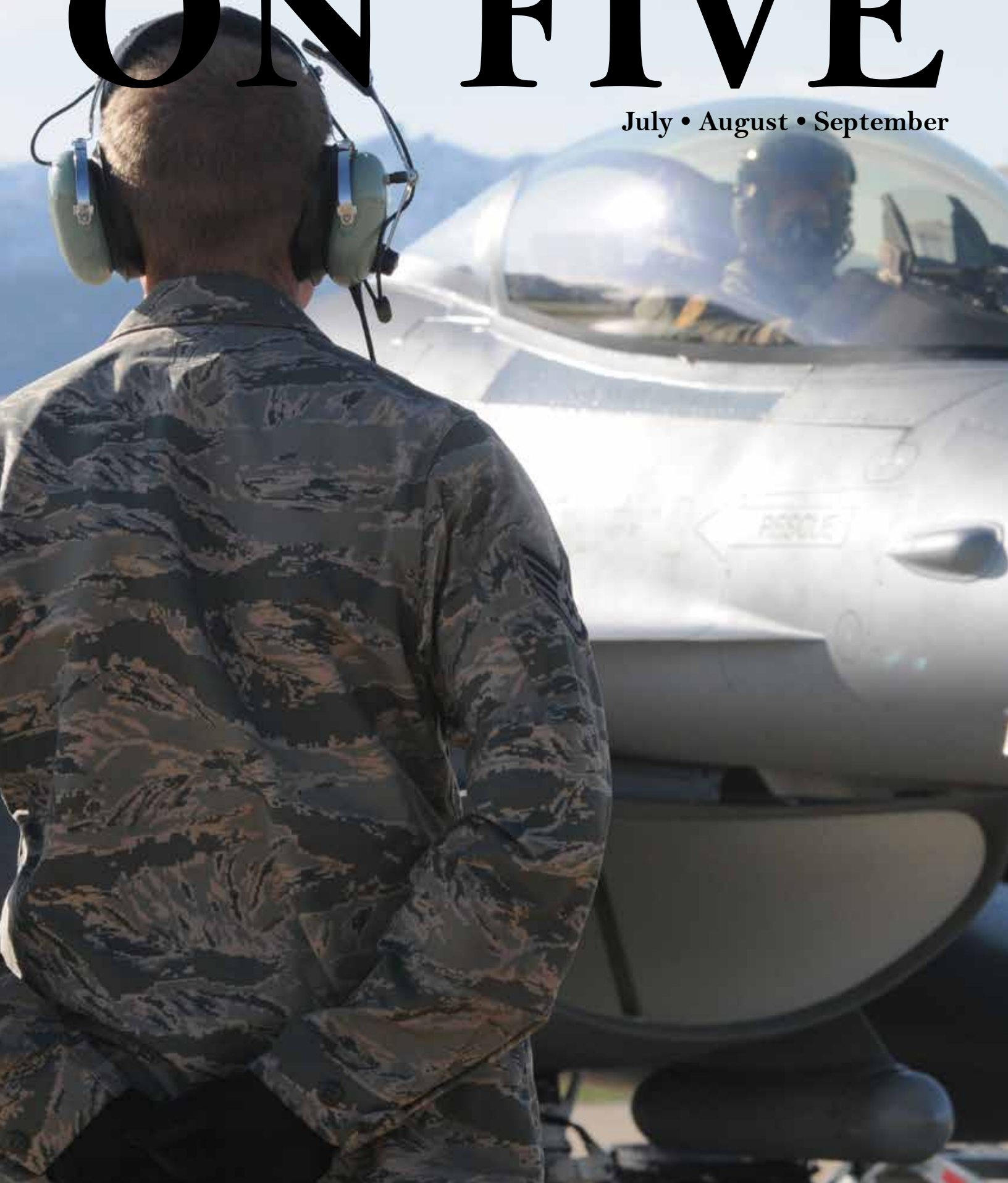


ON FIVE

July • August • September



Commander's Column

The fiscal year 2016 calendar is published with some significant changes I will call "super" drills which provide members three months without drill and more consecutive training opportunities. This coming fiscal year there will be two more months (April and October) in addition to January that members will work four-day drills giving members May, July and November off from drill.

There are numerous benefits for combining UTAs into more than just one weekend.

Two of the common themes on exit and retention interviews I hear as a commander are: 1. "I never get a chance to perform the duties of my primary Air Force Specialty Code (AFSC)." And 2. "I have so many commitments to my family and civilian job that I no longer have time for the Guard." We all know that on a normal UTA the first half of Saturday is catching up, the second

half is ancillary training, maybe Sunday morning is AFSC duties, and then the afternoon is cleanup. With the four day super drill you will have the opportunity to really do your job, save time commuting and spend more time with your families.

On the full time side there are two fewer 12 day long work weeks. For technicians it gives the ability to either take military leave during the week or work as a technician and save those UTAs to make up later. With the current policy on comp time it gives supervisors latitude to have folks work "overtime" in UTA status.

Additionally, by scheduling these super drills, members will enjoy May, July and November off when many members like to schedule vacations or have family and holiday gatherings.

The original concept of drill weekend was for



Col. Bradley A. Jackson,
Operations Group Commander

an Army traditional over 100 years ago. A lot has changed since that time and there are better ways to do business. As senior leaders we DO listen to you. We take your input and try to improve the unit in ways that are mutually beneficial to both the organization and our members. Let's have a successful 2016 and hopefully the new calendar raises the quality of your life.

The fiscal year 2016 calendar may be found on the wing SharePoint.

148TH FW FAMILY DAY

GUNS N' HOSES

SEPTEMBER 19, 2015 - (1 P.M. - 3:30 P.M.)



(U.S. Air National Guard photo by Master Sgt. Ralph J. Kapustka)

ON FIVE

Official magazine of the 148th Fighter Wing, Duluth, Minnesota
July-September 2015, Volume 61, Number 3

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UTA SCHEDULE

UTA	SUTA
None JULY	18-19 JULY
01-02 AUGUST	15-16 AUGUST
19-20 SEPTEMBER	None SEPTEMBER
03-04 OCTOBER	17-18 OCTOBER
14-15 NOVEMBER	21-22 NOVEMBER
05-06 DECEMBER	None DECEMBER

ON THE COVER



A Block 50, F-16 from the 148th Fighter Wing, Duluth, Minn., stands ready during Combat Hammer, May 7, 2015, at Hill Air Force Base, Utah. (U.S. Air National Guard photo by Master Sgt. Ralph J. Kapustka)

COMBAT HAMMER

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

Approximately 180 Airmen and Block 50 F-16's from the 148th Fighter Wing, Duluth, Minn. participated in an exercise known as Combat Hammer while at Hill Air Force Base, Utah in early May 2015. Combat Hammer is a Weapons System Evaluation Program (WSEP) that evaluates weapon systems in their entirety.

While the exercise was about a week long for most 148FW Airmen, it was quite a bit longer for those Airmen actually building the bombs and missiles. "Typically, we are one of the first assets to show up at a deployment, said 2nd Lt. Mylii Pukema, 148FW Munitions Officer. We show up about a week before most everyone else, so we can build up the weapons and have them ready when the jets arrive."

"It's a common misconception that

weapons come already built, said Pukema. Different weapons have different levels of configuration that has to happen. It can be a lot of detail that goes into configuring a weapon or it can be relatively simple, it just depends on the mission." 148FW Munition's Airmen were evaluated from the time the weapon came out of the box. How they practiced safety and followed tech data during the building of the weapon were key components to the evaluation process.

"An exercise like this provides many different benefits, said Pukema. In the military you are constantly losing experts and having to train new people to fill their spots. Combat Hammer gives the more experienced people a bigger window of time to train and provide guidance. Another added

benefit is team building which can be difficult in a typical Guard drill weekend."

"Combat Hammer is a more labor intensive exercise than most due to the amount and different types of weapons we are required to build," said Pukema. 148FW Munitions Airmen built over 100 bombs and missiles while at Combat Hammer, since they were ahead of schedule they even started building weapons for future units.

"I couldn't be happier with our performance, said Pukema. Great crew, highly motivated and loved to be busy. If there was downtime they would do minor repairs to the building just to stay busy."

For Senior Airmen Nathan Windus, a fulltime Munitions Airman with



the 148FW, Combat Hammer was an opportunity to work with his traditional team members. "Getting to work with the traditional Guardsmen for more than a drill weekend was a great opportunity to see individual skill sets and who might need additional training," said Windus. "It was great the way everyone came together as a team."

The WSEP evaluates the whole Air Force process from the time the munition folks receive the weapons, to building the munitions, getting the weapons out to the flightline and loaded on the aircraft, does the aircraft operate the way it should without having issues, did the pilots use the appropriate tactics and did the weapons perform properly. "We are being evaluated from bomb build-up to weapon employment," said Lt. Col. Nathan Aysta, 148th

Fighter Wing Detachment Commander for Combat Hammer. "Not only are we being evaluated individually but the numbers from our performance are being combined with other Air Force units that have participated in Combat Hammer to look at the effectiveness of the whole system."

"Over 80 percent of our pilots were first time shooters, meaning they haven't employed weapons before or the weapon types before. Combat Hammer gives our pilots a very realistic opportunity to employ these weapons in a training environment and get the results on how accurate they were in engaging their targets," said Aysta.

"The two biggest benefits from Combat Hammer are training and an objective look at how we are performing from an outside

organization," said Aysta. "Big summary from the outbrief is that our maintenance and munition folks did well above average and that our pilots performed above average on weapons that they normally train to use."

"It was a class act all around, we again performed to the 'Bulldog' standard which for outside organizations is exceeding the normal standard," said Aysta.



148th Fighter Wing Block 50, F-16's are ready to take flight during Combat Hammer, May 5, 2015 while at Hill Air Force Base, Utah. (U.S. Air National Guard photo by Master Sgt. Ralph Kapustka)

COMBAT HAMMER



148th Fighter Wing weapon loaders prepare a Block 50, F-16's for Combat Hammer, May 5, 2015 while at Hill Air Force Base, Utah. (U.S. Air National Guard photo by Master Sgt. Ralph Kapustka)

148th Fighter Wing munitions Airmen prepare weapons for Combat Hammer, May 1, 2015 while at Hill Air Force Base, Utah. (U.S. Air National Guard photo by Master Sgt. Ralph Kapustka)





148th Fighter Wing weapon loaders load weapons on Block 50, F-16's for Combat Hammer, May 5, 2015 while at Hill Air Force Base, Utah. (U.S. Air National Guard photo by Master Sgt. Ralph Kapustka)



148th Fighter Wing munitions Airmen prepare weapons for Combat Hammer, May 1, 2015 while at Hill Air Force Base, Utah. (U.S. Air National Guard photo by Master Sgt. Ralph Kapustka)

BULLDOG WINS 2015 CIVIL SERVANT OF THE YEAR AWARD

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



Staff Sgt. Nathan Ellison, 148th Fighter Wing Hydraulic shop, Duluth, Minn. works on a hydraulic reservoir, May 18, 2015. (U.S. Air National Guard Photo by Master Sgt. Ralph Kapustka)

Staff Sgt. Nathan Ellison, 148th Fighter Wing (148FW) Hydraulic Specialist was recognized as one of the civil servants of the year by the State of Minnesota Federal Executive Board. Ellison attended a federal technician awards luncheon in St. Paul, Minn., May 8, 2015 where he was honored for his outstanding service.

Ellison feels it's his duty to give back to the community and his volunteerism is the main reason he received the award. A cause that Ellison has taken the lead on is the Thanksgiving Day Buffet which is held at the Duluth Entertainment and Convention Center. "About four years ago, I took over as

the lead 148FW representative to help facilitate our participation in the event. For Thanksgiving 2014 we had about 130 people volunteer from the 148FW to help prepare meals and deliver meals to shut-ins, said Ellison."

The Thanksgiving Day Buffet produces over 5,000 meals and is intended to help the less fortunate members of the community.

Besides the several volunteer hours he has leading up to the event, he spends about 11 hours of his Thanksgiving Day at the DECC helping to ensure the day is a success.

"Drivers would come back and tell me that I brought this person a meal and they were so happy they were in tears, said Ellison. "The real thing out there, is that there are people that are less fortunate and need our help." "The Thanksgiving Day Buffet gives us a chance to help the community, said Ellison. This is an opportunity to give back to a community that supports us so much."

Ellison also volunteers his time on the 148FW Base Enlisted Council where he works on the "It's Your Career" committee. The goal of this committee is to organize events to educate Airmen on ways to further their careers.

148TH FIGHTER WING AIRMAN RECEIVES INTERNSHIP AT WALTER REED

By Tech Sgt. Amie M. Muller, 148th Fighter Wing Public Affairs



Staff Sgt. Kai Mitchell, 148th Fighter Wing, Duluth, Minn. has been accepted for an occupational therapist internship at Walter Reed Medical Center. He will leave in June 2015 for Bethesda, MD for a six month internship. (U.S. Air National Guard photo by Tech Sgt. Amie M. Muller)

"I get to give back to the military community and to those who have sacrificed so much," said Staff Sgt. Kai Mitchell, a logistical planner at the 148th Fighter Wing, Duluth, Minn. "Being able to work with veterans at my dream location will be quite an honor."

Mitchell is a student who is working on the final steps of his two-and-a-half year Master of Science degree in Occupational Therapy at the College of St. Scholastica in Duluth, Minn.

He has spent his time outside of the classroom employed at the St. Scholastica Veteran's Resource Center as well as volunteering to plan veteran activities and is an advocate

for student veterans.

After being selected as one of two candidates nationwide, Mitchell will be departing Duluth in June of 2015 to intern for six months as an occupational therapist at the world's largest military medical center and the flagship of the United States Military Health System, the Walter Reed National Military Medical Center in Bethesda, Md.

"I cannot wait to help patients gain back their day-to-day activities and watch their progression," said Mitchell. "The technology and research that is available at Walter Reed is spearheading the field of occupational therapy and I get to play


a role in that. I am very excited."

As an occupational therapist, Mitchell will be helping patients recover several basic skills they may have lost due to a physical, mental, or developmental disability. An occupational therapist's career goal is to help their patients to lead independent, productive, and fulfilling lives. Mitchell is hoping after he returns to Minnesota to join the active duty Air Force as an occupational therapist.

FITNESS TEST PREPARATION

By Maj. Daniel L. Mark, 148th Fighter Wing Medical Group

(U.S. Air National Guard Photo by Tech. Sgt. Nancy L. Hanson, 148th Fighter Wing Public Affairs)



With the September fitness test fast approaching it is a good time to review the preparation required to achieve a passing score. While it is most beneficial to train consistently year round, occasionally situations arise where a training program needs to be initiated. Research indicates that a minimum of 8 to 12 weeks of training is required to affect a significant change in athletic performance.

The keys to improving aerobic fitness have been well studied and rely on physiologic adaptations centrally and peripherally as they relate to oxygen transport and utilization.

Central adaptations involve improving the uptake and delivery of oxygen to muscles/tissue at work. These adaptations occur with any aerobic training and generally affect the cardiovascular system.

Peripheral adaptation is

specific to the event you are training for and relies on the recruitment of specific muscle groups and motor patterns unique to a form of exercise. Physiologic changes involve blood vessel shunting to specific muscles and increased cellular uptake of oxygen at the muscle cellular level.

Training guidelines which will enhance both central and peripheral adaptations involve progression of frequency, duration, and intensity.

A goal frequency of training is 3 to 5 days of running per week. When a minimum of 3 days per week is reached then increase duration to 20 to 30 minutes per training session. The final progression is by adjusting intensity with a goal heart rate (HR) during exercise beginning at 60% of max HR and eventually reaching 90% max HR. Run days can alternate with push-up and sit-up training days.

Preparation for timed maximal sit-up and push-ups also requires a minimum of 8 to 12 weeks of training, specificity, and alternate rest days. A minimum of 2 to 3 sets of each exercise should be achieved with each training session. Additionally, in the month leading up to the fit test a minimum of once weekly one minute maximum repetition testing should be attempted.

Finally when training it is best to schedule a time of day for exercise. Mornings tend to work best as there are limited potential conflicts such as at the end of the day. A training partner is also a useful motivational tool.

The aforementioned recommendations are a guideline for passing the fitness test but may also be used for other competitive endeavors or as part of a healthy lifestyle.

CHAPLAIN'S CORNER

POWER TOOLS

By Chaplain (Lt. Col.) Thomas Foster



(U.S. Air Force photo by Senior Airman Peter Reft/Released)

Not sure if it's a guy thing or not, but while my desk is not always in an orderly fashion when it comes to the power tools I've acquired over the years they are all in their proper drawer. The drawers aren't labeled, but I know what tool is in what drawer and since I live by myself I don't need to worry about them being out of place UNLESS I forget to properly care for my power tools. Which I must confess happens sometimes when I get paged or called away as I'm finishing up a project. I like to know where the tool is when I have a project to undertake. And while it's good to have the tool and know where it is when needed it's also important to know where to properly plug the power tool into.

As member of the 148th Fighter Wing we live around some mighty powerful tools and equipment. As individuals we also have our own personal gifts, talents, and

skills that help to express our personal power. Whether its power tools in the storage drawer, jets on the flight line, or the tools of gifts, talents and skills within ourselves, they all have to be plugged into or fueled with power. When not plugged into the right power there can be disaster. It's good to check the power you are plugged into to make sure it's good power; that includes the values we live by. When we hear of behavior that reflects a misuse of power, double check that values you are plugged into and then be a good wingman helping others to plug into good values including Respect, Excellency, and Service Before Self.

If you are struggling to stay connected with your power source or know someone struggling to live a value powered life, please contact the 148th Fighter Wing's Chapel Section at (218) 788-7447.



PROMOTIONS

APRIL

RUFF, DYLAN, CPFT, AIC
MACKERETH, ROBERT, MXS, SRA
SKADSBERG, MARK, MXS, SRA
OSTOFF, SHERIA, MOF, SSGT
BERNSDORF, RYAN, LRS, SSGT
BRENHOLDT, JACOB, STU FLT, SSGT
HAND, JEREMIAH, LRS, SSGT
HARRIS, TRENT, MXS, SSGT
MONCEL, AARON, MXS, SSGT
NELSON, GARRET, MXS, SSGT
ROCHWITE, CHAD, MXS, SSGT
BURMEISTER JR., RODNEY, SFS, TSgt
CARLSON JR., PHILLIP, CF, TSgt
PATTON, KOTA, SFS, TSgt
QUICK, RICHARD, SFS, TSgt
MODIN, JOSHUA, MXS, MSGT

MAY

GRAMS, OLIVIA, FSS, SRA
LAHUD, ELIJAH, AMXS, SRA
PROUTY, SEAN, MOG, SRA
SCHUMACHER, BRENT, AMXS, SRA
SIROIS, PATRICK, AMXS, SRA
SWEEP, JUSTIN, OSS, SRA
CRAWFORD, SCOTT, AMXS, SSGT
HENRICH, MARKOUS, LRS, SSGT
HUBERTY, KATELYN, MOG, SSGT
NELSON, ANDRIA, FSS, SSGT
REED, BRANDON, AMXS, SSGT
COUGHLIN, TIMOTHY, AMXS, SMSGT

JUNE

SOBCZAK, LOGAN, FSS, SRA
GOORHOUSE, KATELYN, MXS, SSGT
RISDALL, KYLE, MXS, TSgt
STODOLA, JARED, LRS, TSgt
BEAUDRY, ANDRE, MXS, MSGT
NORRELL, CRAIG, MXS, MSGT
O'HARA, ANGELA, FSS, MSGT
ROTH, DANIEL, AMXS, MSGT
SUONVIERI, GEORGE, AMXS, MSGT
LONG, JENNIFER, HQ, SMSGT

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BulldogBits



By Col. Penny J. Dieryck

It has been 35 years since I enlisted in the 148th Fighter Wing. I have seen hundreds of changes, both in the civilian world and military life. One of these changes is to renew our commitment to diversify the membership of the wing. This renewal is integral to our ability to reflect the face of our community, state and nation. I believe this opportunity to open our eyes and increase our awareness will bring added value to our organization.

I can honestly state this ability to absorb various cultures has been incorporated into a new set of tools in my human resources toolbox and makes me a better person. In my family I have a cousin who is transgender, a nephew-in-law who is half African-American, and two other cousins who are Asian-Pacific Islanders. These relatives encouraged my family to view the world through their eyes, to honor their holidays, customs, and family values, and to teach those around us to open their hearts to others.

DIVERSITY

Here is another way to think about it:

D-Decide how you want to treat others; put yourself in their shoes

I-Inspire others to open their hearts to all people by you being the example for them to follow

V-Value various cultures, races, ethnic backgrounds and sexual orientation

E-Excellence reflected in your attitude and performance all the time

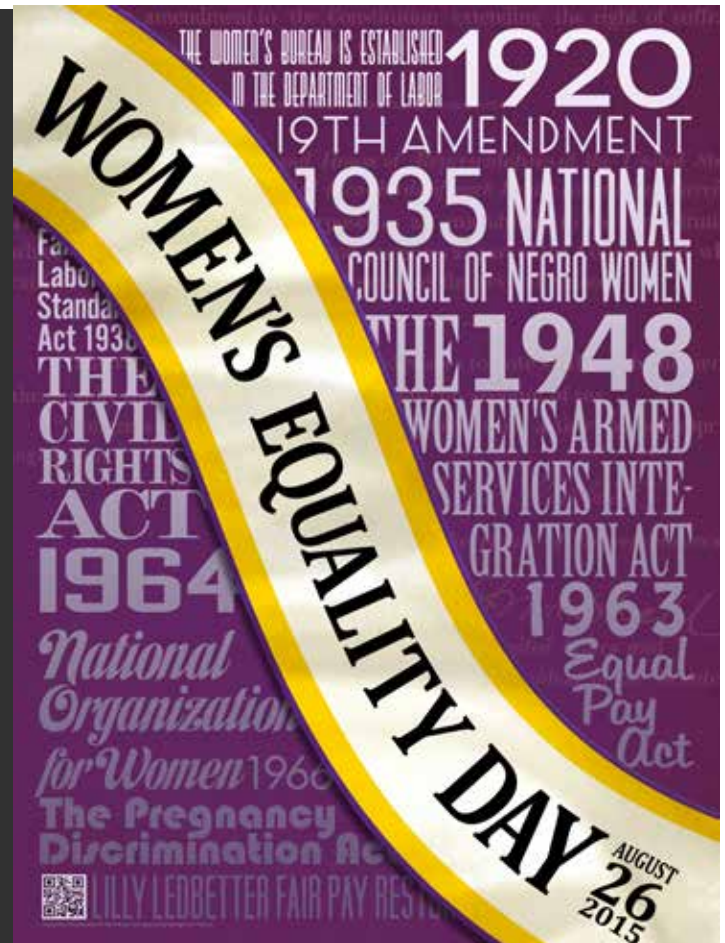
R-Respect those around you

S-See, Hear, Listen and strive to understand ALL people

I-Integrity to help and support those you work with or encourage to enlist

T-Trust others to be a solid component to the wing's foundation

Y-YOU: Diversity starts with the person you see in the mirror



The All Chief E9 Reunion

September 26, 2015 • Duluth VFW, 2024 W. Superior St.

All current or retired 148FW E-9's /Chief Master Sergeants, & spouses or significant others

