



# NORTH DAKOTA GUARDIAN

Volume 5, Issue 2

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## INSIDE:

Guard Youth Council  
Marriage Relationship  
Enrichment Weekend

## PICTURING THE PAST

BRUSHING UP ON DECADES OF CHANGES AT FRAINE BARRACKS

# INSIDE THIS ISSUE

## FEATURES



### 4 Beginner Winners

With a strong showing from a couple of first-time competitors, the N.D. National Guard Biathlon Team skied and shot its way to yet another regional victory. The three-time winners are now focused on repeating that performance at the national competition in a few weeks.



### 6 Love & Marriage

N.D. Guard chaplains and Service Member & Family Support staff provided a Marriage Relationship Enrichment weekend for Guard couples in Fargo. Spc. Jennifer Joyce, of the 116th Public Affairs Detachment, was in attendance with her husband, Patrick, to report on the event.



### 12 Some Slick Training

N.D. military children were introduced to the unique sport of curling in Devils Lake, N.D., during a Youth Council event. Soldiers from the 132nd Quartermaster Company were on-hand to assist. The Soldiers' special brand of training helped prepare the curling facility for the youth visit.

## DEPARTMENTS

- Guardian Snapshots ..... Pg. 10
- News Briefs ..... Pg. 16
- Sound Off! ..... Pg. 17



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# NORTH DAKOTA GUARDIAN

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## ARTICLE SUBMISSIONS

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Phone: 701-333-2195 Fax: 701-333-2017  
Digital photos should be at least 300 dpi.

## On the Cover



A watercolor illustration by Ric Sprynczynatyk, cousin of Maj. Gen. David Sprynczynatyk, N.D. adjutant general, shows the general's residence as it stands today. Through the years, the N.D. National Guard headquarters site has seen a number of transformations. Read about its history and the recollections of World War II veteran Harry Vadnie, who was called to federal service in 1940 and was stationed at the N.D. Guard headquarters, in the story on Page 8.

# GUARD POSTS

## Dispatches from the N.D. Guard Family

### MEETING OUTSTANDING GUARDSMEN

The position of state command chief brings a wide array of new responsibilities. Fortunately for me, my first official task was one of the most enjoyable and rewarding.

On Jan. 7-8, two senior noncommissioned officers and I conducted interviews with the Outstanding Airman of the Year nominees. With all of the accomplishments of our Soldiers and Airmen, we should never lose sight of how talented and dedicated our people really are. It seems, however, that when the exceptional becomes commonplace, it can be taken for granted. In speaking with this year's nominees, we were quickly reminded that as a unit and as a state, we have some extraordinary people in our midst. This made our job of determining the winners very difficult.

During the interviews, we spoke to Airmen that greatly impressed us. Being relatively new to the military, they have had a new way of life thrust upon them. And while attending college or working, these individuals must also become proficient at a second job. Already doing more than most young people, these top performers are eager to take on additional

responsibilities and show what they are capable of.

The noncommissioned officer and senior noncommissioned officer nominees were equally impressive. It is no wonder the N.D. Air National Guard has been honored with 14 Air Force Outstanding Unit Awards. This group clearly understands what it takes to maintain a standard of excellence. They also are looking to the future and making sure that North Dakota remains a leader. In speaking with all the individuals, the amount of mentoring that occurs became very evident.

Another notable theme among the candidates was the amount of camaraderie experienced among the guard members. It's this fellowship that enables us to work so well together. With the way the Wing is branching out with the Predator mission and the 219th Security Forces in Minot, it would be easy for that camaraderie to become stained or lost. However, it seems that each new mission brings new successes to our state, and builds on the tradition of strong unit cohesion.

A portion of the selection criteria is community involvement. The amount of time and talent that our Airmen give to



**COMMAND CHIEF**  
MASTER SGT. BEN BUSH

119th Wing  
State Command Chief

causes outside of themselves is commendable, especially considering all the other responsibilities that they carry. Probably the ultimate form of community involvement has been our battle with floodwaters. For the past three springs, we have asked people to drop what they are doing, leave their jobs and sometimes to leave their own threatened homes to be part of the state mission of flood protection. Yet, these Airmen and Soldiers show up and do incredible work. Hopefully, if the winter continues to be mild, we may get a well-deserved reprieve from our annual battle with Mother Nature this spring.

I am sure it is obvious how much I enjoyed the opportunity to be a part of the Outstanding Airman of the Year selection board. It was an enlightening experience to listen to the nominees share a part of themselves with us. The pride that they show in their membership in the Guard, combined with their talents and abilities, will maintain a tradition of excellence for a long time to come.

I would like to close by reminding everyone that we have Soldiers and Airmen deployed overseas, and ask that you please keep them and their Families in your thoughts.

Sincerely,

Ben Bush



Senior Master Sgt. David H. Lipp

Maj. Gen. David Sprynczynatyk, the N.D. adjutant general, right, presents Chief Master Sgt. Bennett Bush with an award to symbolize his appointment to the N.D. National Guard state command chief position Jan. 6 at the N.D. Air National Guard, Fargo, N.D.

# Third Time *Still a* Charm

By Staff Sgt. Amy Wieser Willson  
Joint Force Headquarters

## Biathlon Team Brings Home Another Regional Win

The N.D. National Guard biathlon team entered last month's regional competition with a bit of pessimism. A few of the team's top biathletes couldn't attend, and two others left after the first day's race to compete overseas. Nevertheless, the success of recent years continued, and the team pulled off a win at the Central Region Biathlon Competition at Mount Itasca, near Grand Rapids, Minn. This is the third year in a row the N.D. National Guard has swept the competition.

"We came in missing a few good skiers because of schedule conflicts and lost even more for the second race as part of the team left for a race series in Germany," said Spc. Jordan Becker, the team's coach. "As a result, this competition — especially day two — had a focus on our new biathletes."

Two of those first-year skiers even figured into the team race results, he said. 1st Lt. Robert Meland, of Bismarck, N.D., and Tech.

Sgt. Danelle Card, of Hawley, Minn., each placed first in the "Novice" category race, as well, which is reserved for first-year biathletes. A veteran of downhill skiing, Card had never cross-country skied until two days before the race.

The weekend competition started with a 10-kilometer sprint race that included two shooting stages. Biathlon combines cross-country skiing with rifle marksmanship as competitors stop the intense cardio activity, attempt to control their breath and fire at targets before resuming skiing. Capt. Eric Nordgren, of Pelican Rapids, Minn., placed second in the race, followed by Sgt. 1st Class Kent Pulst, of Penn, N.D., in 6th; his son, Spc. Brandon Pulst, also of Penn, placed ninth; Meland came in 10th. Rounding out the men's division was Lt. Col. David Skalicky, of Bismarck, in 14th and Becker, of Grand Forks, N.D., who competed with his team during the first day's race, in 25th. Card came in third in the women's division, which covered 7.5 kilometers with two shooting stages.

The second day's race featured a 12.5 kilometer pursuit race with four shooting stages. Nordgren won the race and Meland came in fifth. Also placing for the men's team was Brandon Pulst in 17th and Senior Master Sgt. Eric Card, of Hawley, in 32nd. Danelle Card again placed third in the women's division, which covered 10 kilometers with four shooting stages. The results from the pursuit race pushed North Dakota to first in the team category.

"Our team is finally getting some of the quality depth we need to be a force now and in the

Left, Tech. Sgt. Danelle Card, of Hawley, Minn., accepts her third place award following the Central Region Biathlon Competition Jan. 29. As a first-time biathlete, Card placed third in both the pursuit and sprint races, and she earned first-place in the "Novice" category, which is reserved for first-time biathletes.



Senior Master Sgt. Eric Card

The N.D. National Guard Biathlon Team displays its first-place award Jan. 29 at Mount Itasca. Pictured (back row, from left) are Col. David Anderson, land component commander, Spc. Brandon Pulst, Spc. Jordan Becker, Capt. Eric Nordgren, Senior Master Sgt. Eric Card, Command Sgt. Maj. Harley Schwind, (front row) 1st Lt. Robert Meland and Tech. Sgt. Danelle Card.



Courtesy Photo

future," Becker said. "This race series shows that the work we've put in recruiting and developing athletes is starting to pay dividends. With some hard training, and hopefully a little more snow, we look forward to building on this finish in the national competition at the end of February."

That race, the Chief of the National Guard Bureau Biathlon Championships, will have the team striving to maintain its strong showing, as well. Last year, the biathlon team placed third nationally in the competition, and they won the title the year prior.

While the bulk of the team competed in Minnesota, two members left early to compete in the IDSM, or International Division Ski Championships 2012.

Tech. Sgt. Danelle Card



Left, Capt. Eric Nordgren, who serves with the N.D. Air National Guard, leaves the starting gate during the Central Region Biathlon Competition at Mt. Itasca, near Grand Rapids, Minn., Jan. 28. Nordgren won the 12.5-kilometer pursuit race and placed second in the 10-kilometer sprint race, helping to lead the N.D. National Guard Biathlon Team to its third regional win in three years.

## Interact With Us!



See more photos from this event at <http://bit.ly/2012BiathlonRegionals>

Skalicky and Kent Pulst joined National Guard team members from Minnesota, Montana, Vermont, Utah and Oregon for the races that ran through the first week of this month. ■

# Birds of a Feather



## Service Members Flock to Marriage Enrichment Event

By Spc. Jennifer Joyce  
116th Public Affairs Detachment

The N.D. National Guard chaplains, with support from the Service Member and Family Support Division staff, hosted a Marriage Relationship Enrichment event in Fargo, N.D., Jan. 20-21. As a newlywed and a new Soldier, I was eager to attend. My husband, 1st Lt. Patrick Joyce, of Detachment 1, 132nd Quartermaster Company, and I have heard from others how fun and beneficial past events have been and it seemed like a good opportunity for us to do something as a couple.

“Laugh Your Way to a Better Marriage” took place at First Lutheran Church in Fargo. When Pat and I got there on Friday evening, we had an opportunity to visit with other couples in attendance. We were among the few couples that have been married less than two years, but there was a couple that had been married less than one year. Regardless of marital experience, the information offered in the class could benefit any relationship.

We watched the “Laugh Your Way to a Better Marriage”



Staff Sgt. Christopher Coombs

1st Lt. Patrick Joyce, of Detachment 1, 132nd Quartermaster Company, talks through a couple discussion worksheet with his wife, Spc. Jennifer Joyce, of the 116th Public Affairs Detachment, at the N.D. National Guard Service Member and Family Support Division's Marriage Relationship Enrichment weekend. Below, attendees at the Marriage Relationship Enrichment event recite an apology and promise for the future as the weekend came to a close Jan. 21.

seminar on DVD. Mark Gungor, a marriage and family speaker, started the seminar with the “Tale of Two Brains,” which explained the difference in the male and female brain. Gungor used humor to help the audience relax, but also stay engaged. It was easy to tell that we could all relate to some of the situations he described.

For example, Gungor compared the male brain to a room full of boxes, and a man can only be in one box at a time before he can enter another box. Such boxes could be work, home, fishing or any activity. He also explained that the Nothing Box is a type of sanctuary for a man. When a man is in his Nothing Box, he hears nothing, responds to nothing and nothing bothers him. Immediately, I started to think of multiple situations in my short marriage where I accused Patrick of blatantly ignoring me. Now I realize that he spends quite a bit of time in his Nothing Box.

Gungor explained how the female brain is like a ball of wires in which all things in the woman's life are connected in one way or another. Women don't have the Nothing Box that men have, and it can be assumed that these differences have caused conflict in almost every marriage. The chuckles and accusing glances exchanged in our group made it apparent! I could definitely relate. When Patrick and I get home and tell each other about how are days went, he often asks me



Spc. Jennifer Joyce



Chaplain (Lt. Col.) David Johnson

Left, Sgt. Michael Smith, of the 231st Brigade Support Battalion, is joined by his wife, Heather, and daughter, Willow, before the Marriage Relationship Enrichment weekend kicked off. Above, Staff Sgt. Mitch Lundby, participates in the event's closing exercise of “making a promise for the future” with his wife, Staff Sgt. Erin Lundby, both of the 119th Maintenance Group.

“The fact is that every marriage and its dynamics vary greatly and everybody has to start somewhere.”

things like, “Well, why does that matter?” He doesn't understand how minor details can play such a huge part in my day.

On Saturday, Gungor talked about how the mind and body can work together or against each other. A successful marriage needs to have a strong emotional and physical foundation. If one of these factors in a marriage is weak, it could lead to intimacy problems. Gungor offered advice to people that might have doubted themselves or their spouse's ability to keep intimacy within the marriage.

The seminar ended with “How to Stay Married and Not Kill Anybody.”

Obviously, the title is meant to be humorous, but it covered serious issues. Gungor explained that placing blame isn't the right way to handle issues, and it is nearly impossible to move forward if a husband and wife are unable to understand one another. At the same time, however, understanding doesn't have to mean accepting.

Since we are both Guardsmen, we have already experienced a great deal of separation for training and various other activities. It didn't take long for one of us to become frustrated under some of the situations that have come up as a result.

However, at the end of the day (sometimes the week or month), we are able to reach an understanding and explain to each other why we view situations a certain way or why we acted the way we did. It is difficult, but beneficial. Marriage really is work.

Newlyweds and veterans of marriage

Master Sgt. Sam Judge, of the 119th Operations Group, right, visits with her husband, Lee, during couple discussion time at the Marriage Relationship Enrichment weekend.



Staff Sgt. Christopher Coombs

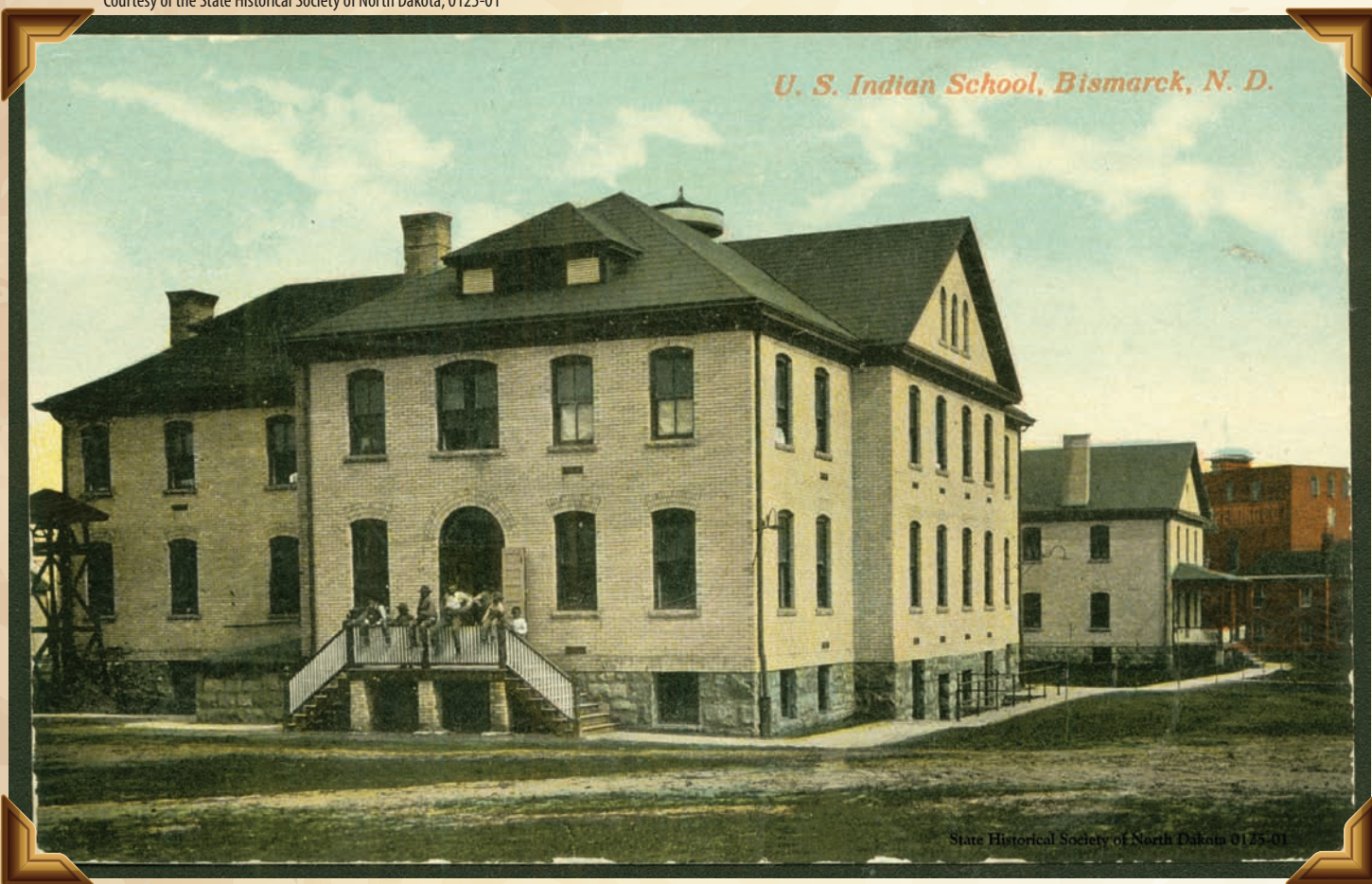
alike were able to gain something from the seminar. Chief Warrant Officer Rob Dorneman, of the 1st Battalion, 188th Air Defense Artillery Regiment, and his wife, Kim, came from their home in Grand Forks to attend the event. They have been married for nearly 25 years, which seems unreal to me. I'm not even 25-years-old and I have few examples in my own family of couples that have been married for that long. As a wife, I felt too young and insignificant in comparison with Kim and some of the other wives. What could I possibly have in common with a woman who has been a wife and mother for over half of her life? I quickly recovered from my own insecurities, though.

The fact is that every marriage and its dynamics vary greatly and everybody has to start somewhere. At the end of the day, we are still husband and wife.

The seminar was a great opportunity for married couples to learn more about themselves and their relationships and it presented an opportunity to connect with other couples that attended, which also is important. After all, the marriages and Families of Guardsmen play a huge part in the composition of the larger Guard Family. ■



Chaplain (Lt. Col.) David Johnson



U. S. Indian School, Bismarck, N. D.

State Historical Society of North Dakota 0125-01

# GHOSTS ALONG THE MISSOURI

THE FIRST OF A FOUR-PART HISTORICAL SERIES

Throughout the past 120-plus years, the N.D. National Guard Headquarters site at Fraine Barracks in Bismarck has mimicked the constant transformation of the mighty Missouri River it overlooks. The current of time has converted the site from the home of the Bismarck Indian School in the early 1900s to the location of the Office of the N.D. Adjutant General, which tracks three armed forces reserve centers, seven readiness centers and 18 armories in 24 communities throughout the state. It also houses the N.D. Department of Emergency Services, an agency that assists local jurisdictions in disaster and emergency response activities, including this year's spring and summer flood operations throughout the state.

The site's impact on North Dakota is visible within the state's borders. Primarily, North Dakota's flag was introduced in 1911 by the headquarters' namesake, Col. John R. Fraine. Fraine served as a battalion commander during the Philippine Insurrection. He also was the commanding officer of the 1st North Dakota Infantry Regiment during the Mexican Border Incident in 1916 and, later, the commander of the 164th Infantry Regiment in France during World War I. After his military service and during his years with the North Dakota State Legislature, Fraine introduced a resolution recommending

Above, a postcard from the early 1900s shows the Fraine Barracks' Fraser Hall and the adjutant general's residence from the east. In the background is the Milwaukee Beer Company Brewery. Right, students at the Bismarck Indian School pose for a group photo May 26, 1926.

an altered version of the colors of the 1st N.D. Infantry as North Dakota's state flag. Fraine Barracks was named in his honor in 1938, marking the beginning days of the site's use as the headquarters of the N.D. National Guard.

Harry Vadnie, who fought with North Dakota's 164th Infantry Regiment in Guadalcanal during World War II, can still recall the humble beginnings of the N.D. National Guard headquarters. He was one of eight Guardsmen inducted into federal service prior to World War II. In 1940, just two years after the N.D. National Guard acquired the site, the Soldiers worked from the new headquarters out of the current adjutant general's home, outfitting companies from the 164th with uniforms and equipment. He also remembers the North Dakota adjutant general of that era, Maj. Gen. Hebert Edwards.

"Well, bear in mind, that I was a private, so I didn't get to hob knob with him," Vadnie said during a visit to Fraine Barracks in December.



State Historical Society of North Dakota 0200-6x8-0430

Courtesy of the State Historical Society of North Dakota, 0200-6x8-0430

Edwards, for his part, was instrumental in acquiring the Fraine site for use by the N.D. National Guard. In fact, remnants from a Milwaukee Beer Company brewery that neighbored the site in the late 1800s and closed prior to North Dakota's entry into the Union (North Dakota entered as a "dry state" during the Temperance Movement), were used in the construction of the Edwards House at Camp Grafton near Devils Lake, N.D., which was named after the former adjutant general.

In 1907, the site was used for the Bismarck Indian School, an institution with the goal to turn Native American children into what at the time was termed "productive members of society." When the school closed in 1937, Edwards began a far-reaching campaign to lobby for use of the site by the N.D. National Guard.

In the book *Citizens as Soldiers: A History of the North Dakota National Guard*, author Jerry Cooper describes Edwards as "a first-rate scrounger in the best sense of the word, (who) set out to acquire an abandoned Indian school just west of Bismarck, on the banks of the Missouri River. The Bureau of Indian Affairs, Department of the Interior, held the property. The adjutant general vied successfully with the Bismarck city school system, the Civilian Conservation Corps, and other groups to procure the grounds."

Further showing Edwards' tenacity in acquiring the site and making sure it was inhabitable for the N.D. National Guard, Cooper writes, "Though the state had no funds available for the renovation, Edwards wrangled Works Progress Administration money, materials and labor to make the buildings usable."

Guard historical documents refer to Edwards as the "Builder Adjutant General," which demonstrates Edwards' foresight in equipping the N.D. National Guard for the organization's future.

Vadnie, who attended school at Bismarck Junior College, as it was called at the time, remembers his role during his time in service after Edwards' acquisition of the Fraine site.

"They weren't releasing anyone from National Guard active duty at that time. I think they knew what was going on more than we did (the build-up to World War II). We had the responsibility to accept all the materials that were needed to get all the

The eight Soldiers who were inducted into federal service in 1940 sit on the front porch of the current adjutant general's residence at Fraine Barracks, Bismarck, N.D. In the front row, from left to right, is Sgt. Earl McCall, Sgt. Joseph Thoma and Tech. Sgt. Waldemar Johnson. In the middle row, is Cpl. John Jordan and Staff Sgt. Leroy Casey. The back row is Cpl. Norman Woehle, Sgt. Eldridge Welch and Sgt. Harry Vadnie, who toured the adjutant general's house this December.

National Guard inactive into active (service), so all the uniforms ... everything came out here, and as the orders came into the companies of the 164th, which were spread around North Dakota, we'd fill the order, and we had trucks and we drove them out to wherever ... they had to go," Vadnie said.

While his active military service would stretch from the fall of 1940 until he returned home from World War II in 1944, he remembers that his decision to serve was not a requirement.

"They were really quite kind," Vadnie said. "They didn't draft you into the job, but if you were not obligated ... they'd ask you if you wanted to come in, so I had no reason not to. I thought I'd get my year in and I'd get out by October of 1941, but didn't quite make it."

When Connie Spynczynatyk, wife of Maj. Gen. David Spynczynatyk, invited Vadnie to Fraine Barracks recently, she was able to show the 164th Soldier the floor plan developed in the 1940s for the current adjutant general's residence. Comparing the modern-day structure to that of the World War II era showed a number of significant changes. On the first floor of the home, the blueprints indicated that there was an area for maid quarters.

"We never had a maid, I can tell you that," Vadnie said.

Additionally, the present kitchen area and dining room were used for storing ammunition and equipment. Vadnie does recall that former configuration.

"It was kind of overflow. So, if we didn't have room in the bigger warehouses, we'd bring it here," he said.

Both the west and east entrances were adorned with open porches. Vadnie can be seen sitting on the front porch with his seven counterparts in a photo taken in 1940. The openings are now enclosed and used as four-season rooms. The bulk of the first floor was used as office areas and a gathering space for the Soldiers to receive administrative updates from their leadership.

Vadnie assures one thing: It is "certainly a much different dwelling than it was in 1940."

Edwards' original desk, however, is one piece of historical significance that still rests in the current adjutant general's office in his residence — a remnant of Fraine Barrack's past from a period that solidified the site as home to the N.D. National Guard. ■

*This story is part of a quarterly N.D. National Guard history series that profiles the brave veterans who have served before us. For more information on the history of the N.D. National Guard, go to <http://bit.ly/NDNGhistory>.*

 INTERACT WITH US! 

See video of Harry Vadnie touring the adjutant general's residence at <http://bit.ly/VadnieVid>



Courtesy Photo



Senior Master Sgt. David H. Lipp



Senior Master Sgt. David H. Lipp



Senior Master Sgt. David H. Lipp

Chaplain (Col.) William Ziegler, the N.D. National Guard's state chaplain, gives his final sermon Jan. 7 during his last unit training assembly of his 30-year military career at the N.D. Air National Guard, Fargo, N.D. He has worked with adjutants general in not only North Dakota, but Alaska, Hawaii and Guam.

Staff Sgt. Jared Dion returns a fuel line to a truck after refueling a C-21 aircraft Dec. 22 at the N.D. Air National Guard, Fargo, N.D.

Top middle, Senior Master Sgt. Kevin Odegaard, left, and Master Sgt. Jeffrey Lien, both of the 119th Maintenance Squadron structural repair function, replace a flap bracket on a C-21 aircraft Jan. 10 at the N.D. Air National Guard, Fargo, N.D. A slight crack was discovered in the flap bracket on the wing of the aircraft during routine phase inspection allowing them to repair the bracket before it caused further damage.



Sgt. Sara Marchus

Above, Staff Sgt. John Hoefler, of the U.S. Army, conducted the tip-off as the honorary coach for the University of Mary men's basketball team Jan. 8 in Bismarck, N.D., for the university's Military Appreciation weekend. The events featured Soldiers and their Families during double headers against Minnesota State University - Moorhead Jan. 7 and University of Minnesota - Crookston Jan. 8.



Spc. Tyler Sletten



Spc. Tyler Wall

Above, Soldiers from the 231st Brigade Support Battalion perform triage and medical first aid tasks during Combat Lifesaver training at the Fargo Armed Forces Reserve Center, Fargo, N.D., Jan. 6. The Pre-Mobilization Training Assistance Element provided the course training along with several other N.D. National Guard medics from across the state.

Left, Staff Sgt. Derek Delorme, a member of the Recruit Training Company cadre, gives Pvt. Logan O'Brien a haircut to bring the new Soldier up to Army standards during drill at Raymond J. Bohn armory in Bismarck, N.D., Jan. 15. Watch for the March issue of the N.D. Guardian for a "day-in-the-life" story on the new Guardsmen who drill with the Recruit Training Company.

# GUARDIAN

Snapshots

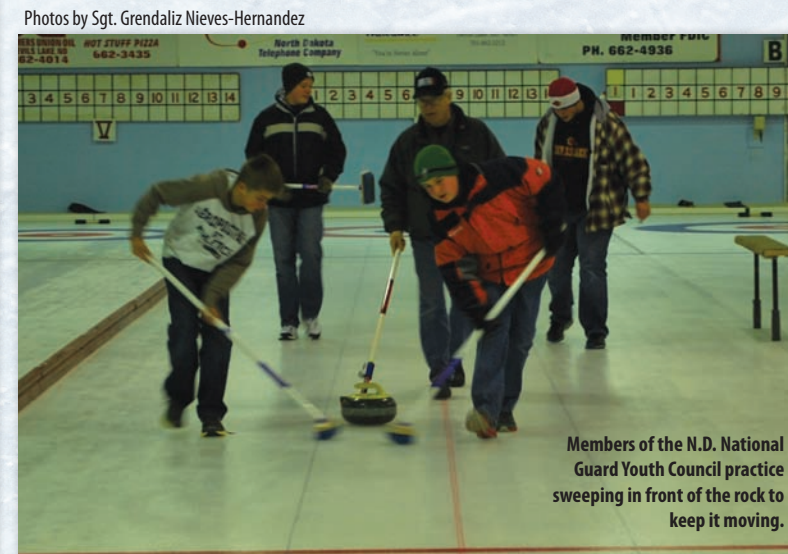
# Thicker Than Water

## Quartermaster Soldiers Lend Expertise to Support Guard Youth Event

Story by Sgt. Grendaliz Nieves-Hernandez & Capt. Mark McEvers, 136th Combat Sustainment Support Battalion



Mr. Dwight Noltmier, Devils Lake Curling Club president, explains to N.D. National Guard Youth Council members Lexie Mikkelson, Maria del C. Rosa-Nieves and Brittany Oswald how to throw a curling "rock."



Members of the N.D. National Guard Youth Council practice sweeping in front of the rock to keep it moving.

Soldiers from Detachment 3, 132<sup>nd</sup> Quartermaster Company, based out of Cando, N.D., participated in a unique training exercise Jan. 9 during a N.D. National Guard Youth Council event with the Devils Lake Curling Club in Devils Lake, N.D.

The unit was seeking a challenging place to set up and operate its equipment for conducting water purification training. Coincidentally, the Devils Lake Curling Club was scheduled to host the N.D. National Guard Youth Council to offer free curling lessons for military youth members, ages 10-17, at its facility Jan. 19.

"In speaking with the lead volunteers at the Curling Club, the ice needs very specific water in order for a consistent playing surface — reverse osmosis water," said Capt. Mark McEvers, officer-in-charge for the 136<sup>th</sup> Combat Sustainment Support Battalion and a member of the Devils Lake Curling Club. "The 132<sup>nd</sup> Quartermaster Company specializes in just that type of purification method."

The unit is equipped with three different types of equipment to purify water utilizing the reverse osmosis principle, which forces water through a very small membrane by applying high pressure.

When the unit receives a mission, its first step is to conduct a water reconnaissance to identify the water source, obstacles, distance away from the customer and the amount of water required.

For this mission, the unit dispatched a lightweight purifier,

which is broken down into small components that can fit in the back of a Humvee and is small enough to fit through a 36-inch door. The lightweight purifier produces roughly 125 gallons per hour.

McEvers said that every purification site is different and has variables, which makes water purification specialists good problem solvers, utilizing ingenuity and creative thinking.

"The Devils Lake Curling Club mission was a win-win situation," McEvers said. "It provided a much needed source of water for the curlers and gave the unit a place for them to practice their mission with a real-world need for their product."

When the N.D. National Guard Youth Council arrived at the Devils Lake

Curling Club, they received a tour around the facilities from club president Dwight Noltmier. Noltmeier explained to the kids how the ice is produced and how it is maintained and also how the 132<sup>nd</sup> had assisted with the process.

Nick and Ben Magstad, sons of Staff Sgt. Calvin Magstad, who works as the Combined Support Maintenance Shop production controller at Camp Grafton, participated in the day's pizza party, curling and Youth Council meeting.

"This was an awesome experience," Nick said. "We knew about the Curling Club but have never been in the building or had ever thought about curling. It is a fun activity!"

As part of the N.D. National Guard Devils Lake Youth Council, members are provided a forum to share with other military youth around the state. Youth Councils offer a range of positive activities designed to promote resiliency, healthy development and teamwork. Members are able to quickly connect with other military youth that experience similar situations, many who have one or both of their parents deployed overseas or away from home during state emergency operations.

"It was fun to watch because most of the youth hadn't curled before," said Jessi Clark-Woinarowicz, N.D. National Guard state youth coordinator. "This was the perfect opportunity for them to step out of their comfort zone and try something new and challenging. Like



Photos by Capt. Mark McEvers



Master Sgt. Marvin Baker

Sgt. Jason Beutow, Cando, of the N.D. National Guard's Grand Forks-based 132<sup>nd</sup> Quartermaster Company, flushes a water line July 10 in Minot, N.D., during the flood fight there this summer. The water line took fresh water to the St. Joseph's annex of Trinity Hospital. An hourly flush is part of the maintenance in purifying water, according to Beutow.

leadership, curling is all about perseverance and quick decision making, which the youth definitely exhibited."

In the past 20 years, the 132<sup>nd</sup> Quartermaster Company has applied its creative thinking and problem-solving techniques while supporting missions in a variety of locations. In 1993, the unit responded and supported three hospitals in Des Moines, Iowa, during record flooding in the state. Members also responded in Grand Forks, N.D., for flood-fighting efforts in 1997. They've supported task forces in Nicaragua, Honduras, Belize and the Dominican Republic. The unit also supported the multi-national exercise Bright Star in Egypt in 2005 and deployed a 20-Soldier element to Iraq in 2007-08.

Most recently, the 132<sup>nd</sup> was activated to support the city of Minot, N.D., by purifying water for a local hospital and setting up two drinking water supply points for Minot residents during historic flood fighting this summer. ■

## PARENTS LEAD

LISTEN EDUCATE ASK DISCUSS

Parents LEAD (Listen, Educate, Ask, Discuss) provides comprehensive age-appropriate information, tips, tools and resources to parents on how to talk to their child with a goal to prevent underage drinking and related consequences. Designed to provide valuable resources to parents of children of all ages, the key component to Parents LEAD is a website, [www.parentslead.org](http://www.parentslead.org).

Parents LEAD includes tips for starting that difficult conversation, handling questions from children, and suggestions for prevention measures that are effective for children at each individual developmental stage.

The Parents LEAD program includes methods of communication — beginning with toddlers through the college/young adult years — so families with children of all ages can prepare for educated, targeted conversations on the topic of underage drinking.

When parents visit [www.parentslead.org](http://www.parentslead.org) they will have the opportunity to sign up for email communications containing content based on their child's (or children's) specific age and/or grade. A Facebook page and interactive blog, written by Dr. Sharon Query, 4-H youth development specialist with the NDSU Center for 4-H Youth Development, also is on the website so parents can ask specific questions on the topic of underage drinking.

The program is a partnership between four state agencies: North Dakota Department of Transportation, North Dakota University System Consortium for Substance Abuse Prevention, North Dakota Department of Human Services and North Dakota State University Extension Service.

For more information on the Parents LEAD project, visit [www.parentslead.org](http://www.parentslead.org).

Below, a sign displayed in the Devils Lake Curling Club touts a successful water purification mission.

Right, Spc. Beau McIntyre reads through a technical manual for the lightweight purifier prior to operation at the Devils Lake Curling Club Jan. 9.



# DOLLAR\$ & \$ENSE

Personal Financial Consultant  
Available to N.D. Service Members



Senior Master Sgt. David H. Lipp

A Quarterly Series Featuring  
Resources from the Service  
Member & Family Support Division



Money is an issue every one of us deals with daily. Some of us struggle financially. Others worry about how they are going to send their kids to college, if they can they afford a home, and when or if they can afford to retire. When you start researching for financial assistance, it can be overwhelming when meeting with many different "experts." There also are so many fees, both hidden and unhidden. The bottom line is, where do you go and who do you trust?

A solution is available and is free at the Service Member and Family Support office. Nafitalai (Naf) Kioa, contracted by the Office of the Secretary of Defense, is a personal financial consultant assigned to North Dakota. Naf's job is to provide free and confidential financial advice to service members and their Families within the state.

Naf is a certified financial planner with more than 18 years of financial service industry experience. His experience includes providing financial service to federal civilian employees and to various military and community organizations that provide service to military Families.

Naf can help service members and their Families manage finances, resolve financial problems and reach long-term goals, such as getting an education, buying a home, and planning for retirement. The services he provides include professional, individualized financial planning and consultation services, including assistance with money management, credit and debt liquidation, analysis of assets and liabilities and establishing and building savings plans.

As a personal financial consultant, Naf's services are designed to support short- and long-term financial needs, plans and goals



Marilyn Rohrer, a transition assistance advisor for the Military Service Center, left, advises Senior Master Sgt. Robert Scheidecker, of the 119th Logistics Readiness Squadron, about military benefits that he may not have been aware of May 2, 2009, at the N.D. Air National Guard. The Military Service Center booth was one of 30 separate booths in place for a military reintegration event designed to help Guard members who have recently deployed to adjust back into their lives when they return, and to be aware of benefits that they may not know about. The Military Service Centers in Bismarck and Fargo house an array of services for N.D. Veterans of all branches and eras of service.

and to assist service members and their Families in the development of realistic spending plans, reducing debt, saving for the future and attaining both "wants" and needs.

In cases of extreme financial hardship, Naf can assist service members and their Families by referring them to the appropriate military organization or resource for additional assistance. Additionally, Naf is available to conduct command-requested training that addresses financial planning for family separation, short-notice deployments, permanent change of station and transition from the military.

If you would like to schedule an appointment for personal financial counseling services, call Naf at 701-333-4813 or email [nafitalai.x.kioa@healthnet.com](mailto:nafitalai.x.kioa@healthnet.com). These services are free, anonymous and confidential. ■

## Don't Forget Tax Season!

Military OneSource offers a program that provides free access to a customized version of the basic H&R Block at Home® electronic tax filing product. This customized product allows for free federal and state filing. Visit [www.militaryonesource.com](http://www.militaryonesource.com) for more information.

## N.D. Guard Gatherings

Soldiers, Airmen and Families Invited to Annual Organizational Events

By Rob Keller  
Service Member & Family Support Division &  
Lt. Col. Greg McDonald  
Organizational Development Officer

The Adjutant General's Volunteer Symposium will be March 9-11 at the Holiday Inn Hotel in Fargo for all N.D. National Guard family volunteers and unit commanders. The goal of the conference is for family volunteers and commanders to understand available tools that will ease absences during deployments, strengthen family relationships, and gain knowledge of generational differences through a variety of training opportunities and a presentation from Scream Free Institute. Additionally, a Youth Symposium will be going on simultaneously for children ages 8-17.

The Adjutant General's Volunteer Symposium will present opportunities that will assist with building relationships with other volunteers as well as expanding knowledge on supporting your Families and service members.



Sgt. 1st Class Richard Haugen and his wife, Tess, present the 2010 N.D. National Guard Families of the Year March 5, 2011. The Haugens were the 2009 N.D. Army National Guard Family of the Year and later went on to receive the national Family of the Year title.

Keynote speaker Hal Runkel, with the Scream Free Institute, will show how leaders and volunteers outside the home can create powerful and substantial change by effectively managing themselves. ScreamFree Leadership shifts the focus to the main factor that matters — the leader's own emotional reactivity. By learning to keep calm, the Scream-Free leader learns to share both the power and the pressures of leadership, inviting others to discover their own investment in the organization's success.

The Youth Symposium will provide its participants the opportunity to build upon their teambuilding, leadership and life skills. A national speaker from the Cyberbullying Research Center, Dr. Sameer Hinduja, will give an in-depth discussion on cyberbullying and address the safe and responsible use of social networking sites. Your youth will be stunned and able to relate to this hard-hitting, engaging and highly impactful presentation.

Youth attendees also will spend time with Dee LeMay, a national facilitator, who will offer adventure-based programming to promote learning, improve communication skills and develop leadership skills. They will end their weekend by presenting what they learned to the adults at the Adjutant General's Volunteer Symposium.

For more information about the Adjutant General's Volunteer Symposium and Youth Symposium, contact Sgt. Julie McKenzie at 701-333-4824 or email [julie.mckenzie@us.army.mil](mailto:julie.mckenzie@us.army.mil).

This year's Combined N.D. National Guard Enlisted and Officer Associations' Conference will take place in conjunction with the Adjutant General's Volunteer Symposium.

This event allows N.D. Guard personnel and retirees the opportunity to become involved in their respective associations, take part in the election process for association leadership and learn about new legislation being proposed to benefit the N.D. National Guard.

To participate or learn more about this event, contact your respective association representative within your unit or visit [www.ndngea.com](http://www.ndngea.com) or [www.ngand.org](http://www.ngand.org). You also can contact Lt. Col. Greg McDonald at 701-866-9057 or email [gmcndon49@gmail.com](mailto:gmcndon49@gmail.com). ■

N.D. National Guard members visit a vendor booth at the 2011 N.D. National Guard Professional Development Workshop March 4, 2011, in Bismarck, N.D.



Photos by Senior Master Sgt. David H. Lipp



### Seekins Retires, Anderson Becomes New Land Component Commander

After more than three years as the N.D. National Guard's land component commander and 34 years of military service, Brig. Gen. William Seekins has retired.

During a January change of command ceremony, Col. David Anderson took the reins of N.D. Army National Guard leadership and now oversees the more than 3,350 Soldiers assigned within the land component command.

Read more: <http://bit.ly/Seekins>

### Bush Begins Role as State Chief as Johnson Retires

Upon Command Chief Master Sgt. Paula Johnson's retirement last month, Command Chief Master Sgt. Bennett Bush has stepped into the state command chief role. The position manages the needs, concerns and development of enlisted Airmen across the state. Bush joined the N.D. Air National Guard in January 1981.

Johnson enlisted in the N.D. Air National Guard in 1984 after having worked as a civilian federal technician for the Air Guard since 1974.

Read more: <http://bit.ly/StateChief>

### Mentorship Program Welcomes Record Number of Participants

The Developing Leaders Joint Mentorship program for 2012 began Jan. 12 with a record number of participants. Nineteen mentor/mentee pairs comprised of 38 Guardsmen from across the state began the process of enhancing their careers through mentoring relationships facilitated through the program.

The Developing Leaders program began in 2006 as an informal Army Program. The unique process is now facilitated through Bismarck State College as a yearly program and is entering its fifth year, where participants are provided training in a neutral environment to learn, develop and grow.

Capt. Janet Masseth, the organizational development officer for the N.D. National Guard, said the program for fiscal year 2011 ended last month. The six mentor/mentee pairs involved had successes with



Brig. Gen. William Seekins is congratulated by Col. Steven Tabor following his retirement in Bismarck on Jan. 8 from the N.D. National Guard after 34 years of service.

their development plans. Mentees learn how to balance their home life with work responsibilities and Guard service. Mentors provided guidance and advice on how to do that balancing act so mentees can be successful in all areas of their lives.

"The benefits of this program are endless," Masseth said. Mentees learn how to take charge of their personal and career goals. As a previous member in the 2011 program, I gained knowledge of how to best use the skills I already possess. I gained additional confidence and learned how to communicate better."

Interested participants in the 2013 program can apply this July.

For additional information about the N.D. National Guard Development Leaders Joint Mentoring program, call Masseth at 701-333-2172 or e-mail [janet.k.masseth@us.army.mil](mailto:janet.k.masseth@us.army.mil).

### Peer-to-Peer Counseling Available to Guardsmen

In an effort to face the unique challenges of providing peer counseling, the National Guard unveiled, during a ceremony at Capitol Hill, its newest initiative, Vets4Warriors.

Vets4Warriors, a toll-free, peer-to-peer counseling hotline, will provide Guard members and all reserve-component members with the ability to speak with



Maj. Gen. David Sprynczynatyk, N.D. adjutant general, left, pins the federal Meritorious Service Medal on the jacket of Chief Master Sgt. Paula Johnson, the N.D. state command chief, Jan. 6 during Johnson's retirement ceremony at the N.D. Air National Guard, Fargo, N.D.

counselors on the phone or online.

As former service members, the counselors will be able to provide empathy, understanding and a wide variety of tools to help the modern-day service member fight the fight on the front lines and the home front, said Army Col. Gregg Bliss.

"(This is) a peer support hotline that allows service members of any reserve component to call the center 24 hours a day, seven days a week, and discuss any issues, challenges or problems they have with a peer counselor," said Bliss, the Army National Guard's Soldiers and families support division chief.

"(Service members can speak with) somebody who's been in the military, somebody we believe ... will perhaps have a better understanding of what some of their challenges and issues may be, and then either provide (continued on page 17)

## Chaplain's Corner: The Value of Loyalty



Chaplain (Lt. Col.) John Flowers, the newly appointed N.D. National Guard state chaplain, left, administers nondenominational holy communion Jan. 7 during unit training assembly at the N.D. Air National Guard, Fargo, N.D.

By Chaplain (Lt. Col.) John Flowers  
119th Wing

*"Negro pilots cannot be used in our present Air Corps units since this would result in Negro officers serving over white enlisted men creating an impossible social situation."*

— General Henry "Hap" Arnold, 1941

A motion picture just released depicts the inspirational true story of the Tuskegee Airmen or "Red Tails." They were the 332<sup>nd</sup> Fighter Group comprised of African-American pilots and ground crews. After fighting against institutional racism for the right to serve in action, they compiled an outstanding combat record during World War II.

The Tuskegee Airmen embody the value of "loyalty." They selflessly served a country and an army that systematically degraded,

demeaned and dishonored them in large and small ways throughout their training and combat service. They came from a segregated "Jim Crow" society that oppressed them as second-class citizens and after the war, they returned to it. Some American communities afforded enemy prisoners of war more dignity and respect than African-American Soldiers in uniform! Their loyalty to America is astounding and inspiring.

They were loyal to a nation that, to say the least, did not deserve their devotion. They had pride in themselves. They were determined to prove themselves. They wanted to force the system to change. They had faith in America, that things would change and a better world would emerge because of their sacrifice. And their faith in America was rewarded. As Winston Churchill once said, "Americans can always be counted on to do the right thing ... after they have exhausted all other possibilities."

In order to enlist in the National Guard, you swore an oath promising to "bear true faith and allegiance to" the constitution of the United States. That's loyalty. That's believing the best about your country, even when you see problems. Are you ever tempted to gripe about our country? To doubt where we're going? To think the system is unfair? To wonder if your service matters? If so, take a good hard look at the Tuskegee Airmen and other African-American combat units from the Civil War through World War II. Through their unwavering loyalty and faith in America, these heroes planted seeds of change that brought a greater measure of justice to our world.

The commander of the Red Tails, Gen. Benjamin O. Davis, was belatedly promoted to four-star rank at the age of 86 in 1998. At the promotion ceremony, President Clinton said, "General Davis is here today as living proof that a person can overcome adversity and discrimination, achieve great things, turn skeptics into believers; and through example and perseverance, one person can bring truly extraordinary change."

That's the value of loyalty. Take pride in yourself, in your unit, in your country. Believe that your effort matters. Bear true faith and allegiance. Your effort is not wasted in America. ■

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(... continued from page 16) them with referrals or recommendations on how they could resolve their issues or even just talk to them and listen to them."

Bliss said that having a program dedicated to strictly anonymous, peer-to-peer counseling is a key step in letting people know there's no stigma in asking for help and it's OK to not be OK. Once the service member reaches out to Vets4Warriors, the counselor will try to match them to any of the resources available.

"We've coordinated a lot of the support

services currently available, especially those away from the installation(s), because we're looking for accessibility and convenience, (but) we can't promise that every service is available to every service member based on where they live," Bliss said.

The program, to be run by the Army National Guard, will be based at the University of Medicine and Dentistry of New Jersey, which has an extensive background relating to this type of helpline.

Even with the ability for service members to have this support, Bliss said

this line is not a suicide prevention hotline.

"This is not considered a suicide prevention hotline, nor is intended to provide clinical behavioral health services, this is just a hotline you can call, as a service member, and talk to somebody with a comparable background."

To learn more about Vets4Warriors, or to speak with a counselor, service and family members can call the Vets4Warriors toll-free hotline at 1-855-VET-TALK (838-8255).

# Retirements • Promotions • New Members

October 2011 — December 2011

## Promotions • Army

### Chief Warrant Officer

CW5 William D. Baker  
CW3 Timothy J. Berg  
CW3 Lee J. Bushaw  
CW3 Timothy J. Dobler  
CW3 Zachary J. Putz  
CW3 Amber D. Wilson  
CW2 Adam R. Waldo

### Colonel

COL Scott J. Boespflug

### Lieutenant Colonel

LTC Todd W. Schaffer

### Major

MAJ Andrew R. Nathan

### Captain

CPT Scott A. Dickmeyer  
CPT Steven C. Gallo  
CPT Bradley S. Loween  
CPT Lucius D. Malheim  
CPT Kimberly A. Miller  
CPT Russ A. Sundby  
CPT Matthew J. Voeller  
CPT Rachael L. Walters

### First Lieutenant

1LT Lorna B. Meidinger  
1LT Kalli J. Swenson

### Command Sergeant Major

CSM Alan P. Grinsteinner

### Sergeant First Class

SFC Kristel O. Amundson  
SFC David D. Kramer

### Staff Sergeant

SSG Patrick W. Greicar  
SSG Frank A. Heilman  
SSG Dustin W. Kirschenmann  
SSG Shannon L. Kliniske-Nelson  
SSG Travis J. Miller  
SSG Aaron S. Reich  
SSG Calder R. Ressler  
SSG Allen D. Shefstad  
SSG Stephanie A. Thielges

### Sergeant

SGT Erik E. Anderson  
SGT Thomas A. Bergseid  
SGT Brandon J. Brady  
SGT Scott M. Douglas  
SGT Brian M. Gubrud  
SGT Scott A. Jenson  
SGT Carol L. Kauk  
SGT Dominic L. Kessel  
SGT Christopher J. Mckamey  
SGT Ashley K. Metcalf  
SGT Shelby R. Nelson  
SGT Tilly D. Nguyen  
SGT Jason D. Penor  
SGT David W. Rodenkirck  
SGT Rithy M. Yem  
SGT Aaron J. Zabka

### Specialist

SPC Dustin L. Barry  
SPC Ross L. Bolek  
SPC Geoffrey J. Brandner  
SPC Kyle J. Brandner  
SPC Dennise L. Clifton  
SPC Travis C. Dukart  
SPC Hannah N. Erickson  
SPC Joseph A. Erickson  
SPC Sierra J. Felix  
SPC Jessica A. Fetsch  
SPC Kaleb P. Folden  
SPC Devin L. Greywater  
SPC Tarrenlee P. Hagerott  
SPC Patrick J. Hansen  
SPC Anthony W. Harris  
SPC Mitchell S. Haugen  
SPC Morgan D. Henry  
SPC Jackie L. Hill  
SPC Samantha M. Ihringer  
SPC Colin M. Johnson  
SPC Bryan J. Kruse  
SPC Sean R. Leadbetter  
SPC Michael J. Mcgregor  
SPC Jason B. Metcalf  
SPC Bryan M. Moch  
SPC Shelby L. Moen  
SPC Joshua A. Nuss  
SPC Michael W. Oehler  
SPC Sean D. Opdahl  
SPC Joseph W. Pikarski

SPC Casey M. Renner  
SPC Gerald S. Richards  
SPC Jon M. Rogness  
SPC Zachariah T. Siebert  
SPC Jason D. Sink  
SPC Matthew A. Sprenger  
SPC Ryan D. Swanson  
SPC Channing R. Swimmer  
SPC John W. Thorenson  
SPC Jason D. Troitte  
SPC Brett T. Wetzel  
SPC Kent H. Worthington

### Private First Class

PFC Nicholas C. Alforque  
PFC Brandon L. Austill  
PFC Judah B. Belile  
PFC Jessica M. Bilquist  
PFC Benjamin G. Bjertness  
PFC Devon M. Blazek  
PFC Ryan M. Blumhagen  
PFC Aaron A. Boe  
PFC Kom P. Coyledraeger  
PFC Nicholas J. Dalle  
PFC Lance C. Dudden  
PFC Mitchell R. Eidsvold  
PFC Trenton W. Fischer  
PFC Jorge I. Gomezperez  
PFC Morgan A. Herman  
PFC Andrew T. Hoeger  
PFC Jonathan G. Hunter  
PFC Kelsey L. Jay  
PFC Andrew D. Johnson  
PFC Cole R. Johnson  
PFC Jillon D. Jones  
PFC Brandon J. Jorgenson  
PFC Scott A. Kern  
PFC Logan G. Kienzle  
PFC Cayne O. Kopperud  
PFC Brandon J. Koster  
PFC Alecia A. Krapp  
PFC Brent M. Mittleider  
PFC Sam E. Nelson  
PFC Doson R. Nguyen  
PFC Christopher R. Peoples  
PFC William A. Sampel  
PFC Shawn S. Sanford  
PFC Tyler T. Schelske  
PFC Tasha N. Schlosser

PFC Jesse J. Shypkowski  
PFC Randy J. Smith  
PFC Jacob L. Thrailkill  
PFC Holli B. Tollefson  
PFC Johnathon D. Torfin  
PFC Tanner P. Vesledahl  
PFC Brittany C. Volk  
PFC Matthew P. Walsh  
PFC Nicholas B. Webber  
PFC Brandin T. Weninger  
PFC Dylan M. Yoder  
PFC Ty J. Zaczkowski  
PFC Travis A. Zeeb

### Private

PV2 Anthony L. Aadland  
PV2 Grant J. Baasch  
PV2 Tyler M. Bier  
PV2 Brooke E. Davidson  
PV2 Laine C. Diehl  
PV2 Nicole M. Fuerstenberg  
PV2 Britana R. Giroux  
PV2 Daniel S. Grassrope  
PV2 James A. Gubler  
PV2 Ryan P. Lang  
PV2 Cody E. Lausch  
PV2 Grayson J. McCrary  
PV2 Ryan S. Mindt  
PV2 Austin L. Mittleider  
PV2 Dustin S. Mittleider  
PV2 Renatta B. Morningstar  
PV2 Thomas J. Myran  
PV2 Kristen R. Nelson  
PV2 Andrew S. Nicklay  
PV2 Joshua R. Ringuette  
PV2 Kade L. Ross  
PV2 Colton M. Schaeffer  
PV2 Seth L. Schmidt  
PV2 Kevin M. Schulz  
PV2 Beron J. Sinner  
PV2 Michael J. Skaggs  
PV2 Devon S. Stephens  
PV2 Jacob A. Tesky  
PV2 Brent A. Ulmer  
PV2 Kendra S. Ulmer  
PV2 Justin D. Vanleuven  
PV2 Kyle A. Volk  
PV2 John R. Westrick  
PV2 Madison R. Wigness  
PV2 Emily A. Zastoupil

# Retirements • Promotions • New Members

October 2011 — December 2011

## New Members • Army

CPT Michael D. Green  
SFC Carol A. Molina  
SSG Joshua R. Duncklee  
SSG Cesar E. Escamilla  
SSG Daniel J. Jonckowski  
SSG Ryan C. Walsh  
SGT Lucinda R. Bolyard  
SGT Charles A. Cole  
SGT Juan F. Esparza  
SGT Prarie R. Grate  
SGT Earl J. Lombardo  
SGT Hilary M. Mehrer  
SGT Vince S. Thornsberry  
SPC Gerald M. Bond  
SPC Thomas M. Collier  
SPC Paige V. Douglas  
SPC Joseph F. Fox  
SPC William F. Gregory  
SPC Christopher C. Isakson  
SPC Goins A. Lauderdale  
SPC Damyon L. Miller  
SPC George M. Moore  
SPC Alex A. Preszler  
SPC Cody D. Richards  
PFC Ryan M. Blumhagen

PFC Travis J. Brown  
PFC Jessica A. Fitterer  
PFC Jarell J. Grant  
PFC Morgan A. Herman  
PFC Anthony J. Hoiium  
PFC Jeffrey A. Hulbert  
PFC Jonathan G. Hunter  
PFC Mathew D. Jorgenson  
PFC Tyler J. Larson  
PFC Jesse D. Lee  
PFC Brandon L. Metzen  
PFC Jason M. Mosset  
PFC Michelle L. Sackman  
PV2 George S. Burda  
PV2 Jon P. Chamberlain  
PV2 Daniel S. Grassrope  
PV2 Daniel D. Kiehl  
PV2 Blake S. Kretchman  
PV2 Ryan P. Lang  
PV2 Michelle K. Lenk  
PV2 Grayson J. McCrary  
PV2 Dustin S. Mittleider  
PV2 Joel H. Otto  
PV2 Joshua R. Ringuette  
PV2 Seth L. Schmidt

PV2 Beron J. Sinner  
PV2 Michael J. Skaggs  
PV2 Amber N. Swanson  
PV2 Jamz L. Thompson  
PV2 Ashley N. Tonnesen  
PV2 Brent A. Ulmer  
PV2 Kayla S. Wangler  
PV2 John R. Westrick  
PV2 Cody J. Zikmund  
PV1 Weston R. Andrus  
PV1 Blake C. Arndt  
PV1 Nicole A. Banuelos  
PV1 Andrew W. Beine  
PV1 Justin K. Burow  
PV1 Bradley J. Carlson  
PV1 Skyllair J. Gaffney  
PV1 Madeline K. Gardner  
PV1 Kaitlyn P. Goenner  
PV1 Ian M. Howard  
PV1 Dustyn K. Huber  
PV1 James K. Johnston  
PV1 Dakota L. Kaplan  
PV1 Tanner A. Keitzman  
PV1 Thomas M. Kleespie  
PV1 Tory M. Leier

PV1 Amanda J. Lonier  
PV1 Adam G. Mathern  
PV1 Matthew J. Misslin  
PV1 Trisha L. Morrell  
PV1 Jacob M. Nelson  
PV1 Joseph M. Oster  
PV1 Trey E. Paul  
PV1 Brett D. Paulson-Reynolds  
PV1 Darian P. Pearson  
PV1 Tylor J. Pleinis  
PV1 Lee V. Renner  
PV1 John G. Sampel  
PV1 Keisha R. Schock  
PV1 Jamie L. Schwarzwalter  
PV1 Raymond L. Smith  
PV1 Evan C. Tetrault  
PV1 Taylor B. Trendera  
PV1 Erik V. Trusdell  
PV1 Alexander M. Vanyo  
PV1 Zachary D. Vollan  
PV1 Patricia E. Watts  
PV1 James T. Wold

## Promotions • Air

### Lieutenant Colonel

Lt Col Bruce E. Krogstad

### Captain

Capt Robert D. Davidson

### Master Sergeant

MSgt Timothy M. Gruba  
MSgt Christopher S. Walberg

### Technical Sergeant

TSgt Malisha O. Nikle  
TSgt Chad R. Noyes  
TSgt Jeffrey A. Roerick

### Staff Sergeant

SSgt Erin A. Eagleson  
SSgt Kaila N. Margheim  
SSgt Neil C. Nelson

### Senior Airman

SrA Bradley D. Cernik

SrA Jake A. Erickson  
SrA Kenneth W. Jahnke  
SrA Gregory K. Metcalf  
SrA Sophie K. Miller  
SrA Matthew M. Preszler  
SrA Taylor R. Rix

### Airman First Class

A1C Jenna K. Palczewski

## Retirements • Army

BG William L. Seekins  
COL Virginia A. Kraushaar  
CPT Jason J. Hellman  
CW5 Ronald J. Doll  
CW3 Dennis M. Voeller  
MSG Dennis J. Beck  
MSG Alan K. Peterson  
MSG Paul K. Stroklund  
MSG Sherwin Wanner  
SFC Ronald V. Hosman

## Retirements • Air

Col William M. Ziegler  
Lt Col Richard J. Omang  
CMSgt David G. Harmon  
CMSgt Paula K. Johnson  
CMSgt Paul E. Tangen  
SMSgt Michael V. McCleary  
MSgt Herbert D. Crawford  
MSgt Andrew C. Hanson  
TSgt Russell D. Novacek

## Appointments

### Air Guard

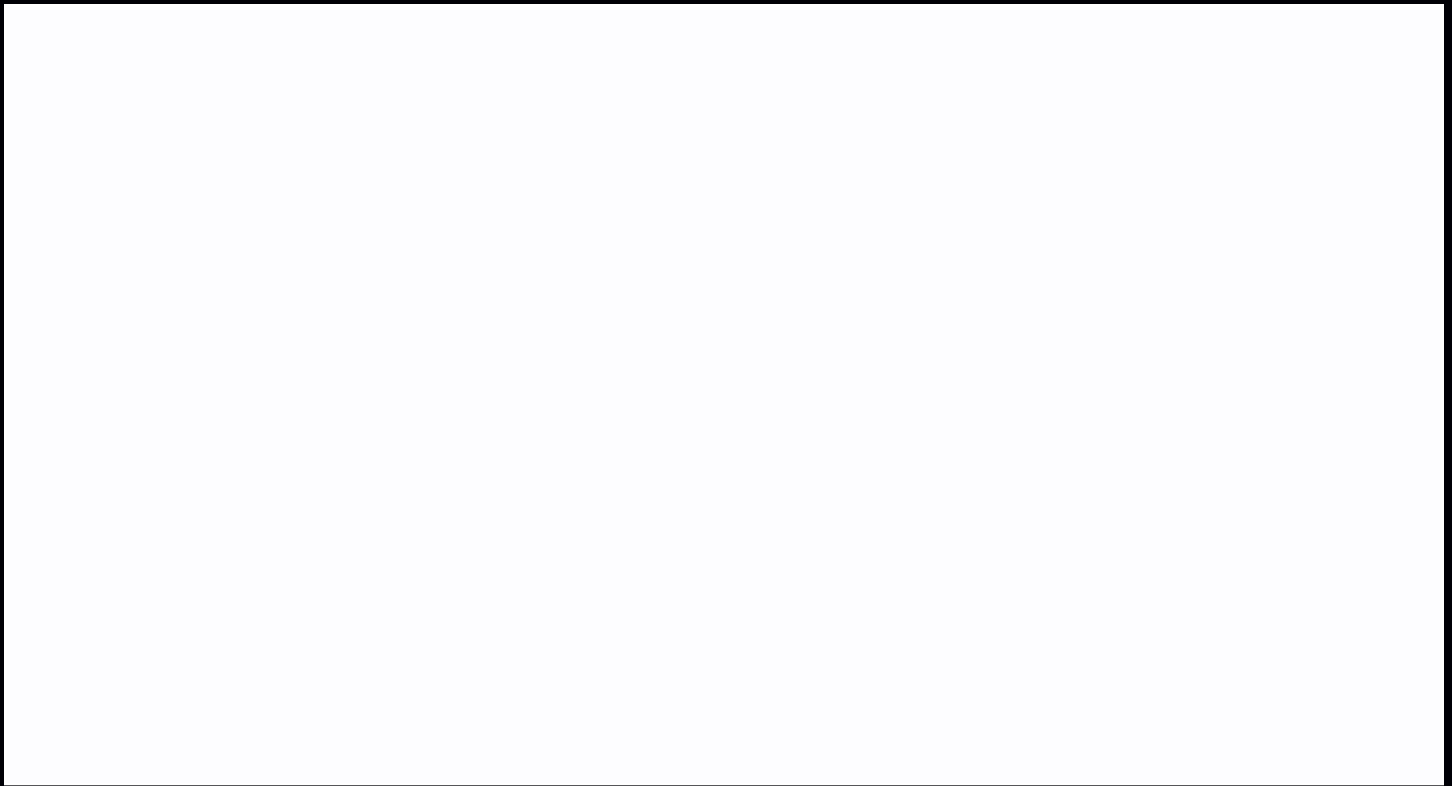
2d Lt Nicholas C. Hanson  
2d Lt Jacy J. Voglewede  
2d Lt Bryan S. Voss

### Army Guard

2d Lt Timothy M. Burton

On the Move?  

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Senior Master Sgt. David H. Lipp

Tech. Sgt. Jon Carlson throws a beanbag Jan. 18 as his opponent, Staff Sgt. Nicholas Kosen, both of the 119th Wing, watches his toss at the N.D. Air National Guard, Fargo, N.D. The pair are taking part in a beanbag benefit during lunch break to raise money for the Master Sgt. Lincoln Lee cancer fund. The event was organized by Tech. Sgt. Anthony Salquist, who works in the same functional area at the N.D. Air National Guard. The team of Senior Airman Erin Weaver and Staff Sgt. Nicholas Kosen won the contest, which raised more than \$500 for the fund. The beanbag toss is one of several fundraisers for Lee, including a lunch benefit that raised nearly \$4,000. Follow Lee's journey on his CaringBridge website at [www.caringbridge.org/visit/lincolnlee](http://www.caringbridge.org/visit/lincolnlee).