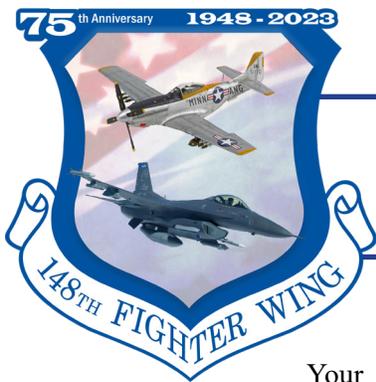


# ON FIVE

SUMMER 2024





# COMMANDER'S COLUMN

COL. RYAN KASPARI, MISSION SUPPORT GROUP

## Happy Construction Season!

Your Mission Support Group (MSG) team is actively engaged in ensuring your safety and security. We're dedicated to keeping your computers and communication devices operational, providing meals, facilitating training, processing personnel actions, deploying personnel and equipment, fueling and supplying the mission, and modernizing your installation, airfield, and facilities. The challenges are vast, but the dedication of our people and the importance of our mission are unwavering!



**3. Stewardship:** Protecting and advocating for life, property, resources, and the environment responsibly and diligently.

As you enjoy your summer activities, amidst the fireworks and celebrations, remember those who are deployed and the vital role played by the Air National Guard (ANG) in maintaining national security and readiness, especially as the global landscape shifts towards an era of great power competition (GPC). In the face of evolving global challenges, the ANG remains a cornerstone of the nation's defense, embodying the

### Active/Ongoing Construction Projects:

- Domestic Operations (DOMOPS) Equipment Storage Facility, located near the small arms range
- Building 281 (Fitness Facility) Renovation, for the Force Support Squadron
- HVAC Upgrades and Repairs, for the Communications and Security Forces facility
- Fire/Smoke Damage Repairs, for the Medical Group and Dining Facility
- Repair of Avionics Intermediate-maintenance Shop (AIS) for 236 Pod center of excellence

commitment to protect and uphold the values that define the United States of America. Special thanks to deployers and family members for your service and sacrifice.

Mission Support Group enables every facet of the Wing, and we are committed to the highest quality customer service as we face every challenge!

This tremendous responsibility requires strict attention to standards and performance – our Legacy of Excellence. In a June 2024 letter to Airmen, the Commander of Air Combat Command implored Airmen of all ranks to recommit to high standards of conduct, dress and appearance, physical fitness, and customs and courtesies. Embrace and embody the honor of wearing the uniform by strictly demonstrating and enforcing the highest standards – our future depends on it.

### MSG Priorities:

- 1. Readiness:** Recruiting, training, and equipping resilient, competent Airmen to support our wing, state, and nation.
- 2. Partnerships:** Creating enduring relationships locally and across military, government, and civilian agencies through deliberate planning, exercises, shared training, and community events.

Thank you for all you do, and have a safe and memorable summer!

In Support,

Ryan R. Kaspari, Colonel  
148 MSG – Operationalized Support!

**Contents of the On Five are not necessarily the official views of, or endorsed by, the Department of Defense, the Department of the Air Force or the National Guard Bureau. The editorial content is edited, prepared and provided by the Public Affairs Office of the 148th Fighter Wing, Duluth International Airport, Minnesota 55811.**

Col. Nathan Aysta .....	Wing Commander	Senior Master Sgt. Jason Rolfe .....	Public Affairs Superintendent
Col. Babette Van Hees .....	Deputy Commander	Master Sgt. Megan Shaner .....	Chief of Community Engagement
Audra Flanagan .....	Chief of Public Affairs	Senior Airman Tylin Rust .....	Public Affairs Apprentice
Capt. Natasha Hilsen .....	Public Affairs Officer	Airman 1st Class Addie Peterson .....	Public Affairs Apprentice

## CHAPLAIN'S CORNER

BY CHAPLAIN DARRELL KYLE

### What provides meaning in your life?

Viktor Frankel was a survivor of four different concentration camps in Nazi Germany. After he was liberated, he wrote a book about his experiences and explained how he survived called “Man’s Search for Meaning.” In his book he relayed that survival in the brutality of the camps centered on finding a purpose in life and taking responsibility for ourselves and for other human beings.

Most of us will never know the depth of pain and hopelessness that existed in the concentration camps. However, the sage advice of Frankel to seek meaning and purpose is something that each of us needs as we navigate not only the long arc of life but also the day to day challenges that we face in this life.

Finding meaning in the midst of our lives is called “Spiritual Resilience.” That term really can be defined by asking the question: What are the most important parts of your life? What matters the most to you?

For many of us it may be our faith or family. For others it may be our daily work or serving others. While we may answer those questions a little differently, the bottom line is that for each of us there are those motivating factors and relationships. Knowing what is important and gives meaning as well as paying attention to how we prioritize them is an important part of what keeps us going from day to day as well as planning for the future.

As we prepare to move into another season, it is important to take a few moments and examine your values.

At the same time, take the time to see if your values and your priorities are in alignment.

Living our values provides us with the ability to find meaning in our lives and interactions. That is an essential part of readiness. It also is an essential part of what it means to be human in a world that sometimes works to distance us from our own values and priorities.

Spiritual fitness pays dividends for each of us individually as well as all of us as a whole, here at the Wing and wherever we find ourselves in the midst of our lives.



## HOW TO CONTACT THE AIRMAN CARE TEAM

The Airman Care Team promotes and empowers Airmen and their families by supporting the social, spiritual, mental, and physical well-being of the Bulldog family.

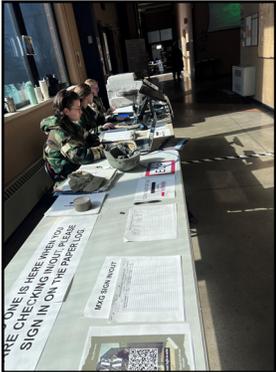
The Airman Care Team is available both on drill weekends and during the regular work week, and consists of the: Airman and Family Readiness Center, Director of Psychological Health, Chaplains Office, Equal Opportunity Office, Human Resource Advisor, Wing Preventionist, and Sexual Assault Prevention and Response Program.

Airman and Family Readiness.....	218-788-7833
Director of Psychological Health.....	218-788-7022
**Chaplains Office.....	218-788-7447
*Equal Opportunity Office.....	218-788-7812
*Human Resource Advisor.....	218-788-7547
Wing Preventionist.....	218-788-7670
Sexual Assault Prevention and Response...	218-788-7584

\* - indicates staffed on drill weekends

\*\* - indicates staffed on drill weekends with temp full-time

# READINESS TRAINING



# 2024 DULUTH AIR SHOW



## SPOUSE LIFT - JUNE 6, 2024



The 148th Fighter Wing conducted a spouse-lift on a KC-135 Stratotanker assigned to the 128th Air Refueling Wing, June 6th, 2024.

Spouses learned more about the wing's mission and witnessed F-16 Fighting Falcon and F-35 II Lightning conduct an aerial refueling mission.



# ESGR Boss Lift - JUNE 7, 2024



The 148th Fighter Wing and Employer Support of the Guard and Reserve (ESGR) collaborated to conduct a boss-lift on a KC-135 Stratotanker assigned to the 128th Air Refueling Wing, June 7th, 2024.

Employers and educators from the community learned more about the wing's mission and witnessed F-16 Fighting Falcon and F-35 II Lightning conduct an aerial refueling mission.



# FIT TO FIGHT - GRANDMA'S MARATHON WEEKEND

## SUBMITTED PHOTOS



### FULL MARATHON

Grant Brown  
 Dan Christensen  
 Dave Fyre  
 Nike Himley  
 Matthew Hinaus  
 Dylan Hom  
 Jesse Horngren  
 Addie Peterson  
 Ryan Pittman  
 Julia Sveen

*Staff Sgt. Hope Olson sang the National Anthem at the marathon starting line.*



### HALF MARATHON

Emma Alvarez  
 Audrey Beaudry  
 Dan Davitt  
 Jen Faint  
 Audra Flanagan  
 Glen Flanagan  
 Clifford Follis  
 Hubie Gonsorowski  
 Skylar Gunderson  
 Kole Heimenz  
 John Hilleren  
 Mark Hilleren  
 Allie Hom  
 Billie Jago  
 Gabriella Larson  
 John Laughlin  
 Madison Moritz  
 Abigail Ninnemin  
 Taylor Pille  
 Sean Prouty  
 Maisy Rohweder  
 Erik Saice  
 Ricky Schiff  
 Brandon Schimmin  
 Megan Shaner  
 Dustin Shearer  
 Kaden Smith  
 Maren Solem  
 Casey Underdahl



## BASE GYM SEES CHANGES

BY AUDRA FLANAGAN

The Base Gym, located in Building 281, is seeing positive changes. Nearly a year ago, a group of personnel representing most squadrons began meeting and discussing ways to optimize the space.

Tactical Aircraft Maintenance Specialist, and Base Gym Vice Chairperson, Tech. Sgt. Philip Broome said “We’re fortunate to have this space, but we all knew there were ways to improve flow and function for both cardio and strength training.”

Members brainstormed ideas and created handwritten drawings. Civil Engineering personnel created a plan based on the ideas of the committee which translated into realistic CAD diagrams. After a few drafts, the Base Gym Committee, devised a plan to move cardio machines to the perimeter of the gym and move the power rack station. These moves created four power rack stations for gym users.

In late-June a new climbmill and rower were delivered to replace the old machines. The Wing has committed to replace additional aging cardio equipment this fiscal year.

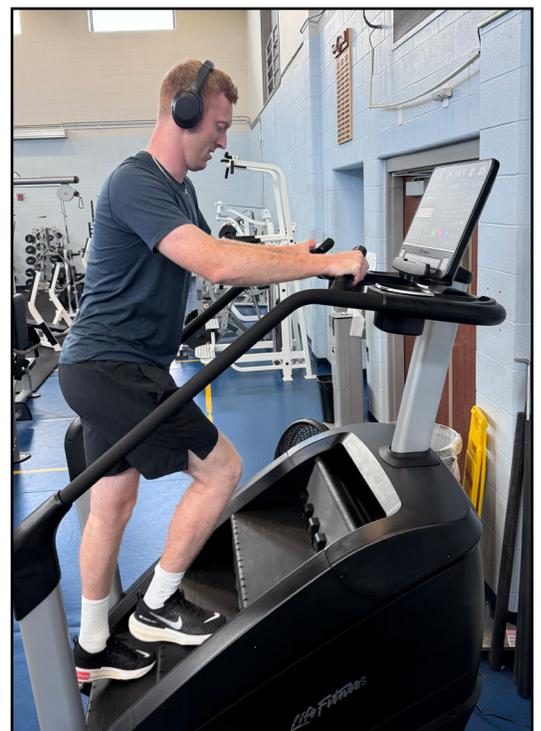
The Air Force Fitness Program goal is to motivate Airmen to participate in a year-round physical conditioning program that emphasizes total fitness. Health benefits received from an active lifestyle increase productivity, optimize health, and help Airmen maintain a higher rate of readiness.



Base gym users should be aware that several Force Support Squadron functions will be moving to Building 281 in the near future. As a result, the facility is currently undergoing a major reconfiguration. Soon, gym users will no longer be able to enter the gym through the double doors near the south entrance. Instead, gym users will be asked to enter the gym through the locker rooms.

### Base Gym Committee

Audra Flanagan – Chairperson  
TSgt Philip Broome – Vice Chair  
CMSgt Glen Flanagan – Chief’s Council Rep  
Quentin Burg – Safety Rep  
MSgt Jay Jakeway – Resource Advisor  
TSgt Dylan Bukovich - AMXS  
TSgt James Crilley – OG  
Lt Col Jodi Grayson – MDG  
MSgt Matt Hayes – CES  
TSgt Jason Johnston - MXS  
MSgt Arick Levandoski – LRS  
MSgt Tyler Rosen – HQ  
MSgt Logan Sobczak - FSS  
MSgt Tyler Stodola – Comm



# INCENTIVE FLIGHTS





# PROMOTIONS

APRIL 1 - JUNE 30, 2024

## SENIOR MASTER SGT.

PATRICK MITCHELL  
NEIL RUNIONS  
MICHAEL CROSS

## MASTER SGT.

DAVID HARSTAD  
SCOTT ASPERHEIM  
KYLE MIDDLETON  
NICHOLAS RICH  
AMY SIROIS

## TECH. SGT.

BRENAN VANVALKENBURG  
JOSEPH MARINAC  
DAVID CISAR  
SCOTT FRIEDRICH  
ZACHARY GOPLIN  
LUKE DAVIDSON  
TRAVIS NELSON  
CALVIN SCHMAEDEKE

DWIGHT BARTON

DERRICK STAERK

PAUL FOLDESI

COLE DUBOSE

NICKOLES MURPHY

NICHOLAS GARDEN

KRISTIN SWANSTROM

SKYLAR GUNDERSON

DWIGHT HEBERT

## STAFF SGT.

LUKE KONIETZKO

HOPE OLSON

JACK ENGLE

NORA TROMBLEY

CALIANNE RUKAVINA

TUCKER MELSSSEN

ARMANDO BARRIOS

SHEENA SUNDIN

MICAH PICK

DEVON FEDORA

MACY SUNNARBORG

ELLEN BIRD

MARTIN TORZEWSKI

## SENIOR AIRMAN

JACE GARCIA

ANGEL MALONEY

TYLER NELSON

MAXTON DEVLIN

LUKE NIKKO

AVERY PAULSEN

COLTEN CORNER

## AIRMAN 1ST CLASS

TY CHEHOCK

NATHANIEL HANSEN

## AIRMAN

JENNA HORVAT

NOAH KOSBAB

## 179TH FIGHTER SQUADRON

ASSUMPTION OF COMMAND



*Lt. Col. Matthew Zimniewicz assumed command of the 179th Fighter Squadron at a ceremony held April 7, 2024.*



Staff Sgt. Hope Olson sang God Bless America at the Minnesota Twins baseball game on Memorial Day, May 27, 2024.



The Minnesota National Guard hosted its 'Best Warrior Competition' at Camp Ripley Training Center April 25-27, 2024. 23 service members including eight international competitors participated in the event which tests the military skills, physical strength, and endurance of top junior enlisted Soldiers and Airmen, and noncommissioned officers nominated by units across the state.

148th Security Forces Specialist, Staff Sgt. Duane Southworth, was the only Airman to participate in this year's competitions.

Shortly after the Minnesota competition, Southworth packed his bags for the Croatian-equivalent event held May 7-8, 2024.



St Louis County Rescue Squad visited the wing and received a mission brief, facilities tour, and F-16 familiarization April 18, 2024.



U.S. Air Force Reserve Officer Training Detachment 420, from the University of Minnesota - Duluth, and Air Force ROTC Det. 400 from Michigan Technological University toured the wing April 5, 2024.

## BASE CLEAN-UP DAY

PHOTOS BY MASTER SGT. MEGAN SHANER



*Wing members worked on a number of projects around the installation May 30, 2024. The Civil Engineering Squadron provided tools and materials to facilitate the event.*

## DEFENDER ATTENDS U.S. NAVY SENIOR ENLISTED ACADEMY

By AUDRA FLANAGAN

148th Security Forces Superintendent, Senior Master Sgt. Ben Nyen, was always interested in the U.S. Navy culture. His grandfather served as a signalman on the U.S.S. Philip in the late 1950s.

When Nyen received the email soliciting applicants for the U.S. Navy Senior Enlisted Academy at Naval Station Newport, Rhode Island, he 'seas-ed' the opportunity.



Nyen had already completed his Senior Non commissioned Officer Academy and Senior Enlisted Joint Professional Military Education. "This wasn't a requirement for me, just an experience I hoped to gain insight from," said Nyen. "I was also motivated to attend an in-residence course as all my professional military education courses had been by correspondence."

Nyen, a Denfeld High School graduate also holds a Bachelor of Science degree in Criminal Justice from the American Military University.

The course, attended by 147 service members, was broken into nine groups categorized by color; Nyen was in the Blue group. The course included three weeks of distance learning, an admin week, and three weeks in residence at Naval Station Newport (NAVSTA); the U.S. Navy's first training station.

Nyen enjoyed working in groups as well as studying the Navy's rich history. "Learning about the 'Chief's Mess' and the 'Goat Locker' was interesting," said Nyen. "E-7 to E-9 comprise the Chief's Mess and work on a first name basis. They emphasize working as a team. The Goat Locker is a room on a ship for senior enlisted personnel to eat and meet. The Navy also has a Goat Locker in the Galley, or Dining Facility. Naval officers request permission to enter Navy Goat Lockers."

In addition to academic curriculum and leadership training, the U.S. Navy Senior Enlisted Academy featured team events, like the Byer's Cup, where the color groups competed in physical events. "There was a significant emphasis on Esprit de Corps and the service branches' heritage," said Nyen.

Another highlight was touring the U.S.S. Constitution, the world's

oldest naval warship still afloat.

"I hope to integrate more team building events to build upon morale within our Wing," said Nyen when asked how he would use what he learned at the 148th Fighter Wing. "I'd also like to be an advocate of continued professional education."

Nyen enlisted as a Security Forces specialist in 2007. He deployed to Eskan Village, Saudi Arabia in 2009-10 and Ahmed Al-jaber Air Base, Kuwait in 2020.



## BEYOND THE YELLOW RIBBON PROCLAMATION CEREMONY

PHOTOS BY AUDRA FLANAGAN



U.S. Steel Minnesota Ore Operations was officially recognized as a Beyond the Yellow Ribbon company in a ceremony held at the Iron Trail Motors Event Center June 27, 2024.

Wing Commander Col. Nate Aysta spoke at the event, praising U.S. Steel for their efforts. “They’re developing a deployment support plan, a newsletter, care packages, and other forms of support,” he shared.

Tech Sgt. Ryan Ganyo, a 148th Fighter Wing member, is deploying this year. “As big as U.S. Steel is, we are small communities, and small schools. So we all know each other. For our community to come together, and support my family when I’m gone, that’s huge.”

Beyond the Yellow Ribbon’s mission is to establish and sustain a comprehensive community and corporate support network to meet the needs of Minnesota’s veterans, service members, and families in all military branches.



*Tech. Sgt. Jared Hinks sang the National Anthem during the ceremony.*



# HICKAM DFT

## PHOTOS SUBMITTED BY MASTER SGT. SARAH FLEISSNER



148th Force Support Squadron, Services, and Communications personnel conducted training at the 154th Wing, Joint Base Pearl Harbor-Hickam, Hawaii.

Services personnel exercised multiple mission essential taskings to including delivering sustainment services, providing contingency mortuary capabilities, providing airmen regeneration capabilities, and sustaining in-garrison force support programs. They trained in a new Expendable Single Pallet Expeditionary Kitchen (ESPEK) and set up a small shelter system as a PERSCO operating space for Force Support Squadron personnel. Communications personnel established communication capabilities at a Base X location in accordance with mission essential taskings. They learned new skills through the Multicapable Airmen concept, to include tent buildup and tear down and working with the Fatality Search and Recovery Team (FSRT). All airmen conducted forklift and all terrain vehicle training.





# 148FW

## MN AIR NATIONAL GUARD

### RECRUITING LIST

Command Post  
 Security Forces **25k BONUS**  
 Financial Management  
 Aircraft Armament  
 Paralegal  
 Avionics Test Station **50k BONUS**  
 Airfield Management  
 Ops Management  
 Material Management  
 Explosive Ordnance Disposal  
 Aircrew Flight Equipment

Aerospace Propulsion  
 Chaplains Assistant **25k BONUS**  
 Aerospace Ground Equipment  
 Intelligence  
 Aircrew Egress  
 Aircraft Fuels  
 Water and Fuel System  
 Traffic Management **25k BONUS**  
 Vehicle Operations  
 Engineering  
 Electric Power Production

### STEPS TO ENLISTMENT

1. Call the recruiters
2. MEPS
  - a. Take ASVAB
  - b. Physical Exam
3. Job Tour
  - a. Recruiter will send a list of jobs you qualify for
  - b. Pick jobs and tour them on base
4. Set Enlistment Date

### WING TOURS



*Duluth East High School Aerospace Physics students visited the 148th Fighter Wing and received a mission briefing, tour, and F-16 familiarization May 2, 2024.*



*Duluth Denfeld Aerospace Physics students toured the 148th Fighter Wing May 9, 2024. During the tour, the students received learned about aviation and aviation-related jobs, and took a close look at our F-16 Fighting Falcons.*

### CONTACT THE RECRUITING TEAM

218-788-7818 OR

1-800-831-7027

[148.FW.Recruiting.Org@us.af.mil](mailto:148.FW.Recruiting.Org@us.af.mil)

# CAREER FAIR - JUNE 12, 2024

## PHOTOS BY AIRMAN 1ST CLASS ADDIE PETERSON





# BULLDOG DAY 2024

SAVE THE DATE: Join us for a fun filled day celebrating our Bulldog Community. Invite your family and anyone who supports you and your military service!

- ✓ Bulldog BBQ
- ✓ High Energy Rock Cover Band- USAF Band Starlifter
- ✓ Jet photos - \$5 ea.
- ✓ Bounce houses
- ✓ Kids Fun Run @ IPM
- ✓ Resource Fair
- ✓ & SO MUCH MORE!

SATURDAY  
14 SEPTEMBER  
12-3PM



You must complete a Form 66 and return the week prior to the event for anyone 18+ that is attending without a military ID.

For more information email:  
Suzy Hartwick: [suzanne.hartwick@us.af.mil](mailto:suzanne.hartwick@us.af.mil)  
or SrA Maloney: [angel.maloney@us.af.mil](mailto:angel.maloney@us.af.mil)

