MSgt. Gerry Herrington (Ret.) make their way through security before the first Northland Honor Flight, May 14, 2011. (U.S. Air Force photo by Master Sgt. Ralph J. Kapustka)

More than 100 World War II veterans from northern Minnesota and Wisconsin left Duluth, Minn. on Saturday, May 14, 2011 on the first Northland Honor Flight to Washington, D.C. These men and women fought selflessly all across the globe, and for many of them, this was their first trip to see the memorial dedicated to their bravery.

After checking in and finding their assigned guardian, the veterans shook hands with the mayors of Duluth and Superior along with the local Patriot Guard. Among these veterans was my grandfather, George Herrington, who served in the Navy during World War II. My father, Gerald Herrington, a retired Air National Guard Chief Master Sergeant from the 148th Fighter Wing was one of the individuals responsible for coordinating the flight as well as a guardian for two veterans on the trip.

SILVER DOLLAR SALUTE

BY JAYNE ARVIDSON, MOTHER OF 148TH MEMBER STAFF SGT. BRADY ARVIDSON

It is a tradition in the United States military that newly commissioned 2nd lieutenants present a silver dollar to the first enlisted service member who salutes them. The coin symbolically acknowledges the receipt of respect due the new rank and position. Staff Sgt. Brady Arvidson, 148th Fighter Wing, was the first to salute his sister 2nd Lt. Kaylyn Arvidson after her commissioning in the U.S. Air Force.

Staff Sgt. Arvidson and other members of his family traveled to Colorado Springs, Colo. in May to attend Kaylyn's graduation from the United States Air Force Academy. Staff Sgt. Brady Arvidson is a pneumatic technician in the maintenance squadron of the 148th Fighter Wing and 2nd Lt. Kaylyn Arvidson has been assigned to Vance Air Force Base, Okla.

Once aboard and in the air, letters of appreciation from family and local college students were passed out to the veterans in a mail call reminiscent of missions past. With slow, calculated movements my grandfather read the sentiments of young people he had not even met, all filled with youthful exclamations of gratitude.

The itinerary had an entry for the arrival at Reagan International Airport listed as "Heroes Welcome;" it wasn't selling it short. The veterans and their guardians left the plane and navigated a series of twisting hallways, and found themselves faced with the cheers and applause of more than two hundred people. My heart was in my throat as I watched my grandfather shake hands with men and women in uniform and grateful civilians expressing their thanks for his service to their country.

There was an air of solemn camaraderie about the World War II Memorial in Washington, D.C. as the veterans explored what had been dedicated to them and their fellow service members under the overcast D.C. sky. The names of the islands, towns and villages that were the scenes of many battles were engraved below their respective theatres—Atlantic and Pacific. These names sparked memories and emotions that, for many, had long lain dormant. During a calm moment by the large fountain in the center of the memorial we posed for a photo in an opportunity not likely to be repeated in the future.

A heavy mist descended on the veterans as I watched them line up for a group photo in front of the World War II Memorial. As though it were the last scene in a war documentary, I realized each of these men and women before me had experienced more hardships and adversity than most people, myself included, can comprehend. Their generation did so willingly and as part of a sense of duty to their nation—a sense of duty sometimes lacking today. As the heavens continued their threat of rain, we proceeded onward to the Iwo Jima Memorial in Arlington, Va.

The rest of the afternoon was spent paying the respect due to the servicemembers that made the ultimate sacrifice in the Vietnam and Korean Wars at their respective memorials. The life-like figures out on patrol in the Korean War Memorial had an eerie quality as their pale silhouettes reminded their audience of patrols during their tours of duty. A respectful silence pervaded the Vietnam Memorial as the three of us slowly traced the walkway along the wall of names. Keepsakes, cigarettes and cans of beer were left at random intervals along the base of the wall in remembrance of family and friends lost.

The return flight to Duluth marked the end of the day's journey; however, there was more in store for us at the airport. A crowd consisting of the Patriot Guard, a drum line, a bagpiper, local law enforcement, servicemembers, local media, family and friends greeted us with cheers in an overwhelming show of support as we entered the terminal. Without a doubt, I had spent the day with some of the most patriotic people in the northland, and am truly honored to have been given that opportunity.



Staff Sgt. Brady Arvidson salutes his sister 2nd Lt. Kaylyn Arvidson after her commissioning and graduation from the U.S. Air Force Academy. (Photo by Jayne Arvidson.)

148TH FIGHTER WING FITNESS



2ND ANNUAL BEC MEATBALL 5K RUN

BY MASTER SGT. MARK J. WASSERBAUER

Eighty-six members of the 148th Fighter Wing braved the wet and rainy weekend May 22, 2011 for the second annual 148th Bulldog Enlisted Council (BEC) Meatball 5K Run. Master Sgt. Mark Halvorson, CES – Fire Hall, crossed the finish line first with an official time of 18:49, followed closely by Tech. Sgt. Alan McDonald (20:06) and Tech Sgt. Justin Pederson (20:52). Because of the weather, many runners opted not to record their times. The top female runner was Senior Master Sgt. Julie Samuelson with a time of 28:07, followed by Master Sgt. Jill Haapala (30:05) and Maj. Audra Flanagan (30:34).

As part of the 5K race, the BEC once again partnered with Second Harvest Northern Lakes food bank to host a local food drive. All race participants were asked to donate either a non-perishable food item(s) or cash donation as part of the registration fee. As Duluth's only food Bank, they are the sole distributor of nationally and regionally donated food to over 140 charitable feeding programs including 34 regional food shelves, soup kitchens, and shelters in the Duluth area. As a non-profit food bank, Second Harvest's primary role is to provide food to the front-line charitable agencies that offer meals to the hungry but they also provide food directly to over 1,000 people per month as part of their own direct service program. The event raised 135 pounds of donated food for Second Harvest.

The event was originally scheduled for April UTA but because of snow and cold weather, was rescheduled for May. Even with the weather challenges, the event was a huge success! Our goal is to help jumpstart members as we prepare for the Wing's annual Fitness Assessment in September, building camaraderie amongst Wing members, and promoting an active, healthy life style while also providing much needed help to the local community who struggle to put food on the table. Congratulations to all the Bulldogs that participated in the 5K and also to all those that volunteered to help out! We hope to see you all next year!

Members of the 148th Fighter Wing start the 2nd Annual Meatball 5K in the rain May 21, 2011. (U.S. Air Force photo by Staff Sgt. Donald L. Acton.)

FIGHTING TO STAY FIT

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

"Find something, anything, that gets you moving, that you have fun doing," said Lt. Col. Eric Chandler, 179th Fighter Squadron Commander. "Just find something that gets you outside and moving that you look forward to."

Lt. Col. Chandler is one of many at the 148th Fighter Wing with a passion for physical fitness, exercising five to six days a week. Motivation is a key factor. For Lt. Col. Chandler, he is motivated by a desire for general health, to fight family history of heart trouble, and to improve his quality of life.

"Keep at it would be the best advice I have," said Capt. Thomas Rendulich, a member of the 179th Fighter Squadron. "I just started swimming and even though I can run 13 plus miles, I could hardly swim two laps. But after about three weeks, I'm able to swim for about 15 to 20 straight so hang in there, it will get easier," said Capt. Rendulich.

DULUTH TEAM WINS 48TH ANNUAL AIR NATIONAL GUARD BOWLING TOURNAMENT

BY STAFF SGT. DONALD L. ACTON, PUBLIC AFFAIRS



A Duluth, Minn. ANG bowling team poses with Duluth Mayor Don Ness at the 48th annual ANG Bowling Tournament May 6, 2011. (U.S. Air Force photo by Staff Sgt. Donald L. Acton.)

The 48th annual Air National Guard bowling tournament was held May 6, 2011 at Country Lanes in Duluth, Minn. More than 100 active and retired Air National Guard members participated from Minnesota, Wisconsin, Illinois, Michigan, Iowa, Ohio, Indiana and Arizona. The event started at 8 a.m. with 148th Fighter Wing Headquarters Group Commander Lt. Col. Jon S. Safstrom throwing the first bowling ball of the day. Duluth Mayor Don Ness stopped by the bowling alley to say hello to the participants and wish everyone good luck as well.

There were three tournaments held for single, double and five person teams. The Texas Road House team from Duluth, Minn. won the five person tournament. Tiffany and Jeff Kiffmeyer of Minneapolis, Minn. won the doubles tournament and Charmaine Schultz of Madison, Wis. won the single person tournament.

Senior Master Sgt. Bill McRae of the 148th Fighter Wing planned the event with help from other 148th Fighter Wing members Master Sgt. Conrad Slocum, Master Sgt. Dawn Teachworth, Staff Sgt. Amy Houde, and Master Sgt. Daniel Luukkonen. Paige Boorman, also known as the 50/50 girl, helped to run the games at Country Lanes. Overall the event was very successful with all the participants having a great time.

A common obstacle for members of the 148th Fighter Wing is time. From being the parent of a toddler to managing a busy work schedule, time is something in short supply as schedules fill quickly. Fitness, while difficult and time consuming, isn't without its rewards. For Senior Master Sgt. Steven Samuelson, a member of the 148th Fighter Wing Maintenance Group, the feeling after a good run or workout is what he takes away. "I feel better and I have more energy," said Senior Master Sgt. Samuelson.

"Quality of life each day," said Lt. Col. Chandler. "I don't expect I'll necessarily live longer, but I always feel like I'm better off than the next guy each day I'm alive."

"I also like the personal challenge and accomplishment I feel from exercising," said Capt. Rendulich. "There are so many things you can do in the Duluth area you just have to get out and try new things. We are very fortunate to have all the resources we do right within city limits."

CONGRATULATIONS GRANDMA'S MARATHON PARTICIPANTS! FULL MARATHON

- Lt. Col. Eric Chandler
- Senior Airman Dessarae Erickson
- Staff Sgt. Jeremy MacNair
- Staff Sgt. Alexa Olson
- Airman 1st Class Whitney Olson
- Tech. Sgt. Justin Pederson

GARRY BJORKLUND HALF MARATHON

- | | |
|-------------------------------------|---------------------------------------|
| • Senior Master Sgt. Steven Adamski | • Master Sgt. Danielle Luukkonen |
| • Staff Sgt. Jenna Hieb | • Staff Sgt. Danielle Merrier |
| • Tech. Sgt. Brian Black | • Master Sgt. Alethea Montgomery |
| • Senior Airman Nathan Brown | • Airman 1st Class Ben Nyen |
| • 2nd Lt. Alexa Carrol | • Master Sgt. Duane Persch |
| • Maj. Christopher Cloutier | • Senior Airman Kyle Risdall |
| • Master Sgt. Nick Downs | • Staff Sgt. Tyler Rosen |
| • 2nd Lt. Darrel Dulinski | • Chief Master Sgt. Mark Rukavina |
| • Capt. Ryan Durand | • Maj. Thomas Ruud |
| • Maj. Audra Flanagan | • Senior Master Sgt. Julie Samuelson |
| • Master Sgt. Glen Flanagan | • Senior Master Sgt. Steven Samuelson |
| • Maj. Christopher Freeman | • Tech. Sgt. Luke Sanda |
| • Tech. Sgt. Daniel Gomes | • Capt. Kristy Severson |
| • Chief Master Sgt. Ryan Gunderson | • Staff Sgt. Tom Sjoberg |
| • Tech. Sgt. Mark Halvorson | • 2nd Lt. Joseph Solberg |
| • Master Sgt. William Hawley | • Tech. Sgt. Jeff Toland |
| • Tech. Sgt. Andrew Hayes | • Staff Sgt. Kaylee Wedin |
| • Master Sgt. Keith Johnson | • Staff Sgt. David Wolden |
| • Master Sgt. Jeff Kreager | • Master Sgt. Floyd Zylka |
| • Senior Airman Lauren Lundberg | |

WILLIAM IRVIN 5K

- Chief Master Sgt. Gary Luke
- Master Sgt. Jill Miller
- Maj. Thomas Ruud

FROM THE ARCHIVES



Members of the 148th Tactical Recon Group race across the base in 1962.

FAMILY THANKS 148TH

BY 1ST LT. JODI L. KIMINSKI, PUBLIC AFFAIRS

Family and friends of 2nd Lt. Harry L. Bedard stopped by the 148th Fighter Wing July 14, 2011 to personally thank members of the 148th Fighter Wing for their role in the June 18, 2011 burial of the Dayton, Minn. native whose remains were brought home and buried after more than a half a century.

"I can not thank you enough," said Ted Bedard, nephew of 2nd Lt. Bedard to Maj. Audra Flanagan, 148th Fighter Wing Executive Officer. "We would have never been able to have such an amazing proper military burial without your help."

After months of coordination, the 148th Fighter Wing was able to support the burial with a missing man fly-over to complete the full-military burial.

"When those jets flew over, everyone was just so overwhelmed with emotion," said Bedard. "I have never been more proud. There's just something about the noise and the formation...I can't even describe it."

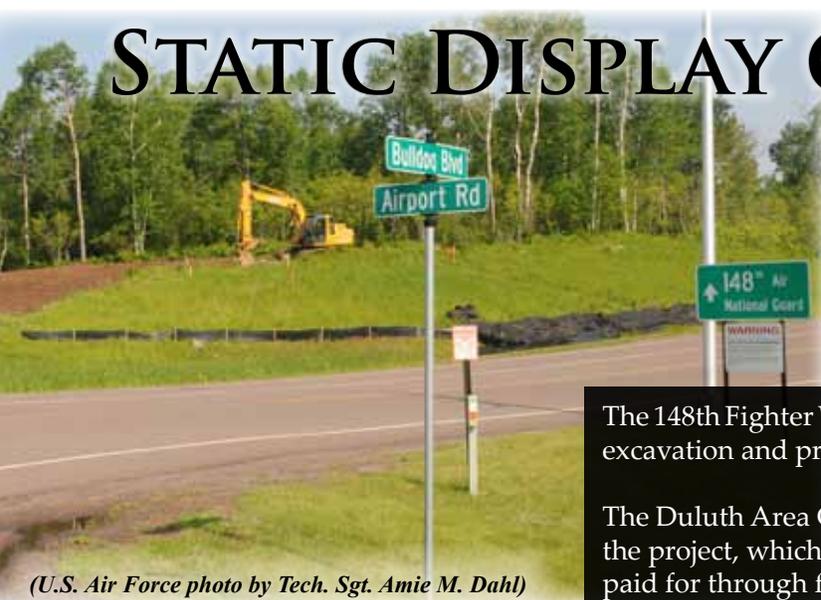
As a way to say thank you, Bedard presented Maj. Flanagan with a commemorative hat similar to the ones already given to the pilots and crew who performed the fly-over.



Ted Bedard and Maj. Audra Flanagan, 148th Fighter Wing Executive Officer, pose for a photo during Bedard's visit July 14, 2011. Bedard came to the 148th to personally thank those members who played a part in the burial of his uncle, 2nd Lt. Harry L. Bedard. (U.S. Air Force photo by Tech. Sgt. Scott G. Herrington)

2nd Lt. Bedard was killed in action when his B-25 aircraft crashed in the Philippines on April 3, 1945. He was 22.

STATIC DISPLAY CONSTRUCTION

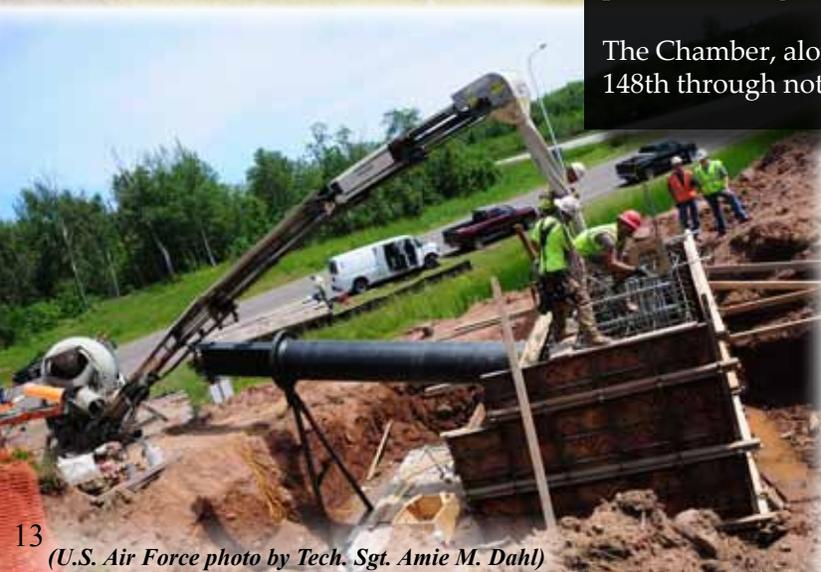


(U.S. Air Force photo by Tech. Sgt. Amie M. Dahl)

The 148th Fighter Wing's entrance has been under construction as the necessary excavation and preparations were made to install a Block-10 F-16.

The Duluth Area Chamber of Commerce's Military Affairs Committee has led the project, which will cost an estimated \$100,000--all of which will have been paid for through fundraising and donations.

The Chamber, along with other area businesses, have shown their pride in the 148th through not only monetary donations, but donations of labor as well.



(U.S. Air Force photo by Tech. Sgt. Amie M. Dahl)



(U.S. Air Force photo by Tech. Sgt. Scott G. Herrington)

HONOR, PRIDE, ACCOMPLISHMENT

ARTICLE AND GRAPHIC ILLUSTRATION BY TECH. SGT. SCOTT G. HERRINGTON, PUBLIC AFFAIRS
U.S. AIR FORCE PHOTO BY TECH. SGT. AMIE M. DAHL, PUBLIC AFFAIRS



"I joined the honor guard to be part of a team that honors past and present veterans, to proudly represent our base to the public, proudly represent security forces, and to give myself a sense of pride knowing what I have done for the base and community," said Staff Sgt. Jacob D. Vanderscheuren. Staff Sgt. Vanderscheuren has been on the honor guard team for six years, and has performed his duties at awards ceremonies and funerals among other places. "I enjoy being part of the team and I am proud to be on it."

There is an underlying theme among the honor guard team members; a feeling of pride and sense of accomplishment that goes along with a job well done. Master Sgt. Julie A. Ault, honor guard team member, joined the Honor Guard eight and a half years ago for that very reason—the sense of pride and accomplishment she gets while doing something for others.

Staff Sgt. Joel S. Patterson, a five year honor guard member, finds gratification in doing something bigger than just himself.

There are one- and two-week classes available to train honor guard members along with the guidance of the existing team members. From representing the 148th Fighter Wing at public ceremonies to providing military honors to fallen comrades, the honor guard brings with it an air of dignity and solemnity.

For more information on becoming a member of the honor guard, contact:
Senior Master Sgt. Roland Schaeffbauer at 218-788-7204 or
Master Sgt. Julie Ault at 218-788-7262.

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BulldogBits

By Col. Penny J. Dieryck

Another summer in the Northland is upon us. The highs on top of the hill are in the 70s and then you drive to Canal Park and it is 50 degrees. You don't need any air conditioners in that environment. Our daughter is busy scooping ice cream at a local ice cream shop, and she asked us to bring her a jacket. Little did we know the temperature difference from God's Country at the airport (75+) to the Shores of Gitchi Gummi (45) was over 30 degrees. Brrr! This happened on Friday, June 3, 2011.

June 7, 2011 was another big day for the 148th with the arrival of the North American Aerospace Defense Command Inspector General Team. The team arrived to conduct a No-notice Alert Force Evaluation. They assessed the command post, security forces, command and control, and quality of aircraft maintenance. Lt. Col. "Tank" Sherman, team chief, was highly impressed with all the members of the 148th. The response for the evaluation was two separate items of interest (IOIs). The Wing scrambled four alert aircraft and got to the IOIs in plenty of time. Upon return to the base, the IG Team looked at the Block 50s and were inspired at the quality of the jets. Three members received IG coins, Capt. Chad Vorderbruggen, Master Sgt. Jeff Kreager, and Tech Sgt. Casey Erickson. Not only does this reflect well on them, but the entire evaluation could not have been completed without the hard work from each and every member of the Wing.

Future events for the Wing include the wing fitness test and Family Day in September. The fitness test is a tool used to see how well our physical fitness shape continues to improve. The hard part for me is the aging process with the test. Yes, I am like fine wine and cheese. I am getting better with age but also a little moldy around the edges. It takes a few seconds longer to do my push-ups and sit ups and a few minutes longer to get the 1.5 mile run under my belt. However, I'll take on the young Airmen and challenge them to obtain a higher fitness test score than me. My current fitness score is 98.5. Bring it on, Airmen!!

September will also be Family Day/Oktoberfest and on Sunday, we'll be hosting a Commissary sale in hangar 101, the Commemorative Air Force building across from the Duluth Base Exchange. This sale provides some great deals on sales of items sold in lots. Save your pennies because the meat at this

sale is priced extremely low and the quality is extremely high. The BX will be open on Sept. 11 for some great sales, too.

Well, back to the beginning of my article. I wrote about my daughter and working at the ice cream shop. By fall, she'll be off to college. Eighteen years have quickly passed by. Another icon of the times is the retirement of Mr. Michael Zbaracki. He was a member of the 148th for over 20 years and then stayed on as a State of Minnesota employee in civil engineering. Now he has decided to get his fishing tackle out more often and relax on the boat. We wish him well and catch the big one, Mike!



Members of the 148th Fighter Wing form up for the Memorial day parade in Duluth Minn. on May 30, 2011. The rainy weather held out long enough for the parade to go on as planned and went through the West End of Duluth. (U.S. Air Force photo by Staff Sgt. Donald L. Acton)



To connect to the 148th
Fighter Wing website, scan
this tag with your smart
phone or visit
www.148fw.ang.af.mil