

## Wing to host Air Expo this summer, celebrate history



Tech. Sgt. Erik Gudmundson

**Tech. Sgt. Amber Monio**

» *Wing Public Affairs*

The 133rd Airlift Wing will host a free, open to the public Air Expo Saturday, July 16, 2011 to celebrate its 90th anniversary and commemorate the heritage of the unit with the 1921 decision to make Minnesota's 109th Aero Squadron the first federally rec-

◀ **Staff Sgt. Scott Hanson, 133rd Maintenance Squadron, removes a corroded section of aircraft skin from an F-102 Delta Dagger May 21, 2011. Airmen from the Maintenance Squadron's sheet metal shop are conducting training by restoring the F-102, preparing the aircraft for display at the base museum during the Air Expo July 16, 2011.**

ognized Air National Guard flying unit in the country.

The Minnesota Air Guard Museum and Historical Foundation invites all former Minnesota Air National Guard members from all units to the Twin Cities to take part in a reunion to celebrate 90 years of service.

"We want to open up our gates to the people to let them know that we appreciate their support, tell our story...and remind the public that there were some early pioneers in the aviation world up here in Minneapolis-St. Paul who took some great risks to try to get to Washington and tell our story," said **Lt. Col. Terrance Sieben**, deputy MSG commander and air expo director.

(EXPO, continued page 4)

## Med Group, Aeromedical Airmen train in Africa, Honduras

**Tech. Sgt. Amber Monio**

» *Wing Public Affairs*

Springtime brought opportunities for medical professionals from Operations Group and Medical Group to deploy south of the equator, providing training and humanitarian assistance on two continents.

Ten Airmen from the 133rd AW's 109th Aeromedical Evacuation Squadron deployed to the Democratic Republic of the Congo April 25 through May 4, 2011 to participate in MEDLITE 11, a medical exercise hosted at the

DRC's Centre Superior Militaire Academy.

MEDLITE 11 offered a unique opportunity for Airmen from the 133rd AW to share medical knowledge and techniques with their African host nation's medical personnel.

The Congolese military wasn't actually doing any in-flight care of their sick or their injured, and with the closest hospital 1,000 miles away people were dying, said **Master Sgt. Robert Buresh**, an aeromedical evacuation technician with the 109th AES, "so we basically

(MEDICAL, continued page 6)



Tech. Sgt. Todd Wivell

▲ **Capt. (then 1st Lt.) David Truscinski, a flight nurse with the 109th AES, assists members of the Democratic Republic of the Congo armed forces quick response force as they assess the status of simulated patients before they are loaded onto a Georgia Air National Guard C-130 "Hercules" during the final training exercise of MEDLITE 11, in Kinshasa, DRC on May 4, 2011.**

## Wing boasts prestigious 90-year heritage

**Col. Greg Haase**

» *Wing Commander*

We persevered a tremendous winter and a very cool spring. Through the course of the winter we passed a milestone in our Wing's history. On Jan. 17, 1921 the 109th Air Observation Squadron became the "first" federally recognized Air National Guard flying unit in the country. This year marks the 90th anniversary of our birth and on July 16th we will begin the celebration with an Air Expo. We will open our gates to the community and invite them to the wing for a day of celebration. The celebration will include the Special Operations parachute team, the Air



Force Drill team, and numerous aircraft from the Air Force inventory both past and present. The celebration will begin at 9 a.m. with the gates opening at 8 a.m. and closing at 4 p.m.

The history of the Wing is very rich and dignified. The forefather of the Minnesota Air National Guard is regarded as General Ray S. Miller. In the summer of 1920 General Miller, then Lt. Miller, in cooperation with the Assistant Adjutant General Lt. Col. Garis and a local reporter for the St. Paul Daily News, T. Glenn Harrison, conceptualized putting auxiliary aviation units in National Guard divisions. At that time it may have been easier to sell the "idea" a new cavalry to Army officials since the airplane was still regarded with some skepticism in military circles. To demonstrate the effectiveness of an air unit within the National Guard, the newly formed 109th Aero

Squadron (Capt. Miller, Lt. Col. Garis, and newly commissioned Lt. Harrison) decided to rent a Curtiss Oriole and fly from St. Paul to Washington, D.C. to propose the formation of an Air National Guard. At this time Capt. Miller, a citizen soldier, worked as the chief pilot for the Curtiss Northwest company based at Curtiss Field on the corner of Larpenteur and Snelling avenues in St. Paul. General Rhinow, The Adjutant General, gave his blessing for the effort and rented the Oriole.

(Commander, continued page 4)

## Classic tale teaches valuable life lessons

**Chaplain (Maj.) Daniel Pulju**

» *Wing Chaplain*

Frank Lyman's book, The Wonderful Wizard of Oz, tells the story of how the Tin Man lost his heart. This crucial episode was left out of the movie, but it is worth telling.

The Tin Man was at one time a hard-working, responsible man. He fell in love with a beautiful Munchkin girl. He determined to marry her and at once set off to earn enough money to build a better house suitable for her, and so he worked harder than ever. Through the jealousy of others and a spell cast by the Wicked Witch, his axe turned from a helpful tool into a



destructive weapon. As he cut down trees his axe slipped and cut off his left leg. Then it happened again and he lost the other leg, then his left arm, and finally his right arm.

Each time, his friend the tinsmith fixed him and replaced the detached human part with metal. The Tin Man didn't really mind because he discovered he could work harder and faster with his new limbs than when he was fully human. Then, with one final cruel blow at his heart, his enchanted axe split him in half. Once more the tinsmith came to his aid, forming his body out of tin and attaching his joints to his trunk. But something was left out.

The Tin Man then described his condition, "But, alas! I had now no heart, so that I lost all my love for the Munchkin girl, and did not care whether I married her or not...My

(LESSONS, continued page 3)

## NORTHSTAR<sup>®</sup> Guardian

**133rd Airlift Wing  
Minnesota Air National Guard**  
*"Citizens serving America,  
Airmen defending Freedom."*

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## MN National Guard youth, teen camp registration dates approaching

**Chief Master Sgt. Ray Kennedy**

» Human Resource Advisor

The Minnesota National Guard is hosting two 7-day youth and teen camps at Camp Ripley this summer. The first week is scheduled for July 24 through July 30, 2011, and week two is scheduled for July 31 through August 6, 2011.

The camps are offered to children of active and retired Minnesota National Guard Soldiers and Airmen who are between the ages of 10 and 15 years old. Nieces, nephews, siblings and grandchildren of volunteers may also attend.

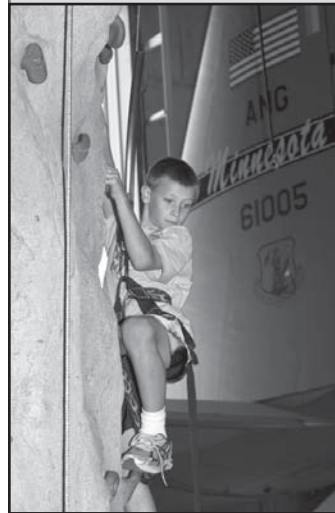
The intent of the camps is to promote respect, friendship, leadership, team skills, self-confidence, self-esteem and community involvement.

Volunteers are needed to staff the week-long camps.

The registration deadline for both campers and counselors is June 30, 2011.

To register or to get more information about the camps visit [www.mnngyc.org](http://www.mnngyc.org).

## Family Day offers fun for all



Tech. Sgt. Erik Gudmundson

▲ A popular feature from family day Oct. 16, 2010 was the climbing wall.

**Who:** All 133rd AW Airmen and families

**What:** Come enjoy Family Day 2011

**When:** Sat., Aug. 20, 2011 from 11:00 a.m. to 3:00 p.m.

**Where:** At the Contact Club and North Hangar area on base

**Why:** To have fun and thank our families



**Lt. Col. Joellen Evavold**

» Wing Plans

A Pre-Deployment Yellow Ribbon event was held in Minneapolis from May 19 through May 20, 2011 for nearly 50 families and 80 Airmen in preparation for a six month deployment.

Spouses and parents of the deploying Airmen learned about benefits in Tricare and finances, the "Life in a Box" organization, and communication challenges. Child care on scene enhanced the parents' personal attention to emotional, physical and mental health topics. Most importantly, families met other 133rd Airlift Wing families and were empowered with resources. The deployers were equipped with vast tools to be "ready" and to reduce stress due to deploying.

A 90-day post deployment for servicemembers, is scheduled for July 15, 2011.

Sign up at [www.jointservicessupport.org/YRRP](http://www.jointservicessupport.org/YRRP) or contact **Staff Sgt. Sona Herland** at [Sona.Herland@ang.af.mil](mailto:Sona.Herland@ang.af.mil).

Summer 2011

## Valuable life lessons...

(LESSONS, Continued from page 2)

body shone so brightly in the sun that I felt very proud of it and it did not matter now if my axe slipped, for it could not cut me. There was only one danger—that my joints would rust; but I kept an oil-can in my cottage and took care to oil myself whenever I needed it."

From the movie we know what happened next. One day the Tin Man forgot to take care of himself, got caught in a rainstorm, rusted, and was left to stand for a year, until Dorothy and Scarecrow came across him in the woods. They heard his story, got him unstuck and all three went on their way together.

This story has many parallels to our lives. I draw our attention to three of them.

1. Hard work at good things can take your heart and leave you as a shell of your former self.

2. We are not machines that can take care of all our own maintenance. Sometimes we need another to help us start living again when we freeze up.

3. Finally, we can stay in the woods or we can take the better road that invites us to walk with companions on a journey that can be dangerous, but holds the promise of having the heart restored.



## Wing to host Air Expo

(EXPO, continued from page 1)

Minnesota Air National Guard members may enter the reunion register to receive a detailed schedule of events and information about hotel options, room rates and more. Information about the reunion register is available online at <http://www.mnang-museum.org/reunion.html> or by phone at 612-713-2523. If you'd like to join the reunion team, you may check the box in the register.

Volunteers (non-members and former members) are needed for the reunion, commemorative flight, commemorative dinner and air expo. More information is available at <http://www.mnangmuseum.org/volunteer.html>.

Activities throughout the weekend will make this an event to remember for veterans, families and the public at large.

The air expo will have activities for all age groups so the whole family can attend, not just aviation enthusiasts, said Sieben. The event will feature a kid's zone, for example, for the younger attendees.

The U.S. Special Operations Command Parachute Demonstration Team, known as the "Para-Commandos," and the U.S. Air Force Honor Guard Drill and Ceremonies Team are scheduled to perform during the event.

(EXPO, continued page 6)

## Group leadership changes

The 133rd AW sees several changes in leadership with new group commanders effective spring 2011. **Col. Greg Haase**, Wing commander, had the opportunity to move people around and up with the departures of two colonels into positions at Joint Force Headquarters, Minnesota.

First, **Col. Deon Ford** has become the Director of Staff for Air at JFHQ-MN, opening the Mission Support Group commander position, and **Col. James Treutel** went from Operations Group commander to become the A-3 (Operations) at JFHQ-MN.

Col. Haase named for-

mer Maintenance Group Commander, **Col. Charles Rodke**, to become the new Mission Support Group Commander. **Lt. Col. Kris Schaumann**, former 133rd MXG deputy commander becomes the new Maintenance Group commander.

Upon his return from a six month tour in Iraq, **Col. James Johnson** moves from vice Wing commander to become the Operations Group commander. **Lt. Col. Brian Wyneken**, former 109th AS commander becomes the new vice Wing commander.

Virtually the only group in the Wing not changing is the 133rd Medical Group commander, where **Dr. (Col.) David Hamlar** remains at that position.

## Prestigious 90-year heritage...

(Commander, continued from Page 2)

On the morning of Sept. 26th, 1920 General Rhinow, Lt. Col. Garis, and Capt. Miller began their eight-day, 1600 mile trip to Washington, D.C. On Oct. 2, they were met by a man with a sympathetic ear to the fledgling Air Force—General Billy Mitchell. General Mitchell questioned the legitimacy of the group and demanded under what authority they were here. Capt. Miller explained they were former WWI pilots, mechanics and ground officers who spent their own time and money on this aerial venture. General Mitchell immediately pledged his support. During the next three days our Minnesota contingent found numerous supporters and advocates who expressed interest in an Air National Guard. As a result of their efforts our unit received federal recognition on Jan., 17 1921 becoming the "first" federally recognized Air National Guard unit.

Our forefathers left us a legacy of adventurism, grit and skill. That legacy started with flying Jennies from the infield of the Minneapolis Speedway located at the present site of the International Airport. From a "Speedway" to a "Gateway" of service and success, the Wing provided qualified Airmen for WWII, Korea, Berlin Airlift, Vietnam, Desert Shield/Storm, Bosnia and numerous other human-

itarian and operational missions through the 20th century. In the 21st century we ushered in a new era of service and commitment to defend the United States of America. The post 9/11 Air National Guard is one that General Ray S. Miller would be

very proud of. You have answered the nation's call and kept a vulnerable country safe. Numerous awards and achievements speak loudly to your efforts. Receiving such prestigious acknowledgements as the Air Force Outstanding Unit Award, Logistics Readiness Squadron of the Year and a National Outstanding

Airman of the Year winner put an exclamation point behind your achievements. Be proud of our 90-year heritage, of the great men

and women who taught us the creed of service and commitment, be proud of the great work you have accomplished, and be proud of your fellow Wingmen that project the pride and greatness that shines within this remarkable Wing.

**"Our forefathers left us a legacy of adventurism, grit and skill."**

Col. Greg Haase  
Wing Commander

## 133rd CES Firefighters epitomize Wing excellence

**Master Sgt. Mark Legvold**

» *Base Fire Chief*

Perhaps the most difficult hiring and training process of any professional organization was finalized May 20, 2011 in a ceremony to swear in the newest 12 members of the St. Paul Fire

Department. Of the 12 firefighters, three are current firefighters with the 133rd Fire Department.

**Staff Sgt. Steve Holmes** (pictured below in a photo from the Minneapolis *Star Tribune*), **Staff Sgt. Nathan Sole** and **Senior Airman Robert Gregor** began their journey over a year ago, as a pool of over 2,400 applicants from

around the country. Through the process of testing firefighter knowledge, physical standards, cognitive abilities, psychological readiness and interviews, the field was narrowed down to 14 firefighter recruits who started a 14-week firefighter academy that made basic training look like a spa.

Sole proved that the career opportunities offered in the guard can become life-changers. After his experiences training and deploying with the 133rd, he decided to put a potential teaching career on hold, opting instead to pursue firefighting as a profession.

Holmes, a member of the 133rd since 2006, believes his diverse military training instilled the positive attitude and good work habits needed to succeed in the rigors of the St. Paul Fire academy, he said.

Gregor is preparing to deploy while also preparing for the arrival of his first child this year. His training in the 133rd gave him not only a great start in firefighting skills, but a commitment to service before self, he said. Immediately after completing the academy and drill weekend in May he started on shift for St. Paul. After his first 24-hour shift, he helped Minneapolis clean up from the devastating tornadoes.



**New St. Paul firefighters are 'best of the best'**  
**St. Paul firefighter graduates joined in the administration of the oath led by Fire Chief Tim Butler.**

Photo by Elizabeth Flores, Star Tribune, May 20, 2011 used with permission

## Preparing for the CI

**Col. Paul Cummings**

» *Airlift Wing*

The 133rd AW is scheduled for an Air Mobility Command Inspector General Compliance Inspection April 13-18, 2012.

While ten months may seem a long time, we need to start preparing for the CI now. For traditional members that is only nine UTAs until the team arrives. From our senior leadership to junior Airmen—we need everyone's help in preparation for this Inspection.

A CI is different than an Operational

Readiness Inspection in that ORIs are conducted to evaluate and measure the Wing's ability to perform wartime and contingency missions. We actually do things during an ORI like wear chem gear, and duck and cover during simulated attacks. The CI will assess day-to-day compliance with applicable laws and regulations. The CI will measure how well we follow Air Force and ANG guidance, processes, and procedures. The CI could be thought of as an open book test where you are asked a question and can go look up the answer.

A big part of the CI will be the accuracy of our documentation. The IG Team will inspect us using checklists. The same checklists are being loaded

into a new data base called Management Internal Control Toolset (MICT). These checklists will serve as the basis of our Self Inspection Program. There will be a new Wing Instruction out soon that outlines the details of the Wing Self Inspection Program and the use of MICT.

For more information, visit the 133AW CI/HSI SharePoint and learn from the briefings and other documents.

The purpose of the Self Inspection Program is to conduct a close look at ourselves, identify any weakness, and fix them.

The best way to prepare for the CI is to know your job and do it well. We have all heard how important is to create good first impression.



# Preparing for this summer's Air Expo



Senior Master Sgt. Mark Moss

◀ **Mike Drews, a museum volunteer who has 42 years of aircraft maintenance experience, fastens rivets on an F-102 on May 24, 2011 as the heritage aircraft are prepared for the 90th anniversary celebration in July. Drews was in the USAF from 1969 to 1973 and loves working on the aircraft and working with the people at the museum.**

(Continued from page 4)

Various current U.S. Air Force, Air National Guard and Air Force Reserve aircraft, including the unit's own C-130H "Hercules" transport aircraft will also be on display, as well as additional cargo, fighter, special purpose airframes, and several heritage aircraft.

Wing members may park on base, the public will be parking in the Ft. Snelling light rail and Whipple federal building parking lots.

In planning the expo, the Wing has developed some really great partnerships, said Sieben. When you have people involved in historical events who want to share them with future generations, they all want to work together and it's not a competitive thing, it's a positive and enlightening situation to watch develop.

In conjunction with the Minnesota ANG's 90th



anniversary celebration, the Fort Snelling Military Museum is scheduled to have an open house during the same weekend as the 133rd AW Air Expo, which will feature a large collection of historical operating American military vehicles, including tanks and armor.

An air expo presented by Wings of the North is also scheduled for July 16 and 17 at the Flying Cloud Airport in Eden Prairie, Minn.

**Senior Airman ▶ Paul Mickelson, 133rd MXS sheet metal shop, drills out rivets before removing a corroded section of the fuselage of a Convair F-102 Delta Dagger aircraft. The primary mission of the 133rd MXS sheet metal shop ensures the structural integrity of airframes by checking and replacing corroded sections of airframes.**



Tech. Sgt. Erik Gudmundson

▼ **Kevin Crozier (left), a volunteer at the Minnesota ANG Museum and former F-4 crew chief, works with Master Sgt. Matt Hill, 133rd MXS Structural Maintenance Craftsman to apply new decals on heritage aircraft in the air park on May 23, 2011.**

Senior Master Sgt. Mark Moss



**▶ The intersection of Gen. Miller Drive and Mustang Avenue will be a very busy place on July 16, 2011 where the Minnesota ANG Museum, the air park, displays and vendors for the Air Expo will be ready for the expected thousands of visitors.**

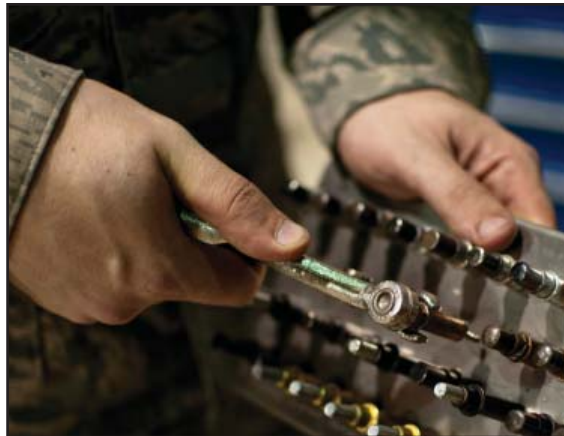




# News



Senior Master Sgt. Mark Moss



Tech. Sgt. Erik Gudmundson

◀ Inside the Minnesota Air Guard Museum on May 24, 2011, volunteers prepare decals for aircraft restoration projects. Kevin Crozier (right) worked on F-4s in the Air Force and now volunteers his time with people like Stan Christianson, Korean War fighter pilot and lead museum guide, who coordinates volunteers to come in and work with the displays.



Senior Master Sgt. Mark Moss

◀ 133rd Maintenance Group leaders take a look at the progress on heritage aircraft restoration in the air park on May 24, 2011. Lt. Col. Kris Schaumann, 133rd MXG commander, Lt. Col. Mark Schutta, 133rd MXS commander (pointing) and Chief Master Sgt. Joel Richard, 133rd MXS superintendent oversee a complicated plan to safely display older and current USAF planes for the Air Expo on July 16.



Senior Master Sgt. Mark Moss

▶ Staff Sgt. Aaron Dwuznik, 133rd MXS sheet metal shop, drills out rivets above his head on the edge of the left-hand elevator of an F-102 aircraft. The Airmen of the sheet metal shop are conducting training during a drill weekend by replacing sections of an F-102 Delta Dagger, preparing the aircraft for later addition to the Air Museum on base.



Tech. Sgt. Erik Gudmundson

◀ Staff Sgt. Scott Hanson, 133rd MXS, returns Clecos to a toolbox using Cleco pliers. Airmen from the Maintenance Squadron's sheet metal shop are replacing sections of an F-102 Delta Dagger, preparing the aircraft for later addition to the base museum. The Clecos are used to hold the skin of the aircraft in place until rivets can be installed.



Graphic Illustration by Senior Airman Kenneth Veillon

▲ The 133rd Airlift Wing Air Expo logo reflects the historical heritage of the unit which celebrates it's 90th anniversary this year, while also highlighting the future of aviation in Minnesota.



## From the NSG archives of September 1995, as the 133rd Airlift Wing prepared for the 75th Anniversary...

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Heritage Series

Northstar Guardian

### *Air Guard celebrates historic flight*

#### ■ Special anniversary:

This month 75 years ago, three men flew to Washington, D.C., to champion the Air Guard.

by Master Sgt. Terry Lind  
State Staff Historian

In the summer of 1920, three men met in a restaurant on Wabasha Street in downtown St. Paul, Minn., to discuss a bold, new concept of military aviation.

Their meeting was prompted by the Militia Bureau's Circular No. 1, issued on June 1, 1920, in which the War Department gave authorization to the bureau to include auxiliary units in the organization of National Guard divisions.

The birth of the Minnesota Air National Guard resulted from this bulletin and the restaurant meeting of these three ambitious Minnesotans — Lt. Col. William Garis, T. Glenn Harrison and Lt. Ray Miller.

Garis, a well-known military man, was assistant adjutant general of Minnesota at the time. Harrison was a reporter for the St. Paul Daily News, and through his efforts, the people of Minnesota were well informed on the early developments of the ANG. Later, he became editor-in-chief of that paper.

The third member of the trio was Miller, a pilot recently discharged from the Army Air Service, who was currently chief pilot for the Curtiss Northwest Company. It was Miller who later, because of all his efforts and involvement in the ANG, became known as "The Father of the Minnesota Air National Guard."

Events happened quickly after that first restaurant meeting. On July 12, 1920, the adjutant general's office issued General Order No. 13, which authorized the establishment of the Minnesota Observation Squadron, National Guard, soon to be renamed the 109th Aero Squadron. Newly-promoted Captain Miller became the first commander, while Harrison became a lieutenant and squadron adjutant for the newly-formed unit.



Photo Courtesy Minnesota Air Guard Museum

**Pictured are Lt. Col. William Garis (left) and Capt. Ray Miller in Washington, D.C., just prior to their triumphant return to Minnesota.**

Yet the trio of men wanted more than auxiliary unit status, and they soon made plans to show the effectiveness of an air unit within the framework of the Guard by renting a Curtiss Oriole biplane and flying from St. Paul to Washington, D.C. After arriving, the group planned to meet with the Militia Bureau about the federal information and recognition of Guard air units.

This was truly a difficult task, since most Army officials in Washington were still skeptical of the "aeroplane." Also, there were no plans at that time for developing aviation units in the National Guard.

Undaunted, Miller, Garis and Brig. Gen. W.F. Rhinow, Minnesota's adjutant general, began their 1,600 mile, eight-day flight to the nation's capitol on Sept. 26, 1920.

Coping with problems of bad weather, faulty spark plugs and low gas supplies, the three men and one fragile Curtiss Oriole aircraft landed in Washington on Oct. 2.

As luck would have it, they were met by a man sympathetic to the fledgling U.S. Air Force, Gen. Billy Mitchell. He

demanded to know by what authority this air unit existed, who was in it and whether or not they were a bunch of kids, ex-race drivers or what! When Miller admitted the unit's slight lack of federal recognition and explained that the members were World War I fliers, mechanics and ground officers spending their own time and money in this aerial venture, Mitchell pledged his support.

The three days spent in Washington were crowded with numerous official engagements during which the trio, with the help of Mitchell, enthusiastically sold the concept of the ANG to military leaders throughout Washington. As a result of their efforts, the unit received federal recognition on Jan. 17, 1921. This was truly noteworthy, because the 109th AS became the first Guard air unit in the country to receive this federal recognition.

In retrospect, it seems unbelievable that today's Minnesota ANG and, in part, the creation of today's nationwide ANG had its beginnings as a result of a meeting of three Minnesotans in a small St. Paul restaurant during the summer of 1920.



## Med Group, Aeromedical Airmen train in Africa, Honduras...

(Continued from Page 1)

developed an air evacuation program for them, starting from square one.”

During the first week we instructed on altitude physiology, medical supplies and equipment, and in the second week we actually got them on a C-130 and configured the plane for litters to show them how to safely load and unload patients, said Buresh.

The exercise focused on improving the readiness of both countries’ medical personnel by providing classroom instruction, an aeromedical evacuation scenario, and a mass casualty exercise to conclude the training.

The 109th aeromedics worked alongside approximately 50 other U.S. Air Force active duty, national guard and reserve military personnel and 150 Congolese military personnel in the latest in a series of exercises that were

initiated in 1987 as a now U.S. Africa Command-sponsored, bilateral medical exercise to facilitate an exchange of medical information and techniques with militaries in Africa.

“From the 109th everybody who went there I think got a better global perspective,” said Buresh.

“We saw pretty much the opposite of what the American dream really is.”

“The experience was worth any amount of inconvenience it caused us in our personal lives, being away from our families and our jobs and everything, it far outweighed it,” he said.

***“The personal satisfaction of giving back to the global community is immeasurable.”***

Lt. Col. Penny Hodges-Goetz  
109th AES commander

In a similar mission, 32 members from the 109th AES, the 133rd Medical Group, the 148th Fighter Wing and 4 other units from across the U.S. participated in a

medical readiness training exercise in Catacamus, Olancho, Honduras in May of 2011 where they provided medical, dental,

optometry and preventive medicine care to the partnering host nation.

These exercises, commonly called MEDRETEs, support thousands of indigents in Central American and the Caribbean and provide U.S. military personnel training in delivery of medical care in austere conditions.

“The most rewarding part of doing a MEDRETE is the ability to use your medical skills to help others with little or no access to medical care,” said

**Lt. Col. Penny Hodges-Goetz**, 109th AES commander. “The personal satisfaction of giving back to the global community is immeasurable.”

MEDRETEs also serve to promote diplomatic relations between the U.S. and host nations in Central America by providing humanitarian and civic assistance via a long-term proactive program.

“In addition to providing medical, optometry and dental care to an undeserved population, we also had the opportunity to interact with our Honduran military colleagues,” said Hodges-Goetz. “We had members of the Honduran military express to us that their opinion of people in the U.S. had changed because of their exchange with our group.”



submitted photo

▲ **Capt. Cora Peine, a Physician Assistant with the 133rd Medical Group, talks with a family during a clinical visit in a village near Tegucigalpa, Honduras on May 16, 2011.**

# Unit roundup

## • 133rd Airlift Control Flight

*Senior Master Sgt. Lara Olsen*

The 133rd ALCF welcomes two new members: **Maj. Kurt Amundson**, operations officer, and **Master Sgt. Kerry O'Brien**, Mobile C2 NCO.

**2nd Lt. Ross Fellenz** will attend a Mobile C2 Conference at Scott AFB from July 6 to July 8, 2011.

Members are gearing up for the 2011 Global Patriot Exercise from July 9 through July 23, 2011 at Volk Field, and Ft. McCoy, Wis.

## • 133rd Sustainment Services Flight

*Senior Master Sgt. Christopher Wiechmann*

Twenty-six members from the 133rd Airlift Wing's Sustainment Services Flight deployed to Camp Ripley, Minn. April 16 during the Wing's four day UTA for a mock operational readiness exercise to test readiness and proficiency in all areas of the services career field, including food service, field lodging, fitness and recreation, mortuary affairs, search and recovery, and command and control.

Upon completion of the exercise Airmen showed marked improvement in effectiveness and ability to perform under strenuous conditions with a sense of urgency. Proficiency in donning the chemical protective over-garment, completion of checklists, radio communication and personnel accountability, improved confidence, knowledge, and proficiency in functional areas were just some of the benefits of the highly complex, energy intensive exercise.

## • 133rd Force Support Squadron

*Master Sgt. Twila Mattson*

Congratulations to our retirees of the past year **Chief Master Sgt. Daniel Bergin** and **Tech. Sgt. Michael Skrogstad**.

This summer the unit is also preparing for a June DFT to Alaska, and also participating in community service to include their annual Adopt a Highway service.



*Tech. Sgt. John Wiggins*

**Lt. Col. Carl J. Lojovich (center) takes command of the 109 Airlift Squadron as he receives the flag from Col. James R. Treutel, the 133rd Operations Group commander at that time. Outgoing Commander Lt. Col. Brian P. Wyneken watches the exchange in the background.**

## • 208th Weather Flight

*1st Lt. Casey Brown*

During the March UTA the 208th hosted Marine Reserve weathermen for joint service weather training. In April, flight members supported the state Joint Operations Center in Flood Fight 2011.

**Master Sgt. Kyle Mack, Tech. Sgt. Joshua Uhl, Senior Airman Ryan Keever, and Senior Airman Robert Zweber** attended the monthly meeting of the American Meteorological Society, National Weather Association, Minnesota Chapter. They briefed members on the mission support provided by Air National Guard Combat Weather and all became members of the association. In April the 208th was named 2010 Air Reserve Component Battlefield Weather Flight of the Year. **Tech. Sgt. Joshua Uhl** was named 2010 Air Reserve Component

Battlefield Non-Commissioned Officer of the Year.

**Senior Airman Joshua Jarrett** is deployed to Shaw AFB from May to November 2011 providing theater weather support. **Senior Airman Craig Vonholtum** is at Ft. Irwin with the 12th Combat Training Squadron through the end of July providing weather support to the National Training Center and local medevac missions. **Master Sgt. James Emery** is at Beale AFB until early July providing weather support to the Globalhawk missions. **Tech. Sgt. Andrew Narog** recently returned from a multiple location deployment which included Isa AB, Bahrain and Shaw AFB, Virginia. **Staff Sgt. Christine Stamper** left the 208th to become a full-time instructor at the WRTC. 208th Weather Flight Commander **Maj. Timothy Slayton** was promoted to O-4 in May 2011.

Northstar Guardian



## Wing worship services

**Sunday, June 12**, worship services at the base chapel will be as follows: Protestant worship, 8 a.m., Catholic Mass, 9 a.m., both followed by fellowship in the chapel annex.

③For more information contact **Chap. (Lt. Col.) John Echert**, Ext. 2521.

## Wireless Internet available

Wireless Internet connection is available in the Dining Hall on drill weekends.

## Energy initiatives move forward

**Tech. Sgt. Amber Monio**

» *Wing Public Affairs*

We live in a world where “going green” has become trendy and energy-saving measures are becoming commonplace. From trading in gas-guzzling vehicles for more fuel-efficient alternatives to simply taking shorter showers to reduce water usage, eco-friendly options are everywhere. Over the years the 133rd Airlift Wing has begun implementing its own energy initiatives in an attempt to both go green and also save some green.

Helping lead the way in this bioenvironmental movement is **Maj. Georg Fischer**, 133rd Medical Group, who received the 2010 ANG Environmental Quality Award for Individual Excellence.

Fischer has helped coordinate many energy-saving projects on Ft. Snelling, such as working with the 133rd Civil Engineer Squadron to retrofit many of the facilities with more efficient light bulbs and energy-efficient boilers, introducing solar lighting into several offices and warehouses, and planting about eight acres of prairie grass on the eastern perimeter fence.

Summer 2011

## New Air Force Legal Assistance Website

Next time you need a will, power of attorney, or just have a legal question, visit <https://aflegalassistance.law.af.mil>. The Air Force JAG Corps has unveiled the new Air Force Legal Assistance Website worldwide. The website is designed for active duty and reserve component members, retirees, and dependents. For more information email us at [133aw.JAG@ang.af.mil](mailto:133aw.JAG@ang.af.mil) or call us at 612-713-2509.

It may not seem like a huge energy initiative but once the prairie is established we'll save time for maintenance, we'll save considerable amounts of water for irrigation and we'll save a lot of gasoline for the mowers, said Fischer. Whenever we save money on energy, that's money we can put into our facilities or put toward projects and programs that we want.

Additional cost savings for the base include the transportation incentive program which 133rd members can sign up for to join vanpools or get vouchers for the lightrail. According to Fischer the program saves over 40,000 gallons of fuel per year, a considerable amount especially when factoring in recent gas prices, he said.

“We also save money by recycling,” said Fischer. “For every ton that we recycle we don't pay for the tipping fee which is about 45 to 47 dollars per ton, so at the end of the year we end up with several thousand dollars that civil engineering didn't have to pay to get rid of our refuse.”

“It ends up being a good thing for the entire base,” said Fischer. “We're spending money on things that matter.”

Under the direction of Col. Greg Haase, 133rd AW commander, Fischer

## Recruiting opportunities

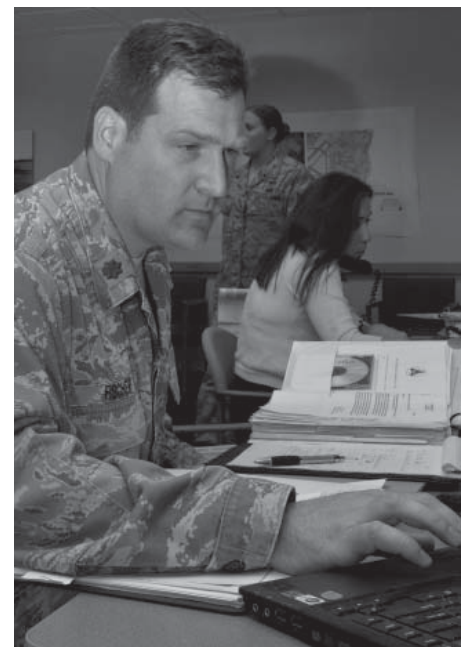
The 133rd AW/109th AS has an opening for a Squadron Medical Element (SME) position.

Applicants must already be a fully qualified Medical Technician (4N051). Deadline for application is June 15, 2011. Applications should be sent to **Senior Master Sgt. Patty Iverson** at [patricia.iverson@ang.af.mil](mailto:patricia.iverson@ang.af.mil) or at 612-713-2197.

1 Vacancy - Force Support Officer (AFSC 38F3) for the 133rd FSS, DEADLINE: June 15, 2011

3 Vacancies - Communications and  
(Recruiting, continued page 12)

is currently looking into additional solar initiatives, some geothermal issues and exploring whether or not wind power will be a feasible option at the base, he said.



Senior Master Sgt. Mark Moss

**Maj. Georg Fischer checks the status of an event on his laptop during an exercise on base June 2, 2011. Fischer is the Base Bioenvironmental Engineer and functions as a member of the Emergency Operations Center team for exercises and real-world situations.**

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## News

*Recruiting, continued from page 11)*

Information Officer (2 for AFSC 17D3B, 1 for AFSC Z17D3B) for the 210 EIS, DEADLINE: June 30, 2011

1 Vacancy – Civil Engineering Officer (32E3G) for the 133 CES, DEADLINE: July 31, 2011

1 Vacancy – JAG (51J3) for the 133AW, Deadline: June 30, 2011

1 Vacancy – Chaplain (52R3) for the 133AW, Deadline: Indefinite

1 Vacancy – Flight Nurse (X46F3) for the 109 AES, Deadline: June 15, 2011

More information and application instructions can be found on Facebook at “MN Air Guard Recruiting”. Click on “Discussions” to find the postings. POC: **Master Sgt. Sheila Jessen** at 612-713-2033 or [Sheila.jessen@ang.af.mil](mailto:Sheila.jessen@ang.af.mil)

If you would like to be a recruiting volunteer this summer, here are the

dates and events that are currently scheduled:

July 9/10, Dragon Festival, Lake Phalen, St. Paul

July 16, MN Air Expo, Ft. Snelling

August 2, National Night Out, West St. Paul

Sept 2011, Mexican Independence Day, Minneapolis

The 133rd AW is looking for enthusiastic volunteers to help out with the State Fair! Unit member volunteers will receive a ticket for the fair entrance, and can use the shift as a RUTA or AT day with supervisor approval. Volunteers will attend a short meeting during August UTA to receive ticket and get special instructions/information. This year's State Fair runs from August 25 – Sept 5th. To get on the schedule, please contact **Master Sgt. Richard Krivanek** at 612-713-2455, or [richard.krivanek@ang.af.mil](mailto:richard.krivanek@ang.af.mil)

## *Jumping for diversity*



Master. Sgt. Sheila Jessen

***During the West St. Paul Cinco de Mayo parade, Staff Sgt. Sona Herland, 133rd FSS, jumps with the St. Paul Bouncing Team to the delight of the crowd on May 7, 2011. A team of recruiters and others from the Wing attend festivals like this around the metropolitan area as part of the Minnesota ANG's Decade of Diversity initiative to help educate minorities about the opportunities for them to serve in the Minnesota Air Guard.***