



NORTH DAKOTA GUARDIAN

Volume 5, Issue 1

January 2012



Missing You While You're Away

119th Civil Engineer Squadron
Leaves for Overseas Mission



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NORTH DAKOTA GUARDIAN

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Digital photos should be at least 300 dpi.

On the Cover



Tech. Sgt. Jeffrey Roerick, of the 119th Civil Engineer Squadron, holds his son, Logan, as his wife, Roxanne, looks on Dec. 1 during a deployment send-off gathering at the N.D. Air National Guard, Fargo, N.D. Roerick is one of about 50 civil engineers deploying to Southwest Asia for six months.

GUARD POSTS

Dispatches from the N.D. Guard Family

REALIZING A DREAM FOR THE FUTURE

Who can forget the line “build it and they will come?” It’s a reference from the 1989 film “Field of Dreams” starring Kevin Costner, who takes a leap of faith by building a baseball field among the cornfields of his remote Iowa farm.

While it was not a “leap of faith,” the planning for a second military service center in Fargo took two years and the 61st North Dakota Legislature to make the building’s opening a reality. On Oct. 24, the Fargo Military Service Center (MSC) at 2219 12th St. N. in Fargo, officially opened for business. We had our grand opening and ribbon cutting event on Dec. 15. In just 53 days, more than 500 people walked through the MSC doors for assistance. This includes all active duty branches, retirees, disabled veterans, veterans and family members and the list goes on. This number represents 13 states and three countries. What an honor for our team to serve these great citizens. The MSC was definitely needed in Fargo!

Sometimes it seems that the best way to tackle an issue is to identify the problem and create a solution. It’s just as helpful to identify what is working and replicate it for use in many places. That is exactly what

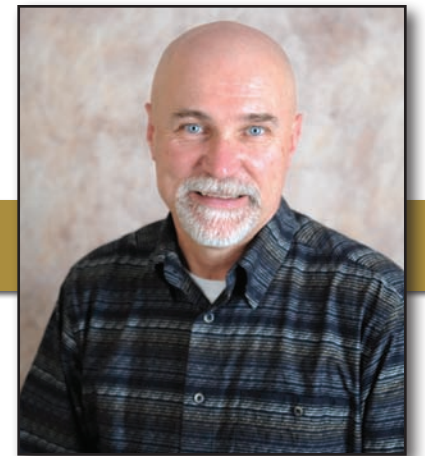
happened when Maj. Gen. David Sprynczynatyk, N.D. adjutant general, saw the success of the Bismarck MSC. As they say, “the rest is history.”

The programs and services at the Fargo MSC are for everyone in the broader military family. Some might think that our services are only for those who have problems. That is definitely not true! The Fargo and Bismarck MSCs, as well as Family Assistance Centers around North Dakota, offer programs that inform and educate.

The readiness theme is highly appropriate for military members and their Families. It also is of key importance to commanders. Personal readiness is the key to achieving a good quality of life, regardless of one’s career or position. The team members of the Fargo MSC work closely with commanders to ensure the men and women they are leading are well prepared and resilient so that problems are minimized and when the military member is on duty, his or her focus is on the job.

Do users have to pay for these programs? No! The military family programs and services are free for all eligible ID card holders.

It’s important for our local, state and



MR. ROB KELLER

Service Member and Family Support Director

federal policymakers to hear that our programs are working and see firsthand the support they receive. Our programs and team members will continue to provide high-quality, professional services to everyone associated with the military. I hope that you will become familiar with our services and programs. Our centers provide “one stop service” and we are just a phone call away at 1-800-242-4940.

If you have a husband, wife, father, mother, son, daughter, brother or sister serving in the active-duty component or the National Guard or Reserve, or if you are a veteran, this MSC has been designed with you in mind.

The grand opening was indeed a very special day as we all came together to recognize and dedicate a facility, a concept, a model that reaches across all active-duty and reserve components and extends to the core of why we came into existence — taking care of our military service members, their Families and veterans.

Sincerely,

Rob Keller, Service Member and Family Support Division



Senior Master Sgt. David H. Lipp

Pastor Steve Holmes, with the Garrison, N.D., Family Readiness Group, addresses the crowd of attendees gathered Dec. 15 for the grand opening of the Fargo Military Service Center. The painting at left is a special gift he brought to be displayed at the MSC. The center is operated by the N.D. National Guard’s Service Member and Family Support office and provides a wealth of resources for current and former service members of all military branches, as well as their Families.

119th Civil Engineer Squadron members walk across the flight line Dec. 6 on their way to board a military aircraft for a six-month deployment to Southwest Asia.



Hooligans Take Off for Deployment

119th Civil Engineer Squadron Overseas for Six-Month Mission

By Staff Sgt. Amy Wieser Willson
Joint Force Headquarters



Maj. Gen. David Sprynczynatyk, N.D. adjutant general, presents a North Dakota flag to Maj. Jon Wahlgren, 119th Civil Engineer Squadron commander, and Chief Master Sgt. Scott Terry to fly during the group's mission.

The windchill buckled into the single digits in mid-December when about 50 N.D. Air National Guard members boarded a C-9 plane in Fargo. Within 48 hours, they would be in their temporary home in Southwest Asia, where the temperature was peaking around 70 degrees. About 10 more Airmen joined them a week later for the six-month-long mission.

It's an unusual mission for the Happy Hooligans, who typically deploy overseas individually or in small groups.

"We do things a little differently in the Army versus the Air (Force), but in both instances whenever we're sending off our Airmen and our Soldiers, this is our opportunity to thank you for what you do, wish you well in the coming months in terms of the mission, and most importantly, show our support for you, both the Airmen and the family members, as members of the N.D. National Guard," Maj. Gen. David Sprynczynatyk, N.D. adjutant general, told the Airmen and their Families before they left.

Col. Rick Gibney, 119th Wing commander, referred to the mission as "a very busy deployment at a very historic time in our nation's history."

"The tough job isn't for us who go forward to the theater; the tough job is for the folks who stay back," he added. "When we go overseas, the schedule is pretty routine, we get into a rhythm



Master Sgt. Teresa Terry of the 119th Logistics Readiness Squadron checks the ID of out-processing 119th Civil Engineer Squadron Master Sgt. David Wosick.



Top left, Staff Sgt. Matthew Swandal, of the 119th Logistics Readiness Squadron Aerial Port, center, checks luggage pallet straps at the N.D. Air National Guard. The pallet contains personal luggage for 119th Civil Engineer Squadron members deploying to Southwest Asia. Top right, Master Sgt. David Wosick waves goodbye as he prepares to follow Tyler Underdahl onto a military C-9 aircraft for departure to Southwest Asia.

of things. The hard part is for the family members left back."

The Guardsmen serve in the 119th Wing's Civil Engineer Squadron and are skilled in construction trades. Many have

previously deployed, including Maj. Jon Wahlgren, the group's commander, and Chief Master Sgt. Scott Terry, the senior enlisted leader.

"We should stay pretty busy maintain-

Photos by Senior Master Sgt. David H. Lipp



Staff Sgt. Jacob Thiel shares some time with his wife, Shannon, as he prepares to depart.



ing not only hard buildings, but tentage," said Terry, who is deployed with his nephew, Senior Airman Tony Rezac. "... There's no doubt in my military mind that we'll pull this off in a great fashion."

Two sets of brothers and two sets of uncles and nephews are deployed together within the small group.

Tech. Sgt. Tracy Winterquist and his brother, Staff Sgt. Travis Winterquist, live on the same street in Argusville with their wives and children. Both are third generation Happy Hooligans.

"Having a family member there is kind of nice, but it does actually make it a little bit harder because when I'm gone the person I would look to for snow removal, maybe help around my house, will be a couple doors down. ... It's good for me over there, but for being back here it makes it more difficult," Tracy said.

Leaving so soon before many would observe holidays poses an extra challenge for military Families, some of whom celebrated early. Others are holding out for a summer celebration after their Airman's return.

"Actually knowing that Steve is going over and there's Soldiers coming home to have Christmas with their Families makes our Christmas a little more special," said Bridget Schwartz, whose husband, Master Sgt. Steve Schwartz, is deployed. ■

Interact With Us!

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

Video also is available at <http://bit.ly/CESDeploymentVideo>.

ALL ABOARD!

Military Families Treated to Holiday-Themed Train Ride

By Staff Sgt. Amy Wieser Willson
Joint Force Headquarters

Hot cocoa-coated smiles greeted Santa during a BNSF Holiday Express train ride last month. During the 90-minute excursion on the vintage rail cars, military children munched on treats and posed for photos with the jolly man from the North Pole. Those on Santa's "nice" list also unwrapped commemorative ornaments resembling military coins for excellence.

"It's the first train ride for all of us," said Staff Sgt. Michael Dekrey, with the N.D. Air National Guard's 119th Wing Operations Squadron, who boarded the train with his family. "It's a lot of fun, and we got to see Santa."

Many of the military Families on the ride have had a family member deployed in the past year or serving overseas now. Some had a parent mobilize just that morning.

"They did an awesome job getting us 370 tickets to give out to military Families," said Beth Sandeen, the N.D. National Guard's Youth Program coordinator in Fargo, who rode the train with her daughter and husband, Master Sgt. Jon Sandeen, who serves in the 141st Maneuver Enhancement Brigade. "Everybody is excited that they got tickets, and obviously you can hear the kids ... and they're having a great time."

After the ride, BNSF officials presented \$20,000 to two nonprofit organizations



Above, Maj. Gen. David Sprynczynatyk, N.D. adjutant general, left, and his wife, Connie, greet military Families upon completion of their train ride.

Right and opposite page, Santa Claus greets military Families riding the BNSF Holiday Express in Fargo, N.D., Dec. 6. The 90-minute ride included treats and a special visit from Santa.

Top, military Families board the BNSF Holiday Express. BNSF officials gave out 370 tickets to the N.D. National Guard to distribute for the event.



Photos by Senior Master Sgt. David H. Lipp



Left, BNSF Railway officials present two \$10,000 checks to Maj. Gen. David Sprynczynatyk, N.D. adjutant general, for the Tragedy Assistance Program for Survivors (TAPS) and Shelle Michaels Aberle with Soldiers Angels. Joining Sprynczynatyk were Gov. Jack Dalrymple and his wife, First Lady Betsy Dalrymple.

that help military Families in the state: Tragedy Assistance Program for Survivors, known as TAPS, and Soldiers Angels. Both groups help military Families, who were represented by those who skipped their way off of the Holiday Express with happy hearts and cocoa-warmed tummies on a cold December evening.

fr INTERACT WITH US!

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

Video also is available at <http://bit.ly/HolidayExpressVideo>



A Day in the Life of ...

Maj. Gen. David Sprynczynatyk North Dakota Adjutant General

This is the first in a four-part series highlighting some of the positions and occupations in the N.D. National Guard. If you have suggestions for future stories, call 701-333-2007.

There's no doubt that the adjutant general of North Dakota is a busy man. With about 4,400 Soldiers and Airmen under his command, Maj. Gen. David Sprynczynatyk undertakes a rigorous schedule to keep up with the daily dealings within the N.D. National Guard. He has dozens of staffers to take care of things, and let's not forget that he wears two stars on his chest. So, he can pretty much do whatever he wants, right?

On a cold December Saturday, I was given the opportunity to travel with the general to Dickinson and back to Bismarck for a holiday meet and greet with hundreds of Soldiers and Airmen, where he listened to the force's concerns, discussed his vision for the future and shared stories and laughs with the Guardsmen he leads on a daily basis. I discovered that holding the highest position in the N.D. National Guard is not only challenging, but at times, unpredictable.

First off, what's his secret to running a successful organization?

"I surround myself with excellent people," he says. "No one person could, or should, manage that many Soldiers and Airmen. I rely heavily on my staff and they rely heavily on theirs, and they do an excellent job. The key is really to place trust in your fellow leaders. Many, many decisions never see my desk because they have been handled effectively by someone else."

The general began the morning of Dec. 3, as he does most days, at 5:30 a.m. After freshening up, he had a bowl of cereal and two cups of coffee while he skimmed the paper and checked the news. Not long after that, he said, "Goodbye. Have a nice day," to his wife, Connie, who happens to be our state's civilian aid to the Secretary of the Army, which is a three-star general equivalent.

The day's first order of business was to address the 300 or so Soldiers at



Maj. Gen. David Sprynczynatyk visits with 119th Wing Airmen during a holiday social event Dec. 4.

Senior Master Sgt. David H. Lipp

Bismarck's Raymond J. Bohn Armory for an annual informal holiday briefing. This is a time when the general and other key leaders speak about the previous year and then take questions from the audience. The questions varied considerably, ranging from asking about finding time to complete mandatory training hours to retention and retirement. At one point, the questions seemed to be drying up, but the general prodded for more. When no one spoke, the two-star, maybe jokingly, said, "No one is eating until I get one more question."

There was a brief pause before a hand shot up from the crowd.

"Sir, what's your favorite football team?" said a Soldier.

Before he could respond, Command Sgt. Maj. Dan Job pointed and said, "Someone coin that man."

Immediately after the briefing, a social gathering began and allowed the general to engage the troops one-on-one or in small groups. The adjutant general visibly enjoys this aspect of his job, and was laughing, smiling and patting Guardsmen on the shoulder.

After meeting with the Bismarck force, Chief Warrant Officer Theresia Hersch, the adjutant general's executive assistant, gave the signal for the Sprynczynatyks

and senior leadership to head to the Army Aviation Support Facility for a flight to Dickinson, where the general would speak to another group of Soldiers.

Hersch has been serving as the adjutant general's assistant since 2009. Her duties include, but certainly are not limited to, secretary, wardrobe manager, schedule keeper, driver, email filter, call screener, caterer and travel agent. She is the glue that keeps the general's operations together, which can be a tremendous challenge. She later told me that the most difficult aspect of her job is "keeping the general on schedule."

Upon arriving at the military airport, the scene was perhaps typical of what you'd expect while traveling with the highest ranking officer in the state. There is no waiting, tickets, baggage claim or fuss. When the general arrives, we go. We boarded the C-12 aircraft, taxi out and before long we were airborne. Flying with the general that day was Col. Mike Aberle, N.D. National Guard Army chief of staff, Command Sgt. Maj. Dan Job, senior enlisted leader for the N.D. Army National Guard, Col. Bob Fode, deputy land component commander, and Hersch.

The flight provided time for me to ask the general a few more questions about his job.

"Sir, what is a typical day for you?"

TAG (laughing, actually the whole plane is chuckling): "There is no such thing as a typical day in my office, or where my office will even be. The only consistency is email, meetings and travel. Every day is something new."

"Sir, do you ever find time for a hobby?"

"Unfortunately, no. But I love to fish and have an interest in photography."

"Sir, will you be listening to any music while you travel?"

"No, but at some point I would like to hear a little of the (North Dakota State University) Bison game." (The general is an alumnus of the university, having graduated with a bachelor's degree in civil engineering.)

On board the airplane, the atmosphere was relaxed and the glimpse into the general's world grew deeper. He was amongst friends — his closest colleagues. For a brief while, the talk shifted from work and the group was comfortable enough to talk about life, the oil fields in Williston, hunting, making stew and the ubiquitous North Dakota conversation — the weather.

When they spoke of the weather, however, their gaze shifted and it was hard to tell if they were remembering back to the floods of the past summer or the looming, unspeakable threat of the coming year. These are leaders whose roles require an outlook weeks if not months or even years into the future. They have to. Their planning directly affects the entire North Dakota military family and the communities those service members support.

Then, very abruptly, the general and the Guardsmen aboard silently swung back into business mode and the tapping of BlackBerry's was all that was seen in the cabin. Hersch later informed me that the adjutant general's office sees more than 200 emails a day, every day. Calls are filtered through her desk, but emails arrive in the general's inbox at a high-speed, mechanical pace.

After arriving in Dickinson, we drove to the armory where the general and his entourage begin addressing the Soldiers. The topic on everyone's minds was the defense budget cuts and its effect on the National Guard.

"The 'Big Army' is more and more acknowledging the role and necessity of the National Guard. Due to this, the active component will bear the brunt of the billions being cut from defense spending," Sprynczynatyk said.

After the briefing, the leaders again engage countless Soldiers in a social setting. More smiling, more laughing.



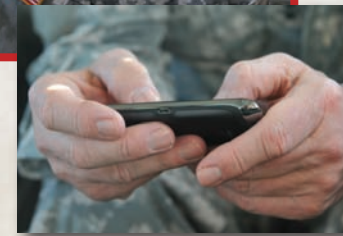
Spc. Tyler Sletten

Sprynczynatyk renders a salute as the casket of Staff Sgt. Mark Heflin is escorted to its final resting place by members of the N.D. National Guard Military Funeral Honors team.



Spc. Tyler Sletten

Sprynczynatyk is joined by Col. Mike Aberle, N.D. National Guard Army chief of staff, left, and Chief Warrant Officer Theresia Hersch, executive assistant. Inset, even while in the air on a C-12 jet, the adjutant general is constantly working and communicating via email messages.



On our return flight, the mood shifted dramatically. There's no doubt that the general and all members aboard were thinking about the next, and certainly most important, event of the day — attending the funeral services of Staff Sgt. Mark Heflin, who had passed away after sustaining injuries in an automobile accident. The general had met the Soldier a few years earlier during a visit to Iraq in 2008, where Heflin and his wife, Tiffany, were serving with the 191st Military Police Company.

We returned to Bismarck where the general and everyone else raced to change into dress uniforms. Outside, the pilots and aircrew were spinning up a UH-60 Black Hawk helicopter, which would carry us to Gackle, N.D. As we were strapping in, we learned that the heaters were not working properly. It was a cold flight inside the noisy cabin. Inside, with chilled fingers, everyone ate lunch while the helicopter raced through the gray, prairie sky.

Of the more than 300 people in attendance at the funeral, many were military members. In their dress uniforms, Guardsmen and veterans watched as the life of Heflin was both remembered and celebrated. A montage of photos showed the life of a man who wore the uniform proudly and his family, friends and fellow Soldiers made that known to all.

Later, at the cemetery in Streeter, N.D., the general saluted the casket as the N.D. National Guard Military Funeral Honors team, in perfect form, carried Heflin to his resting place. Prayers and thoughts were shared before a 21-gun salute rang out.

After saying goodbye to the family, the general departed back to Gackle where the helicopter awaited to take everyone home to Bismarck.

As the Black Hawk touched down in Bismarck, the general said goodbye to his colleagues and coworkers. Unfortunately, my time with the general also was over, but in parting he informed me that his day, which had now spanned twelve hours, was not over. Later that night, he would host a N.D. National Guard senior leaders Christmas party. He hoped that he would get to bed by midnight so that he could be up again at 5:30 for his bowl of cereal and two cups of coffee before beginning another day in the life of the adjutant general. ■



Sgt. 1st Class Mike Hagburg

Above, Staff Sgt. Paul Helfter directs Clarion of Freedom, the 188th Army Band's ceremonial ensemble, at a Dec. 4 holiday concert at the VA Hospital in Fargo.

Right, Staff Sgt. Derrick Grenz, of the 119th Civil Engineer Squadron, dons a Santa suit for the children's Christmas party Dec. 10 at the N.D. Air National Guard. Santa arrived in a 119th Wing fire truck for the annual party hosted by the N.D. Air National Guard Family Program. Grenz later deployed to Southwest Asia several days after the party for a six-month deployment.



Senior Master Sgt. David H. Lipp

Sgt. Sara Marchus



Arlen Halverson, of the N.D. Patriot Guard, displays the names of the 24 fallen service members on his motorcycle. The motorcycle was parked near the Memorial to the Fallen in the Global War on Terrorism during a wreath laying ceremony Dec. 10. The wreaths recognize the sacrifice of all the service members honored by the memorial and decorated the area during the holidays. The memorial is a joint effort between the city of Bismarck and the N.D. National Guard and is near the Guard headquarters at Fraine Barracks, Bismarck.



Sgt. 1st Class Steve Urlacher

Volunteers placed wreaths on graves at the North Dakota Veterans cemetery during the Wreaths Across America program on Dec 10. More than 3,800 wreaths adorned graves at the cemetery at this annual event sponsored by the North Dakota Civil Air Patrol, which is an auxiliary of the U.S. Air Force that falls under the N.D. Office of the Adjutant General.



Sgt. Jonathan Haugen

New noncommissioned officers with the N.D. National Guard's 191st Military Police Company recite the Creed of the Noncommissioned Officer Dec. 10 during the unit's "dining out" event. Pictured from left are Sgt. John Stautz II, of West Fargo, N.D., Sgt. Kyle Olson, of Maddock, N.D., Sgt. Eric Jorgenson, of Fargo, N.D., Sgt. Michael Jordheim, of Thompson, N.D., Sgt. Scott Jenson, of East Grand Forks, Minn., Sgt. Ronnie Garza, of Fargo, and Sgt. Leroy Filler, of Fargo.

Staff Sgt. Amy Wieser-Willison



Staff Sgt. Leah Kylo is joined by members of the N.D. Patriot Guard after returning to Hector International Airport, Fargo, N.D., Dec. 7 from her deployment with Kosovo Force (KFOR) 12. Kylo, of Mayville, N.D., has spent the past 27 months serving as part of headquarters in Pristina, Kosovo, after volunteering to extend her Kosovo deployment. The North Dakota contingency that led KFOR 12 arrived back in the state in August 2010.



Courtesy Photo

Spc. Jessie Schuler, of Fergus Falls, Minn.; Spc. Jimmy Niska, of Bismarck, N.D.; Sgt. 1st Class Jon Benedict, of Wahpeton, N.D.; Spc. Thomas Doyle, of Jamestown, N.D.; and Spc. Christopher Jensen, of Glyndon, Minn., decorate a tree with caution tape and tool cutouts that the engineers crafted by hand. The N.D. National Guard Soldiers are deployed with the 188th Engineer Company (Vertical) in Kuwait.

GUARDIAN

Snapshots

TAKING THE NEXT STEP

New Military Service Center Expands Concept to Eastern North Dakota



By Staff Sgt. Amy Wieser Willson
Joint Force Headquarters
Photos by Senior Master Sgt. David H. Lipp
119th Wing



Top, from left, Fargo Mayor Dennis Walaker; Maj. Gen. David Sprynczynatyk, N.D. adjutant general; Beth Sandeen, N.D. National Guard Youth Program coordinator; and Jody Harms, N.D. Air National Guard Family Programs coordinator, cut the ceremonial ribbon at the grand opening celebration for the Fargo Military Service Center Dec. 15. Above, Caitlyn Sandeen leads the Pledge of Allegiance for attendees at the grand opening celebration for the Fargo Military Service Center. She is the daughter of Master Sgt. Jon and Beth Sandeen. Jon serves in the N.D. Army National Guard's 141st Maneuver Enhancement Brigade and Beth is the Youth Program coordinator for the N.D. National Guard in Fargo.

It was standing room only in the mezzanine level, down the stairs and back through the hallway at the new Fargo Military Service Center on Dec. 15. State and community leaders and military members from different branches crowded in force into the suite at 2219 12th St. N. to provide for a truly “grand” opening.

Like the MSC started in Bismarck in January 2009, the Fargo MSC provides a wealth of resources for current and former service members and their families. The center is operated by the N.D. National Guard's Service Member and Family Support office but serves all branches of the military. Gov. Jack Dalrymple included funding for the center in his 2011-13 executive budget, which was approved by the Legislature.

“North Dakota continues to lead the way in providing care to our service members, and this is the next step, not the last step, in ensuring high-quality care for veterans of yesterday, today and tomorrow,” said Maj. Gen. David Sprynczynatyk, N.D. adjutant general. “This is a one-stop service center — and one of the first of its kind in the nation — for anything a service member, veteran or military family may need. That’s innately important because the more comprehensive resources we can have in the simplest fashion will be of the most benefit.”

Last year alone, the Bismarck MSC had 2,980 individuals come in for assistance. Thousands of others were contacted through events and activities provided by the center’s staff. After the Fargo MSC’s soft opening on Oct. 24 and before its grand opening less than two months later, 524 people visited for services after hearing about it through word of mouth. ■

Easing the Strain

Immunizations Enhance Guard Medical Readiness

By Sgt. Sara Marchus
116th Public Affairs Detachment

The N.D. Army National Guard's State Medical Detachment is tasked with many missions and is vital in making sure the organization lives up to its motto of “always ready, always there.” By keeping members of the force current on their immunizations, the team ensures Guard members’ readiness.

In addition to preparing units during Soldier Readiness Processing (SRP) and deployment screenings, the team goes to great lengths to provide Guardsmen with their yearly influenza immunizations.

“Making sure that our Soldiers are protected against viruses and illnesses that are preventable is a priority,” said Lt. Col. Brian Keller, deputy state surgeon for the Medical Detachment.

Keller takes the process seriously and his team has some pretty impressive rankings among the nation.

In 2010, North Dakota ranked No. 1 across the National Guard in readiness for having 90 percent of its

vaccination mission completed prior to the Dec. 1 deadline. North Dakota was the only state to have this accomplished. This year’s statistics are impressive, as well. As of Dec. 15, the Medical Unit had 96.9 percent of its vaccination mission complete.

“These are the high standards that we operate by. This is our mission,” Keller said.

Influenza can come in different types — respiratory and intestinal. Immunizations are received by Guardsmen to protect against the respiratory flu, which attacks the lungs and affects breathing. The flu shot is so important that it is a mandatory requirement for each Guardsman. The immunizations are essential in order to not only protect the service member, but also those with whom they may interact.

“When going out on missions, Soldiers often come in contact with the public and there cannot be a risk of contracting or spreading any illnesses,” Keller said.

Every year, there is an antigenic shift to the influenza strain and it continues to grow stronger. Next year’s vaccine will be built off this year’s strain. The virus mutates and keeping the immune system up-to-date is crucial in combating the shifting strain. Keller explained that if you do not receive the flu shot it is like a missing chain link. The shots may not be as effective if a year’s immunization is missed.

In order to immunize the entire force, the Medical Detachment splits up into teams to cover all units during drills. Each team consists of an administrative specialist, medic and a health care provider. The number of each is determined by the size of the unit. This year, flu shots were scheduled for the end of October. The Medical Detachment was spread out between Bismarck, Fargo, Jamestown, Carrington and Wahpeton to deliver the immunizations.

“Medical readiness must be a priority,” Keller said. “We can have the best trained Soldiers for a mission, but if they are not medically ready, they will not deploy. That’s why we need to be medically ready”.

Keller said that pending budget cuts for the National Guard will not be a factor in keeping unit personnel ready medically. The Medical Detachment’s immunization process is already cost effective. The team administers all of the necessary immunizations and vaccines for North Dakota, while other states contract out the task, which can increase the cost for immunizing Guardsmen. ■

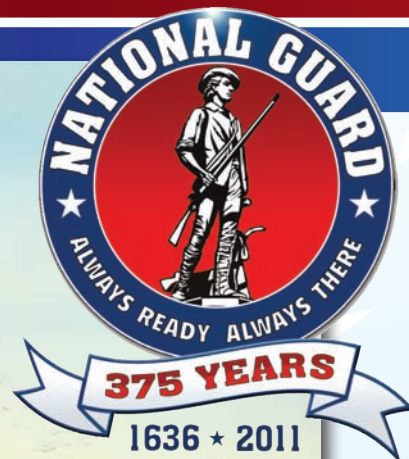


Sgt. 1st Class Steve Ullacher



Senior Master Sgt. David H. Lipp

Left, Lt. Col. Brian Keller, deputy state surgeon for the State Medical Detachment, administers a flu shot to 1st Lt. Josh Yri during yearly influenza immunizations at Raymond J. Bohn Armory Oct. 18. Below, Senior Airman Samantha Manning, of the 119th Medical Group, delivers the flu mist to Staff Sgt. Nathanael Baardson, of the 119th Wing, Dec. 4 during the periodic health assessment quick process at the N.D. Air National Guard, Fargo, N.D. Airmen are screened for medical updates and given flu vaccines during the annual process administered by the medical personnel during the December unit training assembly. The flu mist is given if a Guardsman is allergic to latex and is inhaled through the nose.



SOLIDERS IN THE SUN

Left, the National Guard heritage painting by Donna Neary titled "Soldiers in the Sun" is accompanied by a narrative that reads: One month after the Spanish-American War began, an expeditionary force sailed from San Francisco to the Philippine Islands. Because most of the Regular Army was in Cuba and Puerto Rico, three-quarters of the first 10,000 U.S. Army troops to arrive in the Philippines were National Guardsmen, most of them from the West and Midwest. The Spanish surrendered quickly, but the Guardsmen soon had another enemy: Filipinos fighting for their independence.

In the spring of 1899, the 1st North Dakota Infantry was part of an expedition to clean out insurgent strongholds north of Manila. When a civilian named Henry Young organized an elite scouting and reconnaissance force, 16 North Dakotans were selected for this detail, which also included four men from the 2d Oregon. Of Young and his 25 scouts, one historian wrote, "Always in front of the main column, the scouts bore the brunt of the advance, reconnoitering and maintaining contact with the enemy."

On May 13, a reconnaissance party ran into a band of about 300 insurgents. Without hesitation, 11 scouts charged the Filipinos and routed them; Young himself was mortally wounded. Three days later, while reconnoitering for water, the scouts discovered that the insurgents had set an important bridge on fire. Knowing the river below as unfordable, the 22 scouts rushed the bridge and put out the flames, despite enfilading fields of fire from some 600 insurgents. Supported by the 2d Oregon, the scouts then drove the insurgents from their trenches.

Fourteen Guardsmen were awarded the Medal of Honor during the first year of the Philippine Insurrection. Of that 14, ten were members of Young's scouts, decorated for their actions on May 13 and 16, 1899. Seven men were from the 1st North Dakota and three from the 2d Oregon.

own equipment and ammunition and frequently served without pay, even during wartime.

These militia Soldiers received their nickname as "Minutemen" because they could be ready to fight "at a minute's notice." These Minutemen saw action at Lexington and Concord in the beginning of the Revolutionary War and served as an important component of the Americans' efforts for independence. The National Guard adopted the figure of a "Minuteman" as its symbol to reflect this heritage.

"Throughout our nation's history, in war or during emergencies such as flooding, blizzards, tornados or wildfires, the National Guard has answered the call to service. We remain a relevant force that is always ready, always there for our communities, state and nation," said Maj. Gen. David Sprynczynatyk, N.D. adjutant general. "We were founded on strong principles and that dedication to service and through the support of our Families and employers, we continue to perform our



An unidentified company of the 1st North Dakota Infantry in the Philippines during the Spanish-American War/ Philippine Insurrection (1898-1899).

Courtesy Photo

missions with conviction and fortitude."

In North Dakota specifically, the N.D. National Guard traces its origins to the Dakota Territorial Militia in the 1860s. This group organized two companies of cavalry during the Civil War, but never left the Dakota Territory. The first wartime experience of the North Dakota militia was in 1898, when the 1st North Dakota Volunteers deployed to the Philippines, as part of the first overseas deployment of the National Guard in U.S. history.

The N.D. National Guard's 164th Infantry Regiment participated in the U.S.'s first offensive operations of World War II, fighting alongside the 1st Marine Division at Guadalcanal in the South Pacific in late 1942.

In 1947, the N.D. Air National Guard was formed in Fargo, N.D., and maintained the air defense fighter mission until

2006 when it transitioned from fighter aircraft and into security and airlift missions. The N.D. Air National Guard's 119th Wing has twice earned the prestigious Hughes Trophy as the best air-to-air unit in the U.S. Air Force — one of only two Air National Guard units in the nation to win the award, and the only F-16 Fighting Falcon unit to earn the award. Operating out of Virginia at the Langley Air Force Base, a detachment of the 119th Wing flew combat air patrol over Washington, D.C., in the aftermath of the terrorist attack against the Pentagon on Sept. 11, 2001.

With a proud history, today's N.D. National Guard's Citizen-Soldiers and Citizen-Airmen rely on experience and skills to rapidly respond to any natural or manmade disaster, saving lives, easing human suffering and protecting property. ■

NATIONAL GUARD ★ CELEBRATES ★ 375TH BIRTHDAY

By Sgt. 1st Class Billie Jo Lorusi
Joint Force Headquarters

The N.D. National Guard joined the rest of the nation in celebrating the 375th birthday of the National Guard, the nation's oldest military organization, Dec. 13.

Today's Citizen-Soldiers and Citizen-Airmen have a long and proud history that took root in the nation's colonial beginnings. The modern-day National Guard descends from that militia, which first mustered in the English colonies on Dec. 13, 1636.

"This is an important date in American history," said Gov. Jack

Dalrymple. "We proudly mark the 375th birthday of the National Guard and honor the generations of patriots who have served our communities, our state and the nation with honor and distinction. We wish a special happy birthday to the National Guard and salute the men and women, both past and present, who have dedicated their lives to defending our homeland and preserving our freedoms for future generations."

The beginnings of the National Guard depicted a colonial militia that was a decentralized force with strong local connections, just like today. However, unlike the modern-day Guard, members of this early militia trained intermittently, provided much of their



N.D. NATIONAL GUARD HISTORIC MOBILIZATIONS BY THE NUMBERS

OPERATION/ EVENT	DATES	# MOBILIZED
Global War on Terror	2001-present	5,600
World War I	1917-1918	3,700
World War II	1941-1945	3,199
Korean War	1950-1953	2,404
Mexican Border Incident	1916-1917	1,090
Berlin Crisis	1961-1962	790
Philippine Insurrection	1898-1899	635
Desert Shield/Desert Storm	1990-1991	632
Joint Endeavor/Guardian/Forge (Balkan Operations)	1997-2000	164

*— Courtesy of Capt. Jeff Hoffer,
N.D. National Guard State Historian*

An Evening to Remember

Photos by Chief Warrant Officer Kiel Skager

ADA Battalion Hosts First St. Barbara's Day Ball



By Spc. Jacqueline Raatz
1-188th Air Defense Artillery Battalion

It was a proud day to be in the 1st Battalion, 188th Air Defense Artillery Regiment. A red ribbon and a medallion bearing the likeness of a crowned lady holding a martyr's palm branch was emplaced on the shoulders of three Soldiers. A moment later, Capt. Walyn Vannurden, 1st Sgt. Gregory Brockberg and Sgt. 1st Class Bill Kilmer turned to face the applause of a full banquet hall where the entire battalion and their guests had gathered for their first-ever St. Barbara's Day Military Ball.

The Order of Saint Barbara is awarded through the U.S. Field Artillery Association and the Air Defense Artillery Association and has two levels: The Honorable Order of Saint Barbara is awarded to those individuals who have demonstrated the highest standards of integrity and moral character, displayed an outstanding degree of professional competence, served the artillery with selflessness and contributed to the promotion of the artillery branch. Awardees must hold the rank of captain (officers) or staff sergeant (noncommissioned officers), and must be approved by a colonel who has been awarded the Ancient Order of Saint Barbara.

Army National Guard Soldiers from Alpha Battery, based in Bismarck, and those in Charlie Battery, in Fargo, joined Headquarters and Headquarters Battery, Bravo Battery and Delta Detachment in Grand Forks for a rare battalion drill the weekend of Dec. 2-4. Donning formal military dress uniforms, they began filing into "A Touch of Magic"

ballroom in East Grand Forks, Minn., Dec. 3. For many, it was an opportunity to introduce their significant others to their fellow Guardsmen, and also gave them a chance to catch up with those they had not seen in months, or even years.

Once the attendees had a chance to settle into their seats, Capt. JoDee Aubol, the emcee, called the assembly to order from the front podium. The General's March — a stately tune featuring brass and drums courtesy of the 188th Army Band — resounded through the room as the guests of the head table took their seats. Once the flags were posted, a perfect national anthem rang throughout the hall. Sgt. David Mohler opened with a prayer, and a round of toasts kicked off the formal celebration. Ten ADA officers raised their glasses to the nation and its leaders, those who have served in the corps and to Saint Barbara, the patron saint of the air defense artillery.

A Battalion Remembers Its Heroes

Sgt. Maj. Don Kasper moved to the center of the ballroom to set a small table in a rite of remembrance for those who are and were prisoners of war and those who remain missing in action. The table was set simply, with a white tablecloth, inverted glass and single rose in a vase. Aubol explained from the podium, "This table is our way of symbolizing the fact that members of our profession of arms are missing from our midst," she said. "The chair is empty. They are not here. Remember!"

There was a silent pause.



The medal of the Honorable Order of Molly Pitcher is awarded by Brig. Gen. Glenn A. Bramhall to four outstanding wives of battalion members including, from left to right, Raina Askin, Angela Wicks and Jennifer Vannurden. Not pictured is Ann Runck. Right, the POW/MIA table is set in remembrance of those who have yet to come home.

"In addition to the POW/MIA table, I think this is an appropriate time to remember our air defense comrades-in-arms who have made the ultimate sacrifice: Sgt. Travis Van Zoest, Cpl. Curtis Mehrer, Cpl. Nathan Goodiron and Cpl. Christopher Kleinwachter," Aubol said.

Behind the head table, a memorial display hung on the wall with the four Soldiers' pictures, a folded American flag, the Combat Action Badge and the six medals that they had been awarded. "Let us pay tribute to these heroes," Aubol said.

Everyone rose to their feet as a solitary trumpet played Taps, and bagpiper Dan Aird delivered a haunting rendition of Amazing Grace. As the song ended, Battalion Command Sgt. Maj. Alvin Zimmerman recited the first line of the Soldier's Creed, and Soldiers from all batteries took turns in the recitation.

Honoring the Best in the ADA

The ADA Soldiers had a chance to mingle with members from other batteries at their tables as they enjoyed dinner while the Army band provided a relaxing set of piano melodies. 1st Sgt. Gregory Brockberg presented a history of the 1-188th ADA Regiment and Master Sgt. George Overby followed with a history of the Order of St. Barbara and explanation of the Molly Pitcher award. Molly Pitcher, of the American Revolution, famously brought water to thirsty troops and manned her husband's cannon after he was injured on the battlefield.

The Honorable Order of St. Barbara awards were presented to Vannurden, Brockberg and Kilmer for exceptional leadership in the Air Defense Artillery Corps.

Army wives, including Raina Askin, wife of Sgt. 1st Class Corey Askin; Ann Runck (not present), wife of Col. Lannie Runck, Jennifer Vannurden, wife of Capt. Walyn Vannurden, and Angela Wicks, wife of Sgt. 1st Class Timothy Wicks, received the Molly Pitcher award for tremendous support of their husbands and their contributions to the ADA.

Sgt. Francisco Raatz also was thanked for donating his kidney to fellow Guardsman Spc. John Chase, whose kidneys had failed while he was home on leave during last year's RAID IV deployment, requiring him to be on renal dialysis for 15 months.



For undergoing surgery on Sept. 27 so that Chase can lead a better and longer life, Raatz was presented a plaque by Lt. Col. Jon Erickson and received a standing ovation.

One of the state's highest awards, the State Legion of Merit, was presented to recently-retired 1st Sgt. John Waters. Waters and his wife, Cheryl, were both honored at the event. He has more than 26 years of service in the Army National Guard, where he has mentored and trained Soldiers during two overseas deployments.

Keynote Speaker Addresses the Battalion

Brig. Gen. Glenn Bramhall, the deputy commanding general of the 263rd Army Air and Missile Defense Command, spoke to the battalion on the crucial role the ADA plays in the defense of the United States. His command is responsible for Army air defense operations, including the National Capitol Region Integrated Air Defense System in and around Washington, D.C.

Bramhall stressed the importance of the tactical capabilities the ADA, especially in the National Guard, brings to the nation's military. Bramhall said that such capabilities will be relied upon more and more in the future of warfare, and will prove critical in guarding the homefront against airborne attacks.

The battalion presented Bramhall a one-of-a-kind buffalo statue carved from North Dakota lignite coal and a placard.

The formal events of the evening concluded with singing of the Army Song and the ADA March. ■

The Military Order of Saint Barbara



The Feast of Saint Barbara is observed on Dec. 4, and also serves as a day to celebrate new inductees into the Honorable Order of St. Barbara. What does it mean to be initiated into "the solemn mysteries of this traditional brotherhood of Stoneburlers, Archers, Catapulters, Rocketeers and Gunners"?

St. Barbara lived in the third or fourth century. The beautiful daughter of a pagan nobleman, he had her tortured and killed for her Christian beliefs after she had altered his building plans for her bathhouse (she had added a third window to symbolize the Holy Trinity). As her father descended the mountain where she had been martyred, a sudden storm arose. A bolt of lightning struck him with such force that little remained besides his scorched sword.

Since then, St. Barbara has become the patron saint of protection from fires, thunderstorms and explosions. Artillerymen have sought her protection from early cannon misfires and sudden impacts.

Guardsmen Show Appreciation at N.D. Veterans Home

A Veterans Appreciation Day at the N.D. Veterans Home gave younger service members the opportunity to say thanks to those who served before them. Volunteers from the N.D. National Guard traveled to the home in Lisbon, N.D., Dec. 19. While there, they set up informational resource tables, shared lunch, sang holiday songs and delivered gifts purchased with donated funds.

“We’re here today to thank all of you for your service to our country,” Maj. Gen. David Sprynczynatyk, N.D. adjutant general, told the residents gathered there. “As I look around the room, I see dozens of veterans who served in World War II, Korea and Vietnam ... and it’s really an honor for us to be here with you and help you celebrate the holidays, help you welcome in the new year, and, as I said, to thank you for your service to this great nation. If it weren’t for you, we wouldn’t be here standing in front of you enjoying this fine afternoon, so thank you.”

About 130 residents made special requests for things they needed or could use, and volunteer “elves” from the National Guard went shopping. The presents ranged from framed pictures for residents’ rooms to scented bath items to a singing, drumming bear.



Brig. Gen. Cecil “Bud” Hensel, the commander of the N.D. National Guard Air Component Command, visits with Norma Jameson Dec. 19 during an annual Veterans Appreciation day event at the North Dakota Veterans Home, Lisbon, N.D. Jameson served in the Women’s Army Corps (WAC) during World War II. Left, Maj. Gen. David Sprynczynatyk, N.D. adjutant general, thanks residents for their service and leads N.D. National Guard volunteers in a gift presentation and singing of holiday songs.

Photos by Senior Master Sgt. David H. Lipp



From right to left, Vince Dicks, Col. Rick Gibney, the 119th Wing commander, and Jody Harms, the N.D. Air National Guard Family Program manager, gather with three-year-old cancer patient John Freer and his parents, Rory and Carey, Dec. 23, at Sanford Hospital, Fargo, N.D.

Military Representatives Deliver Race Cars to John

An area military family got a joyous holiday surprise despite a dire situation Dec. 23. John Freer, a 3-year-old from Langdon, N.D., is spending Christmas at Sanford Children’s Hospital in Fargo, N.D. He started chemotherapy Dec. 21 to help him battle stage 4 neuroblastoma. John’s dad, Rory, served in the U.S. Air Force.

A N.D. National Guard-sponsored Military Service Center in Fargo reaches out to all branches and eras of the military to help service members, veterans and their families. December’s mission provided another way to do that.

“We’re here today to bring some Christmas cheer to the Freer family,” said Jody Harms, the Guard’s Airman Family (Continued on page 19 ...)

Chaplain’s Corner: How to Have the Best Year Ever!



By Chaplain (Maj.) Corey Bjertness
141st Maneuver Enhancement Brigade

Courtesy Photo

As the holidays come to a close each year, people start to think, “What are my New Year’s resolutions going to be this year?” Lord knows, there is a lot of energy spent in the first few months of the year redefining ourselves. According to an Associated Press poll done last year, and ranked in descending order, these are America’s top resolution choices:

9. Be more charitable
8. Learn something new
7. Get out of debt
6. Stop drinking
5. Enjoy life more
4. Stop smoking
3. Lose weight
2. Get fit

1. Spend time with loved ones
These are all great ideas. But, as I looked at them, it seemed to me that something was missing. The things listed above are almost exclusively performance oriented. Resolutions ought to be more than just “pulling ourselves up by our bootstraps” and trying harder. If trying harder was the solution, most of us would have changed our bad habits a long time ago. I think God has a much better idea.

The voice of God comes into our life not with the command to try harder, but with the command to transform. The Bible says, “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is — his good, pleasing and perfect will.” (Romans 12:2)

Transformation is something we do, but it is also something that is done to us. The transformations that seem to last are the ones that happen to us on the inside. So, how about this year we work on some

spiritual resolutions? Here are some ideas:
10. Read the Bible every day, and let the word work on me.

9. Join the church and attend regularly.
8. Get involved in a faith group to which you will be accountable.
7. Establish a daily “God time.” Meditate.

6. Practice gratitude every day.
5. Find someone who has more troubles than you, and help them until they only have as many troubles as you.

4. Create a “sacred space” in your home where you go to spend time with God.
3. Recognize the good things God is doing in the world. Write it down, tell some about it, say a prayer of thankfulness.

2. Memorize a passage of scripture a week.

1. Whether you eat, or drink or whatever you do, do it for the glory of God. (1 Corinthians 10:31)

My observation is that when we do things that make us stronger on the inside, we become stronger on the outside. If we work on our spiritual life and expose ourselves to God’s word, we begin to transform. Our whole life starts to adapt to righteousness, holiness and godly living. We find a cadence with God that literally changes us from the inside out. Let’s make this year a year of transformation! If you need any help, let us know. ■

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(... Continued from page 18) Readiness Program manager, before heading to the corner of “Warm Way Fuzzy Boulevard” and “Sunset Over Here” on the fourth floor of Sanford.

Col. Rick Gibney, 119th Wing commander, and Vince Dicks, who works at the Military Service Center as an Outreach Team specialist, accompanied Harms. Their arms were loaded with gifts that were donated by other military Families as well as members of Soldiers Angels and the Fargo-Moorhead-West Fargo Chamber Military Affairs Committee.

They all “just wanted to bring some extra cheer into this little boy’s life today,” Harms said.

John, a race car fan, didn’t waste a moment before tearing into the gifts. He put his dad and Gibney to work cutting the packages open and before long his hospital bed was laden with cars that surrounded a happy little boy who forgot for just a moment that he’d be doing chemotherapy on Christmas.

TriWest Contributes to Emergency Relief Fund

TriWest Healthcare Alliance presented \$10,000 to the N.D. National Guard Emergency Relief Fund Dec. 15 at the Guard’s headquarters at Fraine Barracks. Maj. Gen. David Sprynczynatyk, N.D.

adjutant general, accepted the donation on behalf of the Guard.

Presenting the check on behalf of TriWest were Mr. Don Brown, vice president, Midwest operations for TriWest, Dr. Tim Ray, service area director for TriWest, and Ms. Amber Graves, TriWest beneficiary service and education representative.

The N.D. National Guard Emergency Relief Fund is a nonprofit charitable organization with the purpose to provide financial support in sudden and unforeseen emergency situations, such as natural disasters, accident, illness, fire or theft. All N.D. National Guard members and their dependents are eligible for assistance.



Senior Master Sgt. David H. Lipp

Maj. Gen. David Sprynczynatyk, N.D. adjutant general, right, welcomes home Staff Sgt. Teresa Pavljuk, of the 119th Logistics Readiness Squadron, with N.D. Gov. Jack Dalrymple Dec. 21 at Hector International Airport upon her completion of a deployment to Iraq. Sprynczynatyk is showing Pavljuk the December issue of the North Dakota Guardian magazine, which featured an article about her deployment. Pavljuk is the last N.D. National Guard member to serve in Iraq as part of Operation Iraqi Freedom and one of the last United States service members to fly out of Iraq in the subsequent drawdown with Operation New Dawn.