

# ONE FIVE



APRIL/MAY/JUNE 2012

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

Season of Change

In Jan. 2002, I wrote an On Five article that detailed our deployments to Minneapolis, Minn. and Langley, Va. In Sept. 2003, I wrote again about our conversion from the F-16A to F-16C+. In 2005, we read a BRAC report that announced we would lose our Block 25 F-16's. These are all examples of the transformation our wing has experienced throughout its recent past. In the last decade alone, we have conducted two conversions between three F-16 models, moved alert from Tyndall, Fla. to Duluth, Minn., deployed to the desert multiple times, and executed numerous emergency deployments around the country. Many of you lived & worked in trailers as we remodeled operations and erected a new hangar. We drive to work through a new gate and enjoy a new fire station, consolidated parking lot and petroleum, oil and lubricants facility. These changes have had a significant impact to our lives and our mission. As 2012 unfolds, I suspect our wing will once again experience a period of considerable change.



Col. Frank H. Stokes, Wing Commander

Maine, California, Florida, Oregon, Panama, Puerto Rico, Curacao, Virginia, Texas, South Carolina, Hawaii, and Alaska. During the 1990's, we watched the number of alert sites decrease from 23 to just seven on the morning of Sept. 11, 2001. A similar decline in the number of sites may well be underway. The 148th performs the air sovereignty mission extremely well, and our nation's leaders recognize that experience. We have offered to employ our alert expertise at other sites across the country – we must now wait to see if that becomes a reality.

The proposed manning changes will lead to more transformation. As always, we will do our best to mitigate the effects on our members. I have asked your commanders & chiefs to keep communication flowing freely. We must eliminate rumors and effectively convey facts. We will follow establish guidance, but do all we can to minimize impacts to careers.

The active associate announcement also means change to our military lives. Soon we will be working among our active duty brethren. We will adapt and learn as they meld into our workforce. The Air

The Air Force will eliminate more than 200 aircraft in 2013 and another 100 in the years to follow. It plans to cut 9,900 Airmen next year; 5,100 from the Guard. Every one of the 50 states will be affected by these cuts; many of our sister units are forecast to lose their aircraft and significant numbers of people. If approved as written, the Air Force will close the Duluth alert site, delete some military positions while adding others, increase our wing to 18 Primary Aircraft Assigned (PAA), and assign approximately 50 active duty personnel to Duluth.

The decision to eliminate two alert sites was based upon a detailed threat assessment and risk analysis. Alert has been a part of the 148th since 1959. We have fulfilled the mission in numerous locations around the world to include Germany,

Force expects you to teach them, impart your knowledge and experience to make our service more efficient.

Finally, please remember that these announcements are part of a BUDGET PROPOSAL only – they are not cut in stone. We must take care of each other as we journey through this next season of change. Your efforts have established a legacy in Duluth; our future remains extremely bright. These budgetary announcements made it crystal clear that our Block 50's will stay, the Suppression of Enemy Air Defense (SEAD) mission is not changed, and we will assume an enduring association with the active duty. Those announcements help cement our longevity and validate the trust our nation has in the Bulldogs.

"It's a humbling experience and it's an honor to have the trust placed in me by Col. Stokes and the leadership team here at the wing to be the voice for the enlisted – to be that conduit between the enlisted force and the commander," said Command Chief Mark Rukavina.

The 148th Fighter Wing appointed Rukavina as the new Command Chief during the Transfer of Authority ceremony as part of the awards and retirement ceremony at the Duluth Entertainment Convention Center Dec. 3, 2011.

March 2012 will mark 32 years of service with the 148th Fighter Wing for Rukavina. A Duluth native, he spent his career in civil engineering prior to taking over as the current Command Chief Master Sergeant.

"As you go through your career, you set some goals, and it's all timing within your career. As you stay in a position for a certain period of time you get a little stagnant or a little too comfortable and complacent in some areas, so I think it's a good opportunity to move and change your career path a little bit and try to make a difference in another organization. We have to make ourselves uncomfortable once in a while to learn and gain some experience and knowledge and get involved in the wing level issues. It gives you a different perspective of the wing," said Rukavina.

Rukavina feels strongly about the Air Force core values, and ensuring Airmen coming back from technical school maintain these principles as Bulldogs.

"Core values. They are so much a part of what we do here. Always doing the right thing, service before self—it's just continually those behaviors and those attitudes that we carry. Excellence in striving for professional and personal development is very important," said Rukavina.

In that same vein of guiding young Airmen, Rukavina also promotes the importance and benefits of both finding a mentor, and being there to provide guidance to others.

"Mentorship. I think it's important to have that mentorship through our peers and as supervisors to mentor and prepare those Airmen to take our spot one day. I've had some great mentors throughout my career and still have some members of the Chiefs' council that I lean on and use as a sounding board to help me. We've all had supervisors along our career—some were good, some were bad—but we learned something from each of them. One day hopefully in my time I can mentor some of the chiefs' group or some of the seniors that are going to be coming up that want to be in this position and carry on the great



things that the command chiefs have started and continue to do to support the Airmen," said Rukavina.

In the eyes of Rukavina, the future of the 148th is bright and full of positive opportunities.

"We're in a good position with new airplanes and the announcement that we're a step closer to the active associate—that still has some hurdles to go through—it's a step in the right direction. It's just another tool to help us cement our future—it's going to give us some challenges too. We're going to bring some active duty Airmen on and it gives us opportunities to mentor and instill the core values into these Airmen, because that's what they live and breathe. Give them the expertise and the knowledge that our people here have," said Rukavina.

"With the active associate, we have to be open and ready to accept that change. and realize that it's for the betterment of not only the unit here, but for the Air Force, as we help educate and train the young three- and five-levels that are going to come here to gain that experience, and to make the whole Air Force total force better," said Rukavina.

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This photo-offset publication subscribes to and uses the services of AFPS, AFNS, and NGAUSPS. Material from other sources will be credited with proper bylines.

Year 2012 Unit Training Assembly (UTA) and other training schedules for the 148th Fighter Wing and all subordinate units:

2012	
UTA	SUTA
14-15 Apr	21-22 Apr
19-20 May	05-06 May
23-24 June	09-10 June
14-15 July	28-29 July
04-05 Aug	None Aug
08-09 Sept	None Sept
20-21 Oct	27-28 Oct
17-18 Nov	03-04 Nov
01-02 Dec	None Dec

- COMMANDER Col. Frank H. Stokes
- VICE COMMANDER Lt. Col. Jon S. Safstrom
- PUBLIC AFFAIRS OFFICERS Capt. Julie M. Grandaw, 1st. Lt. Jodi L. Kiminski
- WING EXECUTIVE STAFF OFFICER Maj. Audra A. Flanagan
- LAYOUT AND DESIGN Tech. Sgt. Scott G. Herrington
- PUBLIC AFFAIRS STAFF - Master Sgt. Ralph J. Kapustka, Master Sgt. Jason W. Rolfe, Tech. Sgt. Brett R. Ewald, Tech. Sgt. Margaret R. Engebretson, Tech. Sgt. Amie M. Dahl, Tech. Sgt. Julie M. Tomaska, Tech. Sgt. Nancy L. Hanson, Staff Sgt. Donald L. Acton, Senior Airman Sarah C. Hayes
- PRODUCTION COORDINATOR Master Sgt. Paula J. Kane

ON THE COVER...148th Fighter Wing member Tech. Sgt. Beau Davidson attaches a purlin to a shade shelter system Feb. 20, 2012 during the Silver Flag exercise at Dobbins Air Reserve Base, Ga. Airmen from the 148th Fighter Wing Force Support Squadron participated in a weeklong contingency operations training exercise from Feb. 18-25. (National Guard photo by Staff Sgt. Paul Santikko)



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# CORE VALUES MENTORSHIP RECOGNITION

## 148TH FIGHTER WING AIRMEN PARTICIPATE IN SILVER FLAG EXERCISE

PHOTOS AND ARTICLE BY STAFF SGT. PAUL SANTIKKO

Airmen from the 148th Fighter Wing Force Support Squadron participated in a week-long contingency operations training exercise from Feb. 18-25 at Dobbins Air Reserve Base (ARB), Ga.

Twelve members of the 148th FW, Force Support Squadron (FSS) departed for Dobbins ARB to participate in Silver Flag, a vital training exercise that provides up-to-date field practices for bare base set up in contingency operations. There are currently four Silver Flag training sites available, each site consisting of different training types. Dobbins ARB focuses on the FSS's Air Force Specialty Code (AFSC). Silver flag at Dobbins ARB consists of: one day of introductory briefing/assignments, four days of classroom and hands on training, a full day field exercise, and a case study-end briefing. To maximize real-world situations, other units Air Force wide train together. Airmen are split up into four different functional areas that support the mission, and then given assignments that pertain to their areas. Because so much is fit into a week's time, members work 14-hour days to finish their assigned tasks.

For many new Airmen, it is their first chance to see how FSS operates in the field. The training's curriculum focuses on what happens in the first 30 days of the mission; from boots on the ground, to planning past day 30. Although the curriculum lasts only a week, all participants are trained on the latest field shelter construction, field feeding operations, and mortuary/search and recovery procedures.

"It is a lot to take in, but it is amazing to see such great results in such a short time," said Tech. Sgt. Beau Davidson.

The environment is similar to what Airmen can expect down range. "There is a lot asked of us in such a short time, but working as a team was the biggest thing that helped us accomplish so much during the week," explained Davidson.

Because the training takes place with several different units working together, Silver Flag offers a diverse mix of people and resolutions to the various challenges that arise throughout the week. 148th FW FSS Commander and Silver Flag participant, Lt. Col. Mark Vavra, found this point especially beneficial.

"It is the opportunity to train, and work with different units from varying backgrounds throughout the Air Force that provides the 148th with critical contingency operational success," said Vavra. "We come to the table with our own solutions, but it is vital to work first hand with others in order to improve our own training."

According to Senior Master Sgt. Roland Schaeffbauer, "the training cycle for Silver Flag is 36 months, it is important that we keep members current, especially if we are in an Aerospace Expeditionary Force (AEF) rotation. The purpose is to maintain readiness for contingency operations, and being up-to-date and ready for deployments is extremely important. Operational readiness is critical to the success of the FSS."

The training exercise was a success for the Airmen, especially Staff Sgt. Kevin Jackson and Senior Airman Holly Kneisl of the 148 FW FSS. They were recognized for scoring high marks on the Contingency Operations exam (90% and above).



*Tech. Sgt. Aaron Alden, Tech. Sgt. Thomas Bergl and Senior Airman Holly Kneisl work with other Air Force members to construct the front wall of a SSS (shade shelter system) structure during the Silver Flag exercise.*



*Tech. Sgt. Aaron Alden attaches the insulating liner of the SSS structure during the Silver Flag exercise.*



*Lt. Col. Mark Vavra leads a team in pulling the top cover over a SSS structure during a Silver Flag exercise.*

## 148TH FIGHTER WING FORCE SUPPORT SQUADRON EARNS EDUCATION AND TRAINING AWARD

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

"It's great to be recognized by our peers," said Senior Master Sgt. Jennifer Cheslak, 148th Fighter Wing Force Development Superintendent.

The 148th Fighter Wing Force Development office was awarded the Nathan Altschuler Outstanding Education and Training Program Award in January 2012 for their efforts in 2011. The award is based on three different criteria; mission accomplishment and innovation, leadership and management, and customer focus. In each of these areas, the 148th Force Development office went above and beyond to better the wing with the impact of their efforts.

"We all do a lot of similar jobs within the force development office, and around the Air National Guard, every unit does it differently," said Master Sgt. Katrina Patterson, force development technician. "It's nice to show what we can do and how we did it."

In 2011, the force development office held warrior weekend training, which allowed more than 800 Airmen to accomplish all total force awareness training in one weekend. This allowed the Bulldogs to spend the remaining 11 months of the year focused on the 148th's mission and their career field related duties, rather than on periodic ancillary training.

Additionally, the force development office partnered with a local college to develop a plan to offer the required Community College of the Air Force (CCAF) general education requirements for 148th Fighter Wing members, and physically brought the instructors to the base for classes.

"It's great to see recognition given to a group of people that literally has had contact with everyone in the wing at some point in their career. While the formal training is only one small snapshot of what they do, this award lets the wing, state, and Air National Guard know that the Bulldogs have professionals in their organization from the top to the bottom," said Lt. Col. Mark Vavra, 148th Fighter Wing Force Support Squadron Commander.

The force development office is meeting and exceeding expectations with half the staff of previous years.

"We were downsized, we don't have any traditional guardsmen at all in our office anymore, so it's Katrina and I," said Cheslak. "We have a lot of customers each Unit Training Assembly (UTA)--we also have testing to administer--so we're busy. For us to be organized and to help out everybody that we can and get this award is great."



*Members of the 148th Fighter Wing attend Warrior Weekend at St. Scholastica. The event condensed a year of ancillary training into a single weekend, allowing the Bulldogs to focus on their mission during drill weekends.*

For Cheslak and Patterson, lending a hand to their fellow Bulldogs is what they enjoy most.

"We love to help people, if we can get somebody paid for state tuition reimbursement, or if we can get them to a school they want to go to on the dates they want to go, or their degree awarded that they've been working on for 10 years, we feel like we've done our job," said Patterson.

As with any office, time is limited, but the force development office is working on ways to maximize each UTA weekend.

"We're trying to think how we can better use our time or how we can help more people," said Patterson.

## 148TH FIGHTER WING MEMBER EARNS AIRMAN OF THE YEAR FOR STATE OF MINNESOTA

BY SENIOR AIRMAN SARAH C. HAYES, PUBLIC AFFAIRS

Senior Airman Kayla Goorhouse, a services journeyman from the 148th Fighter Wing won the award of Airman of the Year for the state of Minnesota. Goorhouse was recognized for her hard work and accomplishments in 2011. During this time, she exceeded the requirements for the Serve Safe training program and was also an active participant in the second Global Patriot Exercise at Camp Ripley, Minn. All during which, Goorhouse was a fulltime undergraduate student at the College of St. Scholastica.

In response to winning this award, Goorhouse said, "It's an honor to win this award, and one that I do not take lightly." She also acknowledged that it was a surprise to win when she was up against several other distinguished Air National Guard members.

On a typical Unit Training Assembly, Goorhouse spends her time training other Airmen, preparing them to take their Career Development Course tests. She also inventories, unpacks, and organizes new equipment that the services group receives for the Fatality Search and Recovery Team (FSRT). All of this equipment must be ready to be sent with deploying members from services at a moment's notice. Goorhouse is also one of only two services members who are certified to ride and provide training courses for all-terrain vehicles.

When asked what her favorite part of being a Bulldog is, Goorhouse stated, "I love being able to continue the family tradition. As a child, I visited the base often and every person I saw in a uniform was always welcoming to me. It's nice to be able to continue that tradition to younger generations."



*Senior Airman Kayla Goorhouse*

## 39TH ANNUAL NOREX: MORE THAN JUST TRAINING

BY MASTER. SGT. RALPH J. KAPUSTKA, PUBLIC AFFAIRS

The 39th annual United States/Norwegian Troop Reciprocal Exchange (NOREX) came to a close when the approximately 100 Minnesota National Guardsmen, including 13 from the 148th Fighter Wing returned to Minnesota Feb. 23, 2012. The two-week exchange presented both challenging and memorable moments for all participants.

The training provided by the Norwegian Home Guard gave Minnesota Soldiers and Airmen both classroom and in-the-field instruction on how to survive in a winter weather environment. Guardsmen then had the opportunity to practice what they learned on a three-day field exercise. For most participants, the most challenging part was the three-mile ski march that was almost all uphill with an approximately 50-pound equipment pack. After the three-mile trek, the Guardsmen were then required to build snow shelters to sleep in for the evening.

Preventing frostbite was a reoccurring theme of the training. Keeping feet clean and dry and having a spare pair of gloves and socks in reserve was stressed. Another point made by the Norwegians was that cold conditions reduce fighting ability and managing the cold conditions better than the enemy imparts a great advantage.

“Norwegian instructors were very knowledgeable and put a well executed plan in place to train us,” said Maj. Michelle Major, Officer in Charge of the 39th NOREX. “The morale was high among the Soldiers and Airmen and they were highly motivated to take on any challenge that the instructors presented them with.”

For Maj. Troy Fink, Assistant Officer in Charge of NOREX, picking out one highlight from this year’s exchange was not possible. “Overall, everything that made up the experience was the highlight,” said Fink. His sentiment was shared by several of the members participating in the exchange. “The shared training and relationship building will prove to be extremely valuable to both countries.”

In addition to training, Minnesota Guardsmen were also given the opportunity to experience Norwegian culture and for one member, a chance to visit family he had never seen before. Staff Sgt. Ryan Lodgaard, Platoon Sergeant for NOREX, was made aware that he had relatives in Norway about a year ago when they were able to connect via Facebook. During “buddy weekend,” a program where Minnesota Guardsmen get to spend a weekend with a Norwegian host family, Lodgaard was able to spend the weekend with his actual family. The weekend visit allowed him to meet many cousins and establish a bond. Lodgaard and his family in Minnesota plan on making arrangements to visit Norway this summer to spend time with their newly found relatives.

## PULLING THE PULK

BY 1ST LT. JODI L. KIMINSKI, PUBLIC AFFAIRS

It’s not very often you need to travel from Minnesota to Norway to find snow for cross-country skiing, but for Master Sgt. Glen Flanagan traveling to Camp Vaernes, Norway was a snow-lover’s dream come true.

“There was snow everywhere,” said Flanagan. “In the trees, the valleys, the views were incredible...the weather was a lot like winter in Duluth (at least a normal winter in Duluth).”

Flanagan traveled to Norway as part of the Norwegian Exchange, a program where Airmen and Soldiers from the Minnesota National Guard trade places with men and women from the Norway Home Guard for an intense two-week training.

“It was great to be part of such a diverse group of people,” said Flanagan. “To come together and really work as a team while still challenging yourself and pushing yourself both physically and mentally.”

Physical fitness is part of Flanagan’s daily routine, whether it’s running, biking, strength training or cross-country skiing, he was prepared for the demanding physical challenges of the training.

“The thing that was the hardest to adapt to was the cross-country skiing, because we didn’t have any snow in Minnesota so there was really no way for me to train. But I was able to knock the rust off and jump right in and help support my team by volunteering to pull the pulk while we skied, (the sled that held all the extra equipment).”



**Tech. Sgt. Angela O’Hara skijors behind a winter terrain vehicle in the mountains of Norway during the 39th Annual NOREX. (National Guard photo by Master Sgt. Ralph Kapustka)**



**Senior Master Sgt. Anthony Beatrez climbs out of frigid water while participating in a NOREX polar bear challenge. (Courtesy photo.)**

“Buddy weekend” and time spent with the Norwegians allowed the visiting Minnesotans to appreciate the similarities between the two nations.

“I found the Norwegians to be very friendly, hardworking, proud and caring people,” said 148th Fighter Wing member Tech. Sgt. Angela O’Hara. “We made lifelong friends with Airmen and Soldiers from across Minnesota and Norway. Going to Norway was a once in a lifetime experience and I am extremely grateful for the opportunity.”



**Master Sgt. Glen Flanagan smiles during a Norwegian snowfall. (Courtesy Photo.)**

Plus carry his own 50 lb. pack.

“I was sore,” said Flanagan. “But it was worth it. I met some great people, we had to bond real quickly and rely on each other. It was really an experience I’ll never forget.”

## WITH FLYING COLORS

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

More than 150 148th Fighter Wing members deployed from Feb. 27 to March 16 to Nellis Air Force Base, Nev. where they participated in Red Flag, a final exercise at the tail end of the 148th’s conversion to the Block 50 F-16.

148th Fighter Wing Commander Col. Frank Stokes described Red Flag as “the Air Force’s ultimate training event.”

The exercise took place on more than 2.9 million acres of Nevada desert, and involved aircraft from Australia and Great Britain in addition to American forces.

“I think it went very well,” said Lt. Col. Chris Blomquist, 179th Fighter Squadron Commander. “We’ve done a lot of SEAD (suppression of enemy air defense) up to this point, but we haven’t done a lot of SEAD with that many people—with that large a package. We’d be flying with 40 to 50 of us on the blue air side (friendly forces), with about 40-50 red air (enemy forces), and then also about 20 to 24 SAM (surface-to-air missiles) sites shooting against us. We don’t even carry that many HARM (High-speed Anti-Radiation) missiles, so it was very busy.”

It wasn’t just the pilots flying hundreds of sorties that made the 148th successful at Red Flag the 148th’s support personnel were vital to success at Red Flag.

“We did a lot of great integration,” said Blomquist. “Maintenance kept the jets flying well out there, we didn’t lose very many sorties, and to do the sorties we were doing out there, we really needed to have eight aircraft out there just to support the amount of people going through the target area with the SAM sites.”

“The last year and a half to two years has been very challenging. It was a very daunting task to go from a block 25 doing CAS (close air support) to flying a block

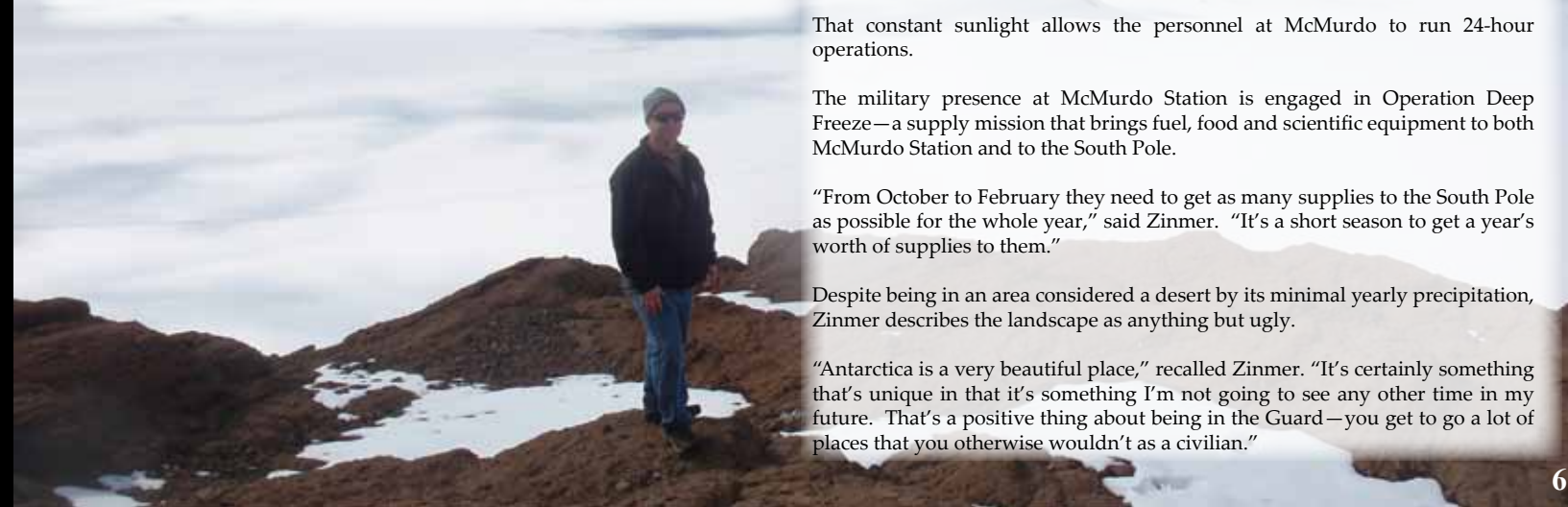


## A TRIP DOWN SOUTH

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

Senior Master Sgt. Todd Zimmer spent 42 days from Dec. 2011 to Jan. 2012 at McMurdo Station, the research center on the southern tip of Ross Island, Antarctica. Zimmer’s mission was to bring the best practices of the 148th Fighter Wing Safety Office and exchange them with the safety personnel at McMurdo Station. And for good reason; a major mishap at McMurdo station could require a five to eight hour airlift to New Zealand. Safety is paramount at the bottom of the world.

“The difference is that they don’t have the medical facilities that we have in Duluth (in Duluth, Minn.),” said Zimmer. “Down at the South Pole there’s only about 150 people, and at McMurdo there are a little over 1,100. They really only have a clinic at McMurdo, so if there’s anything serious they have to airlift them to New Zealand.”



50, a completely new airframe, and doing the SEAD mission,” said Blomquist.

Despite having a relatively small amount of time flying the new SEAD mission, the 148th took to the skies with other, more experienced units, during the exercise.

“We heard that we did very well out there, that we are at least on par with all the units that have been doing SEAD for 10 plus years. We’re very happy with that result. We heard that from the Red Flag staff and from the Air Warfare Center, that we’re doing as well as anybody else out there. Pretty good for doing SEAD for a year,” said Blomquist.”

Beyond working long hours at a rapid pace, the 148th faced challenges in the air not previously encountered.

Prior to Red Flag, Stokes predicted “our training and experience will certainly be put to the test, and upon completion we will consider ourselves mission-ready with the most capable F-16s in the U.S. Air Force inventory.”

According to Blomquist, that prediction was correct.

“The sheer numbers of airplanes out there, and the fact that they really ratcheted up the threat—even beyond what we’ve trained to before,” said Blomquist. “The air threat and the ground threat were far superior to anything that we’ve trained to in the past, or anything that we could train to here in Duluth.”

“It was certainly a job well done by everybody out there,” said Blomquist.

Zimmer, currently the quality assurance supervisor at the 148th, went to McMurdo Station as the 148th Fighter Wing Safety and Occupational Health Manager. During his deployment, Zimmer performed facility inspections, mishap investigations for damaged property, injury reports and taught safety courses.

“The rules of engagement, the standards are the same Air Force wide, so they still apply,” said Zimmer. “Some of the unique challenges that they have down there, are their aircraft are parked on the ice—they don’t have the benefit of hangars like we do here (in Duluth). They are just working off the ice—and obviously it’s cold and windy, being that it’s the coldest, driest place on Earth. The positive thing is that they have daylight 24 hours a day during the Antarctic summer.”

That constant sunlight allows the personnel at McMurdo to run 24-hour operations.

The military presence at McMurdo Station is engaged in Operation Deep Freeze—a supply mission that brings fuel, food and scientific equipment to both McMurdo Station and to the South Pole.

“From October to February they need to get as many supplies to the South Pole as possible for the whole year,” said Zimmer. “It’s a short season to get a year’s worth of supplies to them.”

Despite being in an area considered a desert by its minimal yearly precipitation, Zimmer describes the landscape as anything but ugly.

“Antarctica is a very beautiful place,” recalled Zimmer. “It’s certainly something that’s unique in that it’s something I’m not going to see any other time in my future. That’s a positive thing about being in the Guard—you get to go a lot of places that you otherwise wouldn’t as a civilian.”

## VERICOSE VEINS

BY CAPT. ROBERT WROBLEWSKI, MEDICAL SQUADRON

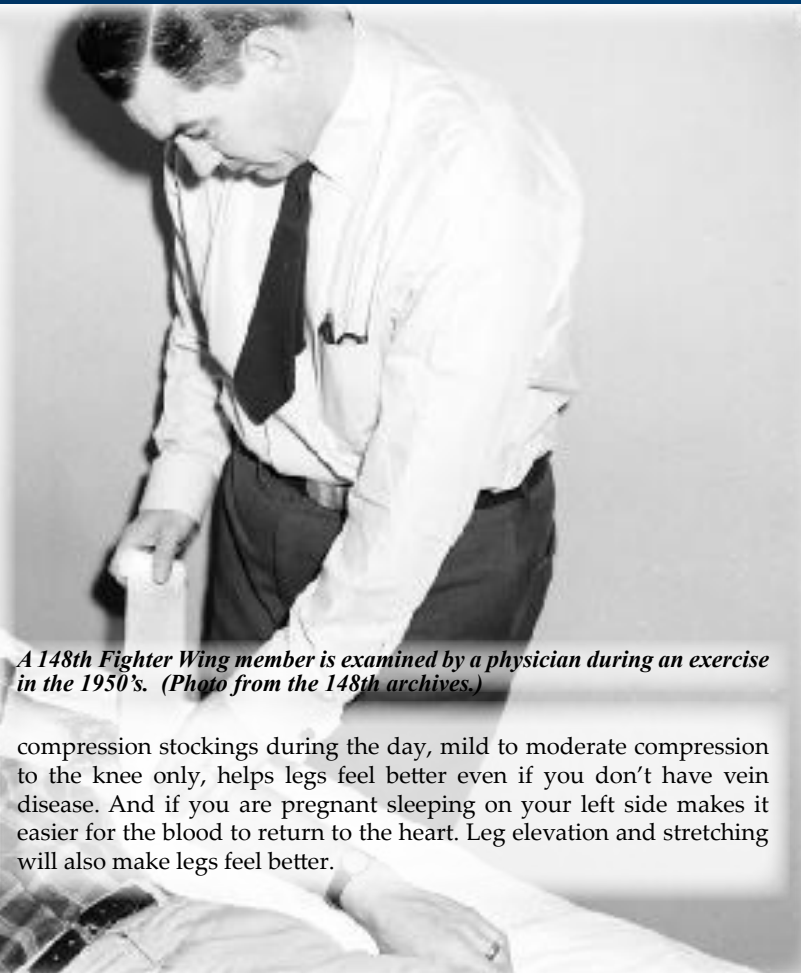
When I was asked to write a brief article about varicose veins I imagined all the Airmen running to break down the doors of the *On Five* office screaming "give me a copy of that vein article it's so interesting." Ok, maybe that will never happen. What will happen is you or someone you know will have leg pain that is partially related to vein problems. So, my objective is to simply explain the basics of the problem, how they are treated and most importantly how to prevent the problems that may develop.

The basic purpose of a vein is to bring blood back to the heart especially in the legs. As this blood is pumped back up to the heart, valves open and shut much like a lock and dam on a river to prevent the blood from flowing back toward the feet. Vein disease is simply when these valves fail and blood backs up and pools in the legs. This makes your legs hurt and causes varicose veins (larger) and spider veins (smaller).

You are more likely to get these problems if you are female, have family members with these problems, been pregnant or have a job standing or sitting long periods of time especially on concrete or a tarmac.

Treatment starts by getting an ultrasound and sometimes a simple outpatient or clinic procedure that takes about 15 minutes with a return to work the next day. This is sometimes followed by a few clinic visits to inject the surviving veins. Vein stripping and stab phlebectomy (essentially stabbing with a knife and removing the veins) is not performed anymore.

Like any health problem prevention is always better than treatment. Exercise, especially running or walking, helps the most. Wearing



*A 148th Fighter Wing member is examined by a physician during an exercise in the 1950's. (Photo from the 148th archives.)*

compression stockings during the day, mild to moderate compression to the knee only, helps legs feel better even if you don't have vein disease. And if you are pregnant sleeping on your left side makes it easier for the blood to return to the heart. Leg elevation and stretching will also make legs feel better.

## GUIDANCE FROM THE GOD SQUAD

BY CHAPLAIN DARRELL KYLE, CHAPLAINS OFFICE

Who is your Wingman? It is our hope that each and every member of the 148th can answer that question without hesitation. Who is it that you can trust and confide in? Who has your back? Who can you talk to if there is trouble in your life? Those are all important questions that we should be able to answer.

What is a Wingman? You are! First it's Airmen helping Airmen. No matter our rank, time in service, or shop, we are all responsible for one another. It's a part of who we are as members of the 148th Fighter Wing. I have heard it said over and over that the 148th is a big family. In many ways, that is true. If that is the case for you, reach out to the other members that you work with and that you come into contact with, even occasionally. If you don't feel the connection to people here, reach out. Don't wait for a time of need to be connected.

Be a Wingman to those around you as well. We are truly at our best when we work as one unit. The 148th is truly an example of a place where all of us together are more than the sum total of our parts. We are greater together than we are separately. That leads us to the fact that we are fortunate enough to have others around us to be our Wingmen. We depend on each other. If someone in your shop needs a hand, needs a little time, needs a Wingman, be that person to stand beside and support them in good times and bad.

And if your gut is telling you that a friend needs a Wingman, he or she probably does. You have the power to be a difference maker in other people's lives just by reaching out.

Who is your Wingman? I am, and so is everyone else who calls the 148th home.



*Chaplain Tim Martenson floats during a polar bear challenge in Trondheim, Norway during the Norwegian Exchange. Members of the Minnesota National Guard spent two weeks learning cold weather survival techniques. (National Guard Photo by Master Sgt. Ralph J. Kapustka.)*

# 9th Annual Retiree Breakfast June 14, 2012



- Great Lakes Inn (dinning hall)
- 0800 hours Coffee & Social
- 0900 hours Breakfast & Current Affairs Brief
- Cost: \$6.00
- RSVP: Larry Burda 218.343.0980 or Tom Sinnott 218.729.9239

*(Photo from the 148th archives.)*

# BULLDOG ENLISTED COUNCIL (BEC) 2012 BEC MEATBALL 5K RUN SATURDAY, MAY 19, 2012



Registration forms are available online here:

<https://newafpims.afnews.af.mil/shared/media/document/AFD-120326-020.doc>

Entrance fee: A non-perishable food donation (as much as you'd like to donate!)

Drop off on race day!!!

- Conservative sports apparel shall be worn during the event
- Headsets/iPods are authorized
- Race begins at 1500 hours. Need to be in place for race by 1445 hours
- Dri-wick shirts are available to order for \$15 in either long- or short-sleeve
- All shirt orders must be submitted and paid for by April 17, 2012 and will be available May UTA
- Email registration forms to mark.wasserbauer@us.af.mil or drop off with POC's on the form

## CHIEF'S CORNER

BY CHIEF MASTER SGT. DAN LYSHER

In looking at the 148th as a whole, morale seems to be the glue that holds this organization together. Morale does not have one specific thing that affects it, but a culmination of many aspects and ideas. Morale can vary from person to person and from shop to shop. Being a firefighter is challenging in the fact that it was very easy to stay out at the fire hall and not get the true heartbeat of our organization. After my appointment as the Guard fire chief it was my opportunity to be able to meet and converse with personnel from other shops and become educated in the fact that most shops have similar morale issues. It is my perception that these issues can all be tied to two different aspects: consistency and fairness.

Consistency is also another challenge that we face as an organization. To be consistent is to be the same across the board to all. Leadership needs to continuously ask ourselves "are we being consistent in the promotional process, the fitness program, and other organizational issues?" If we are not consistent on all the various issues in our organizations, it can erode the foundation of trust and impact the morale of our subordinates.

Leadership in any organization constantly faces the issue of fairness. Fairness is tied directly to consistency, depending on the situation; can one be both fair and consistent? Fairness is difficult in that it is a perception, what is fair for one isn't for the other. Fairness is also based upon the individual and not the organization. Fairness can also be tainted by friendship. We as leaders need to look past friendships and do what is best for the organization. In my career, I have met many leaders/supervisors both civilian and military that do not want to be the "bad person" and tackle the tough issues. It is those issues that are not addressed that will become the ulcer of the shops at the 148th.

### The Cure:

It is the responsibility of all personnel to communicate to their supervisors, chiefs, first sergeants, and commanders on what they feel are injustices and to bring to light issues of consistency and fairness. It is also the duty of commanders, first sergeants, chiefs, and supervisors to communicate to their personnel on these very issues. It is also of great importance for personnel to have a solution to the problem when they use the chain of command. There is nothing easier than complaining about an issue among coworkers. This does nothing more



Scoutmaster Staff Sgt. Jerome A. Blazeovic assists Boy Scout Troop 13 during a 50 mile hike in 1960. (Photo from the 148th archives.)

than erode the morale of other personnel. So whether one is a manager or a worker, we all need to be proactive, communicate with each other, and be part of the cure, not part of the problem.

### The Future:

In my 26 years at the 148th Fighter Wing, I have never bared witness to a more uncertain future. Now more than ever, we need to group together and press forward. We all need to remain calm and wait for our leadership in Washington hash out the details of the Air Forces proposal. There is no question that we are one of the best fighter units in the Air National Guard and I can personally validate that from my work as an exercise evaluator at other units and I am hopeful that this will guide our leadership in their decision making process.

## TELLING THE STORY

BY 1ST LT. JODI L. KIMINSKI, PUBLIC AFFAIRS

148th Fighter Wing journalist, Tech. Sgt. Scott Herrington, has been named the Air National Guard's "Outstanding New Writer of the Year" for 2011.

The annual media contest recognizes outstanding public affairs achievements across the National Guard.

"The recognition feels great," said Tech. Sgt. Herrington when asked about his award. "I wasn't sure if I'd even be competitive, so it was quite a surprise to be selected."

Herrington, a graduate of Hermantown High School, has been a journalist with the 148th Fighter Wing Public Affairs office since 2010. Prior to that, he spent six years working as a computer systems controller in the 148th Fighter Wing Communications Squadron.

"Tech. Sgt. Herrington is a tremendous asset to the 148th Public Affairs team," stated Capt. Julie Grandaw, 148th Fighter Wing Public Affairs Officer. "He is a very motivated and talented journalist who tells the Air National Guard/Air Force story, taking the initiative to look for opportunities to do this without being asked."

Herrington is responsible for writing articles and press releases, base website and Facebook page administration, is the creative design lead for the On Five quarterly wing publication, and provides media escort duties and photography, as needed. He is a Distinguished Honor Graduate from the U.S. Defense Information School Basic Journalism course, has been recognized by the wing commander for his exceptional work on the On Five, and his articles have been picked up by numerous print and online media including airforce-magazine.com, minnesotanationalguard.org and vfs27.com (Virtual Fighter Squadron 27).

He says one of the greatest aspects of being a journalist is being able to tell the stories of the men and women that dedicate their lives to their country, their community and to each other.

"In my job, I'm allowed access to all parts of the base, and I'm able to get the behind the curtain view of things like being behind the scene at an award ceremony or photographing an evaluation team throwing smoke grenades at a practice convoy. Plus, I get to learn the history of the 148th, and the more I learn the greater my appreciation is for how successful the base has become. I'm honored to be a Bulldog."

Herrington is representing the Air National Guard and will be competing at the Air Force level.



Tech. Sgt. Scott G. Herrington poses in front of a KC-135 after an orientation flight at the 148th Fighter Wing. (National Guard Photo by Master Sgt. Ralph J. Kapustka.)

## PROMOTIONS

### JANUARY

MUSOLF, ANGELA, FSS, A1C  
FREY, ROBERT, LRS, SRA  
GORMAN, CRAIG, SFS, SRA  
JONES, CLINTON, SFS, SRA  
HUBERTY, KATELYN, MDG, SRA  
KENYON, JOHN, LRS, SRA  
PAPKE, KOREY, SFS, SRA  
BROWN, NATHAN, CES, SSGT  
FRANKOVICHSAMICH, DUSTIN, SFS, SSGT  
ANGELL, MATTHEW, SFS, TSGT  
BERTRAM, DEREK, SFS, TSGT  
BROWN, NATHAN, CES, TSGT  
JONES, ANTHONY, MXS, TSGT  
KEMPFER, ERIC, SFS, TSGT  
ACKER, JOSEPH, CES, MSGT  
JEZERSKI, ROBB, MOF, MSGT  
LIPPERT, KENNETH, 179TH, MSGT  
WIGG, EMILY, OSF, MSGT

### FEBRUARY

HALL, ZACHARY, FSS, AMN  
HANSON, TAYLOR, MXS, AMN  
KIRKLAND, DAVID, CF, AMN  
FISH, MICHAEL, SFS, SRA  
GOPLIN, NICHOLE, MDG, SRA  
GRYTD AHL, ERIC, SFS, SRA  
LAF AVE, JACQUELINE, CF, SRA  
SIROIS, MICHAEL, AMXS, SRA  
BOORMAN, MATTHEW, MXS, SSGT  
GALL, THOMAS, MXS, SSGT  
JOHNSON, DALTON, OG, SSGT  
MICKEN, BRENT, CES, SSGT  
GRIFFITH, MICHAEL, MXS, TSGT  
HOLLEMAN, NICHOLAS, MXS, TSGT  
OLSON, ALEXANDRA, MDG, TSGT  
GABRIELSON, ANDREW, MXG, MSGT  
SPEHAR, JENNIFER, 179TH, MSGT

### MARCH

SEGUIN, EMILY, MDG, AMN  
AMBORN, JACOB, AMXS, SRA  
KNEISL, HOLLY, FSS, SSGT  
THARALDSON, DANIELLE, MXS, SSGT  
GOON, KARL, MXS, TSGT

## 148TH FIGHTER WING STRONG BONDS MARRIAGE ENRICHMENT MAY 4-6, 2012

FOR MORE INFORMATION, CALL OR EMAIL:

218.788.7833

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# BulldogBits



By Col. Penny J. Dieryck

It's Saturday, March 17, 2012 on St. Patrick's Day. The weather forecast for Duluth is sunny with a high of 70+. Yes, I did say it's March, not July. This has been the mildest winter in my short lifetime of 50 years. Only one major snowstorm this season that lasted 12 hours and occurred on Leap Day! Normally on the March UTA, we are shoveling out a 12 foot drift of snow from the doorways of the headquarters building. Not today! Tomorrow is the quarterly fitness test and we should be able to conduct it on the back road of the base instead of having to run inside at one of the local universities.. I'm going to strap on my sneakers, hit the pavement with the others and enjoy this beautiful weather.

Recently, I had the opportunity to vacation in Las Vegas. Although Vegas brags about the shows and the casinos, there are so many other things to do in the area and they are even FREE!! First is the impressive Hoover Dam! What a feat of our country to build a dam that provides water and electricity to southern Nevada, parts of Arizona and southern California. Also right there is the four-lane highway sitting on top of the canyon overlooking the dam. It is a spectacle you need to lay your eyes upon to truly grasp the engineering and special construction constraints the builders had to use to create it.

Another new activity hitting the GPS community was Geo-caching. People go out and hide items in nooks, rocks, holes, etc. The geo-cacher is given a paper with GPS coordinates and has to go find the hidden stuff. This is a new spin to the old compass and what may be called Orienteering.

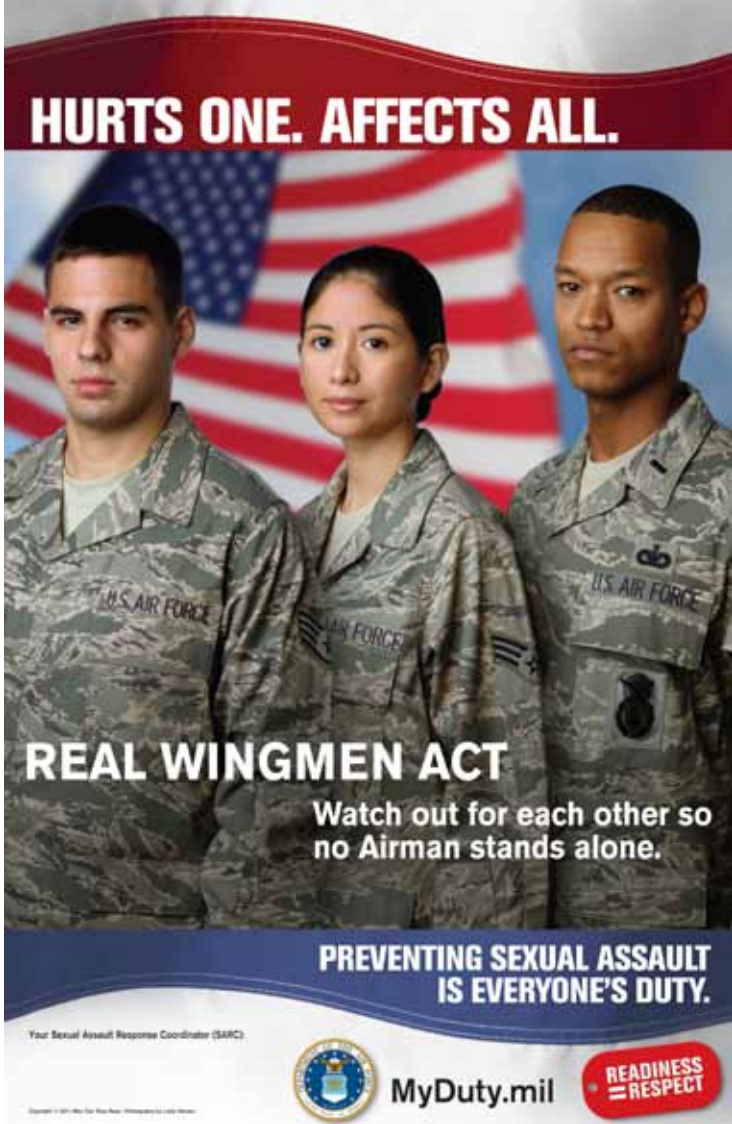
My GPS brought me to another exciting place called Oatman, Az. It's a small town on Route 66 located approximately 105 miles from Las Vegas. Oatman is home to a herd of wild burros who roam the town. They are decedents from the donkeys used to support the gold mines in that area. The gold mines were abandoned in the early 1930's, but the burros stayed. The town has built its tourism on the fact it is on Route 66 and people can stop, shop, and feed the wild burros. Route 66 was the main roadway from Chicago, Ill. to Las Angeles, Calif. for over half a century until the interstate highway system was built.

Not only were these activities free, but they were educational with an attached history lessons everywhere you turned. But you don't have to travel to Las Vegas experience the exciting and educational experiences that I did. Many things can be found in your "backyard" in the beautiful state of Minnesota!

# APRIL IS SEXUAL ASSAULT AWARENESS MONTH



THE 148TH FIGHTER WING  
SEXUAL ASSAULT PREVENTION  
COORDINATOR IS  
MAJ. AUDRA FLANAGAN  
AVAILABLE 24/7 • WORK: 788.7258  
CELL: (218) 343-1266





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Your Sexual Assault Response Coordinator (SARC)

 MyDuty.mil 



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)