

ONE FIVE

WINTER 2022



Commander's Corner

Welcome to the last month of the year and into the Holiday Season! I want to thank you, your families, and friends for the support during a busy deployment year. For those members that deployed on the aviation deployment, reserve component period, or the Operation Allies, I want to thank you for serving our country and accomplishing the mission safely and professionally. For those members that stayed back home, thank you for keeping the home station mission rolling while picking up numerous additional tasks. As we enter into the Holidays, I hope you can reflect on all your accomplishments and feel proud of what you do for our state and our nation. Please take time to thank those around you for their sacrifices as you serve within the wing. For those that are on shift supporting the base or the alert mission, thank you for accomplishing the mission and please enjoy some down time when you can.



Col Nate Aysta, 148th Fighter Wing Commander

Moving forward into 2023, we will continue training to be ready when our state or nation need us. We will continue to train and demonstrate our mission readiness in May to the Air Combat Command (ACC) Inspection Team while improving our Individual Medical Readiness (IMR) rates and honing our Tactical Combat Casualty Care (TCCC) and Chemical, Biological, Radiological, Nuclear, High Yield Explosive (CBRNE) skills. We will continue to develop our Multi Capable Airmen (MCA) while practicing Agile Combat Employment (ACE) on short and small aviation trips. To cap off the fiscal year, we will celebrate our 75th Anniversary with a specialty painted jet and multiple functions around the 75th anniversary week.

Unfortunately, the wing is predicted to miss our staffing goal and end the year below 100%. I am asking each wing member to engage their social and community networks to talk about the 148th and if there is interest, we can coordinate a base visit to show our community members what occurs each day on this base. Every member is a recruiter and I'm asking for your help to hit our recruiting goals.

Thank you Bulldogs for all you do! I'm proud to work alongside you and look forward to next year.

Turkey Trot 2022



THE ONLINE ON FIVE OFFICIAL MAGAZINE OF THE 148FW DULUTH, MINNESOTA December 2022, Volume 4

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ABOUT

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Blomquist Assumes New Role for 11th Air Force

By: Audra Flanagan

Former 148th Fighter Wing Commander, Brig. Gen. Chris “SLAG” Blomquist, has been selected as the Air National Guard Assistant to the Commander of 11th Air Force, Joint Base Elmendorf-Richardson, Alaska.

11th Air Force provides combat ready forces for COMPAFAF, defends Alaska, Hawaii and Guam and key strategic nodes against all threats. Deploys service component forces worldwide in response to major regional contingencies. Supports vital Pacific air bridge operation for throughput of strategic movement by contingency forces during crisis response. Provides support to federal and state authorities during civil emergencies, search and rescue operations and counter-narcotics interdictions.

In this capacity, Blomquist will assist and advise the 11th Air Force area of responsibility, the largest geographic region in the U.S. Air Force. He will also serve as the Deputy Combined Forces Air Component Commander in the Alaskan NORAD Region, working with the Canadian NORAD Region to provide 24/7 Air Control Alert Forces.

This is a dual-hat role, meaning Blomquist will perform these duties while also serving as the Chief of Staff – Air at Minnesota’s Joint Force Headquarters.

Erikson Named Command Senior Enlisted Advisor

Chief Master Sgt. Lisa Erikson was appointed as the first Air Guard Command Senior Enlisted Leader (CSEL) for the Minnesota National Guard at a ceremony in at the Cedar Street Armory in St. Paul, Minnesota on November 10, 2022.

“I’m very proud to be selected as the voice of the enlisted,” said Air Force Command Chief Master Sergeant Lisa Erikson, Incoming Command Senior Enlisted Leader (CSEL), Minnesota National Guard. “I have a great network of senior leaders within the Minnesota National Guard, both Air Force and Army, whom I have collaborated with in the past. I plan to continue with that momentum to provide more professional development to the Airmen and Soldiers within the Minnesota National Guard at all levels.”

The CSEL is an advisor to the Guard’s adjutant general and communicates the commander’s directives to the enlisted service members while also serving as the senior representative for enlisted views and concerns. Erikson will assume the duties and responsibilities from Army Command Sgt. Maj. Brian Soper.



FIT TO FIGHT



Flight of Honor Inductees (By: Audra Flanagan)



The Minnesota Air National Guard hosted a Flight of Honor ceremony to honor past and present Airmen from the 148th Fighter Wing and the 133rd Airlift Wing on October 9, 2022.

11 new inductees were recognized for their notable professional achievements, service and/or heroism.

The Airmen honored were:

Brig. Gen. Raymond T. Klosowski
Brig. Gen. John P. Silliman
Lt. Col. Darlene (Darcy) A. Anderson
Lt. Col. Henry T. Capiz
Lt. Col. Kou B. Vang
Capt. James L. Verville

CMSgt. James A. Armstrong
CMSgt. Steve P. Campos
CMSgt. Bruce D. Graham
MSgt. George R. Ion
SSgt. Thomas W. Lyons

During the memorial ceremony inductees, or their family members, were invited to unveil their names which were displayed on a monument. The memorial monuments are located at both the 148th Fighter Wing and the 133rd Airlift Wing.

Next year the 133rd Airlift Wing will host the ceremony honoring the 2023 inductees.

The following 148th Airmen were recognized:

Brig. Gen. Raymond T. Klosowski

Brig. Gen. Raymond T. Klosowski joined the Minnesota Air National Guard's 179th Fighter Interceptor Squadron, Duluth, Minnesota as a fighter pilot in 1963. He graduated from the University of Minnesota–Duluth with a degree in History. During his career, Klosowski flew the F-89J Scorpion, F-102 Deuce, F-101 Voodoo, RF-4C Phantom, F-4D Phantom II and the F-16A. He served in various roles to include pilot, Deputy Commander of Operations, Air Operations Officer, 148th Fighter Interceptor Group Commander, 148th Fighter Group Commander and 148th Fighter Wing Commander. After 33-years of service, he retired as Commander of the Minnesota Air National Guard.

Brig. Gen. Klosowski flew missions in varying aircraft during the Cold War when the Duluth Air Force and Air National Guard bases were equipped with the air-to-air Genie missile with a nuclear warhead with an explosive force equal to 1,500 tons of dynamite. In 1989, he was the keynote speaker at an Air National Guard Senior Commander's Conference discussing the ANG impact on the Cold War. His expertise came from twenty years as a 148th fighter interceptor pilot and senior Air National Guard Commander in the North American Air Defense command. He served a tour as the Air National Guard liaison officer to the Commander United States Air



Flight of Honor Inductees (continued)

Forces Europe, and participated in the planning, scheduling, and execution of numerous Cold War strategic reconnaissance missions.

He served as the 148th Fighter Group commander from 1989 through 1995 where he led the conversion from the F-4D Phantom II to the F-16A. Under his leadership, the 148th began its 24/7 Alert mission at Tyndall Air Force Base, Florida and began supporting Operation Coronet Nighthawk, a drug trafficking interception mission, at Howard Air Force Base, Panama. He transitioned to the Commander of the Minnesota Air National Guard position in late 1995 and was promoted to Brigadier General in August of 1996. After retiring from the Minnesota Air National Guard, Klosowski served as the full-time Executive Director of the Duluth International Airport until 2002. He has also served on the Duluth Seaway Port Authority Board of Directors and the Richard I. Bong Veterans Historical Center. Klosowski was inducted into the Minnesota Aviation Hall of Fame in 2007.

Captain James (Jim) L. Verville

Captain James (Jim) L. Verville was commissioned as a 2nd Lieutenant in the Minnesota Air National Guard's 179th Fighter Interceptor Squadron in the early-to-mid 1960s. He was placed on active duty and assigned to James Connally Air Force Base, Texas, for training as an Air Force navigator. On completion of training, he was re-assigned as a Weapons System Operator. He was subsequently qualified as a combat ready aircrew flying in the F-89J "Scorpion".

The Duluth-based Fighter Squadron was tasked by North American Air Defense Sector with providing four F-89J "Scorpion" aircraft on continuous 24-hour "round the clock" Air Defense Alert at the height of the Cold War. Two of the alert "Scorpion" aircraft were armed with nuclear AIR-2A Genie air-to-air rockets with a 15-minute response time to get airborne. As a combat ready nuclear-qualified aircrew, Capt. Verville was required to maintain required knowledge and proficiency with nuclear weapon security and launch requirements, maintain a Top-Secret clearance, maintain custody, and protect nuclear launch authenticators. When the 179th Fighter Squadron converted from the two seat F-89 Scorpion to the single seat F-102, he was the first Weapons System Operator selected by the squadron to attend pilot training.

Capt. Verville transitioned to the nuclear armed F-101 "Voo Doo" when the 179th Fighter Squadron again changed aircraft. On the evening of December 17, 1971, Capt. Verville and fellow member, Capt. Sherman Gonyea, paid the ultimate sacrifice for our country. During their alert scramble takeoff their F-101B "Voodoo" aircraft experienced a catastrophic engine failure, tearing the fighter jet apart and fating the two airmen to certain death. Capt. Verville was an officer and pilot in the Minnesota Air National Guard, an account executive, and an advocate for military service in the community. He left behind his wife, Charolette (Deceased, 2006), his three sons, Scott (retired Lt. Col., MN ANG), Jeffrey (retired Lt. Col., USAF), and Kurt who currently serves as a Chief Master Sgt. at the 148th Fighter Wing.

On July 4, 1974, the 148th Fighter Wing and citizens of Proctor, MN, erected a F-101B Fighter Jet, Tail No. 90407, in honor of Capt Verville and Capt Gonyea.

Chief Master Sgt. James A. Armstrong

Retired Chief Master Sgt. James A. Armstrong joined the United States Air Force in 1952 and remained on active duty as an aircraft mechanic until 1960, serving



Flight of Honor Inductees (Continued)

the Korean Conflict. He joined the 148th Fighter Group, in 1960, earning the rank of Chief Master Sgt. in 1967 with only 15-years of service. He served as a jet engine mechanic, propulsion supervisor, Field Maintenance Squadron branch chief, and supervisor of production control.

When the National Guard was requested to provide the air defense alert for southern West Germany, Chief Armstrong was selected to fill the senior enlisted command position on the Air National Guard staff assigned to Ramstein Air Base, Germany. He planned and supervised the rotation of personnel from several stateside units to Europe and back. He oversaw the initial in-theater training and bed down, work schedule, and coordination with senior USAF personnel at Ramstein Air Base. He assisted in the development of arrival and departure procedures for the flow of the continuing change out of personnel and was the point of contact for all Creek Klaxon enlisted personnel earning appreciation of the Commander of United States Air Forces in Europe and the Commander of the National Guard Bureau. He retired in 1989 with 38-years of service.

In addition to his subject matter expertise, Chief Armstrong strove to bond 148th members and their families. He was active in developing and supporting the Non-Commissioned Officer Club's campground, created the Wing's annual October-fest after returning from a Germany deployment and planned smelt fries and spring picnics. Outside of the 148th, Chief Armstrong served on the Fredenberg Volunteer Fire Department for 25 years and was a certified CPR instructor.

Master Sergeant (MSgt) George R. Ion

Master Sergeant (MSgt) George R. Ion started his military career in the Army Air Corp where he served in World War II (WWII) in the Pacific Theater. After his WWII service, he joined the Minnesota Air National Guard as one of the original 50 Charter members in the 179th Fighter Squadron, Duluth, that was activated on 17 September 1948. During his 27 years with the 148th Fighter Wing, MSgt Ion was an aircraft mechanic, flight chief, and instructor. He was known for his high degree of professionalism, subject matter expertise and his unparalleled dedication. On May 31, 1954, MSgt Ion was one of three survivors when a C-47 returning from a training event, crashed due to inclement weather near the 148th Fighter Wing. After being hospitalized he went right back to work. MSgt Ion was part of "The Greatest Generation".

On July 16, 1975, MSgt Ion was tragically killed in the line of duty when a high pressure bottle exploded while he was working in the intake of a F-101B on the 148th Fighter Wing's flightline. With MSgt Ion's untimely death he was not given the time or opportunity to continue his service to either the Air National Guard or his community.

MSgt Ion inspired his three sons William, Michael and Daniel to join the 148th. His legacy continued as two grandsons and a great grandson have also served or currently serve with the 148th.



Happy Holidays Bulldogs



Faster Delivery Time of CCAF Transcripts

By: Benny Seawright, CCAF Media Outreach

Community College of the Air Force students can now order their transcripts electronically and have them processed within a week instead of what usually took up to 45 days.

CCAF has partnered with Parchment, a digital credentialing service, to deliver transcripts electronically.

To request their transcript, students register for an account with Parchment and add CCAF to their list of schools attended. They then order a copy of their transcript to send to the address of their choice: school, third party or home address. The transcript orders come into the CCAF Student Services section, where technicians will retrieve, verify and process the requests.

Parchment then processes the transcripts for delivery. Although CCAF does not charge a fee for providing student transcripts, Parchment does charge a small processing fee. The transcript request is usually processed within two to three days.

“We’re excited to offer this service to our students,” said Lt. Col. Kevin Pond,



CCAF (Continued)

commandant, CCAF. "We're always looking for new and innovative ways to streamline our processes while increasing customer satisfaction. I believe our new automated transcripts process does just that."

To be the "College of Choice" for enlisted members, and to assist them in paving a way to success, CCAF continues to seek better ways through technology to improve its services. The electronic transcript request and delivery service through Parchment is but one example of current and upcoming improvements to the student experience at CCAF.

148FW CCAF Degrees

The following personnel earned a Community College of the Air Force degree in calendar year 2022. The Community College of the Air Force (CCAF), Maxwell Air Force Base, Alabama is an institution of higher learning dedicated to the enlisted Airmen and Guardians of the U.S. Air Force and Air National Guard.

The CCAF mission is to elevate the Enlisted profession by advancing technical and leadership capability across the career through degrees, credentials and related programs to support recruiting, retention, career transition efforts and mission capability and readiness.

Staff Sgt. Nathaniel Anthony
Master Sgt. Rodney Burmeister
Staff Sgt. Kara Carlson
Master Sgt. Edward Gallagher
Staff Sgt. Marshall Talley
Master Sgt. Derrick Tuomi
Master Sgt. Christopher Yantos
Master Sgt. Daniel Zinter
Senior Airman Connor Braaten
Senior Airman Alek Broman
Tech. Sgt. Samantha Church
Tech. Sgt. Kyler Erickson
Master Sgt. Melissa Garrick
Staff Sgt. Brian George
Tech. Sgt. Jesse Horngren
Staff Sgt. Alexander Kresha
Tech. Sgt. Arick Levandoski
Staff Sgt. Taylor Pille
Tech. Sgt. Jon Redfield
Tech. Sgt. Jessica Spaeth
Tech. Sgt. Rachel Spikberg

Aircraft Armament Systems Technology
Criminal Justice
Munitions Systems Technology
Munitions Systems Technology
Criminal Justice
Electronic Systems Technology
Criminal Justice
Logistics
Information Systems Technology
Aviation Maintenance Technology
Electronic Systems Technology
Criminal Justice
Emergency Management
Fire Science
Aviation Maintenance Technology
Aviation Maintenance Technology
Logistics
Human Resource Management
Fire Science
Logistics
Information Management



TWINS MILITARY APPRECIATION GAME



148FW Hires New Firefighters

The 148th Fire Department is pleased to announce that we have hired 4 Airfield Firefighters. L to R Michael Graves, Aaron Marshall, Mason Allen and Boyd Billman.



Mr. Graves is a 148th Guard Firefighter (ANG) and is a member of the Hermantown Volunteer Fire Department. Mr. Marshall works for Lake County Ambulance and graduated LSC Fire School. Mr. Allen is a member of the 119th Wing (ANG) and a member of the Hermantown Volunteer Fire Department. Mr. Billman is a member of Grand Lake Volunteer Fire Department. During last year's Guard Deployment all of the above worked for us in a temp firefighter status. We look forward to watching them grow within our department.

148FW Change of Commands



Col. Nathan Aysta assumed command of the 148th Fighter Wing from Col. Chris Blomquist at a ceremony officiated by the Adjutant General, Maj. Gen. Shawn Manke on September 10, 2022.



Col. Curt Grayson assumed command of the 148th Maintenance Group at a ceremony on Saturday, December 3, 2022.

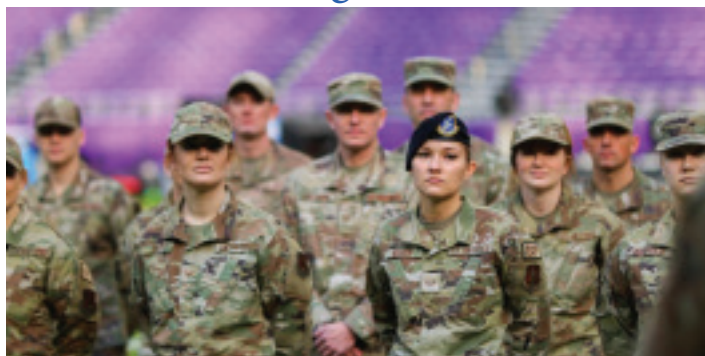


Lt. Col. Scott Prom assumed command of the 148th Operations Group at a ceremony on Sunday, December 4, 2022.



Lt. Col. Ryan Kaspari assumed command of the 148th Mission Support Group at a ceremony on Sunday, December 4, 2022.

Minnesota Vikings Salute to Service Game



BULLDOG DAY



Operation Homefront

Operation Homefront chose to support a 148th Fighter Wing Family during the holidays through the Santa Boots Program. Santa's Boots Program drives patriotism and engages the community in helping meet service member's needs, striving to make the holiday season brighter by delivering specially curated gift boxes to Veteran and active-duty military families nationwide.



The 148th Fighter Wing Avionics shop nominated Tech. Sgt. Noah Feehan and family. Feehan, an Avionics technician assigned to the 148th Aircraft Maintenance Squadron, is battling a rare form of brain cancer. Feehan's family is determined to see the positive and celebrate all that life has to offer. The Feehan's are one of 50 families' chosen throughout the entire United States for this special opportunity.

Mindfulness By: Ariane Norrgard, Director of Psychological Health

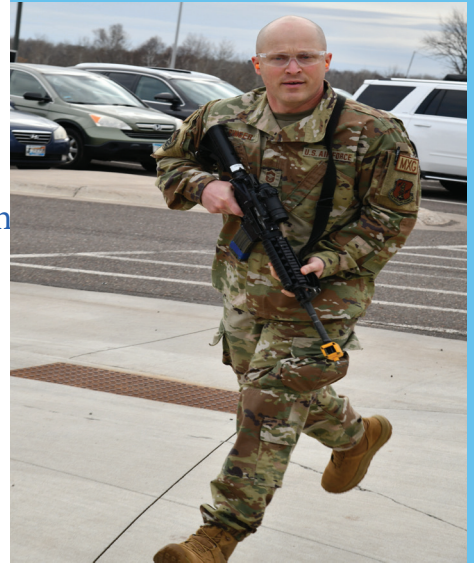


A primary purpose of the Air National Guard Psychological Health Program is to build unit and community capacity by promoting and empowering the creation of a culture of psychological health and fitness. Mindfulness can help us stay present, focused and mentally fit. It helps us stay focused on what is important and allows us to accept challenges in order to take purposeful action. Mindfulness is also helpful when we are facing stress and adversity. Sometimes we go through difficult things, and we can't always control what goes on around us. Rather than ignoring or avoiding difficult things or our negative emotions, mindfulness can help us work through those tough moments and focus on taking action. Research has also demonstrated that mindfulness practices are linked to better quality sleep and physical health. Mindful people also feel better about the work they do and often feel a sense of inner fulfillment. Instead of turning to substances or television for a mental break, I invite you to consider trying a meditation or yoga practice that incorporates mindfulness.

Mindfulness is when you are focused on one thing—being present in the moment. You are paying full attention to that moment and accepting the reality of the situation or how you are feeling. Mindfulness is determining what you CAN control and take purposeful action. Mindfulness helps us train our mind so that we can control what we pay attention to, rather than letting our emotional reactions control us. We often spend time thinking about things that have happened in the past—we can dwell on past things, like decisions we made or bad things that may have happened to us. Or, we focus on worrying about the future, thinking about bad things that could happen. But unfortunately, spending time dwelling on the past or worrying about the future robs us of the present. It prevents us from seeing how things are in the present moment and prevents us from being fully engaged. You miss out on how life unfolds around you without being present.

There are several very easy mindfulness strategies that we can use to work towards positive outcomes. First, focus on the present. We are often so focused on the future—things will be better, calmer, less stressful sometime in the future. Or, we

ACTIVE SHOOTER EXERCISE



Mindfulness (Story Continued)

focus on the past—things were easier or better. We often forget to stay in the present, and we are easily distracted by electronic devices that pull us away from the moment. It is also important to savor moments. Even when you are facing stressors, take time out to enjoy the good moments. Find them in your day-to-day life. Informal Mindfulness is unscheduled with time available. Formal Mindfulness is incorporating some regular mindfulness practices into your life. Find the right mindfulness practice that allows you to start forming new habits. Regular practice will help you train your mind to control where your attention goes, rather than letting your thoughts or feelings control you. Some of you may already be doing a regular mindfulness practice, such as yoga, meditation, or exercising mindfully. Those of you who pray regularly may find that is an opportunity for you to stop what you are doing and focus on one thing. There are also many options available online—visualization scripts or progressive muscle relaxation techniques. All are good for the brain and the body.

A new useful app includes audio sessions of guided meditation exercises and sleep music that you can play with or without an internet connection. By doing these drills regularly, you can lower your baseline stress level and be better prepared to deal with stress in the future. Check out the website here: <https://apps.apple.com/us/app/chill-drills/id1552953408>

Additionally, find free yoga classes for veterans and learn about the Veterans Yoga Project here: <https://veteransyogaproject.org/>

To Review, many forms of mindfulness can help us focus and better maintain resiliency when going about our day. Mindfulness can help us stay focused in the moment, be more open to experiences, and stay engaged. Mindfulness is also helpful when you are facing stress and adversity. Sometimes, we experience negative events that we can't control. Rather than avoiding any negative thoughts, mindfulness can help us acknowledge the discomfort so we can focus on taking purposeful action.

Ryan Ewald Toy Drive



Over \$10,000 worth of toys were delivered to the Salvation Army on Dec. 19, 2022 in honor of the TSgt. Ryan Ewald Toy Drive.

RECRUITER'S JOB FAIR



Year In Review (By: Lt. Col. Babette Van Hees)

Hello Bulldogs! It has been another extraordinary year for the 148th Fighter Wing that was filled with many accomplishments. The year started out with RCP 07 Deployments fully underway to both CENTCOM and AFRICOM, with 98 personnel performing with a high degree of success in support of missions in the AOR. Many of those deployed personnel have been recognized for their contributions with awards and decorations from their deployed leadership touting the significant contributions they made to the fight!

During the on-going deployment execution of RCP 07 the wing was also tasked to support Operational Allies Welcome (OAW) to both Holloman AFB, New Mexico, and Joint Base McGuire-Dix-Lakehurst (JBMDL), New Jersey. Over 26 personnel served in many varying roles to include logistics and transportation, distribution of clothing, hygiene products & supplies, meals, and medical services to Afghan Refugees at both locations. Our own CMSgt Dawn Teachworth served as the Village 1 Senior Enlisted Leader at JBMDL, New Jersey. In this important leadership position, she was responsible for ensuring 200 Airman had the resources they needed to successfully execute this extraordinary mission.

On the heels of the RCP 07 Deployments and OAW, in preparation for AVI 2022, a required Red Flag training deployment to Nellis, AFB ensued. In mid-January the wing deployed 202 personnel, 50.5 short tons of cargo and ten F-16 aircraft in support of critical pilot training necessary for the AVI deployment to CENTCOM. After returning from Nellis, AFB in mid-February our AVI deployers were left with approximately 4 weeks of final preparation before they departed for their deployment to Prince Sultan Air Base (PSAB), Saudi Arabia. Over 350 personnel, 290 short tons of cargo and 12 F-16 aircraft headed to the desert in March 2022. During this deployment personnel of the 148th FW executed two highly successful ACE missions. The first ACE mission, Accurate Test, was comprised of 55 personnel, 37.7 short tons of cargo, 4 a/c and 17 sorties. The second ACE mission, Agile Phoenix, was successfully accomplished with 80 personnel, 55.2 short tons of cargo, 4 aircraft and 10 sorties. The work done during this AVI once again earned the 148th FW high accolades from CENTCOM leadership!

During execution of RCP 07 and AVI 2022, with over 500 wing personnel deployed to OCONUS locations, important work was being accomplished here at home station. A MARE exercise was conducted on base that included over 25 state and local organizations. This exercise was an important aspect of continued “partnership building” with our community! Additionally, an important event that was significant to our wing history, was the dedication of our Flight of Honor Memorial. Our Civil Engineering personnel worked diligently on the construction of the memorial which culminated in a ceremony at the 148th FW on Oct 9th. The ceremony included 148th FW inductees; Brig Gen (Ret) Raymond T. Klosowski, Capt. James L. Verville,



Lt. Col Babette Van Hees
Vice Wing Commander

ESGR BOSSLIFT



Year In Review (By: Lt. Col. Babette Van Hees)- Continued

Chief Master Sergeant (Ret) James A. Armstrong, and MSgt George R. Ion.

Last, but not least, the 148th FW saw one of those most significant changes in leadership in recent years. Colonel Blomquist was promoted to Brigadier General and moved to JFHQ to replace Brigadier General Sandra Best, who retired at the end of August. Both Col Rob “Uno” Troy, and Col Lyle Shidla retired, leaving vacancies in both MXG and MSG. It was an exciting September RSD when Col Nathan “Shaggy” Aysta took command of the wing. The new leadership team is now in position, and we have been working together to bring Col Aysta’s priorities to the forefront - People, Modernization, and Partnerships. We are looking forward to an exciting year with the #1 initiatives being Recruitment and Retention; taking care of the Bulldogs we have and bringing in new personnel to join our team!

Around The Wing



Col Curt Grayson and Staff Sgt. Marshall Talley were recognized at the Minnesota Wild’s Military Appreciation Game on Dec. 14, 2022.



SSgt Kristel Baltazar and SSgt Lexi Smalley conducted Color Guard detail for the Minnesota Vikings on Dec. 17, 2022.

