

ON FIVE

A young man with short brown hair, wearing a military flight suit, is shown from the chest up, looking out of a cockpit. The background is a dark blue night sky with some light streaks. The cockpit's interior and the aircraft's structure are visible in the foreground.

Senior Airmen Isaak Blue, an Aircraft Integrated Avionics specialist assigned to the 148th Fighter Wing, Minnesota Air National performs an operational check on a Block 50 F-16 Fighting Falcon at Nellis Air Force Base, Nevada on February 9, 2022, while participating in Red Flag 22-1. Red Flag allows participants to conduct a variety of scenarios, including defensive counter air, offensive air suppression of enemy air defenses and offensive counter air-air interdiction. (U.S. Air National Guard photo by SMSgt Glen Flanagan)

Jan-Mar 2022

Wing Drug Prevention Program

By: SMSgt Ralph Kapustka 148FW/PA

The 148th Fighter Wing Drug Demand Reduction Program objectives are to detect members who are currently using illicit drugs or abusing prescription medication and to deter others through prevention, education and outreach initiatives. The Wing Drug Demand Reduction Program Manager for the 148FW is Christopher Starr.

The 148FW Drug Demand Reduction Program used to be run by the Medical Group but is now contracted out to Loyal Source Government Services which performs testing for all Air National Guard units. Shortly after Starr's hiring in July 2020, military members were no longer pulled to help conduct drug testing and are able to perform training and other job specific duties associated with a drill weekend. "They wanted Airmen to get back to what they are supposed to be doing and the positions associated with the program are no longer additional duties, because of this the program now runs more efficiently," stated Starr.

When scheduling testing, Starr does his best to work with the Force Support Squadron and base leaders to find out what personnel will not be attending drill in attempt to maximize testing on a drill weekend. "I try to take a proactive approach when scheduling testing by knowing who is not going to be here so you are not wasting a testing spot by scheduling them."

The goal is to test 100% of the base annually but that can be very difficult due to TDY's, schools, illness and other things that happen throughout the course of a year. To ensure prevention, a person might be tested again the following month so they are definitely not in the clear because they were tested during the previous drill. In 2021, 90% of the base was tested and increase of over 10% from the previous year.

Starr is the only fulltime person that works on his team, the rest of his staff totaling 13 part-time employees work on drill weekends when testing is being administered. "Prevention is both education and testing so if people are testing positive that is going to open up other people's eyes and second guess what they may be doing," said Starr. Once a person tests positive it becomes a commander and Security Forces issue so circumstances can be investigated.

The Wing Commander monitors the drug prevention program closely and wants to know where the base is sitting at with regards to testing on a monthly basis. Also, there is a functional oversight committee for this program that meets at least annually to discuss the program and to see if any changes need to be made.

Cannabidiol extract or CBD is everywhere, you can go to a gas station and find CBD on the shelf. Even though CBD has become legal in some states it is strictly prohibited by the military. It is very important that people look at the ingredients and compare that to the Operation Supplement Safety website (OPSS.gov) to see if what they are looking to take is a banned substance.

In February 2022, DoD issued the Department of Defense Instruction (DoDI) 6130.AA, Use of Dietary Supplements in the DoD, in which DoD establishes OPSS as the "go-to" program for dietary supplements. It states that OPSS will maintain the official DoD Prohibited Dietary Supplement Ingredient list, and provide educational training on the topic of dietary supplements.



THE ONLINE ON FIVE

OFFICIAL MAGAZINE OF THE 148FW
DULUTH, MINNESOTA
Apr 2022, Volume 1

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Contents of the On 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, Duluth International Airport, MN 55811.

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Minn. National Guard Fills Gaps During Pandemic Surge

BY: Army Sgt. Mashima Alkamoonneh

New Minnesota National Guard COVID-19 community-based testing sites have recently opened in Cottage Grove, Anoka, and North Branch.

There are approximately 200 service members supporting COVID-19 testing sites at nine locations across the state. Since November 2021, the Minnesota National Guard has assisted in testing more than 105,000 Minnesotans.

“We are happy to do it,” said Master Sgt. John Vavra, the noncommissioned officer in charge of the testing sites. “It’s been a very good group of soldiers so far.”

Since the pandemic’s beginning, the Minnesota National Guard has been on the frontlines in responding to the crisis. Service members have worked hard at various testing sites, vaccination sites, and long-term care facilities.

Recently, more than 500 personnel trained with 16 state colleges to become Certified Nursing Assistants (CNA) so they could bridge the gap as healthcare staffing shortages grow due to the pandemic.

“Those that are doing this come from all walks of life,” said Minnesota Gov. Tim Walz, during a visit to a Maplewood alternative care site, Jan. 4, 2022. “We’ve got pilots here, soil scientists, we’ve got full-time technicians, we have a plethora of skill-sets, but to train to be a CNA, to put your own family on hold, and to come here and serve is the epitome of that selfless service we talk about.”

Airmen and Soldiers are also currently serving at 10 long-term care facilities.

The Minnesota National Guard is not alone in stepping up to the challenge of responding to the pandemic. According to the National Conference of State Legislatures, Governors in all 50 states, the District of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands have activated components of their National Guard forces to assist with the response to the pandemic.

Surrounding states have had a similar response to the pandemic. In Wisconsin for example, National Guard members were activated in March 2020. In 2021, their mission focused on COVID-19 testing and distribution of vaccines. In the fall, Wisconsin National Guard members began training as temporary and certified nursing assistants.

“We have the most expansive use of the Guard in this model. It appears that every other state, now with [the Omicron variant of COVID 19], is hustling to get there,” said Walz. “They are picking up this model and starting to train.”

Minnesota’s Task Force COVID began in March of 2020 when Walz signed Executive Order 20-13, authorizing the Minnesota National Guard to assist with the COVID-19 response. The Guard provided personal protective equipment from its medical warehouse at Camp Ripley to first responders across the state.

Partnered with the Minnesota Department of Health and the Army Corps of Engineers, the Guard also assisted in identifying and selecting alternate care sites.

In May 2020, the Minnesota National Guard began supporting COVID-19 testing in Minnesota’s long-term care facilities. Six armories were opened for testing making 45 sites across the state. Throughout the remainder of the year, Minnesota’s Airmen and Soldiers continued to operate these sites, supporting both nasal swab and saliva testing.

“The Guard has been asked to do a lot, and they are still continuing to do it,” added Walz. “They are doing it with professionalism, and they are doing it with care.”

Near the end of 2020, the Minnesota National Guard activated service members for the first time to fill staffing gaps in long-term care facilities throughout the state. 120 medical personnel conducted nasal testing in 280 long-term care facilities for more than 72,000 residents and staff. 413 nonmedical service members received training at various locations throughout the state, allowing the Minnesota National Guard

148th Fighter Wing Openings

- * Aviation Resource Management
- * Airfield Management
- * Cyber Security
- * Avionics Test Station & Components
- * Tactical Aircraft Maintenance
- * Aerospace Propulsion
- * Aerospace Ground Equipment
- * Aircraft Electrical & Environmental Systems
- * Aircraft Structural Maintenance
- * Logistics Plans
- * Maintenance Management Analysis
- * Maintenance Management Production
- * Ground Transportation
- * Munitions Systems
- * Aircraft Armament Systems
- * Pavements & Construction Equipment
- * Water & Fuel Systems Maintenance
- * Engineering
- * Operations Management
- * Explosive Ordnance Disposal
- * Personnel
- * Services
- * Education and Training
- * Administration
- * Public Affairs
- * Security Forces
- * Health Services Administration
- * Chaplain Assistant

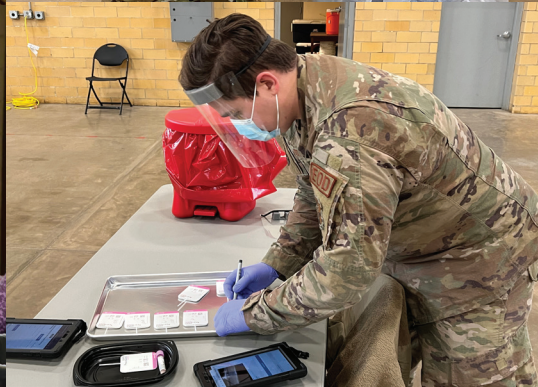
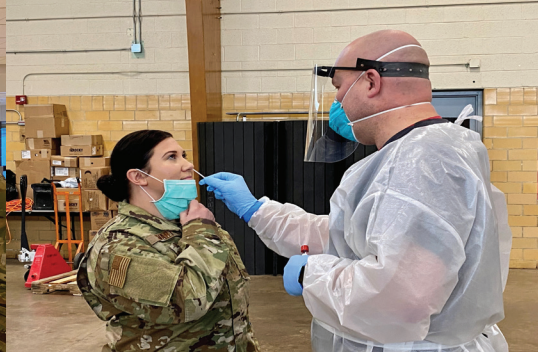
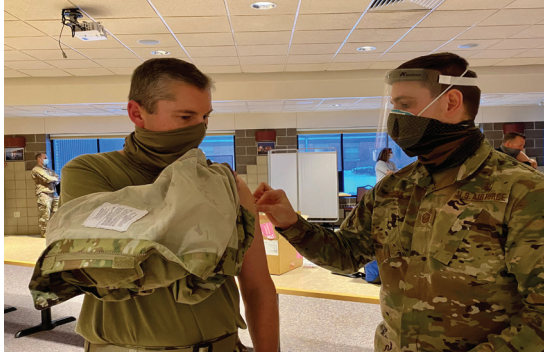
Questions and referrals can be sent to MSgt Denise Owen, TSgt Casey Underdahl or TSgt Chris Armstrong

Minn. National Guard Fills Gaps During Pandemic (Cont.)

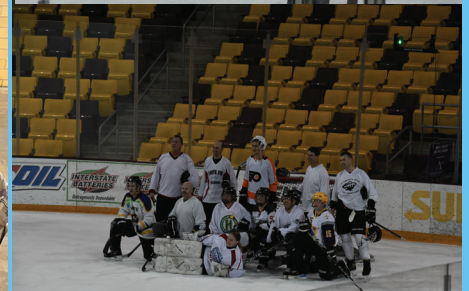
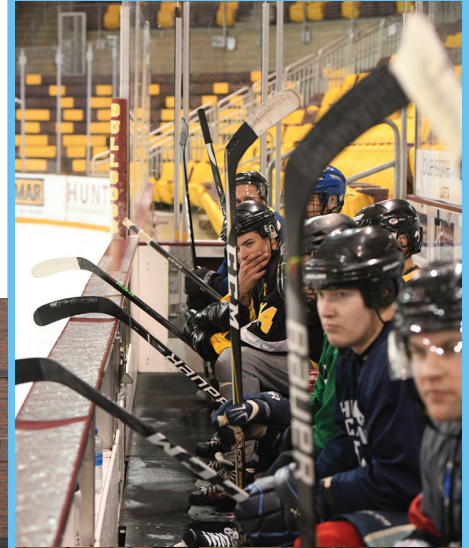
Guard to assist approximately 30 long-term care facilities experiencing healthcare staffing shortages.

In 2021 the Minnesota National Guard supported the State of Minnesota and the Department of Health by assisting at ten community vaccination sites and transporting vaccines to communities outside the metro area. In the fall, service members began administering COVID-19 tests at seven additional community-based testing sites throughout the state.

“The Minnesota National Guard’s success is a result of the professional women and men who serve our organization,” said Col. Scott Rohweder, Minnesota National Guard’s director of operations. “Additionally, our interagency and educational partners made it possible to quickly respond to requests for COVID-19 missions. These relationships at home were the foundation for planning and performing duties associated with COVID-19 community-based testing and vaccination sites, and support to long-term care facilities.”



Hockey Day - January - AMSOIL

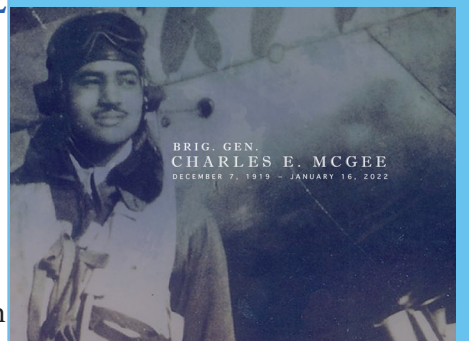


Tuskegee Airman, Air Force Legend Passes away at a 102

Information from Staff Sgt. Nick Erwin SECAF PA

Brig. Gen. Charles E. McGee, a Tuskegee Airman and Air Force legend, passed away at his residence in Bethesda, Md., Jan. 16, 2022. He was 102 years old.

McGee was an airpower champion, noted for his combat successes and impact on the cultural shift within the military. With over 6,800 flying hours, McGee’s career spanned 30 years and three different wars: World War II, the Korean War and the Vietnam War. His decorations for outstanding service included the Distinguished Flying Cross, Legion of Merit, Bronze Star, Air Medal and the Presidential Unit Citation.



148th FW Participates in Red Flag-Nellis 22-1

By: MSgt Lynette Hoke

The city of Las Vegas set the backdrop for a recent training exercise for the Airmen of the 148th Fighter Wing at Nellis Air Force Base, Nevada. This desert background is a drastic climate change from the arctic tundra that more than 180 northern Minnesota based Air National Guard members are accustomed to. This exercise called 'Red Flag', included pilots, maintenance personnel, and other support groups from around the wing.

The exercise began on Jan. 24, and like the 'city that never sleeps', had an around-the-clock operational tempo. Some of the Air Guard members had a unique opportunity to partner with units from across the joint force, including the U.S. Air Force, Navy, Marines and Space Force.

"The Red Flag exercise gives our air crews the opportunity to experience realistic combat scenarios in a controlled training environment, which increases their ability to complete their mission and come home safely," said 2nd Lt. Tyler Nelson, 148th Maintenance Squadron Officer-In-Charge of night shift personnel during the exercise. "In addition to this, it gives our maintenance personnel and other ground personnel the opportunity to experience that same high intensity tactical environment."

The group worked long hours to ensure the wing's F-16CM fighting falcons were capable and mission ready to participate in an exercise designed to provide aircrews with multiple, intensive air combat sorties which improves squadron and wing readiness.

"We are able to take the data from our execution, both from on the ground and in the air, and see how prepared we are for a deployment," said Lt. Col. Grant Brown, 179th Fighter Squadron Commander.

The three-week exercise gave the group an opportunity to train and work much differently than a typical drill weekend. The exercise is focused on increasing confidence under fire for pilots, integrated leaders and providing a warfighter culture.

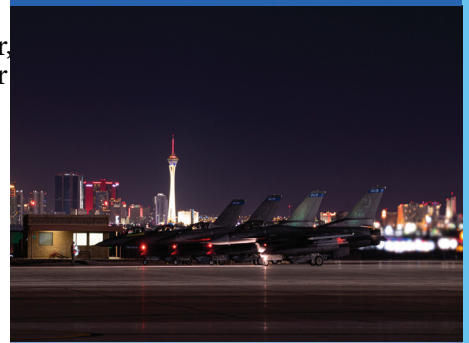
"It's important we attend Red flag because it exposes us to our counterparts, puts us in a realistic environment, where we are actually working on aircraft that are flying in a stressed environment," said Lt. Col. Ryan Kaspari, 148th Maintenance Squadron Commander. "It gives us that operational tempo you get when you're in a war-time environment. We are always ready, so when we do deploy – we don't have to worry about trying to get ready."

The exercise included 2,900 personnel from the U.S. Air Force, Navy, Marines, Space Force, Air Force Reserve, the Royal Air Force (UK) and Royal Australian Air Force with more than 100 aircraft, to include F-22s, F-35s, EA-18G, B-2, B-52s, F-16s and many more. For some of the younger Airmen, this was their first time seeing so many different airframes in a central location.

"I thought it was interesting when I got here the first day and looked down the flight line and saw just how many different types of aircraft and jets that are here. I like working on the F-16, but some of the other aircraft are pretty neat," said Airman Hallee Ballavance, 148th F-16 Crew Chief.

The exercise ran from Jan. 24 – Feb. 11, 2022 and the group has returned home, well-trained, and ready to complete their mission for the state or country at a moment's notice.

Red Flag Photos



The Future Looks Bright! 179th FS Pilot Completes Weapons School

By: Audra Flanagan

The U.S. Air Force Weapons School trains tactical experts and leaders to control and exploit air, space and cyber on behalf of the joint force. Every six months, the school graduates approximately 100 Weapons officers and enlisted specialists who are tactical system experts, weapons instructors and leaders of Airmen.

179th Fighter Squadron, F-16 pilot, Maj. Jason Bright, was one of ten F-16 pilots to graduate from the prestigious Weapons School in December held at the 37th

Weapons Squadron, 57th Wing, Nellis Air Force Base, Nevada. Bright, originally from Brown County, Indiana joined the Air National Guard in 2009 after graduating from Indiana State University.

Weapons School consists of 19 Weapons Squadrons at nine locations across the country and represent multiple weapons platforms and Air Force specialties to include the F-16, F-35A, EC-130H, F-15E, F-22, MQ-9, AC-130, MC-130, A-10, Intelligence, Operations Support and Joint Terminal Air Controllers. Only 20 F-16 pilots are accepted into the Weapons School annually which is broken into two F-16-specific six-month classes each year.

Weapons School is a graduate-level instructor course that provides advanced weapons and tactics employment training. During the course, students receive nearly 400-hours of academic training which are then practically applied to intense flying missions. Bright's specific focus was on integrating multi domain capabilities. He was responsible for planning and integrating one of the largest and most complicated mission employment phases ever seen at Weapons School.

"Weapons School provides students the ability to train with other weapon platforms in a training space equipped with threat emitters and simulated threats that you can't replicate at home," said Bright.

179th Fighter Squadron Commander, 2015 Weapons School graduate and former Weapons School Instructor, Lt. Col. Grant Brown said "to be a Weapons Officer, you need to be humble, approachable and credible. The course is designed to make you an expert tactician and integrator. The prerequisites include a dogged work ethic and unwavering commitment to make those around you better. Those are attributes Bright has shown since he was a young flight lead," on why Bright was nominated for Fighter Weapons School.

Bright said he hopes "to build the next person and further prepare the 179th Fighter Squadron for tomorrow's fight and tomorrow's needs," when asked how he planned to use the new skills and experiences he gained at Fighter Weapons School.

As the 179th Fighter Squadron Commander, Brown believes Bright will bring "knowledge of the most recent tactics, techniques and procedures to the squadron, which will in turn, motivate the next generation of Bulldog fighter pilots to become tactical experts."

Weapons School was initially established in 1949 by a cadre of World War II combat veterans dedicated to teaching the next generation of pilots. 73-years later, Weapons School is still advancing today's graduates by teaching in-depth and reflective skills, tactics and scenarios that ultimately improve the Air Force's capabilities. Bright is the 852nd F-16 weapons officer to graduate from the course since the inception of the F-16 division in 1980. The future looks bright.



CCAF Graduates

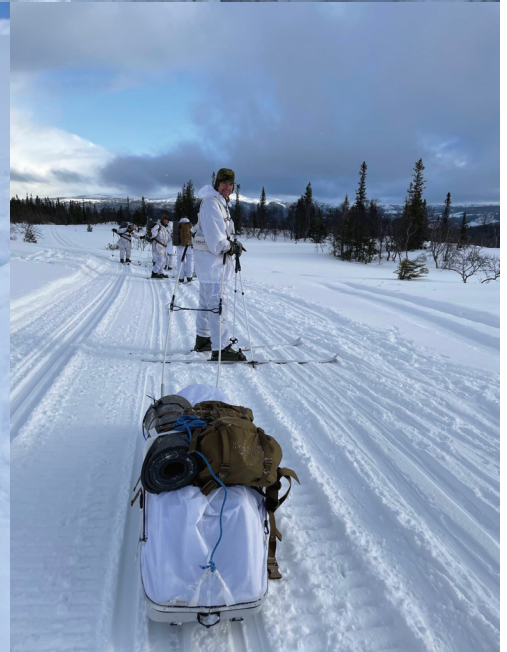
Oct 2021 Class:

- *Jeremy Fish- Emergency Management
- *John Grimes- Criminal Justice
- *John Hilleren- Aviation Maintenance Technology
- *Kyle James- Strategic Operations Management
- *Courtney Janzig- Aviation Maintenance Technology
- *Samantha Small- Hospitality and Fitness Management
- *Maren Solem- Information Systems Technology
- *Jason Swor- Aircraft Armament Systems Technology
- *Jordan Vesey- Vehicle Maintenance
- *Christian Wasbotten- Aviation Maintenance Technology
- *Nathan Windus- Munitions Systems
- *Robert Wolfe- Aviation Maintenance Technology
- *Charles Zobitz- Munitions Systems Technology

Apr 2022 Class:

- *Nathaniel Anthony- Aircraft Armament Systems Technology
- *Rodney Burmeister- Criminal Justice
- *Kara Carlson- Munitions Systems Technology
- *Edward Gallagher- Munitions Systems Technology
- *Marshall Talley- Criminal Justice
- *Derrick Tuomi- Electronic Systems Technology
- *Christopher Yantos- Criminal Justice
- *Daniel Zinter- Logistics

NOREX 2022



Chief, National Guard Bureau Biathlon



148th Fighter Wing Explosive Ordnance Disposal specialist, Master Sgt. Mark Hilleren earned the gold in the Novice Division in the 10km Sprint and 12.5Km Pursuit races during the Chief, National Guard Bureau Biathlon held at Camp Ripley in February 2022. Approximately 120 biathletes competed in Sprint, Pursuit, Patrol or Relay competitions. Hilleren was amongst 19 soldiers and airmen who were selected to be part of the “All National Guard” team for outstanding performance.

Bulldogs Launch Red Flag Jets During -19 Temps that Felt Like -35



Social Media Snippets



Director of the Air National Guard ✓ updated their cover photo.

2m · 🌐

Three F-16 fighting falcons assigned to the 148th Fighter Wing, Minnesota Air National Guard, arrive at Nellis Air Force Base, Nevada, for the first Red Flag of 2022. Red Flag is America's premier air-to-air combat exercise that builds confidence under fire, integrated leadership and warfighter culture. (U.S. Air National Guard photo by SMSgt Glen Flanagan)



Minnesota National Guard ✓

6d · 🌐

Flight crews assigned to the [148th Fighter Wing](#), Minnesota Air National Guard conduct pre-flight checks on F-16CM fighting falcons at Nellis Air Force Base, Nevada on Feb. 2, 2022. The 148th Fighter Wing is one of 32 units from across the U.S. joint forces, United Kingdom and Australia partnering i... [See More](#)



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