

### Commander's Column

As I write this it is a beautiful late summer day in Duluth and a great many of us in the 148th Fighter Wing have just completed our annual Fitness Assessment (FA). While the FA is certainly a test of our physical fitness, most of us understand that physical fitness makes up only one part of our overall well-being. In order to be truly "fit," we need to foster mental, spiritual and social fitness also.

The Air Force has recently clarified this concept in Air Force Instruction (AFI) 90-506, Comprehensive Airman Fitness. The AFI establishes flexibility for commanders and community support coordinators facilitate resilience events and/or coordinate resiliency skills training in conjunction with commander-themed wingman days. Air Force Chief of Staff, Gen. Mark A. Welsh III, stated that "Our job is to fight and win the nation's wars. We'll never be good enough at it; we've got to get better every day. It's not an easy task, which is why Comprehensive Airman Fitness is so important. Our focus is on the well-being and care for ourselves, each other and our families so we can be more resilient to the military challenges service brings." "Resiliency" is the key word in Gen. Welsh's comments and can be most easily understood as ability for an individual to "bounce back" from a bad Although everyone is born with a certain amount of resiliency, it is certainly something that can be developed strengthened. Mostly. and resiliency is strengthened

every time we adapt to and overcome a negative event in our lives. Resiliency is also increased when we focus on and develop our own personal "positive factors" such as:

- . Effective coping and problem-solving skills
- . A strong social & family support network
- . An attitude that is positive and optimistic
- . A sense of being an integral part of a group or organization
- . Keeping our bodies physically fit through good nutrition, adequate exercise, and the proper amount of sleep
- . An active belief in a higher power in which we can draw strength from in situations that would otherwise overwhelm us (Spirituality)
- . Confidence in our abilities and honest awareness of our limitations
- . Personal control over our thoughts, actions, and reactions
- . A personal sense of purpose
- . A well-developed understanding of our own core values

As you look over the preceding list, take note of the things you already do well. Notice the things that you have, but could



Col. Jon S. Safstrom, Vice Wing Commander

strengthen. Finally, notice what is missing that you might be able to add. The more positive factors you have available to you, the better your ability to handle the stresses that come into your life. Remember that resiliency is not a character trait or something that can be handed down through genetics. This is good news for all of us because this means anyone can develop the tools necessary to be resilient.

As Gen. Welsh said, our job is to fight and win the nation's wars. At the 148th Fighter Wing we have been blessed with some of the best maintained and highly advanced jets and equipment in the U.S. Air Force. Our "Legacy of Excellence" continues to be validated by our collective performance during inspections deployments. Let's make sure we all devote the same effort and discipline to being resilient in our personal lives and the lives of those around us so we are always ready to answer our nation's call.



The On Five is moving from a print publication to an online format in 2016. What does that mean? There are only TWO issues of the On Five left before articles, photos and videos will be posted exclusively on the 148th Fighter Wing website, Facebook, Twitter and DVIDS (Defense Video & Imagery Distribution System) pages.

Throughout this issue, look for photo and video icons with links for more information online.





148th Fighter Wing Websites/Social Media www.148fw.ang.af.mil twitter.com/148fw facebook.com/148thfighterwing DVIDS (link found on the 148th website)





## ON FIVE

Official magazine of the 148th Fighter Wing, Duluth, Minnesot October-December 2015, Volume 61, Number 4

> COMMANDER Vice Commander Chief of Public Affairs Public Affairs Officer

WING EXECUTIVE STAFF DEFICER

Col. Frank H. Stokes Col. Jon S. Safstrom Maj. Julie M. Grandaw 2nd Lt. Stacey LaCoursiere Capt. Jodi L. Kiminski

#### **IN FIVE STAFE**

Editor-in-Chief
MULTIMEDIA SUPERVISOR
LAYOUT AND DESIGN
BROADCASTER
BROADCASTER
BROADCASTER
PHOTOJOURNALIST
PHOTOJOURNALIST
INFORMATION MANAGER
PRODICTION CONBONATOR

Maj. Julie. M. Grandaw
Master Sgt. Ralph J. Kapustka
Tech. Sgt. Scott G. Herrington
Master Sgt. Margaret R. Engebretson
Tech. Sgt. Julie M. Tomaska
Staff Sgt. Teri L. Eicher
Tech. Sgt. Brett R. Ewald
Tech. Sgt. Amie M. Muller
Tech. Sgt. Nancy L. Hanson
Master Sgt. Paula J. Kane

### ABOUT THE ON FIVE

This funded Air Force newspaper is an authorized publication for members of the U.S. Military services. Contents of the DN FIVE are not necessarily the official views of, or endorsed by, the Department of Defense, the Department of the Air Force or the National Guard Bureau. The editorial content is edited, prepared and provided by the Public Affairs Office of the 148th Fighter Wing at Duluth, International Airport, Duluth, MN 55811-5000.

This photo-offset publication subscribes to and uses the services of AFPS, AFNS, and <u>NGAUSPS</u>. Material from other sources will be credited with proper bylines.

### CONNECT ONLINE

www.148fw.ang.af.mil twitter.com/148fw facebook.com/148thfighterwing

#### Regularly Scheduled Drill (RSD) SCHEDULE

2015 RSD 2015 SRSD 03-04 OCTOBER 17-18 OCTOBER 14-15 NOVEMBER 21-22 NOVEMBER None DECEMBER 2016 SRSD 05-06 DECEMBER 2016 RSD 07-08-09-10 JANUARY 23-24 JANUARY 06-07 FEBRUARY 20-21 FEBRUARY **D5-D6 MARCH** 19-20 MARCH 09-10-11-12 APRIL 23-24 APRIL None MAY 71-77 MAY 11-12 JUNE 25-26 JUNE None JULY 16-17 JULY **DR-D7 AUGUST** 20-21 AUGUST

10-11 SEPTEMBER None SEPTEMBER
13-14-15-16 OCTOBER 29-30 OCTOBER
None NOVEMBER 12-13 NOVEMBER
03-04 DECEMBER None DECEMBER

### ON THE COVER



Staff Sgt. Erin Ansell, 148th Fighter Wing Jet Engine shop, references technical orders while participating in Red Flag-Alaska, Aug. 20, 2015. (U.S. Air National Guard photo by Master Sgt. Ralph J. Kapustka/Released)

# VIGILANT GUARD 2015

By Tech. Sgt. Scott G. Herrington, 148th Fighter Wing Public Affairs

"It's (Vigilant Guard) an exercise that enhances cooperation between the National Guard and our state partner agencies, and test our response capabilities to see where we can improve those relationships," said Senior Master Sgt. Kelvin McCuskey, 148th Fighter Wing Emergency Manager.

Vigilant Guard is a week-long Joint Regional Training exercise program sponsored by U.S. Northern Command in conjunction with the National Guard Bureau. The program provided the National Guard an opportunity to improve cooperation and relationships with its regional civilian, military and federal partners in preparation for emergencies and catastrophic events.

"This is our opportunity to work on those plans and processes, and again with the civilian partners out there. To make sure that the people of the state of Minnesota see that we are ready to step in and help when we are needed," said McCuskey.

Several training events in the Duluth area were visible to the public, including a mass shelter exercise at the Duluth Entertainment Convention Center involving several voluntary organizations, military training at the Rice Point Rail Yard and joint training between the National Guard and the Coast Guard aboard the American Victory.

Each of the realistic scenarios for the exercise were events that have or could impact the state of Minnesota. The scope of the exercise was meant to stress the system so much that Minnesota National Guard assets would be required, and that the Minnesota National Guard would also have to request specific assistance from federal forces, necessitating a dual status command. The Minnesota National Guard and the division of Homeland Security and Emergency Management had also deliberately focused the exercise to address the response to an emerging threat for Minnesota - an oil/HAZMAT mixed-load train accident.

In all state responses to disasters or emergencies, the governor and the department of Homeland Security and Emergency Management take a lead role. The Minnesota National Guard always responds in supporting role, when requested by local authorities and approved by the Governor. Although the Vigilant Guard exercise included a large number of military participants and training, the scenario focused on a realistic response from the Minnesota National Guard to several scenarios that have happened or could happen within our state. As a result of its participation in the Vigilant Guard exercise program, Minnesota National Guard received additional federal funds for operations and maintenance.

the Vigilant Guard exercise program, the Minnesota National Guard received additional federal funds for operations and maintenance. These additional funds will be used to ensure exercise safety, prepare and reset the training venues, provide exercise role players and other logistics support.

Four Vigilant Guard exercises have been conducted annually throughout the United States since 2006.



55th Civil Support Team (CST) members, Minnesota National Guard, perform a simulated radiological material search aboard the ore ship American Victory as part of Vigilant Guard 2015, Superior, Wisc., Aug. 27, 2015. (U.S. Air National Guard photo by Tech. Sgt. Brett R. Ewald/Released)



Croation Army staff members, Lt. Col. Branimir Tojcic, Lt. Col. Ana Hajdic and Maj. Roko Juricki discuss emergency management with 148th Fighter Wing Installation Emergency Manager Senior Master Sgt. Kelvin McCuskey in front of a Mobile Emergency Operations Center during Vigilant Guard at the 148th Fighter Wing, Duluth, Minn. Aug. 24, 2015. (U.S. Air National Guard photo by Tech. Sgt. Brett R. Ewald/Released)



# RED FLAG: ALASKA

By Master Sgt. Ralph J. Kapustka, 148th Fighter Wing Public Affairs

Approximately 130 Airmen and eight F-16 Fighting Falcons from the 148th Fighter Wing, Duluth, Minnesota, took part in RED FLAG-Alaska 15-3.

This is the first RF-A for the 148th Fighter Wing and it gives the unit the opportunity to train in its primary Suppression of Enemy Air Defense (SEAD) mission.

"The flying is a learning experience, said Lt. Col. Curt Grayson, 148th Fighter Wing Detachment Commander for RF-A 15-3. "We are taking all the threats they are throwing at us, handling it and trying to improve every day."

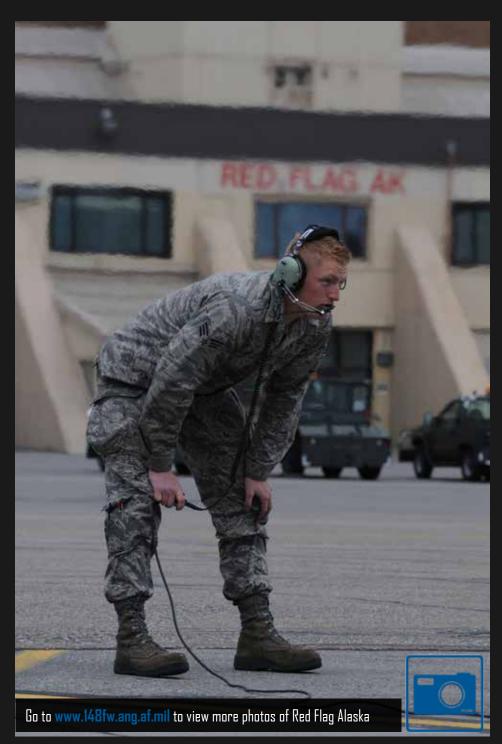
The entire infrastructure is in place at Eielson Air Force Base, Alaska, so all units have to do is show up and train. The base supplies Red Air (enemy forces) from the 18th Aggressor Squadron which has its own F-16s that fly against and challenge coalition forces in daily combat sorties. Full-time planning staff in the 353rd Combat Training Squadron design and build all scenarios.

"They have everything we need to train for our SEAD mission and we get to practice with other coalition nations," Grayson said.

The size of the Joint Pacific Alaska Range Complex airspace is a great benefit to exercise participants. The more than 67,000 square mile space allows for supersonic maneuvers and goes from the surface to 60,000 feet. It's large enough so all the aircraft can get in there and train at the same time.

Flying with other fifth-generation aircraft was an objective the 148th Fighter Wing wanted to exercise. "It's important for us to be able to take what we do at home every day and integrate it into a larger force to create a positive outcome," Grayson said.

"This training will help us to understand what an F-22 Raptor can do for us - what an F-18 Growler can do for us," Grayson said. "We will



Senior Airman Jacob O'Brien, a 148th Fighter Wing crew chief, Duluth, Minn., goes through preflight checks with an F-16 pilot, Aug. 10, 2015, while participating in RED FLAG-Alaska 15-3 at Eielson Air Force Base, Alaska. (U.S. Air Force photo by Master Sgt. Ralph Kapustka/Released)

come away with a clearer picture on how they can help us and how we can help them; making the whole team better." "This is a great opportunity; we will be taking advantage of these assets and training toward real-world scenarios," Grayson said.

## AWARENESS, ADVOCACY AND ACTION

By Tech Sgt. Scott G. Herrington, 148th Fighter Wing Public Affairs



Members of the 148th Fighter Wing attend a Women's Equality Day presentation, Aug. 2, 2015 at the Great Lakes Inn. (U.S. Air National Guard Photo by Tech. Sgt. Scott G. Herrington/Released)

"I am passionate about the Guard, and especially its members," said Col. Sandy Best, Director of Strategic Relations for the Minnesota National Guard and 133rd Airlift Wing Mission Support Group Commander. "It's an incredible organization, served by incredibly talented, educated and dedicated people."

Commemorating the 95th anniversary of women's equality, Col. Best and Karen Diver, Chairwoman of the Fond du Lac Band of Lake Superior Chippewa and Vice-President of the Minnesota Chippewa Tribe, spoke to a group of male and female members of the 148th Fighter Wing during a Women's Equality Day presentation at the Great Lakes Inn, Aug. 2, 2015.

Best made mention of several significant firsts in the history of female servicemembers, bringing to light many strides women have taken towards equality in the military.

"The Guard has had, and continues to have a huge impact on my life," said Best. "It is an important exercise to review and recognize the sacrifices of those who came before us."

In citing the origins of the women's rights movement, Best referenced the origins of suffrage.

"We are the direct beneficiaries of their courage. Society has come a long, long way, towards women's equality, this has made us a stronger nation," said Best. "We have all benefited from, and are aware of the courageous women's movement that took place in the United States, when our greatgrandmothers and our great-great grandmothers marched for suffrage, the right for women to vote."

Best also recognized the support of 148th leadership and male Airmen in attendance during her presentation.

"women don't get ahead without the support and commitment of leadership, and their male counterparts," said Best."

"The Minnesota National Guard is committed to inspiring action that will create opportunities that will transform the lives of our Airmen-women and men," said Best. "We are committed to creating a culture of inclusivity where, women and men, fulfill their dreams through awareness, advocacy and action. It follows that educated, empowered women and men greatly enhance the armed services."

The first woman to chair the Fond du Lac Band of Lake Superior Chippewa and the first person in her family to graduate college, Karen Diver is no stranger to meeting challenges headon and overcoming them. She brought up issues of inclusion--not only of women, but of minority communities.

"The military has been learning that if you're going to maintain the

numbers that you need, to protect our country, you need all of the talent at the table," said Diver. "And they've learned this so slowly with women, because the numbers aren't there yet. But the next 'ism that you're going to have to face, is bringing in communities of color and those with gender and sexuality issues. By 2030 the United States, a majority of the workforce will be, people of color. Already our incoming kindergartners are, in this country, a majority of children of color."

Diver also drove home the seriousness and reality of cultural diversity and inclusion in America's armed forces.

"Unless you get serious about looking at your institution and challenging yourself about those internal barriers that may not make this a place where people feel like they belong or that they can be successful, our country's defense is at a jeopardy—our country's economy is at a jeopardy," said Diver.

Diver challenged the audience to make a commitment to success through inclusion.

"We're not going to make it unless we get serious," said Diver. "I'm going to challenge you that, if you've challenged yourself to become more gender blind, that somehow we're going to have to work to include other kinds of diversity if we're going to be successful organizations."

# ACTIVE ASSOCIATE UNIT

By Master Sgt. Ralph J. Kapustka, 148th Fighter Wing Public Affairs



148th Fighter Wing Vice Commander Col. Jon Safstrom addresses local media during a press conference to welcome the first active associate Airman to the wing, July 21, 2015, Duluth, Minn. (U.S. Air National Guard photo by Master Sgt. Ralph Kapustka/Released)

It has been over three years since the 148th Fighter Wing was designated as an active associate unit and on July 20, 2015 they received their first active duty Airman. The active association construct brings U.S. Air Force active duty Airmen to the 148th Fighter Wing and incorporates them into the mission.

Capt. Tanner Lee came to the 148th Fighter Wing from the active duty Air Force and has the distinction of being the first active associate member at the 148th Fighter Wing. Lee will be with the 148th Fighter Wing and will take part in progressive pilot training over the next three years. If everything goes according to plan, Lee will be a fully qualified Suppression of Enemy Air Defense (SEAD) flight lead by the time he goes to his next duty assignment.

Lee, a native Minnesotan was happy to hear that he was coming back to his home state to train. "I'm glad I can be back up here and fly in my home state and get trained by some awesome instructors," said Lee. "I'm glad to be here and really excited for the opportunity."

The Air National Guard is a great place to train new active duty pilots and maintainers due to the experience level of its personnel. "The reason why the active associate construct works is that the active duty and the Air National Guard have the exact same training methods and technical orders to accomplish the mission," said Col. Jon Safstrom, 148th Fighter Wing Vice Wing Commander. "This association will help train our active duty counterparts while at the same time help solidify our future at the 148th Fighter Wing."

"Let me emphatically state that none of this would have been possible without the unwavering support of our elected leaders, the Duluth Chamber of Commerce and the Military Affairs Committee (MAC). I would like to personally thank them for their leadership and dedicated efforts toward making this important initiative happen for our wing," said Safstrom.

"This is a great day," said Pat Mullen, Committee Chair of the Duluth Area Chamber of Commerce's Military Affairs Committee. "We have been trying for many years to bolster the economic engine of the 148th Fighter Wing in our community. We advocated for the active association and this is just the very first step in a continuous, hopefully happy, healthy life sustainable here in Duluth for the 148th Fighter Wing. We couldn't be more pleased on getting our first active associate."

The initial active associate construct was for the 148th Fighter Wing to receive four pilots and 40 maintainers; the plan has been in place since 2012. "We're in the receive mode in the Air National Guard, we want to help in any way that we can but it's just not possible to get those folks here on a full scale," said Safstrom. "We hope this is a start, obviously, now we are an active associate unit with one person but we hope that's a start to get more folks coming here in the future...we think that will happen."

"From paying the active associate Airmen to housing, all these things have been thought out ahead of time," said Safstrom. "We tried to address every contingency for folks showing up here and we think we are ready. We have amazing community support and our folks here at the 148th Fighter Wing are ready to embrace these active duty Airmen as soon as they show up."

# LEADING LEADERS

By Tech Sgt. Scott G. Herrington, 148th Fighter Wing Public Affairs



Members of the 148th Fighter Wing and 133rd Airlift Wing, Minnesota Air National Guard, pose for a photo with Chief Master Sgt. James W. Hotaling, Command Chief Master Sergeant of the Air National Guard at Camp Dawson, W.Va., Aug. 18, 2015. (U.S. Air National Guard photo by Master Sgt. David Eichaker/Released)

Fired-up. Motivated. Engaged. That's how I would describe myself after the first hour of the Enlisted Leadership Symposium (ELS). Myself, along with more than 400 hand-selected Air National Guardsmen from all 50 states, three territories and the District of Columbia were given the privilege of attending a three-day seminar at Camp Dawson, West Virginia from Aug. 17-19, 2015 on being a better leader, wingman and Airmen. A month later, I still feel the impact of that event.

We learned to put aside the "us and them" attitudes that have pervaded the Guard, Reserve and active duty components of the Air Force, and to embrace the total force concept.

"There is only one United States Air Force and it's important that everybody understands that," said Chief Master Sgt. of the Air Force James A. Cody. "When I say Air Force ... that's every component—active, Guard, Reserve and civilian."

When we deploy, we deploy as Airmen, not as Guardsmen or Reservists, active duty or civilians. Having the Chief Master Sgt. of the Air Force stand in front of us and say that was powerful. As Guardsmen, we are valued for "doing more with less," and still

accomplishing the mission.

Air Force Lt. Col. Kevin Basik, Air Force representative to the Secretary of Defense for Military Professionalism got up in front of the group and gave a moving presentation on effective communication.

"It's the Airmen who accomplish the mission," said Basik. "There's a psychology associated with inspiring, engaging and elevating Airmen. This is an opportunity for us to focus on what connects with people, what moves people to action, and what helps leaders accomplish the mission through their people."

Chief Master Sgt. James W. Hotaling, Command Chief Master Sergeant of the Air National Guard, made it clear that leadership exists at all levels of the rank structure—from an airman basic to a chief master Sergeant there are opportunities to lead by example and set a standard for others to follow. Hotaling said that an Airman at the beginning of his or her career doesn't set out to be "a mediocre Airman," and that we shouldn't accept mediocrity in our own careers as we strive to do our best and better ourselves.

"Be the best Airman that you can be

today," Hotaling said. "If you're a staff sergeant, I want you to be the very best staff sergeant in the Air National Guard. If you concentrate on the here and now, your future will be very bright."

Another 148th Fighter member in attendance, Senior Airman Rachel Lawrence, was similarly impacted by our trip to the ELS.

"It gave me the opportunity to meet three fellow Airman from the 148th Fighter Wing, and network with Air National Guard Members from across the country," said Lawrence. "The material presented was extremely motivating and provided me with a better understanding of the total Air Force and becoming a better leader and Airman. It is designed to inspire, engage and motivate Airmen through personal development courses that will enhance Airmen's careers."

whether it was learning the importance of financial responsibility, the benefits of leading leaders rather than followers or the servant leadership concept, the symposium's teachings will resonate with me for the rest of my Air Force career.

# SECURITY FORCES TRAINING

By Master Sgt. Nathan D. Sykes, 148th Fighter Wing Security Forces Squadron

More than 45 members of the 148th Fighter Wing Security Forces Squadron (SFS) traveled to Camp Ripley, Little Falls, Minnesota for their annual field training July 31 through Aug. 9, 2015. Over 10 days the SFS came together as a team to complete any and all training scenarios that were thrown their way. The SFS trained and were evaluated on combat readiness tasks in five major areas. These areas were mounted operations, dismounted operations, military operations in urban terrain (MOUT), land navigation and weapons qualification.

The group of 45 SFS personnel was broken down into three squads. training/exercise a evaluation team and a combat arms training and maintenance (CATM) group. More so than any other Camp Ripley training event in the past, squad level tasks were pushed to the lowest level of leadership as possible. creates leadership opportunities and an avenue for teammates to work together to solve problems and accomplish given tasks creatively, while working within an established set of rules. The training team worked together to ensure squad members were properly trained on their tasks during the early portion of the week, and evaluated the squads during a grueling 18-hour field training exercise (FTX). Finally, the CATM team safely qualified all SFS members on their primary weapons (M-4, M-9) and specialized teams in the M-249, M-240B, M-203 grenade launcher, and M-107 .50 caliber rifle.

In an effort to bolster realism, the training team utilized opposing force (OPFOR) personnel dressed in traditional Middle



Staff Sgt. Michael Fish, 148th Fighter Wing Security Forces Squadron, rests after a Combat Readiness Training exercise at Camp Ripley, Little Falls, Minn. (U.S. Air National Guard photo by Senior Airman Ashley LaCroix/Released)

Eastern clothing, carrying authentic Soviet small arms. provided by the Camp Ripley simulations warehouse. characters remained important and relevant during the entire training event. The SFS squads receive intelligence from observation ordirect and scripted interaction from these individuals that was relevant to bigger events and would unfold later in the week during the FTX. In addition to garments and weapons, the simulations warehouse provided trainers with devices that fired a combination of propane and oxygen triggered by remote control to simulate the sound and muzzle flash of a machine gun or mortar tube, as well as hand thrown grenades that explode using would safely compressed air and a timing device. Trauma kits utilized for self-aid and buddycare scenarios, and improvised device simulators explosive were used extensively.

The CATM team worked tirelessly through heat to ensure the members were properly weapons qualified. Utilizing four different live-fire ranges at Camp Ripley, the CATM team expended over 24,000 rounds of 5.56 MM, utilized in the M-4 and M-249 machine gun. The M-240B course expended over 40,000 rounds of varying ammunition. The CATM team works through the entire year teaching safe and proper weapons handling conducting weapons qualification courses only for SFS but for the entire wing. If you have deployed to a location which required you to qualify on your weapon, you have met one of these team members, easily identifiable by their red hats.

## YOU ARE NOT ALONE

By William Maloney, 148th Fighter Wing Director of Pyschological Health



(U.S. Air Force graphic by Tech. Sgt. Samuel Morse/Released)

It seems like yesterday that I was a Sophomore in college aspiring towards a degree in Psychology/Social Work that in the early morn of this September day I answered the "phones" of UMD's SUICIDE PREVENTION HOT LINE we called "Alternatives." A crisis line supported by the colleges administration with the total goal of assisting students life with many were veterans returning from Vietnam with major life transition/adjustment problems, alcohol/drug abuse, and along with that comes major despair and thoughts of SUICIDE!! Enthusiastically I answered "Alternatives, this is Bill how can I help YOU?" A loud angry voice on the other end of the line started yelling a string of expletives, screaming at me "NOBODY cares, NOBODY gives a \_\_ about him.... So he said you" and I heard the loud blast from a gun he used to kill himself. I found out later that day he was a returning Vet. Well it wasn't yesterday, it's been many long years since. I'm still haunted by that call, and other

calls over the years. So here is my advice to our Bulldogs and to anyone else that will listen who might have thoughts about killing themselves...DON'T (make a sign), and if you won't take my advice just ask anyone from our 148th family who have had friends or relatives who have committed suicide. SUICIDE PREVENTION starts long before the despair of life and the current major stressors of relationship, family, loss, finances, drinking, etc., accumulate. It starts with a routine on each and everyone's part to emphasize that NO ONE is all alone and that THEY and life matters. (Sounds simple and full of fluff I know) but it's rock solid advice. September is designated SUICIDE PREVENTION AWARENESS this Month in country. Commanders and supervisors took the time to discuss "The Power of One." Listen and believe in the message... STAY ... YOU ARE NOT ALONE AND YOUR LIFE MATTERS!!!



#### **PROMOTIONS**

#### JULY

FORCIER, BLAKE, CF, SRA
HESS, HANNAH, AMXS, SRA
HIEMENZ, ELIZABETH, MDG, SRA
JOHNSON, BRYAN, MXS, SRA
KATZMAREK, FRANK, LRS, SRA
KONIETZKO, KRISTIANNA, FSS, SRA
RITCHIE, DANIEL, AMXS, SRA
THIBODEAU, JACK, CES, SRA
TREASURE, JOSHUA, SFS, SRA
KOHNE, MATTHEW, MXS, SSGT
LEVANDOSKI, ARICK, FSS, SSGT
LIEN, CHELSEA, AMXS, SSGT
RICHARDS, JORDAN, MXG, TSGT
VANDEHAAR, STEPHANIE, CPFT, TSGT
PANULA, MICHAEL, MXS, MSGT

#### AUGUST

BERGLUND, DYLAN, CES, SRA JANCKILA, KELSEY, LRS, SRA WHITE, TIMOTHY, MXS, SRA BERGMAN, JESSE, MXS, SSGT LACINA, WILLIAM, MXS, SSGT WETZEL, ALYSSA, 179 FS, SSGT BARTLETT, ANTHONY, CES, TSGT CARLSON, ROBERT, MXS, TSGT JOHNSON, STEVEN, CES, TSGT KACER, DWAYNE, LRS, MSGT MASLOWSKI, BRYAN, CES, MSGT NIEMAN, JASON, MXS, MSGT

#### **SEPTEMBER**

KEMI, LILY, MXS, AMN
DOLLAR, SENARA, AMXS, SRA
FLEISSNER, SARAH, FSS, SSGT
LARSON, ALEX, LRS, SSGT
PETERSON, BRETT, AMXS, SSGT
WICK, ERIC, AMXS, SSGT
MITCHELL, KAI, LRS, TSGT
NERHAUGEN, CARTER, LRS, TSGT
CODY, DALLAS, AMXS, MSGT
ORMAN, CHRISTOPHER, CES, MSGT
ROSENBAUM, SCOTT, CF, SMSGT

### 148th Fighter Wing Websites/Social Media

www.148fw.ang.af.mil twitter.com/148fw facebook.com/148thfighterwing DVIDS (link found on the 148th website) 148th Fighter Wing Minnesota Air National Guard 4680 Viper Street Duluth, MN 55811-6031 Pre-Sorted STD U.S. Postage PAID Duluth, MN Permit No. 1003

## CHIEF'S CORNER COMMANDER'S INSPECTION PROGRAM

By Chief Master Sgt. Pat Lustig

A few years ago, the Air Force changed the way units were to be evaluated. The new Commander's Inspection Program (CCIP) is the wing-level aspect of the Air Force Inspection System and is the wing commander's tool to ensure the wing is properly organized, trained, equipped and supported to meet mission requirements. The results of the CCIP are reported directly from the wing commander to the applicable MAJCOM/CC. The CCIP puts responsibility and process for compliance inspections back in the hands of the wing commander.

With the implementation of the CCIP, the 148th Fighter Wing now has a fulltime Inspector General Team (IG). A Wing Inspection Team (WIT) supported by subject matter experts from all areas of the wing is utilized to inspect groups, squadrons and other programs throughout the wing. Before these Airmen can conduct inspections as part of an IG team, they must receive Air Force Inspection Agency training and be certified by the wing commander. This training tells our inspectors how to inspect the unit and its functions. Our team members will not only have the certification, they'll have the tools they can use for the job.

The new inspection system is structured to inspect and report in accordance with the four key areas of Managing Resources, Leading People, Improving the Unit, and Executing the Mission. The CCIP is a continuous internal look at ourselves to detect non-compliance and identify areas of improvement in accordance with the wing commander's priorities. It allows us to look in the mirror every day and give an honest assessment of where we are as Airmen, as a unit, and as a wing.

A self-assessment program, using the Management Internal Control Toolset (MICT), that reports compliance with requirements listed in our self-assessment checklists to the chain of command and appropriate staffs. Squadrons will perform their own internal inspections using the MICT system.



Col. Frank H. Stokes, Wing Commander

Then the wing IG team will visit a squadron and ensure the reports are correct as part of the external inspection. Our WIT members can identify a problem of noncompliance, so that we can begin identifying the root causes and make the fixes, by doing so; we increase the efficiency of all our various wing functions. Through this, we can create an environment of compliance and foster an atmosphere of continuous improvement that is ingrained into our daily battle rhythm. The CCIP must go beyond being a commander's program and it must become our program.