



NORTHSTAR Guardian



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

Minnesota Air National Guard

133rd Airlift Wing, St. Paul, Minn.

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Wing celebrates families, fun and food



Senior Airman Jonathan Young and Airman 1st Class Kari Giles

» Wing Public Affairs

Members of the 133rd Airlift Wing and their families enjoyed beautiful weather on Saturday, Aug. 20, 2011 during the first outdoor family day in four years. The event had many activities from rock climbing for the kids to a homerun derby for the adults. There were also demonstrations and tours to inform family members about the things that go on at the Wing.

Family day kicked off with **Brig. Gen. Robert F. Cayton**, Assistant Adjutant General for Air presenting the Air Force Outstanding Unit Award to **Col. Greg A. Haase**, 133AW commander. Haase said that even

though the 133rd AW has won the award several times, it should not be taken lightly since very few receive the honor. He went on to say that it was only appropriate that it was presented at family day since families play such a crucial role in the Wing's success by the sacrifices that all make.

Chief Master Sgt. Bill Cordell, the quality assurance superintendent of aircraft maintenance for the 133rd AW, headed up the event. He said that the event practically runs itself thanks to the each squadron's representatives that really put it together.

It appeared that the biggest hit of the day was the food from Fat Lorenzo's. People were heard talking about how good it was all day long.

◀ Getting into the swing of family day on Aug. 20, 2011, Maj. David Stickney, 133rd CF gets a push from his daughter Maesa.

photo by Senior Airman Jonathan Young

National Eagle Center Volunteer Al Cooper holds a Eagle for Airmen and family members to watch and observe during family day 2011 on Aug. 20, 2011.

▼ photo by Tech. Sgt. Erik Gudmundson



▲ During family day on Aug. 20, 2011, young archers take aim under the watchful eye of Tom Reller, 133rd CES, who teaches safety classes in his spare time.

photo by Senior Airman Kenneth Veillon

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You and the Self Inspection Program

Col. Paul Cummings

» *Airlift Wing*

As most of you are aware, in April 2012 the 133rd AW will go through an Air Mobility Command directed

Compliance Inspection that will evaluate and measure ongoing compliance with a wide range of laws, Air Force Instructions, and policies.

I thought this would be a good time to discuss the importance of the Wing's Self Inspection Program in preparing for the CI, and more importantly, the role the SIP plays to ensure the utmost safety and efficiency in all of our day to day activities.

Highlighting the vital role of the SIP in the compliance picture, AFI 90-201, IG Activities states: "Self-inspection provides commanders with



a tool for internal assessment of unit health and complements external assessments...Basic responsibility for problem solving and the corrective action process resides at the lowest appropriate command level."

Although some may view the SIP as a management imposed burden, it does serve as a problem-solving tool that analyzes, corrects, and prevents noncompliance, error, defect, and deviation from reoccurring. It ensures our output or products, Tactical Airlift and Expeditionary Combat Support, are of the highest quality, and that we are taking good care of our members and their families. Built around a new data base called Management Internal Control Toolset, commonly referred to as MICT, the program is a structured process that turns management review into leadership action.

The Wing's SIP is responsible for ensuring compliance, quality, safety, readiness, and reliability. When discussing how the 133rd should prepare for

the inspection with the AMC IG and other ANG Wings, the common theme is "Outstanding" units all had effective SIPs, and more importantly, leadership that understood the important link between regulatory compliance and mission performance.

To ensure compliance in our respective areas, time and effort will need to be expended learning how to use these new tools and completing checklists. CIs are open book tests and our MICT checklists, if executed properly, will have the answers to those questions.

Single Airman? We've Got Your Back!

Chaplain (Lt. Col.) John Echert

» *Wing Chaplain*

Strong Bonds is back and the name of our newest 133rd retreat offering is, ***Got Your***

Back, which is designed specifically for singles. Strong Bonds for singles and not couples? Yes!

The name Strong Bonds is an umbrella that encompasses a number of retreat programs that are designed for couples, singles or families. Most of these have been professionally developed in the civilian world and adapted for military members in the Air and Army National Guard. Both branches have embraced the Strong Bonds program and put many millions of dollars



annually into offering these retreats for military members. Why?

Because leaders recognize that mission success means keeping our most valuable asset, our members and families, healthy and happy. The Got Your Back event is not geared to find a date or mate but will touch upon these topics and more: personal needs and expectations, healthy relationships, managing stress, communication skills, commitment and fulfillment. Here are the details for our September Strong Bonds retreat for Singles. We sure hope you can join us for a weekend of relaxation and enrichment.

Dates: September 23 – 25 (Friday evening through Sunday noon).

Location: Madden's Resort on Gull Lake (www.maddens.com).

Provided: Two-night resort stay, meals, mileage, and a great program.

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Registration and more information is online at www.strongbonds.org.

Contact **Chaplain (Lt. Col.) John Echert** at the chapel at 713-2520 or at (612)280-5754. Or call **Jill Lawrence** at Airman and Family Readiness at 713-2367 for further information and to register by phone.

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▲ Staff Sgt. Kathryn A. Morrill, an air transportation journeyman in the 133rd LRS Small Air Terminal, is named Air National Guard Airmen of the Year for 2011. The award was presented at the Outstanding Soldiers and Airmen of the Year banquet in Arlington, Va. on Aug. 12, 2011. Presenting the award are (left to right) Gen. Craig R. McKinley, Chief, National Guard Bureau, Lt. Gen. Harry M. Wyatt III, Director Air National Guard, Chief Master Sgt. Denise M. Jelinski-Hall, Senior Enlisted Leader for the National Guard Bureau, and Chief Master Sgt. Christopher E. Muncy, Command Chief Master Sergeant of the Air National Guard. photo by Master Sgt. Marvin R. Preston, 169th FW/PA



Lt. Col. Joellen Evavold

» Wing Plans

Your new Wing Yellow Ribbon Program Coordinator is **Staff Sgt. Sona Herland** at 713-2025.

The 133rd AW will be hosting a Yellow Ribbon Reintegration 60-day Post Deployment event on Sept. 19, 2011 in Duluth. Eighteen 133rd AW members along with several 148th Fighter Wing Airmen, accompanied by some spouses, participated in an event in August. Many were deployed in support of operations throughout the AFCENT AOR and returned within the last six months.

Speakers from TRICARE, Veterans Administration, County Veteran Services Office, and ESGR offered enrollment and details on benefits. A Military Family and Life Specialist discussed reintegration advice regarding communication and emotions post deployment. Additionally, a financial advisor provided guidance on smart

Summer 2011

spending habits and long-term investing. **Col. Greg Haase**, Wing commander and other leaders also contributed to the event in August.

The NGB Joint Service Support website, <http://www.jointservicessupport.org/YRRP/> contains a detailed calendar of pre-deployment, during deployment, and post deployment events hosted across the country. Events are joint by design, so you may attend an event hosted by another branch or component in the state you reside with prior unit commander approval and coordinate with Herland.

For out of town events, individuals along with their spouse and children, or parents for single Airmen, are provided per diem, travel and billeting reimbursement. UDM's and CCF's are responsible to ensure anticipated members sign-up in JSS or contact Herland at 713-2025, e-mail sona.herland@ang.af.mil once he or she is identified for command-directed program participation. Unit leaders are encouraged to attend with their members to experience the events and provide critical program feedback.

The YRRP would like to welcome **Janelle Watzak** to the 133d AW. Janelle will be taking over the Yellow Ribbon Program as the State Coordinator for the 133rd AW and the 148th FW.

▼ illustration by Senior Airman Kenneth Veillon



Senior Airman Jonathan Young

» Wing Public Affairs

To celebrate 90 years since being established, the 133rd Airlift Wing held an air expo here July

16, 2011. The base welcomed over 40 aircraft, several of which guests were encouraged to get a hands on tour. There were also several family-friendly activities and demonstrations by the 133rd AW along with other organizations and other branches of the U.S. military.

On Jan 17, 1921 the 109th Air Observation Squadron, which would later become the 133rd AW, became the first federally recognized National Guard aviation unit. The last 90 years have seen many changes for the Wing. Many people and events were honored and fondly remembered during the event by members both past and present.

The expo officially began with a rumbling entrance by members of the Minnesota Patriot Guard. The riders dismounted and held a giant flag for the arrival of the official party and the singing of the National Anthem. Once the expo officially started the weather began to cooperate and several thousand people joined in the festivities.

The Air Force Honor Guard Drill Team really got things going with the first of two performances. The preciseness and talent the airmen showed stunned the crowd as they tossed their weapons in the air and kept perfect time with their maneuvers. The precision was definitely noticed as their captain walked through a gauntlet with the members twirling their weapons with bayonets inches from his body. They performed two shows during the day and the crowds enjoyed their performances. **Col. Greg, Haase**, commander of the 133rd AW, said the drill team performance was truly a statement of our core values as Airmen.

The Army Reserve's



◀ Guests young and old took the pushup challenge at one of the exhibits during the Wing's Air Expo on July 16, 2011.
photo by Tech. Sgt. John Wiggins

WING EXPO CELEBRATES 90 YEARS



area next door was booming as they set off a howitzer cannon in their demonstration area. The crowd held their ears and watched with excitement as the giant weapon was fired with blank rounds. They also had some crowd interaction as they asked trivia questions and gave out prizes.

Haase said the day was a great success. He noticed the pride all members of the 133rd had as they walked the grounds, and that he enjoyed seeing the retirees and old friends. "They left us a very strong legacy of success," Haase added.

Haase explained that the 133rd AW wants to increase public awareness and the air expo allowed, "us to show who we are, where we're at, and what we do." He continued to say that the 133rd accomplished multiple objectives with the expo.

From the Para Commando Demonstration Team jump, to the vintage aircraft on display, the 90th anniversary was well celebrated. It was the first expo in 15 years for the 133rd AW, and many guests expressed desire that it would be done more often. Since becoming the first federally recognized flying National Guard unit 90 years ago, the 133rd continues to manage goals of taking any challenge that comes along. From supporting the war efforts overseas, to putting on an air expo, the Wing is ultimately here to support the citizens of Minnesota.

CELEBRATES 90 YEARS



◀ The U.S. Air Force Honor Guard Drill Team performs during the 133rd Airlift Wing Air Expo July 16, 2011 at the Minneapolis, St. Paul international airport. The drill team is the traveling component of the Honor Guard and tours worldwide representing all Airmen. photo by Tech. Sgt. Erik Gudmundson



▼ On July 16, 2011 thousand of guests, Airmen, and families enjoyed the Para Commando Demonstration Team jump from a C-130 onto the air base at the 133rd AW, celebrating 90 years as a unit. photo by Tech. Sgt. John Wiggins



▲ On July 16, 2011 the 133rd Airlift Wing in St. Paul, Minn. was full of Airmen, families, and aircraft celebrating the 90th anniversary of its start as the first federally recognized guard flying unit by having an Air Expo. photo by Tech. Sgt. John Wiggins

President Obama and AF One here - twice



Master Sgt. David Fenner and Senior Master Sgt. Mark Moss

» Public Affairs

Air Force One brought President Barack Obama to the ramp of the 133rd Airlift Wing on August 30, 2011, only two weeks since his last visit to the Minneapolis – St. Paul area and the Minnesota Air National Guard base at the airport.

The presidential visits were for a three-state bus tour on Aug. 15 and a speech to the 93rd Annual Conference of the American Legion in Minneapolis on Aug. 30, according to the White House.

The president flies in a VC-25A, which is a highly customized Boeing 747-200B, and it is the job of the 133rd Airlift Wing to support the commander-in-chief, his aircraft, and all of the agencies associated with the visit.

This support includes Airmen from almost every group on base. Maintenance and Operations provide for the big jet and other aircraft associated with the visit.

▲ photo by Senior Airman Jonathan Young

Arrangements for communications, base security, public affairs and ramp logistics are just some of the tasks to be coordinated with Secret Service and White House staff.

After placing the chocks under the front wheels on Aug. 15, **Senior Airman Quinn Brophy**, a maintenance crew chief with the 133rd Aircraft Maintenance

Squadron said, “touching Air Force One was one of the top experiences of my military career.”

The White House and the Secret Service thanked the 133rd AW for their professionalism and cooperation, which was essential to the mission’s success.

During both visits to the 133rd AW, Mr. Obama spent a lot of time with the Airmen, family members and other well-wishers in a greeting area where he shook hands, signed autographs and exchanged words of thanks for the support.



▲ President Barack Obama says hello to members of the 133rd AW and invited guests as he arrived here on Aug. 15, 2011 to start a three-day bus tour through Minnesota, Iowa, and Illinois. photo by Maj. Ann Todd



▲ America’s commander-in-chief, President Barack Obama spends time at the bottom of the steps of Air Force One talking with Maj. Gen. Rick Nash (center), Minnesota Adjutant General and Col. Greg Haase, 133rd AW commander during his stop at the Air National Guard base on Aug. 30, 2011. photo by Senior Master Sgt. Mark Moss

Unit roundup

• 133rd MDG and 109th AES

Medical professionals from the 133rd Medical Group and the 109th Aeromedical Evacuation Squadron participated in the annual Veterans' Stand Down event at the Boy Scout Base Camp at Fort Snelling Aug 2-3, 2011.

The ultimate goal of the annual event is to provide as many services in one location in order to provide assistance to homeless veterans and those in need.

The collaboration between the 133rd MDG and the 109th AES was executed by 20 medical professionals working shifts throughout the two day event. Approximately 284 patients were seen for free medical screenings and follow up with doctors on site as needed. **1st Lt. Amy Nordquist**, a nurse from the 133rd MDG said that, "It's been great working together as a team with the 109th AES to put our education and practice to good use."

• 133rd CES

Jaclyn A. Schaber

Civil Engineering will be experiencing a fall season like we never have before-one without most of our members. We have a large majority of our Prime BEEF members deployed (about half of the squadron) to Ali Al Salem Air Base, Kuwait and in October will be adding two Fire Protection teams along with some of their leadership to the group.

In the end, we will have about 75% of the squadron deployed at one time. They each have a six month deployment they will be a part of, but their newly formed floor hockey league seems to help pass the time and bring little of Minnesota to the land of sand.

We continue to keep all of them and their families in our thoughts and prayers and are looking forward to having all of our squadron back together once again in spring 2012.

• 208th WF

1st Lt. Casey Brown

The 208th recently learned that we have been selected for the 2nd year in a row to receive the NGAUS Distinguished Mission Support Award.

For annual training the flight provided real world weather support to the 34th Combat Aviation Brigade and their subordinate units during their annual training operations at Camp Ripley, Minnesota. The 208th provided flight briefings, command staff planning briefings, and airfield weather observations. Over 260 flight hours were flown with no weather related incidents.

Wing worship services

There will be a 9/11 Remembrance Service at the base chapel on Sunday, Sept. 17, 2011, 12:30 p.m.

Sunday, Sept. 17, regular 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.

①For more information contact **Chap. (Lt. Col.) John Echert**, 713- 2521.

Positions open

The Wing has several officer openings, including:

2 MSC slots - 109AES, Deadline Oct. 20

1 Battlefield Weather - 208WF, Deadline TBA

1 EEO Officer - Wing HQ, Deadline Nov. 3

MSC and Battlefield Officer slots have specific education requirements. EEO and FSS officer slots simply require completion of a bachelor's degree.

See up to date information and more details on SharePoint and the recruiting Facebook site:

MN Air Guard Recruiting

Call **Master Sgt. Sheila Jessen** for more information, at 713-2033.

There have been several changes in the recruiting and retention office.

Tech. Sgt. Bob Gindorff has been selected to be the retention office manager. The selectee as the new full time recruiter is **Tech. Sgt. Ashley Goodwin**. And the other new member, **Tech. Sgt. Melissa Boorman**, has just graduated from recruiting school and received the "best sales" award.



▲ Staff Sgt. Beth Rogers of the 133rd Force Support Squadron controls traffic on North Broadway in Minot, N.D. on July 22, 2011, allowing members of the Minnesota and North Dakota National Guard access as they open a levee. The Wing sent about thirty Airmen to our neighbors in North Dakota to assist with flood recovery in July 2011. photo by Tech Sgt. John Wiggins

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Airmen water and snow ski in August



photo by Senior Master. Sgt. Mark Moss

▲ Holding the American flag, 1st Lt. Amy Nordquist, 133rd MDG, represents the armed forces during the Twin Cities River Rats benefit for the Minnesota Military Appreciation Fund on Aug. 9, 2011 on the Mississippi River near downtown Minneapolis.



submitted photo

▲ Master Sgt. Greg Wohlfeil, 133rd CF, skis for the U.S. National Guard Biathlon team in Chile on Aug. 7, 2011 during an international competition. "We are like athletic ambassadors for this event," said Wohlfeil. The American team placed fourth while Chile won the event.

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