

ONLINE

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JULY 2019



COMMAND CHIEF MASTER SGT. LISA ERIKSON

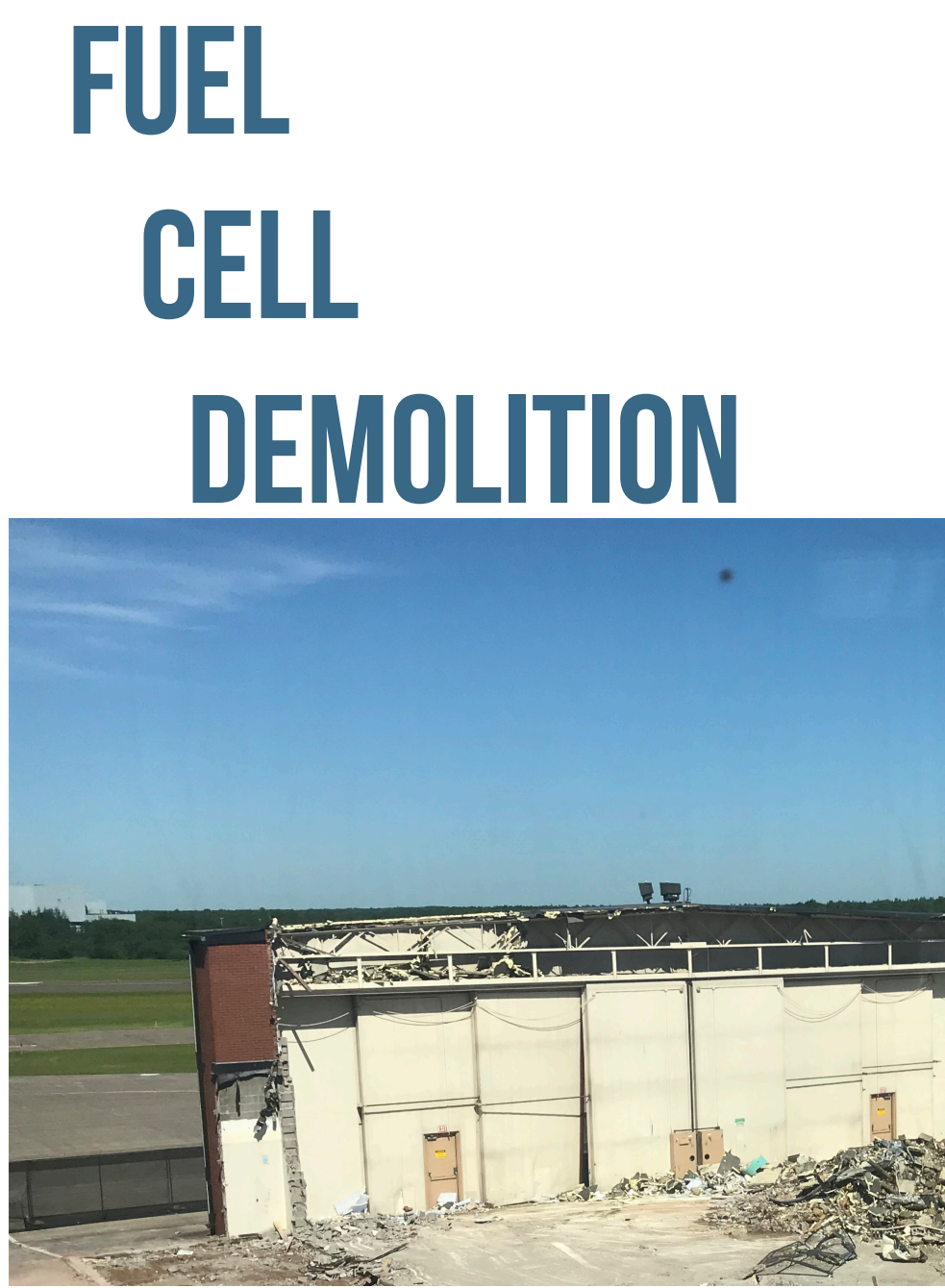
Greetings Bulldogs,

Hope the timing of this article finds you enjoying great summer activities with those you hold dear. I was reflecting back to last year at this time as we were beginning the welcome home celebrations across our Wing organizations. I recall standing at the Duluth Airport watching as families and loved ones anxiously awaited the arrival of their service member. The doors would open and one by one we would get to see the smiling face of our unit members returning home. As we sit here now in the present we all need to remember that taking time away with our loved ones is what will help to build a healthy work life balance. The time we spend with our loved ones needs to be more than just following a deployment. Intentional time away will help to build your resiliency.

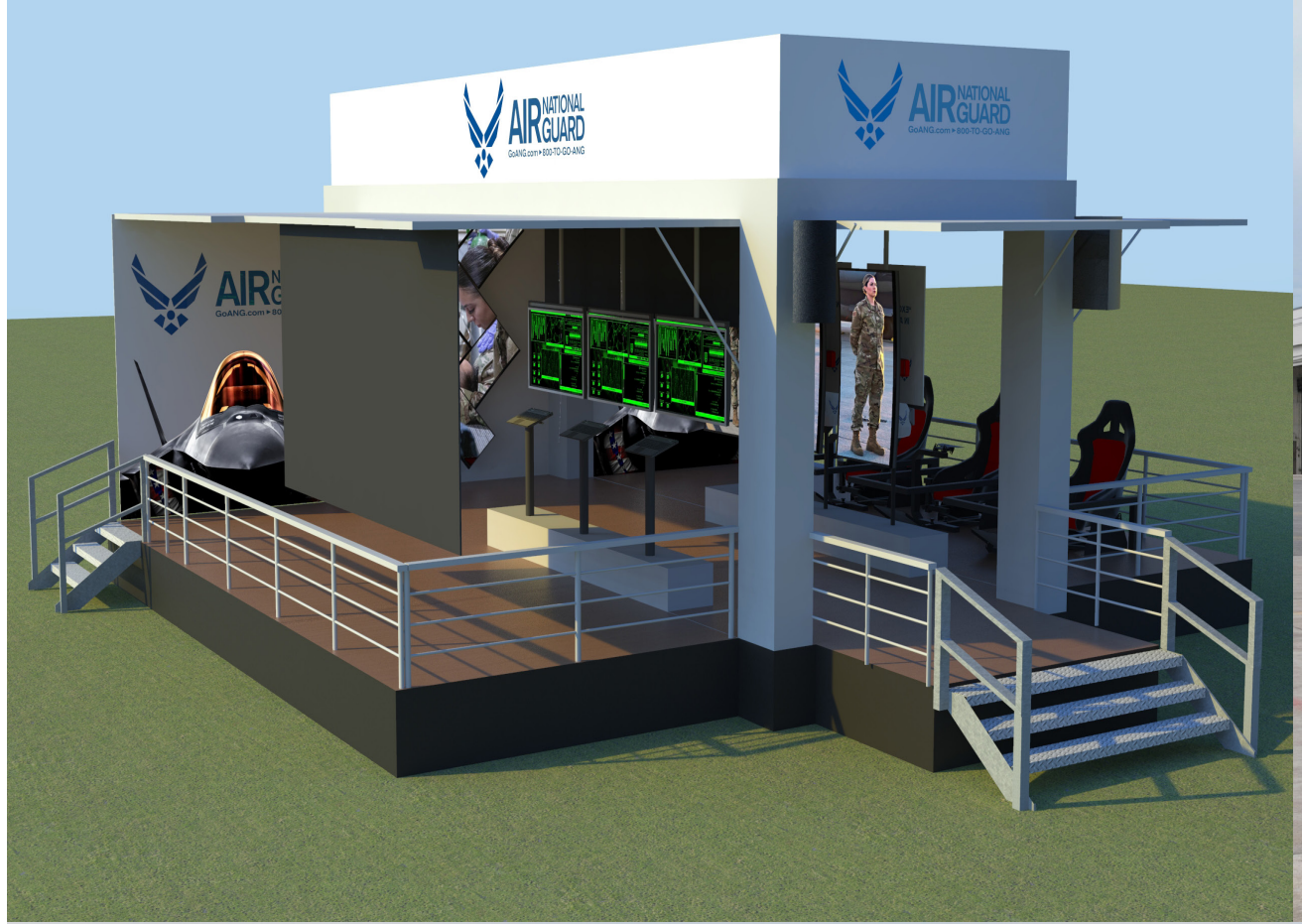
The work life balance can become a complete grind if we let our OPSTEMPO creep into our home lives. Each of us has the ability to step away and recharge our battery. Defining your own work life balance is what will be key to your ability to remain relevant and resilient. To help with this our local councils are working on providing opportunities for us to invite our family on base for various activities. Most recently you may have seen the invitation from the Chief's Council to bring your immediate family up to the base and enjoy the Air Show. This was an idea one of our valued leaders came up with in an attempt to give back to those who sacrifice so much and to share what we all take for granted. This will afford those family members who qualify to have a front row view of our local air power.

Another great tradition we have here is our annual Family Day. As you may recall we kicked off our last year's Family Day with a parade honoring all of our recently deployed. This year the First Sergeant Council along with the Bulldog Enlisted Council are going to be presenting "Bulldog Day" during the September RSD. Just another opportunity for we as service members to include those we call family to be a part of this great community we call the 148th.

Finally I would like to informally introduce our new Airman Family Programs and Readiness coordinator. Rebecca Chapin will be joining our Bulldog team sometime late this summer. She is currently serving in the MN Army Guard, she is very familiar with deployments, dual military couple struggles and promises to bring us a continued focus on Airman and their family care issues. Ms. Chapin will also be integral in the latest State Action Plan – Building Healthy Military Communities. We received a brief today from the state coordinator of this new initiative and we can look forward to hearing more on this topic in the coming months. Our state is part of a pilot program and we are hoping through this and other community resources we can continue to help build healthy resilient military communities. Enjoy the remainder of your summer and please remember to take time away and recharge your internal battery!



148TH RECRUITING TEAM PARTICIPATES IN 2019 AIRSHOW



The 148th Fighter Wing Recruiting team participated in the 2019 Duluth Airshow. In addition to the 148th recruiting booth, we had the Air National Guard Mobile Experience. The Air National Guard Mobile Experience featured virtual reality flight training simulation chairs, cyber gaming challenges, a virtual uniform experience, and a physical fitness challenge. The 148th supported recruiting efforts with an F-16 static display and F-16 fly-overs on both days.

ON FIVE



THE ONLINE ON FIVE

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EXERCISE: CRIMSON SANDSTORM

MAY 31, 2019 // PHOTOS BY TECH SGT. LYNETTE HOKE

The 148th Fighter Wing participated in a readiness exercise titled Crimson Sandstorm May 31 - June 2, 2019. The goal of Crimson Sandstorm was to determine if the base population can appropriately react to MOPP, alarm condition changes, and respond to attacks. The exercise assessed the unit's ability to conduct the full range of contingency operations in a stand-alone, joint, or coalition forces operating environment, while simultaneously responding to or recovering from enemy attack.



NORTHERN LIGHTNING 19-01 IN DULUTH (MAY 6-17)

MAY 17, 2019 // BY AUDRA FLANAGAN, PUBLIC AFFAIRS

Northern Lightning is a large force exercise, delivering realistic combat training for units in the Air National Guard, Air Force, Navy Reserve, and Marine Corps. Northern Lightning provides tactical level, joint training exercises for approximately 1,000 participants and nearly 50 aircraft at both Volk Field Combat Readiness Training Center, Wisconsin and the 148th Fighter Wing, Duluth, Minnesota. The annual exercise began at Volk Field in the early 2000s and has expanded since.

EA-18 Growlers and over 100 personnel from the Electronic Attack Squadron 209, United States Navy Reserve based at Naval Air Station Whidbey Island, Washington mission planned and flew out of Duluth for the exercise. F-16s from the 114th Fighter Wing, Sioux Falls, South Dakota also participated.

Another side of flying operations not often seen were performed by the 103rd Air Control Squadron, from the Connecticut Air National Guard. Airmen from the 103rd worked out of Gogebic County, Michigan, “we've set up a radio relay, enhancing a clearer radio connection for pilots and ground troops,” said Air Battle Manager, Major Shonn Breton.

Duluth is an ideal location to host training exercises because of its expansive airspace that spreads 300-miles long and 100-miles wide over northern Minnesota, Wisconsin, and the Upper Peninsula of Michigan. This airspace contains varied terrain to include coastal areas and expansive water space ideal for integrated, multi-domain operations that may resemble areas we are tasked to deploy.

Duluth also provides diverse weather conditions providing pilots with effective training opportunities. This year, a late-May storm provided a unique combination of thunder and 7-inches of snow.

Northern Lightning offered the opportunity to build relevant training exercises that benefit flying squadrons. Northern Lightning 19-02 will be held at Volk Field in August.



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ORIENTATION FLIGHTS ENHANCE READINESS

The 148th Fighter Wing Orientation Flight Program consists of Distinguished Visitor, Public Affairs, Familiarization, Incentive, and Spouse Orientation Flights as described in Air Force Instruction 11-401. There's a difference between familiarization flights versus incentive flights. Familiarization flights enhance mission readiness by providing a mission context experience to members who normally have aviation or flying mission related duties while incentive flights are a way to reward superior performance and educate wing members regarding wing-assigned aircraft and missions.

"The 148th FW Orientation Flight Program is a readiness program," said 179th Fighter Squadron Commander, Lt. Col. Paul Thornton. "It educates wing members from all AFSCs on the flying mission while building relationships. Those relationships are critical to our readiness when it comes time to deploy. It takes every Airman in the 148 FW to make our flying mission successful. F-16 orientation flights allow wing members to experience first-hand the results of their support, promotes the one-team/one-flight mentality and inspires Bulldog Airmen to continue our Legacy of Excellence."

In recent months, the 148th has prioritized this program and several Minnesota National Guard and Wing members have enjoyed the Orientation/Incentive Flight Program.

ORIENTATION FLIGHT TESTIMONIALS



"I have the utmost respect for all those involved in the incentive flight process! Sometimes we get involved so much in our own jobs we don't take the opportunity to see what others do around base. Ops knocked it out of the park in how they walk you through the whole process and prepare you for the ultimate experience! I asked at the end of if we could hot pit and go again, by far the best experience of my military career. I cannot thank those involved in the process enough." - Master Sgt. Alice Nephew

"The F-16 is an incredible fighter and to actually feel the power and maneuverability from the backseat is unlike anything you'll ever experience. It's hard to say what my favorite part of the flight was, but the take-off was definitely up there. Just seconds after we started our take-off, we were wheels up and at the other end of the runway pulling into an unrestricted vertical climb. That's when you first feel the full effects of the G's. My pilot did a great job demonstrating the F-16's capabilities. The flight was truly an experience of a lifetime." - Staff Sgt. Jesse Krause



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ORIENTATION FLIGHTS (CONT.)



"The opportunity to fly in an F-16 Fighter jet was a highlight of my career."- Master Sgt. Robert Frey



"If I painted a collage of all deployments and various opportunities I have had the privilege to experience in nearly 40-years of service with the 148th, my recent incentive ride would stand out front and center. I am often asked what is my most memorable place I travelled to, or experience I remember the most while a member of the wing. I always reply that I can't select a favorite for over time each TDY, each military school or conference have all blended together. Yet, my incentive flight stands alone in my memory, and I think it will for some time."- MSgt James "JJ" Juntti

"Going through the process to get ready to fly and seeing all the different sections and people involved to make it happen, gave me a whole new perspective and appreciation of what the 148th Fighter wing does. Additionally, I have a whole new level of respect for the pilots. I know how I felt after only a 90 minute flight, I can't imagine the toll on one's body after back to back sorties and multiple hours in the cockpit. I cannot thank the 148th and those that supported my visit enough. Everyone was extremely helpful, especially when it came to taking care of my family and making them feel welcome. My family couldn't stop raving about the experience and the great opportunity to witness some of the 148th's capabilities. If ever given the opportunity to fly again, I would jump at it without hesitation."- Command Sgt. Major Douglas Wortham



Col. Troy Havener, 148th Fighter Wing Vice Commander and Command Sgt. Major Douglas Wortham pose for a photo during his orientation flight.

148FW AIRMAN SELECTED AS ANG SENIOR NCO OF THE YEAR



Master Sgt. Mark Jurakovich is recognized by the Minnesota Timberwolves for his military service, March 26, 2019.

In May, the Air National Guard Command Chief, Chief Master Sgt. Ron Anderson Jr., announced the Air National Guard (ANG) 2019 Outstanding Airmen of the Year. Each Year, the ANG and United States Air Force recognize the Airmen who represent the pinnacle of the Air force core values of integrity, service before self and excellence in all things.

"This year's Outstanding Airmen of the Year award recipients are representative of the best and brightest of a truly remarkable Air National Guard Enlisted Corps," said Anderson. "These Airman embody the characteristics of the great leaders, followers and teammates that make the Air National Guard the ready force that we are today."

"The selection process was not easy with so many highly qualified and deserving individuals in our Air National Guard," said Lt. Gen. L. Scott Rice, Air National Guard Director. "The abundance of professionalism and talent in all the nominations speaks volumes to the character and devotion of all Guard Airmen."

148th Explosive Ordnance Disposal (EOD) Craftsman, Master Sgt. Mark Jurakovich, was selected as the ANG's Outstanding Senior Non Commissioned Officer of the Year.

Jurakovich's 2018 accomplishments include completing the Senior NCO Academy, earning an EOD Community College of the Air Force degree and serving as the ANG EOD Functional Area Manager at the ANG Readiness Center for five months.

Jurakovich recently transferred to the 166th Air Wing, Delaware Air National Guard.

ONE FAMILIES JOURNEY ON CANCER SURVIVOR'S DAY

JUNE 2, 2019//STORY BY AUDRA FLANAGAN 148FW/PA



In June of 2018, Tech. Sgt. Jeremy Souders was two-months into his fourth overseas deployment when he got the call his wife, Heather, was diagnosed with triple negative breast cancer. Souders, an Avionics Technician, has served with the 148th Fighter Wing for 13-years.

Heather, a nurse and mother of three girls, is accustomed to military life. When she's not chasing kids, working as a nurse and photographer, Heather volunteers as a Key Volunteer with the 148th Fighter Wing. Key Volunteers provide peer to peer support to Airmen and families, especially during times of deployment. Key volunteers are often the communications link between military families and command staff during deployments or other periods of difficulty. The tables were quickly turned, and now the Souders' Family needed support.

Tech. Sgt. Souders returned home shortly after receiving the news to help care for Heather. Over the next several months, Heather endured multiple rounds of chemotherapy and countless physician appointments. Heather kept her sense of humor and used CaringBridge.org to keep family and friends informed. In December, major surgery followed. In January 2019, Heather wrote her final Caring Bridge journal titled "Nice try Cancer, but I'm still here."

Although it's been months since her last surgery, the fight continues. She continues to have chemotherapy treatments and will eventually have reconstructive surgery. Heather said "I have good days and bad days. I'm feeling better as far as the sickness goes, but it's hard emotionally as my body changed drastically in a short amount of time. I try to stay positive and see the humor which helps me cope."

"The support from the 148th has been astounding and humbling" said Tech. Sgt. Souders. "People have made meals, organized meaningful events, called, and visited. I can wholeheartedly say this would have been a more turbulent ride without our extended family from the base."

When asked what advice she'd give to others who face a cancer diagnosis, Heather recommends "keep a notebook because there's a lot of information that comes at you, make sure you have a support system, and don't be afraid to ask for help."

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THE WING IN PICTURES



Col. Rob Troy, 148th Fighter Wing Maintenance Group Commander addresses the St. Louis County Board of Commissioners May 14, 2019, in Duluth, Minn. Leadership from the 148FW attended the meeting to answer questions prior to the board passing a resolution in support of the wing's efforts to secure next generation aircraft such as the F-35 Lightning. (Air National Guard photos by Master Sgt. Jason Rolfe)



Northern Lightning or "Northern May Thunder Snow"? F-16s from the 114th Fighter Wing, Sioux Falls, South Dakota the morning after a May snowfall. Northern Lightning provides the opportunity to train with other branches of service in diverse weather conditions to enhance readiness. Thanks to the 148FW Civil Engineering Squadron the snow on the ramp didn't last long. (Air National Guard photos by Senior Master Sgt. Ralph Kapustka)



Chief Master Sgt. Mark Rukavina assumed responsibility as State Command Chief of the Minnesota Air National Guard during a May 2019 ceremony in the Capitol Rotunda.



U.S. Congressman Pete Stauber, 148FW Leadership and the Military Affairs Committee pose for a group photo on July 19, 2019.



Tech Sgt. Maren Solem, Communications Flight was selected as the 148th Fighter Wing Civil Servant of the Year. Tech Sgt. Solem was recognized by the Federal Execution Board Board of Minnesota at a May 1, 2019 ceremony.

BULLDOG DAY 2019

SEPT 14

NUMEROUS BOUNCE HOUSES FOR KIDS
ADULT BOUNCE GAMES (JOUST, BUNGEE TUG OF WAR)
YARD GAMES
FAMILY PHOTOS
F-16 PHOTOS
FREE MEAL FROM BB MARKET
INTERACTIVE ROBOTIC DISPLAYS
STARBASE EVENTS
FIRE TRUCK AND SECURITY FORCES DISPLAYS

BRING A FRIEND OR CIVILIAN CO-WORKER



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