

ON FIVE

OCT 2020



COMMANDERS CORNER

When I was given the opportunity to write this article, I thought of all the things I would like to pass on to our airmen, important topics like leadership, respect, service before self and personal responsibility. I also needed to consider the social strife that our nation appears to be plagued by right now, violence in the streets, social and racial unrest. I wanted to somehow bring all of this together under one topic. I came up with parenting. I understand not all of you are parents or are even considering it right now, but at some point, most of you will have this opportunity.

I do not consider myself an expert on parenting, after all, I was only given two opportunities at it. But I am proud to say that I have two kids that chose to serve their country. They were good students, worked hard and earned acceptance into a military service academy and ultimately officer commissions. This is no small feat, and I am often asked by people, how as parents, my wife and I accomplished getting two kids into West Point. Our humble answer is that God gave us two children, fortunately we didn't screw them up too badly.

Humility aside, as parents we do have to accept some of the credit or blame for how our children grow up and enter adulthood. Parenting is one of the most important leadership roles a person will have in life. Children learn from our words and actions. We help them determine what is proper behavior and what is not tolerated. We teach them or fail to teach them responsibility for their actions/inactions. We set or fail to set expectations. We discipline or fail to discipline when they act inappropriately. We teach them to respect or we fail to teach them respect for others. We teach them to honor their country/flag/soldiers/law enforcement or we fail to teach them honor and respect for authority. We teach service before self or we teach selfishness. Do you sense a trend here?

As parents, our job is to prepare our kids to be respectable, productive citizens of our great nation. We must give them expectations to meet, we must set limits on their behavior. We must challenge them and make them work to achieve the things that they desire. These things are not easy and sometimes you must watch your children struggle. Sometimes you hold their hands to get them through difficult times, but other times you must push them and let them figure things out on their own. Don't let your child's success or failure depend on chance, be a reason they succeed in life. Be an active participant as they grow up, challenge them, set high expectations and put limits on their behavior, give them a curfew and make them accountable. Show them what a strong work ethic looks like and give them the grit needed to get through difficult times. Above all, give them a belief in something greater than themselves. They need and desire these things.

MANKE BECOMES THE 32ND ADJUTANT GENERAL FOR THE MINNESOTA NATIONAL GUARD

August 31, 2020 (ST. PAUL, Minnesota) – The Minnesota National Guard held an installation ceremony Monday, officially welcoming Maj. Gen. Shawn Manke as the organization's 32nd adjutant general.

"It's a time for us to reflect as an organization on the past and a time to look toward the future," said Minnesota Governor Tim Walz. "There are few institutions that have the credibility and the trust of the American people as the National Guard; and that comes from the quality of the people who are there and it comes from the leadership."

The Minnesota National Guard is an organization of more than 13,000 Soldiers and Airmen from communities across Minnesota who support both state and federal missions. When directed by the President, the Minnesota National Guard deploys trained Airmen, Soldiers and equipment to support overseas missions. The resources of the Minnesota National Guard are also available to the Governor to support domestic response missions within the state.

Manke takes on this position during a time when the Minnesota National Guard has been busier than usual with several state activations in addition to planned training and deployments.

"It is almost unimaginable this summer," said Walz. "Troops were helping us test for COVID-19, they were doing their annual training, some of them were going to the National Training Center, some were preparing to serve in missions overseas – and in the midst of all of that, we ask our National Guard to help restore order in our great state. That is an incredible ask. And each and every time this organization rose to the occasion."

Manke assumed the responsibilities of adjutant general from Lieutenant General Jon Jensen who recently moved to a new position as Director of the Army National Guard. Jensen served as adjutant general since November of 2017.

Jensen attributed the success of the organization to the continued support at all levels of government and from individual citizens for the Soldiers and Airmen of the Minnesota National Guard.



Colonel Jeffrey Rengel, Medical Group Commander

They do not need you to be their friend, that will come later. As they enter adulthood, they will look back on how you raised them; knowing you were demanding, but fair, loving but not overpowering. They will respect you and thank you because you provided them the tools to be good, productive citizens and you will have given them insight on how to raise their children when the time comes. The generations that follow us will ultimately be the leaders of our nation, let us do our part to give them a strong foundation to take on this challenge.



Maj. Gen. Shawn Manke is sworn in as the new Adjutant General of the Minnesota National Guard during an Aug. 31, 2020, ceremony. Manke became the 32nd Adjutant General for the Minnesota National Guard.

"We serve in your communities," said Jensen. "And I'm deeply appreciative of the trust that you give us and the support that you give us every single day."

During the ceremony, Governor Walz promoted Manke to the rank of major general. The adjutant general serves for a term of seven years and is a state employee appointed by the Governor of Minnesota.

"Our state and nation are going through some challenging times," said Manke. "But I hope you can sleep a little easier at night knowing how seriously I take this assignment. I am engaged and committed to the Minnesota National Guard and the success of Minnesota as a member of your team."

148TH FIGHTER WING PILOT HITS 3,000 HOUR MILESTONE



Lt. Col. Curt "Cooter" Grayson is recognized for 3,000 hours in the cockpit after finishing a July 29, 2020 training mission.

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THE ONLINE ON FIVE

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148TH FIGHTER WING AND U.S. COAST GUARD CONDUCT JOINT TRAINING

BY: AUDRA FLANAGAN/148FW/PA

The 148th Fighter Wing, Minnesota Air National Guard partnered with the U.S. Coast Guard's 9th District Great Lakes to conduct water survival and rescue training in Lake Superior near Duluth, Minnesota on August 25, 2020.

Personnel from U.S. Coast Guard Station Duluth, a regional search and rescue first responder on Lake Superior, transported F-16 pilots and aircrew flight equipment specialists from the 148th Fighter Wing, using an RBM-45628 response boat, into 60-feet of water. Pilots wore OTS-600 anti-exposure suits which provide protection against hypothermia. They also utilized equipment and water survival techniques that would be required if they ejected from an aircraft over water.

"We work on survival equipment every day," said Tech. Sgt. David McParlan, an Aircrew Flight Equipment specialist with the 148th Fighter Wing. "Using the equipment in Lake Superior put our training into perspective. We read tech data and trained on survival techniques such as bailing water from a raft, but being on the big lake and actually bailing water is a completely different experience," McParlan added.

After practicing water survival techniques, F-16 pilots and aircrew flight equipment specialists were hoisted aboard an MH-60 Jayhawk helicopter from the U.S. Coast Guard Air Station Traverse City. This event provided Air Station Traverse City personnel "hands-on familiarity with U.S. Air Force equipment and signaling devices in the event there were an F-16 pilot ejection," said Lt. j.g. Alyssia LaMonaca, MH-60 pilot from Air Station Traverse City.

The 148th Fighter Wing has access to airspace spreading 300 miles long over Northern Minnesota, Wisconsin, the Upper Peninsula of Michigan and Lake Superior. Lake Superior is the largest of the Great Lakes with 31,700 square miles of water surface area with an average depth of 1,333-feet. Water temperatures range from 33-degrees in the winter to 70-degrees in the summer months.

"Coast Guard personnel provided helpful cold water survival strategies," said Lt. Col. Brian Scott, Chief of Safety with the 148th Fighter Wing. Scott, who was one of the pilots hoisted out of Lake Superior stated that "we are better equipped to handle this kind of emergency if needed" because of this training event.

Personnel from both the 148th and the Coast Guard learned and experienced communication protocols and processes which is one of largest benefits of interagency training. "Working with the Coast Guard provided us with greater clarity on the water survival and rescue process from their perspective," said 148th Fighter Wing Commander, Col. Chris Blomquist. "Today's training definitely boosts our confidence as we fly and train over Lake Superior."



TRAINING AND COLLABORATION DEVELOPS EXCEPTIONAL EOD AIRMEN

BY: AUDRA FLANAGAN 148FW/PA

Explosive Ordnance Technicians from the 148th Fighter Wing, Minnesota Air National Guard, 166th Airlift Wing, Delaware Air National Guard and the 177th Fighter Wing, New Jersey Air National Guard gathered at Camp Ripley Training Center, Minnesota, July 20-24, for a field training exercise featuring advanced marksmanship techniques, technical intelligence field analysis, counter improvised explosive object training (C-IED), demolition techniques and area clearance tactics, techniques and procedures (TTPs).

Explosive Ordnance Disposal (EOD) is an elite group of airmen who protect people and property from the effects of unexploded ordnance. They apply techniques and procedures to detect, identify, recover and dispose of U.S. and foreign ordnance including conventional military ordnance, criminal or terrorist homemade objects plus chemical, biological and nuclear weapons. EOD personnel provide support to VIPs, assist civilian authorities upon request and teach military personnel about explosive safety.

"The exercise was designed for airmen to practice and cultivate their skills," said Master Sgt. Mark Hilleren of the 148th Fighter Wing, "The opportunities at regional training sites like Camp Ripley give us additional options to develop exceptional airmen in our career field."

During one scenario, airmen of varying ranks and experience levels discovered rounds of ammunition that did not have identification data. Together, airmen from the three Air National Guard EOD units used technical intelligence field analysis to identify the rounds and develop procedures to render them safe.

This was the first outstate field training exercise for Senior Amn. Russell Bongiovanni of the 177th Fighter Wing. Bongiovanni found "benefits of working with technicians from multiple units to view different approaches to challenges".

EOD technicians devoted a day sweeping an impact area, a designated area where service members or tanks fire live weapons, looking for ordnance. After identifying and marking multiple ordnance, airmen planned safe detonation of the ordnance "keeping efficient use of supplies and time in mind" said Tech. Sgt. Steven Lovan from the 148th Fighter Wing.

Sweeping the impact areas is beneficial for Camp Ripley, the primary training site for Minnesota Army National Guard personnel, as it provides safe access to the area for operations and maintenance. "We have an exceptional working relationship with the Explosive Ordnance

Disposal team from the 148th Fighter Wing in particular," commented Maj Adam Stock, Camp Ripley range Control Officer. "In addition to their cooperation with our ammunition section for the disposal of failed munitions, they provide an invaluable resource clearing unexploded rounds that resurface themselves over time which can pose a potentially dangerous threat to our training area," he added.

"After a week of diverse training opportunities and scenarios, EOD technicians were able to collaborate and practice their skills with multiple units" said Hilleren. "This is the kind of training that enhances mission readiness." he added.



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148FW SFS MEMBERS RETURN FROM EXTENDED DEPLOYMENT

BY: AUDRA FLANAGAN-148FW/PA



On August 14, 2020 a group of seven Security Forces personnel from the 148th Fighter Wing returned home from a 220-day deployment to 407th Air Expeditionary Group, Ahmad al-Jaber Air Base, Kuwait in support of Operation INHERENT RESOLVE. The deployment, originally scheduled for six-months was extended a month due to the Department of Defense COVID-19 stop movement travel order.

Master Sgt. Patrick Hakes, who has previously deployed to Baghdad, Iraq in 2005 and Eskan Village, Saudi Arabia in 2009, served as the Logistics and Readiness Superintendent. Hakes said “we were notified of our deployment extension shortly after Department of Defense stop movement travel order was issued.”

Team members worked in a variety of capacities to include patrol, perimeter security and administrative roles. Summer weather commonly produced daytime highs in the 120’s with evening lows in the 90s.

This was the first deployment for Airman 1st Class Lucas Nordquist, from Proctor, Minnesota, who performed duties on patrol and perimeter security. One thing that stood out to Nordquist was the opportunity “to work alongside Marines and host nation military and learn ways to do a job different,” than he was taught through U.S. Air Force technical training or at the 148th Fighter Wing. Nordquist was awarded the 407th Air Expeditionary Group Airmen of the Month title in April for his accomplishments and professionalism.

This was also the first deployment for Senior Airmen Kyler Kujawa of Duluth, Minnesota. During his time off, Kujawa studied for his Airmen’s Leadership Course, required for promotion for U.S. Air Force and Air National Guard members. Kujawa received the “Chief’s Coin” for excellence from the 407th Air Expeditionary Group Senior Enlisted Advisor, Chief Master Sgt. Adrian Davis, 407th Security Forces Manager, for his positive attitude, work ethic and demonstrated leadership.

While deployed, 148th Security Forces team members were trained to drive Mine Resistant Ambush Protective Vehicles (MATV), learned to use a Backscatter vehicle x-ray machine and completed drone buster familiarization. Some were trained on the Common Remotely Operated Weapons Station, commonly called CROWS. CROWS is a stabilized mount that allows on-the-move target engagements.

The team arrived at Ahmad al-Jaber in January, prior to implementation of COVID-19 in the United States. Like us, deployed members made efforts to implement safety mitigation procedures as suggested by the Center for Disease Control (CDC). Personnel wore masks or face coverings when they are unable to maintain 6-foot social distancing guidelines. Some security functions require regular contact with military and civilian personnel. In such cases additional protective measures were taken to include installing Plexiglas shields and utilizing gloves. “Office personnel adjusted or staggered their house to better adhere to distancing guidelines,” said Hakes.

“The Year 2020 has presented The 148th Security Forces Squadron with unprecedented challenges. In addition to their significant deployment schedule, the COVID-19 pandemic and local civil unrest have pushed this dedicated organization like never before. Through it all, these Airmen have performed their duties brilliantly, with professionalism and expertise,” said Mission Support Group Commander, Col. Lyly Shidla. “I am proud of their accomplishments and how well they represent the 148th Fighter Wing, and I am honored to serve with them,” Shidla added.

Upon the team’s return, they were self-quarantined in a manner which restricts movement. In conjunction with the CDC, the Department of Defense advises a 14-day restriction of movement for the purpose of ensuring health, safety and welfare for service members returning from Level 2 or 3 countries.



AIR FORCE MAKES CHANGES TO DRESS AND APPEARANCE STANDARDS

WASHINGTON (AFNS) -- As part of the ongoing effort to build a more inclusive Air and [Space Force](#), additional revisions were approved Sept. 15 to [Air Force Instruction 36-2903, “Dress and Personal Appearance of Air Force Personnel.”](#) which are effective immediately.

Following the Department of the Air Force’s initial review, a diverse panel of Total Force Airmen completed a second review of Air Force grooming and appearance guidance in order to enhance inclusiveness while maintaining Department of the Air Force professional standards.

The changes are as follows:

- Clarification that the authorization to dye hair to natural colors applies to all Airmen regardless of natural born hair color. Examples of natural hair colors are brown, blonde, brunette, natural red, black or grey.
- Men’s hair bulk standard was increased from 1¼ inches to 2 inches.
- Men’s hair may have one (cut, clipped or shaved) front to back, straight-line part, not slanted or curved, on either side of their head, above the temple. Part will not exceed 4 inches length or ¼ inch width.
- Women’s hair bulk standard was increased from 3½ inches to 4 inches.

For more information, service members should view Air Force Guidance Memorandum 2020-02 and check Air Force Instruction 36-2903 for updates, which are available on the public website of the Air Force’s Personnel Center at <https://www.afpc.af.mil/Career-Management/Dress-and-Appearance/>

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ANNUAL NORTHERN LIGHTNING EXERCISE RETURNS TO VOLK FIELD & OTHER LOCATIONS

BY: CAPT. JOE TROVATO/WISCOATION NATIONAL GUARD (FIRST PUBLISHED AUGUST 10, 2020)

CAMP DOUGLAS, Wis. — Volk Field Combat Readiness Training Center is hosting approximately 50 aircraft and nearly 1,000 members of the National Guard, Air Force, Army, and Navy as part of the annual Northern Lightning Counterland training exercise.

Units from California, Idaho, Minnesota, New York, Vermont, Virginia, and Wisconsin will all participate in the exercise Aug. 10-21.

Northern Lightning began in the early 2000s before expanding into a large-scale exercise in 2015. It became a biannual exercise in 2018 and 2019 and returned to an annual exercise in 2020.

Northern Lightning is a tactical level, joint training exercise replicating today's air battlespace with current and future weapons platforms. A variety of the world's most advanced aircraft including fifth-generation aircraft like the F-35 will participate.

Volk Field CRTC is one of the premier training installations and airspaces in the country, thanks to its expansive airspace and the quality of the training the installation can simulate.

Northern Lightning is one of seven Air National Guard joint accredited exercises held at a Combat Readiness Training Center. The installation's reputation as one of the country's finest training areas continues to grow. Northern Lightning has grown into a world-class exercise.

"We are excited to continue conducting our annual Northern Lightning exercise at Volk Field," said Col. Bart Van Roo, the exercise director. "This exercise will focus on offensive counter-air with simulated surface-to-air attacks and the integration of multiple air platforms. Training in this manner is essential for readiness and enhancing partnerships."

Van Roo said the COVID-19 pandemic necessitated some changes to the exercise's structure, but the training will be invaluable.

"We've had to make some adjustments due to COVID," he said. "Though we still have more than 50 aircraft and approximately 1,000 personnel participating, far fewer will be staging out of Volk Field in order to mitigate public health risks. Even amid a pandemic, the Air National Guard and our active-duty partners stand ready to complete whatever mission our country asks of us."

Pilots and aircrews participating in Northern Lightning can expect to operate in a contested environment with adversary aircraft, electronic jamming and simulated surface-to-air threats. Such training is critical to building readiness for the threats and missions the nation faces.

"This exercise will include potential supersonic travel, within FAA and military guidelines, so people in the military operating area, a 55-by-200-mile space, may hear sonic booms between 10 a.m. and 4 p.m. during weekdays," Van Roo said. "We appreciate everyone's patience as it is a necessary part of preparation for actual combat."



148TH SECURITY FORCES WRAP UP FIELD TRAINING AT CAMP RIPLEY- BY: AUDRA FLANAGAN 148FW/PA

Three-dozen Security Forces specialists from the 148th Fighter Wing recently completed a 10-day field training exercise at Camp Ripley Training Center, Minnesota. "Exercises like this prepare airmen for any mission around the world," said Chief Master Sgt. Jozef Miketin, 148th Fighter Wing Security Forces Chief Enlisted Manager.

The training included weapons qualifications on five different firearms to include the M-4, M-9, M-203, M-240 and M-249. Airmen practiced Humvee basic driving skills and mounted land navigation tactics. They learned techniques used in military operations in urban terrain and close quarters battle. Camp Ripley, located near Little Falls, Minnesota is a 53,000-acre training center with numerous small arms ranges and specialized facilities that support military and civilian agencies. "We're using Camp Ripley and all it has to offer to ensure we're capable of doing whatever tasks the Air Force needs us to do," said Miketin.

As the largest career field in the U.S. Air Force, the job of Security Forces is to ensure the safety of the people, property and resources on Air Force bases. They are responsible for defending air bases around the globe, law enforcement on military bases and combat arms. "Each of these exercises provides airmen realistic scenarios to practice the tactics and techniques they learned this week and throughout their Air National Guard careers," said Miketin.

Attendees ranged in experience levels and duration of service. Maj. John Christenson, a Service Capability Leader with Cummins, Inc also serves as the 148th Security Forces Commander, has 19-years of service in the active duty and Air National Guard while Airman 1st Class Lindsey Shykes returned from the U.S. Air Force Security Forces apprentice course in February. Shykes said she particularly "enjoyed learning and practicing basic Humvee driving skills and using the knowledge she learned at tech school," while at Camp Ripley.

The intense week ended in an all-encompassing field training exercise (FTX) which started with Security Forces and Logistics Readiness personnel conveying to a forward operating base. Upon arrival of their simulated deployed location, airmen were faced with rocket fire, protests, riots, and combat in an urban environment. "We culminate our training with an FTX, allowing Airmen to showcase the skills gained over the 10-days of training," said Christenson. He added, "they came motivated and worked 12+ hours every day."



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148FW MEDICAL GROUP TRAINS AT CAMP RIPLEY

BY: AUDRA FLANAGAN-148FW/PA

148th Medical Group personnel from the 148th Fighter Wing, Minnesota Air National Guard, gathered at Camp Ripley Training Center, Minnesota to conduct field training September 19-22, 2020.

Medical personnel learned about and exercised patient load training alongside Critical Care Flight Paramedics from the 2-211th General Support Aviation Battalion, a St. Cloud-based Minnesota Army National Guard medevac unit.

Personnel attended cold training, meaning they practiced triaging patients who were moulaged to show realistic injuries, completed 9-line medevac request cards and called in medical emergencies via UHF radio near a non-running UH-60 Black Hawk helicopter from the 2-211th General Aviation Support Battalion.

Medical Group personnel used MIST procedures to hand over casualties to Critical Care Flight Paramedics assigned to the 2-211th. MIST is an acronym used by first responders when handing patients to the next level of emergency care. The four parts of MIST are to identify the **mechanism** of injury, identify **injuries** found, identify **signs** and **symptoms** and communicate the **treatment** that was provided.

Next, medical personnel transitioned to hot training, where they called in medical emergencies via radio, utilized MIST procedures, loaded patients using litters onto UH-60 Black Hawk helicopters and boarded the helicopters safely for transport.

“Exercising wartime skills in a realistic training environment such as Camp Ripley is invaluable,” said Critical Care Flight Paramedic, Staff Sgt. Sandra Barg from the 2-211 General Support Battalion. “Airmen are able to move safely underneath the rotor system and see our equipment as a medical unit” Barg added.

Master Sgt. Erica Olson, Health Service Administrative Technician with the 148th Medical Group utilized these processes during a deployment to Joint Base Balad, Iraq in 2007. “Training like this provide valuable familiarization and trust in the transport process,” said Olson. “It also gives medics a feel for the patient’s perspective,” added Olson.

“Today’s training provides perspective for the work that happens in the field,” said 148th Medical Group Commander, Col. Jeffrey Rengel who deployed to the 455th Air Expeditionary Medical Group at Bagram Airfield in 2007 and 2009. “It’s an effective reminder that our day to day patient care is vastly different than what we may see in a field hospital,” added Rengel.



AROUND THE WING



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BULLDOG IN ACTION

Name: Staff Sgt. Peter Anderson
Job: Combat Arms

How long have you been the Guard? I have been in the unit a little under 5 years.

What made you join the Guard? The biggest reasons I decided to join the 148th was that my Grandfather was up here for a while before he transferred to the Army. Growing up he never pushed me to join but he would frequently say "if you join the military, join the Air Force." The other big push for me was that I was joining with my friends.

What is your favorite part of the job? There are so many things about Combat Arms that I enjoy. The job is very hands-on, whether teaching or fixing a firearm. However, my favorite part would have to be the comradery within the shop. We have some long days at the range and doing that with a good group of people makes them fly by.

What has being in the guard taught you? I would say the biggest lesson the Guard has taught me is the importance of dependability. Being able to count on those around you and them being able to count on you is vital to the success of the mission. It is about being ready, not just one weekend a month but every other day of the year as well.

How did it make you feel to support your state during the civil unrest in Minneapolis? It was pretty unbelievable to be a part of the state support. Seeing the teamwork and coordination down there was pretty amazing as well. We train for a wide array of possibilities in the Guard and it's because we have to be ready for anything and everything at all times.



CRIMSON ICEFALL

The 148th held a Readiness Exercise, CRIMSON ICEFALL, during October drill. The goal was to assess the Wing's ability to employ and sustain combat capability in a contested environment to include chemical, biological, radiological or nuclear (CBRN) attacks. In addition to a heavy flying schedule, simulated missile and ground attacks, simulated cyber events, simulated structure fires, personnel also dealt with the snowiest October in Duluth's history and COVID-19. The Bulldogs of the 148th exercised to failure all while prioritizing safe operations.

