

# ONE FIVE

JAN/FEB/MAR 2013

FLY, FIGHT  
AND WIN







## VOLUME 59 • NUMBER 1

I have fond memories of the Operational Readiness Inspections (ORIs) of the past. Not because I enjoyed being inspected, but because back then Services would fire up a 24-hour grill where food was available free of charge, just for the asking. To a young Buck Sergeant there was nothing better at 0200 hours than a fresh plate of scrambled eggs, bacon, sausage, and hash browns, all piled high and steaming. The aromas from that portable kitchen, set in a corner of a maintenance hangar on the other side of the airport, would fill the entire building with wondrous smells...especially wonderful to a 19 year-old growing boy. You notice I said nothing of toast...wasting space on toast would be akin to mucking down the entire bottomless bowl of salad at Olive Garden before the all-you-can-eat main dish arrived...it just wouldn't make sense. I remember the bittersweet mix of emotions when the Inspector General would declare 'ENDEX!', exuberant that the long nights were over but also sadly realizing that the kitchen was closed. Gone were the limitless trays of food, now left to my own limited culinary skills and strained food budget.



Col. Gerald R. Ostern

As the years went by ORIs went through some morphing...a very brief time was spent on an NOE (NORAD Operational Exercise) while we were in Panama chasing drug-runners. I think we ruined it for all the other units because we were the first to take an NOE, we got an Outstanding, and they never gave another one. Then came the separate Phase I and Phase II ORIs, which lessened the pain by shortening the time of each exposure but doubled the frequency. And our spin-up time doubled...we'd ruin two summers instead of one. Recently, we've been staring down the muzzle of a Combined Phase I/Phase II ORI, structured like the old ones except without a 24-hour kitchen. More recently they changed the name to a CUI (Combined Readiness Inspection)...that was a good name for about a month and a half, and now it's an RI, or Readiness Inspection.

The circle will be complete when the Combined ORI is no longer called a CUI or an RI. RI is incredibly close to ORI...and for the want of the letter 'O' we'd be back to the original name. I'll bet someone got promoted for each one of these changes. The ORIs of old were all combined. We didn't call them combined, because they just simply were. You can't have a war without generating jets, building cargo pallets, deploying, regenerating, and employing...so why split the activities artificially? Life was simpler back then...things didn't change very fast, or so it seemed. It seems in the last 10-15 years nothing stays the same for long, and conversely, not much remains different for long. Haircut styles come and go...and then they come back again. Vinyl records (we called them LPs) fell victim to 8-tracks, cassettes, CDs, and now iPods. But you know what? LPs are back...recognized to produce the richest sound of all media. ORIs will probably be called ORIs again someday...and maybe the 24-hour kitchen will come back.

One of the few things in this community that never changes is the quality, integrity, and dedication of the members of the 148th Fighter Wing. From the oldest retiree to the newest recruit, we all believe in and foster our "Legacy of Excellence." Our list of accomplishments and recognition is very long and very impressive. My career is getting short, but I'm not concerned about the future of the 148th in the least, it'll do great. When I leave this spring I'll probably hear a few well-intended "This place won't be the same without you" comments. At least I hope I hear a few! We all know that it WILL be the same without me...it'll never skip a beat. Most retirees, if they're completely honest, secretly wish that in some small way their shop will take a misstep when deprived of their guidance. They really don't want anyone to fail; it just feels good to have your job performance validated. Luckily, and by no accident, this Wing possesses an amazingly deep pool of talent, so deep that not a single functional area will even hiccup...no matter who leaves. You guys and gals are awesome, and it's been an honor and a privilege serving with you. The future of this Wing is in good hands...it's in yours.



**ON THE COVER...**Staff Sgt. Chris Axelson captured images of deployed Bulldogs Tech. Sgt. Christopher Armstrong, Tech. Sgt. Mark VanRossem and Staff Sgt. Derek Menz as they worked tirelessly in the heat of Afghanistan. (National Guard photos by Staff Sgt. Christopher J. Axelson, graphic illustration by Tech. Sgt. Scott G. Herrington.)

### About the On Five

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Year 2013 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

#### 2013

UTA	SUTA	2013 ORE/ORI
12-13 Jan	26-27 Jan	19 Apr
09-10 Feb	23-24 Feb	16-17 May
16-17 Mar	30-31 Mar	19-21 June
20-21 Apr	None Apr	16-19 July
18-19 May	None May	20-23 Aug
22-23 June	None June	
20-21 July	None July	
24-25 Aug	None Aug	
14-15 Sept	None Sept	
05-06 Oct	None Oct	
16-17 Nov	None Nov	
07-08 Dec	None Dec	

## BULLDOGS RECEIVE NATIONAL RECOGNITION

By Tech. Sgt. Scott G. Herrington, Public Affairs

The 148th Fighter Wing held an awards ceremony at the Duluth Entertainment and Convention Center (DECC) in Duluth, Minn. Sunday, Dec. 2, 2012.

The ceremony not only recognized award-winning Bulldogs, recent retirees and hometown heroes, but it also gave the Wing the opportunity to thank the approximately 300 Airmen that deployed in 2012.

Brig. Gen. Worthe S. Holt, Jr., Minnesota National Guard Assistant Adjutant General - Air, was on hand to present 148th Fighter Wing Commander Col. Frank H. Stokes with the Air Force Association Outstanding Air National Guard Unit Award and the National Guard Bureau Winston P. Wilson Trophy.

"Those basically are saying we are the best Air National Guard flying unit in the whole United States," Lt. Col. Audra Flanagan, Executive Officer for the wing, said. "It feels good. The 148th Fighter Wing has a tradition of excellence."

The 148th Fighter Wing Safety Office was presented with two awards—the Air National Guard Ground Safety Office of the Year Award, and the Adjutant General's Outstanding Safety Office of the Year Award. These awards were given to the 148th due to the Wing's outstanding mishap prevention efforts, and having the overall best safety program within the Minnesota National Guard.

The 148th recognized 42 Bulldogs as they retired, thanking them for their years of service and dedication to the unit.

The Wing also recognized 26 Airmen for their efforts in earning Associate Degrees from the Community College of the Air Force. (For more information on the CCAF, please see page 13.)



The 148th Fighter Wing's Outstanding Airmen of the Year pose for a photo during the awards ceremony at the DECC Dec. 2, 2012. (National Guard Photo by Staff Sgt. Don L. Acton.)



Forty-two retiring Bulldogs are honored during the retirement ceremony at the DECC Dec. 2, 2012. (National Guard Photo by Senior Airman Sarah C. Hayes.)



Approximately 300 Bulldogs are recognized on stage for deploying in 2012 during the ceremony at the DECC Dec. 2, 2012. (National Guard Photo by Senior Airman Sarah C. Hayes.)



# AFGHANISTAN DEPLOYMENT

BY LT. COL. AUDRA FLANAGAN, PUBLIC AFFAIRS

Nearly 300 or 30 percent of the Bulldogs from the 148th Fighter Wing recently returned to home station after a deployment to the 451st Air Expeditionary Wing, Kandahar Airfield, Afghanistan in support of Operation Enduring Freedom.

While deployed, the 148th was charged with providing close air support, or protection, for ground forces serving throughout Afghanistan. In two months, the 148th flew 1,140 sorties, or flights, totaling more than 5,300 hours, which is comparable to 18 months of home-station flying. Additionally, the Bulldogs did not miss a single sortie during this period due to maintenance.

“This is nothing less than a miracle,” said 179th Fighter Squadron Commander and deployed commander, Lt. Col. Christopher “SLAG” Blomquist. “Outstanding planning and workmanship allowed us to never drop a sortie in an austere environment.”

The Bulldogs partnered with the 14th Fighter Squadron stationed at the 35th Fighter Wing, Misawa Air Base, Japan.

“This was the first time an active duty and guard fighter squadron deployed as a combined unit in combat in this manner,” said Blomquist.

A total of 400 personnel from Duluth and Misawa deployed as a cohesive unit, flying effectively and safely.

The partnership with Misawa Air Base came at an opportune time, as the 148th has been selected as an Active Associate base. As an Active Associate base, the 148th will host active duty Airmen who will fly, or work on, and train on 148th aircraft.

“The average aircraft mechanic has 17 years of experience at the 148th Fighter Wing,” said Wing Vice Commander, Lt. Col. Jon Safstrom. “This experience and expertise can be passed on to young Airmen when they are stationed at Duluth in 2013.”

This was the Wing’s fourth large-scale Air Expeditionary Force deployment since 2005. The Bulldogs had previously deployed an aviation package to Joint Base Balad, Iraq in 2005, 2007 and 2008 in support of Operation Iraqi Freedom.

“Work, living, and off-duty facilities differed greatly at Kandahar versus Balad,” said weapons superintendent, Senior Master Sgt. Dwayne Wuestneck.

As a result, 17 Bulldogs used their off-duty time to accomplish air force specialty code (AFSC) skill level training or professional military education (PME) tests.

Other members turned to fitness during their off-duty time. Fifteen Bulldogs formed the 451st Expeditionary Running Club,

Deployed members of the 148th Fighter Wing cross a runway at Kandahar Air Field, Afghanistan on Saturday Aug. 11, 2012. (National Guard photo by Staff Sgt. Christopher J. Axelson, graphic illustration by Tech. Sgt. Scott G. Herrington.)





Staff Sgt. Joshua Bartel poses for a photo at Kandahar Airfield, Afghanistan, on Oct. 8, 2012. (National Guard photo by Staff Sgt. Christopher J. Axelson.)

known as the “Ditch Divers.” This group regularly ran three, six and eight mile increments as a way to maintain their fitness levels and build camaraderie. In typical Minnesota fashion, many Bulldogs formed a boot hockey league.

“After a few scrimmages, forces from Slovakia joined, and that formalized into

a sanctioned Kandahar Hockey League,” said Tech. Sgt. Kyle Lindstrom from the aircraft maintenance squadron.

“The result of this deployment was a perfectly integrated operation where everyone came home, nobody was hurt, and we maintained a perfect safety record,” Blomquist concluded. “Many

thanks to those who deployed, their families and employers for a job extremely well done.”

Currently the 148th has 12 members deployed to southwest Asia in support of Operation Enduring Freedom.



Members of the 148th Fighter Wing and 35th Fighter Wing pose for a group photo during the deployment to Kandahar Airfield, Afghanistan, Oct. 10, 2012. (National Guard photo by Staff Sgt. Christopher J. Axelson.)



A 148th Fighter Wing pilot poses for a photo on a Block 50 F-16 at Kandahar Airfield, Afghanistan Oct. 11, 2012. (National Guard photo by Staff Sgt. Christopher J. Axelson.)





# AFGHANISTAN DEPLOYMENT

A 148th Fighter Wing Block 50 F-16 Fighting Falcon waits in a hangar at Kandahar Airfield, Afghanistan Oct. 3, 2012. (National Guard photo by Staff Sgt. Christopher J. Axelson.)



# PREPARING FOR A READINESS INSPECTION



BY SENIOR MASTER SGT. KELVIN MCCUSKEY, EMERGENCY MANAGEMENT OFFICE

The Air Combat Command Inspector General (IG) will once again descend upon the 148th Fighter Wing in August of 2013 to evaluate and measure the unit's ability to perform assigned operational missions. For the first time in many years, the inspection will consist of two distinct phases conducted sequentially during the same inspection. The Phase I portion will evaluate the unit's ability to transition from a peacetime readiness to a wartime posture. We will be tasked to generate aircraft within 24 hours and to deploy personnel and cargo within 36 hours to a simulated location. This portion of the inspection is described as Positioning the Force.

The Phase II portion is a 36 hour evaluation of our unit's ability to perform wartime or contingency missions and consists of Employing the Force, Sustaining the Force, and the Ability to Survive and Operate (ATSO). This part of the readiness inspection will be much more robust in order to completely assess our ability to meet taskings and operate as a self-supporting organization to the maximum extent possible. Both Phase I and II readiness inspection ratings will be combined to an overall grade based on the results of the inspection.

Wing members are already busily preparing for the inspection with most recently receiving and getting trained on the new M50 Joint Service

General Purpose Mask (JSGPM). This new mask is designed to provide face, eye, and respiratory protection from battlefield concentrations of chemical and biological agents and radiological particles. The M50 mask provides Wing members with a less expensive, easier to maintain, more durable mask while achieving better protection to a broader range of threat requirements. Many Wing members have commented that this new mask is greatly improved over the old mask since they are much lighter, have an improved field of view, greater drinking capacity, along with much less breathing resistance.

This next year and especially during the summer months will be another busy time for the Wing with preparation exercises planned each month from April through July. The 148th will be the third Air National Guard Unit to undergo this new inspection construct following the 113th Fighter Wing (Andrews, Md.) and the 142nd Fighter Wing (Portland, Ore.). With the IG stepping off the plane in 8 months (16 UTA days) they will already have an opinion of the 148th and we are already ahead of the game with the great reputation the Wing has. The rest will be up to each and every wing member to continue to show those positive can-do attitudes in getting the job done and achieve the highest inspection rating of "OUTSTANDING"!

- **USE THE BUDDY SYSTEM**
- **GET HELP WITH YOUR CANTEEN**
- **CHECK YOUR WINGMAN'S MOPP**
- **ENSURE YOUR WINGMAN HYDRATES**

- **PRACTICE OPSEC**
- **"LINE UP/DOWN" ANSWERING THE PHONE**
- **"UNSECURE LINE"**
- **SHRED ALL MATERIALS**

# CHIEF'S CORNER

BY CHIEF MASTER SGT. KYLE JOHNSON, CIVIL ENGINEERING

Think back to when you first got into the military. When I joined 24 years ago, I arrived to my duty station at Malmstrom Air Force Base, Great Falls, Mont.; an 18 year-old Airman, wet behind the ears. In my shop we had a mix of civilians and military. I had one older civilian that took me under his wing and mentored me for my enlistment, education, professional development and more.

We all need and should strive for success in our careers. When climbing the ladder, remember that you may need assistance! Mentorship can help guide you to be more successful. Mentoring is a process that exists between an experienced person and a person with less experience. It is a line of communication that is goal-oriented with a specific conclusion for the mentee.

We have all experienced some form of mentoring, whether it has been informal or an organized formal training. Informal mentoring occurs all the time between people; it usually has personal chemistry and is less structured. This informal mentoring may last for years and does not have specific goals or a specific conclusion in mind. Formal mentoring is more structured. It takes mentoring to a more professional level. The mentor and mentee should be paired based on a compatibility test and have a training and support program. This program will also include established goals, a schedule, and an action plan agreed upon between the two participants.

The mentor is someone who will help a person grow in important areas of their life and/or career. This person does not necessarily have to be a supervisor in the same Air Force Specialty Code (AFSC), a person within your chain of command, or even in your squadron. It is actually recommended that your mentor or mentee is not in your chain of command, for this may cause conflicts in the future. They should be approachable, have good communication skills, share their positive and negative experiences, and be supportive. It requires the same interest and dedication on the mentor as it does with the mentee. Mentoring will assist you in becoming more viable for the Air Force. It also strengthens leadership skills that you will need when working with different personality types and helps you work with the various generational gaps from traditionalists to baby boomers to Gen Y's and Gen X's. As you move up the through the ranks, these types of leadership and management skills will become valuable.

There are many benefits to becoming a mentee in the mentorship program. It builds self confidence and motivation to reach professional



*A military career is a long winding road with many twists and turns. Why not lend your wisdom and allow others to learn from your success and mistakes?*

goals. Some of the roles and responsibilities of the mentees would be: communicate your expectations from the mentoring, establish a mentoring agreement outlining the terms of the relationship, meet on a regular basis with the mentor, and establish an Individual Development Plan (IDP). These are just some of the suggestions that the mentee should bring to improve their professional growth plan.

While there are many benefits that help the mentor and the mentee, this program can also be beneficial to your organization. It builds teamwork, communication skills, successful planning, and other vital resources for the organization.

The Minnesota National Guard is implementing this mentoring program through phases. This program will start at the most senior level. Currently it is being taught for the E-9 grades throughout the Army and Air National Guard. When this training is completed they will train and mentor the E-8 levels, finely tuning and working on the feedback and evaluation process. The next phases will be a cascading effect on down to the junior non-commissioned officers. The continuous training, evaluations, and feedback from the senior mentors/mentees is collected to identify those E-7's who possess the right skill set to become mentors. The selected E-7's are trained by the senior mentors trainers and begin mentoring relationships within the lower ranks.

In conclusion this formal mentoring will become the norm for non-commissioned officer development as a program throughout the Minnesota Army and Air National Guard.

# PILOT AND GROUND OFFICER VACANCIES

The 148th Fighter Wing is now accepting applications for fiscal year 2013 Undergraduate Pilot Training (UPT) as well as traditional Ground Officer vacancies within the Wing.

The deadline for Ground Officer applications is Feb. 28, 2013, and the deadline for UPT applications is April 15, 2013. Specific vacancy and application details are located on the 148th Fighter Wing public website, as well as on the 148th Fighter Wing Sharepoint page under Base-wide information.

For more information, please contact Capt. Gina Keppeler at gina.keppeler@ang.af.mil or (218)-788-7584.



## Resolve to make fitness your priority

BY 1ST LT. JODI KIMINSKI, PUBLIC AFFAIRS



I am not a fan of resolutions—they never seem to last. So, instead of a list of resolutions, how about creating a new habit? Habits require more patience, but they seem to last more than a few months. Changing your fitness habits can change your way of life. I am a thirty-something mother of three busy children. I have three jobs, one full-time, one part-time, and I have guard drills. You might not be able to tell by looking at me, but I'm in the best shape of my life. I run, cross train, lift weights, do yoga, eat healthy and exercise my mind with useful knowledge.

According to Mr. Bill Maloney, 148th Fighter Wing Director of Psychological Health, statistics show that 45 percent of Americans make New Year's resolutions, and only eight percent consider themselves successful. He also says that statistics show that most resolutions are broken within the first month.

Changing habits can take time. It takes patience, and don't expect immediate results. Changing fitness habits is about changing your lifestyle. If you stick with it, over time your body and overall health will change too.

So where to begin? How about starting with daily exercise? Begin with just five minutes per day, and then add five minutes each week. Try to make exercise fun by doing things you enjoy or want to try like hiking, snowshoeing, or skiing. Or start with simpler things like walking to the mailbox instead of driving, parking a little further from the door, taking the stairs instead of an elevator. Yes, I know you've heard all this before; it's just a matter of starting your fitness habit and sticking with it.

Slowly add strength exercises to your fitness routine. Try reverting back to your basic training days and drop and give yourself 10. Remember how good you looked and felt after basic? Add in some squats, lunges, dips, or pull-ups. Next time you're watching TV, get on the floor and do some planks during the commercial breaks. Start with getting through one commercial and then moving on to the entire break. It's harder than you think. And what better way to kill useless time? So now how do you stick with your new habit? Keep in mind that I am neither a fitness expert nor a personal trainer. I just know what works for me.

Create your own personal exercise facility. It doesn't need to cost you thousands of dollars to set up a fitness area at home. Start simple! Get some 5-10 pound weights, resistance bands and a small medicine ball. If you have a TV in your bedroom or in another area of the house, move it to your new gym and get some fitness DVDs. Personally, I have space set up in my fitness area (aka my bedroom) that I do P90X. My goal is to make an appointment with Dr. Horton (if you are a P90Xer you know what I mean) every day, but that doesn't always happen.

Make it social. Find a partner, join a running group, post your progress to friends on Facebook or Twitter, take a class. Did you know the 148th has a running club? Did you know there's an exercise craze out their

involving kettle bells? (Not kettle bells like the Salvation Army has.) Did you know people actually pay to attend a "boot camp" class? I don't know about you, but I've been there, done that, got the shirt and could teach the class.

Make it a priority. Everyone is too busy, too tired, too stressed out. Those are my reasons to exercise. If you don't have time, make time. Instead of running to lunch, run to the gym, or just run. Bring food from home...you'd be surprised at how much money you'll save along with gaining energy for the second half of your day. You can find time during your day to exercise, get up a little earlier and go for a walk. If you have equipment at home, use it. Run on the treadmill while cooking dinner. Watch your favorite shows on the elliptical. Every night my kids have something going on so I don't have a lot of time at home, and when I get home, I'm tired. So when my child is at football or soccer practice, I run the track. When they are at hockey, I skate on the other rink. Plus, they think it's cool that mom knows how to do lumberjacks. (It's a hockey drill we in the Cloquet hockey system love and hate).

Keep a journal. Write down everything you did. You'll be surprised at how good you will feel looking at how much you do over time. It will also encourage you to do different things each day. On Tuesday I ran, so today I'm going to bike. It's hard enough for me to remember simple daily tasks let alone fitness habits—so write it down.

Set an example. Childhood obesity is a huge problem in our society, so what's one way you can help solve that problem. Show your kids how to be healthy. Why not make exercise a family affair? It's easier to make healthy lifestyle changes when your kids or significant other are doing them too. Go bike riding or take nature walks with the family. In the summer I take my kids swimming every chance I can. Well, they swim and I lay in the sun. Don't judge me. At home my kids see me working out and often times they join in. Is it wrong that my kids know how to do downward dogs and sun salutations? I don't think so. And what better way to get chores done around the house like washing the car or shoveling the steps?

Enjoy your habit. If your habit is fun you tend to stick with it. Join a challenge, sign up for a race, set a goal and reward yourself for getting there. Even if the goal is improving your fitness test score by 5 points, or even just passing it. Take time for yourself and don't feel guilty about it. I used to think that all my time at home needed to be spent focusing on my home, and all my time at work focusing on work. At the end of the day I didn't have a whole lot of personal pride in what I accomplished for myself. Now when I go to bed I can say I worked all day, got my kids where they needed to be, made sure everyone was fed, happy and healthy and I ran four miles.

Finally, don't worry about the outcome. The outcome matters very little if you didn't enjoy the journey. But be realistic. Take it step by step, but take that first step—it just may be a doozy.

# Build it, and they will come

BY CHIEF MASTER SGT. KYLE JOHNSON, CIVIL ENGINEERING

There have been many years of talking about upgrading the power at Driftwood Estates (DWE) Campground at Fish Lake. Raising money to support such a project would take ingenuity, hard work, and determination. Initially it was going to take about three phases and more than three years to complete. The upgrade of adding power to the campground has come and is 80% complete. The Driftwood point of contact, Master Sgt. Doug Mac, the Driftwood Committee, BOG members, retirees, volunteers and spouses are among the many people over the years that have made this improvement possible!

Last summer, we raised more than \$6,000 for the principal install of the main line and four transformers from Lake County Power. This cost approximately \$4,700. With the remaining money, supplies were bought and installed for five permanent spots. This year we combined phases two and three as a result of Staff Sgt. Brian Myhre's negotiation skills. Myhre worked hard with an electrical supplier from Eaton Corporation, resulting in the DWE receiving the most products for the money (\$11,000 in supplies). With a sufficient amount of volunteers, wonderful weather, and a great attitude from everyone involved, we rented two trenchers and dedicated two full days of digging ditches all around the campground, burying more than 3,800 feet of wire. In the spring we will still need to complete the installation and hook-up of just over 30 pedestals.

A "Big Thank You" to all that helped makes this possible.

If you have never heard of or visited Driftwood Estates, ask your sponsor, supervisor or Wingman to show you the way to Driftwood Estates on Fish Lake!



*148th Fighter Wing members Master Sgt. Jeremy Graves and Master Sgt. Jim Jerome (Ret.) put in time and effort at Driftwood Estates during the summer of 2012.. (Courtesy photo)*

## 148th Fighter Wing National Guard Scholarship Tournament Country Lanes



**6-game qualifier: Sat. Feb. 23, 2013 1:00 p.m.**

**Main event: Sun. Feb. 24, 2013 10:00 a.m.**

**\$60 Entry fee, \$1,000 for 1st place**

**Register & pay online at: [countrylanesnorth.com](http://countrylanesnorth.com)**

**For more info, contact Maj. Chris Freeman (218) 310-0032**

**or Country Lanes (218) 722-1741**



# Bulldogs Earn Degrees

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

Twenty-six members of the 148th Fighter Wing graduated from the Community College of the Air Force (CCAF) in October of 2012, earning job-related associate in applied science Degrees.

"They epitomize the Community College of the Air Force philosophy of providing well-trained, educated and professional non-commissioned officers prepared to meet current and future leadership, managerial and technological challenges of an increasingly sophisticated, complex and expeditionary Air Force," said Master Sgt. Katrina Patterson, 148th Fighter Wing Force Development. "This personal and professional growth through collegiate programs is essential and beneficial to the Air Force mission, enlisted force development and the nation."

In a job market more competitive than ever, a degree can make all the difference on a resume, and the CCAF allows Airmen the opportunity to improve themselves and their marketability to employers.

The CCAF is a two-year, federally chartered degree granting institution, serving the job-related education needs of the Air Force enlisted community.

The degrees and other credentials offered by the CCAF serve to enhance mission readiness, contribute to recruiting, assist in the retention of the Air Force enlisted members and support career transitions.



Eleven members of the 148th Fighter Wing pose for a photo during the Wing's award ceremony at the Duluth Entertainment and Convention Center (DECC) in Duluth, Minn. Sunday, Dec. 2, 2012. (National Guard photo by Staff Sgt. Don L. Acton.)

For more information, contact Master Sgt. Katrina Patterson at (218) 788-7596.

# EMPLOYERS & EDUCATORS TOUR MINNESOTA'S NATIONAL GUARD

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

The 148th Fighter Wing hosted 50 northland employers and educators on Tuesday, Oct. 30, 2012 as part of a joint effort by the Minnesota National Guard to showcase the diverse capabilities and careers within the Guard.

The event began at the 148th Fighter Wing, with a Mission Briefing followed by an F-16 familiarization. From Duluth, Minn., the group flew south aboard a C-130 "Hercules" military cargo aircraft from the 133rd Airlift Wing to Camp Ripley near Little Falls, Minn. While at Camp Ripley, employers and educators toured facilities and learned of the vast environmental efforts to support military training missions while simultaneously mitigating their impact on natural resources.

According to 148th Fighter Wing Executive Officer Lt. Col. Audra Flanagan, the tour provided area educators with insight into what their students could achieve should they choose to enlist in the Minnesota National Guard.

Licensed Guidance Counselor from Two Harbors High School, Kerri Persons stated that "some of my students are looking for an opportunity to earn money toward their education and serve their country, but desire to stay in the northland. There is a great benefit knowing that a student could enlist with the 148th Fighter Wing, where they could work, learn, and serve at a top-notch facility while staying connected to the people in the area that are important to them."

Minnesota offers generous tuition reimbursement programs of up to \$12,000 annually to National Guard members which compliments the Montgomery GI Bill of \$356 per month while students go to college full time.



Employers and educators from central and northern Minnesota were able to learn more about the 148th Fighter Wing's Block 50 F-16's while participating in an Employer Support for the Guard and Reserve (ESGR) event at the 148th Fighter Wing, Duluth, Minn. (National Guard photo by Master Sgt. Ralph J. Kapustka.)

The tour also served as a way of showing employers what their Servicemembers do during their time away from work.

"National Guard units such as the 148th Fighter Wing depend on the support of employers and educators to accomplish our federal and state mission" said Flanagan. "We ask our full time and part time force to support overseas deployments, state active duty missions such as Flood and Forest Fire Relief, and participate in demanding training exercises. We could not be successful without the support of our member's civilian employers and higher education providers."

For more information on how Servicemembers can recognize the support of their civilian employers, visit <http://www.esgr.mil/Service-Members-Family/Nominate-your-Employer.aspx>.

# THE PATRIOT AWARD

This award recognizes supervisors and bosses nominated by a guardsman or reservist employee for support provided directly to the nominator. Spouses of Servicemembers are also eligible to nominate their supportive supervisor. You can nominate your employer for the Patriot Award at [www.esgr.mil](http://www.esgr.mil).

The Patriot Award consists of certificate of appreciation and lapel pin. If you nominate your employer, we can arrange an official presentation at your place of employment with your supervisor or commander.

You can nominate an employer for the Patriot Award any time as there is no deadline.

Questions on either one of these awards can be directed to Lt. Col. Audra Flanagan at [audra.flanagan@ang.af.mil](mailto:audra.flanagan@ang.af.mil) or (218) 788-7258.



Police Chief, Gordon Ramsey of the Duluth Police Department was honored with the "Above and Beyond Award" at the Employer Support of the Guard and Reserve Banquet on May 21st, 2012 in Minnetonka, Minn. The Duluth Police Department was submitted for this recognition for their outstanding support of 148th Fighter Wing members.



# TRICARE UPDATE

To avoid losing coverage, beneficiaries enrolled in TRICARE Reserve Select (TRS) or TRICARE Retired Reserve (TRR) who pay monthly premiums by check are required to switch to an electronic form of payment before Jan. 1, 2013.

Beginning Jan. 1, 2013, TRICARE will only accept monthly premium payments using recurring automatic payments by credit or debit card, or by recurring electronic funds transfer (EFT) from a linked bank account. To avoid confusion, beneficiaries should verify that their bank sends EFT payments.

The Defense Manpower Data Center is notifying current TRR and TRS beneficiaries directly by email, and new beneficiaries will be informed in their welcome package information when enrolling.

Electronic payments streamline account management and ensure continuous coverage for beneficiaries. Failure to pay premiums by the due date results in termination of coverage. Beneficiaries can contact their regional contractor to set up automatic payments and get more information. Contact information for each region is available online at [www.TRICARE.mil/contacts](http://www.TRICARE.mil/contacts).

# PROMOTIONS

## OCTOBER

DEROSIER, MASON, CES, AMN  
 LOTT, BREANNA, FSS, AMN  
 HALL, ZACHARY, CES, SRA  
 KIRKLAND, DAVID, CF, A1C  
 SAMUELSON, CURTIS, OSF, A1C  
 SEGUIN, EMILY, MDG, A1C  
 LIND, STEVEN, MXS, SRA  
 REED, BRANDON, AMXS, SRA  
 WARD, ZACHARY, CES, SRA  
 WOLFE, MARK, MXS, SRA  
 BARTLETT, DUSTIN, CES, SSGT  
 BUSAM, ANDREW, CF, SSGT  
 ELLISON, NATHAN, MXS, SSGT  
 FRITZ, NATHANIEL, 179TH, SSGT  
 HARTWICK, STERLING, MXS, SSGT  
 JENNISSEN, MATHEW, MXS, SSGT  
 LUNDBERG, LAUREN, OSF, SSGT  
 REDFIELD, JON, CES, SSGT  
 RICHARDS, JORDAN, AMXS, SSGT  
 WEIS, AMBER, MDG, SSGT  
 BUCAR, DENISE, HQ, TSGT  
 KACER, DWAYNE, LRS, TSGT  
 SCHIEBER, KEVIN, CES, TSGT  
 TALARICO, FRANK, AMXS, TSGT  
 GRAVES, JOSHUA, CES, MSGT  
 ROBBINGS, CHRISTOPHER, FSS, MSGT  
 SOLEM, LYNN, CES, MSGT

## NOVEMBER

MYRE, NOLAN, CF, A1C  
 WATERS, JOEL, CES, SRA  
 DIMLER, REBECCA, CF, TSGT  
 GREINER, DAVID, CES, TSGT  
 LANSKA, JEFFREY, CF, TSGT  
 GUNDERSON, WENDY, FSS, CMSGT

## DECEMBER

DAVIS, ALEXANDER, CES, AMN  
 LADZINSKI, ANDREW, CES, A1C  
 ASPERHEIM, SCOTT, AMXS, A1C  
 BERNSDORF, RYAN, LRS, SRA  
 BROOME, PHILIP, AMXS, SRA  
 FREEMAN, ELIZABETH, AMXS, SRA  
 HAVRON, BROOKE, LRS, SRA  
 KNIGHT, JORDAN, AMXS, SRA  
 NELSON, ANDRIA, FSS, SRA  
 ROCHWITE, CHAD, MXS, SRA  
 JEROME, KIRSTEN, MOF, SSGT  
 LACOURSIERE, STACEY, MXS, SSGT  
 RATKOVICH, KATE, MXS, SSGT  
 SCHAFTER, NICOLAS, FSS, SSGT  
 COLE, MICHAEL, CES, TSGT  
 DAHLEN, NICHOLE, HQ, TSGT  
 MASKLOWSKI, BRYAN, CES, TSGT  
 MOLBERG, ADRIA, MXS, TSGT  
 JOHNSON, JEFFREY, CF, MSGT  
 MIKETIN, JOZEF, SFS, MSGT  
 NORD, JAMEY, SFS, MSGT



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Minnesota Air National Guard  
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## BulldogBits

By Col. Penny J. Dieryck



It's kind of hard to believe, but this month is another New Year! As always it was a busy quarter since our last unit training assembly weekend. The F-16s and personnel returned from their tour in Afghanistan throughout the month of October. All of our cargo and personnel are now safely home. Welcome home to all of our members who deployed! Their diligent work and determination were evident in the successful performance of more than 5,300 hours of flying and 1,140 sorties with ZERO mishaps. This was a huge feat, as the 148th Fighter Wing was teamed up with an active duty unit from Misawa Air Base, Japan and it was our first major watime tasking with the F-16, Block 50 aircraft. Not only did the deployers do well, but also those who stayed back home in Duluth. As the jets were flying over the mountains of Afghanistan looking for the Taliban, our homeland defense mission here in the United States did not skip a beat.

Although the Aerospace Expeditionary Force (AEF) return was our primary focus during the month, the Wing also hosted Lt. Gov. Yvonne Prettner-Solon, who received an orientation flight in an F-16. She had a great experience! Lt. Col. Brad Jackson, the pilot giving Lt. Gov. Prettner-Solon the ride, worked hard to task her physically. He banked and rolled the airplane to 9 G's, and she laughed and asked for more.

"This was truly an experience of a life time," Lt. Gov. Prettner-Solon explained.

Now that the AEF deployment is behind us, we are turning our focus to the Operational Readiness Inspection scheduled for August 2013 – which was called a CUI (Combined Unit Inspection) and is now being called an RI (Readiness Inspection). This inspection will cover all aspects of what were formerly known as Phase I and Phase II ORIs. There is much preparation ahead of us and you should expect this inspection to be the focus of every guard drill weekend for the majority of 2013.

The Wing selected its Honor Airmen for 2012. They are: Senior Master Sgt. Steve Samuelson – Senior Non-Commissioned Officer of the Year; Staff Sgt. Amy Ewald-Non-Commissioned Officer of the Year; and Senior Airman Dustin Barlett- Airman of the Year; 1st Lt. Jodi Kiminski, Company Grade Officer of the Year; Tech. Sgts Michael Engen – Unit Career Advisor of the Year, and Master Sgt. Jeremy Hill – First Sergeant of the Year. These individuals along with 42 Retirees were honored on Sunday Dec. 2, 2012 at the Wing's annual awards ceremony. If you think about the retirees, over 480+ years of experience walked out the door into retiree mecca effective Jan. 1, 2013. It seems like yesterday, these Airmen were beginning their induction into the 148th Fighter Wing. Now they leave their Proud Tradition modeled into our "Legacy of Excellence!" We'll miss their smiling faces but we'll know they will always be "Bulldogs!"

Lastly, preparations for the Active Associate continue, and this mission conversion continues to move forward. We are expecting personnel to join the Wing with the inclusion of pilots, maintenance personnel, and base support staff in communications, supply and refueling. The active associate group commander, Lt. Col. Jansons, spent a few days getting to know the Wing and the culture of our organization. He felt the melding of the active duty personnel into our flock will be a positive way ahead for the Wing. At this time we anticipate the active duty personnel to start arriving in early spring of 2013.

To connect to the 148th Fighter Wing  
website, scan this tag with your smart  
phone or visit [www.148fw.ang.af.mil](http://www.148fw.ang.af.mil)

