



# NORTH DAKOTA GUARDIAN

Volume 5, Issue 9

September 2012

## PROTECTING THE FORCE

Air Defense Artillery demonstrates power through live-fire exercise

PG. 10

## A SALUTE TO 125 YEARS

188th Army Band summer concerts rock the state

PG. 14



# WELCOME HOME

160 Soldiers return to North Dakota soil PG. 4

## CRASH LANDING

Maj. Gen. Macdonald avoids disaster and leads a life of success

PG. 6

# INSIDE THIS ISSUE

FEATURES



## 6 First Commanders Series, Part 2

Maj. General Alexander P. Macdonald (right) enlisted at age 19, became a mechanic and a pilot, flew 36 combat missions in Korea and commanded the Fargo-based Happy Hooligans for 13 years, before becoming the N.D. state adjutant general.



## 8 State Partnership Program Turns 20

Nationally, the State Partnership Program marks its 20th anniversary this year. The N.D. National Guard heads into its ninth year of having a formal relationship with the African country of Ghana.



## 12 Strong Minds, Strong Bodies

Resilience training teaches skills to service members, families and Department of the Army civilians that address core causes of emotion, thought and action.

# NORTH DAKOTA GUARDIAN

**Commander in Chief**  
North Dakota Governor  
Jack Dalrymple

**The Adjutant General**  
Maj. Gen. David A. Sprynczynatyk

**Chief of Public Affairs**  
Capt. Dan Murphy

**Editor**  
Staff Sgt. Eric Jungels

**Contributors**  
Chaplain (Maj.) Leo Moenkedick  
Chief Master Sgt. Kevin Muehler  
Senior Master Sgt. David H. Lipp  
Sgt. 1st Class Steven Urlacher  
Staff Sgt. Amy Wieser Willson  
Sgt. Jonathan Haugen  
Sgt. Ann Knudson  
Sgt. Tyler Sletten  
Spc. Kristin Berg  
Mr. Bill Prokopyk

The *North Dakota Guardian* is an authorized publication for members, families and retirees of the N.D. National Guard.

- Contents of the *North Dakota Guardian* are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army or Air Force.
- Editorial content of this publication is the responsibility of the Joint Force Headquarters, N.D. National Guard (JFND) Public Affairs Officer.
- Printed by United Printing, a private firm in no way connected to the U.S. Government under exclusive written contract with the JFND. Reproduction is by the offset method with a circulation of approximately 7,500.
- The *North Dakota Guardian* is published by the JFND Public Information Office, Box 5511, Bismarck, N.D. 58506-5511, 701.333.2007

## ARTICLE SUBMISSIONS

Contributions to the *North Dakota Guardian* are encouraged! Send articles, photos and art to Editor, JFND PIO, Box 5511, Bismarck, N.D. 58506-5511. Electronic submissions are preferred. Please e-mail stories in Word format to: [eric.jungels@us.army.mil](mailto:eric.jungels@us.army.mil)  
Phone: 701.333.2007 Fax: 701.333.2017  
Digital photos should be 300 dpi, if possible.

## On the Cover



Staff Sgt. Ryan Metcalf waves as he and Sgt. Tanner Oliphant look for their families upon deplaning Aug. 17 at the old terminal at Hector International Airport, Fargo, N.D. About 160 N.D. Army National Guard Soldiers with the 188th Engineer Company (Vertical), mobilized in August 2011. The Guardsmen completed more than 150 construction projects in Kuwait and helped with the drawdown from Iraq.

Photo by Senior Master Sgt. David H. Lipp, 119th Wing Public Affairs

# GUARD POSTS

## Dispatches from the N.D. Guard Family



**CHIEF MASTER SGT. KEVIN MUEHLER**

119th Wing  
Command Chief

## TAKE FAMILY TIME INTO FALL EVENTS

As we sit back and read this month's N.D. Guardian, the 101 Critical Days of Summer (May 25-Sept. 3) will be just a memory. The long, hot days of summer always seem to fade away too quickly, just as winter ushers in cold, short days that seem to drag on.

As we reflect on the past few months, hopefully there are fond memories of outdoor activities, such as fishing, jet skiing, boating, four wheeling or whatever your family time has included. We also must not forget to reflect on those Airmen and Soldiers who haven't been able to be with their families during this time.

Deployments never seem to come at an opportune time here in the Northland for any family. It utterly amazes me how resilient our N.D. National Guard families are. When our loved ones are put in harm's way, no matter what part of the world their destination might be, your positive spirit and attitude rises to the surface.

Having participated in several "welcome home" ceremonies this past summer makes me hopeful that some families have been able to spend time together on the waterways of North Dakota and Minnesota or around a campfire, enjoying the limitless number of stars on clear night skies.

This family time also should include the process of reintegration — both pre-deployment and post-deployment — offered by the Yellow Ribbon program. There will be a Yellow Ribbon event Sept. 8 at the 119th Wing for Airmen, who have deployed recently, and their families.

In addition, the Happy Hooligans will celebrate Family Day Sept. 9. This event is a perfect way to not only spend time with your immediate family, but your Hooligan family, as well. In conjunction with Family Day this year, we will celebrate the Air Guard Hometown Heroes Salute, which will honor all of the Airmen who have supported a United States Military

contingency operation from Jan. 1, 2009, through Dec. 31, 2010.

I look forward to seeing as many of you at these events as possible. As always, thanks to the Airmen, Soldiers and families for what you do in representing the finest men and women that North Dakota has to offer!

Sincerely,

Chief Master Sgt. Kevin Muehler



Photos by Senior Master Sgt. David Lipp, 119th Wing

**Above:** Chief Master Sgt. Kevin Muehler (left) greets Master Sgt. Patrick Sommer upon Sommer's return from a six-month deployment to Afghanistan at Hector International Airport, Fargo, N.D., July 2.

**Right:** Muehler (right) congratulates Senior Airman Kimberly Zuroff after she is named Airman of the Year at the annual enlisted banquet in Moorhead, Minn., March 3, as Col. Rick Gibney, the 119th Wing commander, looks on.



## DEPARTMENTS

Guardian Snapshots ..... Page 16  
News Briefs ..... Page 18  
Sound Off! ..... Page 19



## INTERACT WITH US!

See even more N.D. National Guard highlights at our social media sites, and share your thoughts!



[www.youtube.com/NDNationalGuard](http://www.youtube.com/NDNationalGuard)

[www.twitter.com/NDNationalGuard](http://www.twitter.com/NDNationalGuard)

[www.flickr.com/photos/NDGuard](http://www.flickr.com/photos/NDGuard)

[www.facebook.com/NDNationalGuard](http://www.facebook.com/NDNationalGuard)

# 188<sup>th</sup> REASONS TO BE THANKFUL

N.D. Soldiers from the 188th Engineer Company Return Home from Yearlong Deployment

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



Nearly a year after beginning a federal mobilization, about 160 N.D. Army National Guard Soldiers are back in the arms of their families and friends. Members of the 188th Engineer Company (Vertical), a unit based in Wahpeton and Oakes, mobilized Aug. 20, 2011. They arrived back in North Dakota Aug. 17, after a quick redeployment stop at Fort Bliss in Texas.

“This is a great day for all North Dakotans as we welcome home

the men and women of the 188th Engineer Company and thank them for the outstanding job they have done on behalf of our state and nation,” said Lt. Gov. Drew Wrigley, who was in Fargo to greet the Soldiers as they deplaned Aug. 17 outside at the old terminal for Hector International Airport. “We are proud of and blessed by their distinguished service and grateful to have them back home with their families and friends who have shared in their sacrifice.”



## Bittersweet:

“The people and our leadership were amazing, and I’ve made a lot of friends in this tight-knit unit, but I realize that it’s time to leave my new friends and resume my life at home.”

— Spc. Jessica Fetsch, of Bismarck

Spc. Shane Korynta reacquaints with his family (above), and N.D. Lt. Gov. Drew Wrigley greets Sgt. 1st Class Charles Todd (below) Aug. 17 at the old terminal for Hector International Airport, Fargo, N.D. Also present to greet Soldiers was U.S. Rep. Rick Berg.

See more photos online at:  
<http://bit.ly/188thENreturn>

Besides Wrigley and families and friends, fellow Guardsmen and community members showed their support for the men and women who have been busy completing about 160 construction projects valued at \$2.2 million during their mission overseas.

“The dedication and commitment shown by these Soldiers during the past year has been astounding. They accomplished a huge amount of work in support of the drawdown in Iraq while also improving living and working conditions in Kuwait,” said Brig. Gen. Alan Dohrmann, N.D. deputy adjutant general, who shook hands with the Soldiers as they arrived. “More than a fourth re-enlisted while overseas, showing that even while away from their families and friends they see the importance

of their mission and continued service in the N.D. National Guard.”

While in Kuwait, the 188th Engineers placed a strong focus on construction projects, completing more than 83,000 hours of work that saved more than \$1.2 million. They also spent more than 3,000 hours operating equipment in Kuwait, and Soldiers salvaged more than \$200,000 in materials that were put to use. The Guardsmen renovated numerous trailers — including electrical work, Sheetrock placement and more — for work areas and living quarters, and constructed additional facilities during their time overseas.

A Freedom Salute ceremony will formally honor the unit’s accomplishments later this year. ■



Left: Sgt. Rachelle Klein embraces her daughter after arriving Aug. 17 at the old terminal for Hector International Airport, Fargo. About 160 N.D. Army National Guard Soldiers with the unit, the 188th Engineer Company (Vertical), mobilized in August 2011. The Guardsmen completed more than 150 construction projects in Kuwait and helped with the drawdown from Iraq.

Since the 2001 terrorist attacks on America, the N.D. National Guard has mobilized nearly 3,900 Soldiers and more than 1,800 Airmen in support of the Global War on Terrorism. About 70 percent of all members serving today have joined since that time. Currently, nearly 200 N.D. Guardsmen are serving overseas while about 4,000 remain in the state for emergency response and national defense. For every 10,000 citizens in North Dakota, 65 serve in the N.D. National Guard, a rate that’s more than four times the national average.

# GENERALLY SPEAKING

*From High Jinx to High-Flying Emergencies, Macdonald Soared through 45-year Career*

By Staff Sgt. Amy Wieser Willson  
Joint Force Headquarters

He served 45 years in the N.D. Air National Guard, flew every fighter jet the state ever had, logged more than 10,000 military flight hours, and retired as the state's top leader — the first Airman to ever hold the title of adjutant general.

A two-page feature will never do justice to the life and career of Retired Maj. Gen. Alexander Macdonald, but it can touch on a fraction of the stories — from life-threatening escapades to gut-busting pranks — that helped to create his indelible legacy in the state.

## FROM KP TO WAR

After enlisting in 1948, Macdonald spent his first summer camp cleaning buckets of spark plugs and serving on KP in Casper, Wyo. By 1950, he was serving as an assistant crew chief on the P-51 Mustang and running the pre-flight checks. But, once it was ready, "I had to get out and some pilot came and flew *my* airplane," he sardonically recalls.

That's when he went to the personnel office and asked about getting his pilot wings. Training slots were just opening, and he became the first N.D. Guardsman to attend the 13-month training. While away, the N.D. Air National Guard was activated during the Korean War, so Macdonald joined the unit in California for a year after graduation and then headed overseas. For the last six months of the war and another six months of peacetime, he served in Korea. After a couple of dozen missions as an AT-6 Texan "mosquito pilot" marking

targets for the fighters to hit, he went up to the front for three months. Working side-by-side with the Army, he helped pick targets easily attacked by air and directed fighters by radio from the ground. He later flew another dozen missions in the AT-6 before the end of the war.

When he returned to North Dakota as a combat-tested pilot in 1954, the Air Guard was busy making the transition to jets. Macdonald would fly and test on every fighter jet the unit had up until the F-16, which he piloted briefly.

"When I go by the Heritage Park out there: 'Yep, been there, done that,'" he thinks to himself as he passes the array of jets displayed in Fargo from throughout the Air Guard's history.

It's impossible to pick a favorite.

"You know, somebody once told me that the favorite airplane for a pilot is the airplane you're flying, and that's pretty much true," he says. "The 51 (P-51 Mustang) was just a sports car, you know. The 102 (F-102 Delta Dagger) was a great airplane. The F-89 (Scorpion) was a great weapons system — very, very maligned aircraft, but a great weapons system; 101 (F-101 Voodoo) was a good weapons system. The F-4 (Phantom II), of course, could do anything. So, they all had their good points."

## CRASH LANDING

The support airplanes he flew — the C-47 Skytrain, C-131 Samaritan and C-54 Skymaster — weren't always the same story. One nearly took his life and that of North Dakota's governor and first lady and nine other Airmen.

Rewind to 1968, when Macdonald and Thorton Becklund were transporting Gov. William Guy and his wife, Jean, from Illinois to North Dakota in the C-54. They were cruising around 8,000 feet when "all of a sudden the No. 3 engine just went bananas," Macdonald says.



Maj. General Alexander P. Macdonald enlisted at age 19, became a mechanic and a pilot, flew 36 combat missions in Korea and commanded the Fargo-based Happy Hooligans for 13 years, before becoming the N.D. state adjutant general.

The pilots worked with Tech. Sgt. Dale Ness, crew chief, but couldn't get the engine to shut down. They hit the feather button not realizing that, at the time, it was pumping oil into the case that was scorching hot from the overspeeding propeller. Flames erupted. They punched out the first fire, and then a second.

"Then the fire started up again, and, of course, there was nothing we could do then," says Macdonald, who pointed the nose toward the ground hoping he could land the aircraft.

The flames shot back across the wing, which was holding roughly a thousand gallons of gas.

"I had pretty much given up the thought that I was going to walk away from that because as soon as that fire got to that gasoline, it was going to be the biggest explosion in the world, and it was going to be on the other side of the airplane, and I wasn't going to see it anyway."

Then, the loud noise of the burning engine suddenly quit.

"Becklund said, 'The engine fell off,'" Macdonald recalls, "and I said, 'What?' And he said, 'The engine fell off!' And I was sitting in my seat, and I got up and looked out the window, and I said, 'The engine fell off!' (Becklund shot back), 'That's what I'm trying to tell ya!'"

They didn't have much time to revel in their astonishment. Even with the fire gone, they were still short an engine, plus the landing gear refused to come down. They diverted to Chanute Air Force Base in Illinois, which had fire crash personnel on scene foaming the runway as the crew tried to burn off more fuel before attempting to land.

Macdonald tried once more to knock the gear down, and a few hard whacks of the controls got it to happen — and promptly started an electrical fire. He called the tower to get everyone off of the runway as Ness shut the engines down. With no nose wheel, steering or brakes, Macdonald headed in. The plane touched down and rolled slowly off of the runway, crashing through a large sign. When the plane was met with a firetruck pointing a hose with a nozzle the size of a small car toward them, Macdonald figured drowning would be the next threat.

Despite it all, the entire crew safely deplaned.

"Gov. Guy told me one time ... 'I owe you my life,'" Macdonald recalls. "And, I said, 'You know, Gov. Guy, there was only one person on that plane I was really worried about, and that was me. I was trying to get myself on the ground alive, and besides, if I had any choice on who I got on the ground between you and Jean, I would've taken Jean,' because his wife was a real sweetheart."

Macdonald (right) poses by the F-94 Starfire, one of many aircraft he piloted during his 45-year N.D. Air National Guard career that encompassed more than 10,000 flight hours.



Macdonald sits in the front seat of a N.D. Air National Guard F-101 Voodoo aircraft on the flight line at Hector International Field, Fargo. The identity of the person in the back seat is unknown.

## ONE OF THE HOOLIGANS

In contrast to combat missions and burning planes, Macdonald did his share in contributing to the Happy Hooligans' nickname.

Shortly after the "fiasco at Volk Field" that prompted the nickname's predecessor, "Pappy and his Hooligans," Macdonald had a friend at Fargo Rubber Stamp make black-and-white stickers bearing the same Happy Hooligan logo used today. Soon, it was showing up in places across the globe

and painted across the unit's jets — despite orders (that Macdonald ignored) to have it removed because it violated regulations.

"Everywhere we went, every air base had a Happy Hooligan sticker. Every one," Millie Goebel, wife of one of the unit's first commanders, Retired Brig. Gen. Homer Goebel, recalled recently.

Over the years, in true Hooligan style, the sticker has appeared in locations slightly less prestigious than a tip tank — such as in the middle of a toilet paper roll at the Canadian air attaché's house. Macdonald got caught, however, trying to pull the same prank in the NORAD commander's wife's bathroom.

Working hard, playing hard and surrounding himself with talented, hardworking Guardsmen made for a combination that's left an enduring legacy across the state. Macdonald met the challenge of "convincing the Army guys that an Air guy could be AG," but that was merely the capstone of a 45-year career. During his service, he fostered advancing roles for women in the N.D. military, played a key role alongside Retired Maj. Gen. Murray Sagsveen and Gov. George Sinner in getting the N.D. Veterans Cemetery

established, and helped the unit win the William Tell Worldwide Weapons Meet, an international competition, twice. Under his 13-year command of the 119th Wing, the unit also won the Hughes Trophy and the prestigious Daedalion Maintenance Award — the first Air National Guard unit to ever win the awards and the first unit in the world to ever win both in the same year.

Despite all of his accomplishments, some of his most memorable moments remain the relatively small ones, such as promoting a Guardsman or swearing in a new Airman. It's the people — not the trophies and accolades — that impacted his life most. It's also what keeps him involved in retirement, as he works with military committees connected to the Wing.

"I was very fortunate to have a great, great bunch of people working here ... when I stepped in as commander. ... Consequently, they went out and hired more talented people, so we always had just a fantastic bunch of people, and we still do," he says. ■

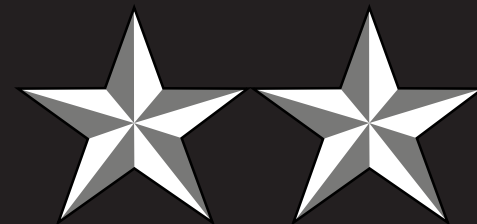
THE  
Happy Hooligans

fr Interact With Us! YouTube

Watch Retired Maj. Gen. Alexander Macdonald talk about his 45-year career in the N.D. Air National Guard in this video: <http://bit.ly/MGMacdonaldInterview>

See and download photos from throughout Maj. Gen. Alexander Macdonald's career: <http://bit.ly/MGMacdonald>

Read the first segment of the First Commanders Series, on Retired Brig. Gen. Homer Goebel: <http://bit.ly/FirstStar>





# PARTNERS IN PEACE



## N.D. Guard Concludes Series of Engagements as State Partnership Program Marks 20 Years

By Staff Sgt. Amy Wieser Willson  
Joint Force Headquarters

As the State Partnership Program marks its 20th anniversary this summer, the North Dakota National Guard heads into its ninth year of having a formal relationship with the African country of Ghana. Recent months have been filled with events that brought the state and country — that have more in common than one might imagine — together.

“Just like the N.D. National Guard, the Ghana Armed Forces remain actively employed in responding to flooding and in deploying around the globe,” said Maj. Gen. David Sprynczynatyk, N.D. adjutant general. “We also share commonalities in our goals to reach out to military families and continually improve the reintegration process. These similarities have grown into a robust and close-knit partnership from which we’re both greatly benefiting. In turn, our communities, state and nation benefit from the skills our Guard members have been refining in prevention and response capabilities for natural and manmade disasters, as well as in teamwork on a global scale while developing ways to support education and health initiatives. These skills are being implemented not only while our men and women are wearing the uniform, but in their civilian work and education.”

Besides military exchanges, the Partnership Program has incorporated universities and businesses in North Dakota. Recent missions, however, have focused on the military angle.

Within the last month, chaplains, safety officers and maintenance personnel from the Ghana Armed Forces visited the state during a partnership trip that connected them with their N.D. Air National Guard counterparts.

“I am enjoying things. I have learned a lot,” said Warrant Officer Eric Adomako, a safety officer with the Ghana Army. “... We have a lot of things to tell and teach our people back in Ghana” as a result of the visit.

While Adomako and Sgt. Raphael Goka were busy reviewing ways to enhance both military’s safety programs, three maintenance officers, including one from Togo, learned about electronic tools and discussed maintenance practices, procedures and documentation. Three chaplains — two from Ghana and one from Togo — also accompanied them, working alongside North Dakota National Guard chaplains while exploring ways to better serve military men and women and their families.



Photo by Senior Master Sgt. David H. Lipp, 119th Wing  
Lt. Col. Nathan Erstad, the 119th Maintenance Squadron commander, shakes hands with visiting African dignitaries Capt. Benjamin Effah, from Ghana, and Capt. Bachirou Amadou, of Togo, upon completion of a base tour Aug. 13 at the N.D. Air National Guard, Fargo.

It’s the first time the N.D. National Guard has had a visitor from Togo, as well, said Maj. Brock Larson, State Partnership Program director for the N.D. National Guard.

“It was very instructive,” said Fatima Taki as she interpreted the French spoken by M. Sebastien Adjogah, Togo military chaplain. “It has contributed to the reinforcing of our capacity, especially in terms of what he learned about the chaplain and chaplain assistant (roles). The way it’s organized, he thinks it’s very helpful for him.”

Chaplain (Lt. Col.) John Flowers, N.D. National Guard state chaplain, said it was “great to meet colleagues in ministry from African partner nations.”

“We were reminded once again how blessed we are in the American military to have our chaplain assistants, enlisted partners, to share the load,” Flowers said. “Our African colleagues do not have chaplain assistants, and they were very impressed with our enlisted support.”

Adjogah also felt he benefited from seeing how the Guard chaplains work with those at the Veterans Affairs hospital and other military retirees.

“He learned that it is very good not to forget about the veterans, even if



they are retired now,” Taki said on behalf of Adjogah. “... We still pay attention to them and meet their needs.”

Earlier in August, an engineer exchange took place at Camp Grafton Training Center, Devils Lake, N.D. Guardsmen and Ghanaians learned from one another on instructing and engineer tactics and techniques, from construction to demolition.

Prior to those visits, several other events brought North Dakotans and Ghanaians together to continue to foster the Department of Defense-sponsored partnership. In June, Command Sgt. Maj. Harley Schwind, the senior enlisted leader



Photos by Sgt. Ann Knudson, Joint Force Headquarters  
Pfc. Javier Ortiz and 1st Lt. Frank Amponsah of the Ghana Army watch Spc. Cody Lausch cut a piece of detonation cord on the demolition range at Camp Grafton South, south of Devils Lake, June 21. At left, a cloud of smoke rises above the demolition range just after a detonation.

for the N.D. Army National Guard, and Staff Sgt. David Rohrich traveled to Ghana for a Noncommissioned Officer (NCO) Guest Lecture Series. The weeklong engagement coincided with the Ghana Armed Forces’ Sergeants Major Course and incorporated discussions on roles and responsibilities of operations NCOs and senior NCOs.

As the visit ended, the North Dakotans escorted Lt. Frank Amponsah to the state, where he took part in a combat engineer familiarization event at Camp Grafton.

The month prior, two N.D. National Guard groups took part in back-to-back missions. Sgt. 1st Class Jonathan Pearson and Sgt. 1st Class Paul Deegan, both engineer class instructors at the 164th Regional Training Institute at Camp Grafton, traveled to Ghana as part of a mission focusing on engineers in a peacekeeping environment. They worked with 40 Ghanaian military engineers in identifying and reporting procedures for unexploded ordnance, identifying and neutralizing booby traps, minefield extraction techniques, and identifying improvised explosive devices and clearing roadways.

“I considered myself lucky to be chosen last year, but the second trip far outweighed the first in that I was greeted with hugs and handshakes from officers, NCOs and civilians alike. The bonds built in this program transcend from professional to personal easily,” said Deegan, who has worked with the Ghana Armed Forces twice in Africa and several times at Camp Grafton during engineer exchanges.

Also in May, Lt. Col. Brent Naslund and Chief Warrant Officer 3 Kari Pearson, who work in the N.D. National Guard’s Joint Operations Center, conducted a workshop on how to establish, set-up and operate a JOC to improve response to attacks as well as natural and manmade disasters.

Nationally, the State Partnership Program marks its 20th anniversary this year. The program has grown to include 63 partnerships, eight of which are in Africa. Army Gen. Carter F. Ham recently called the program “one of the most important tools that we have in our collective kit bag,” and expressed interest in growing the African partnerships by another four in the next two years. ■

fr Interact With Us! YouTube

Watch videos of the  
State Partnership Program:  
<http://bit.ly/SPPvids>

View and download photos:  
<http://bit.ly/SPPphotos>

# ADA Weather Forecast: Clear Skies

Air Defense Soldiers Send Stinger Missiles into New Mexico Desert

Story by Sgt. Tyler Sletten  
116th Public Affairs Detachment

Just north of Fort Bliss, Texas — across the border in New Mexico — lies White Sands Missile Range. Here, in this quiet desert surrounded by peaked mountains is the United States' largest military complex. It's where the 1st Battalion, 188th Air Defense Artillery Regiment comes to show off what it can do, both during the day and at night, as it trains on the Avenger systems. As North Dakota's most deployed unit since the beginning of the Global War on Terrorism, the 1-188th ADA trains regularly to ensure its Soldiers remain at the peak of proficiency. They aren't fooling around.

Nearly 100 Soldiers traveled to White Sands for a live-fire exercise last month. Maj. Gen. David Sprynczynatyk, N.D. adjutant general; Brig. Gen. David Anderson, land component commander; and Command Sgt. Maj. Brad Heim, senior enlisted leader for the 141st Maneuver Enhancement Brigade, followed the Soldiers to observe the level of training.

During the three-day event, the Soldiers worked with 19 Stinger missiles, including some from the Shelf Life Expectancy Program. That means some of the rounds were older than the shooters, but at \$80,000 a pop, the munitions provided not only good practice but enabled the government to check on decay and

loss-of-ability levels for the aging rounds.

Four MANPADS (man-portable air-defense systems) Soldiers, deemed to have a concrete understanding of their jobs during "Gunnery Table requirements" conducted during annual training, were chosen to deliver the shoulder-fired weapons downrange. They aimed at one-fifth scale remote-control airplanes, which were flown by contractors. The targets have a wingspan exceeding 10 feet and provide a challenging target for the gunners due to the low heat signature.

"A two-inch heat signature makes it much harder for the Avenger to track in comparison to a full-sized aircraft," said Sgt. 1st Class Christopher Schlepp. "Our gunners really need to focus

in order to successfully engage and destroy these smaller targets."

Next, the ADA members turned to the Avengers, a system that's been critical for air defense since 1990.

"With advances in (remotely piloted aircraft) technology, the Avenger is currently the only weapon system that can accurately engage and destroy these aerial targets while on the move," Schlepp said.

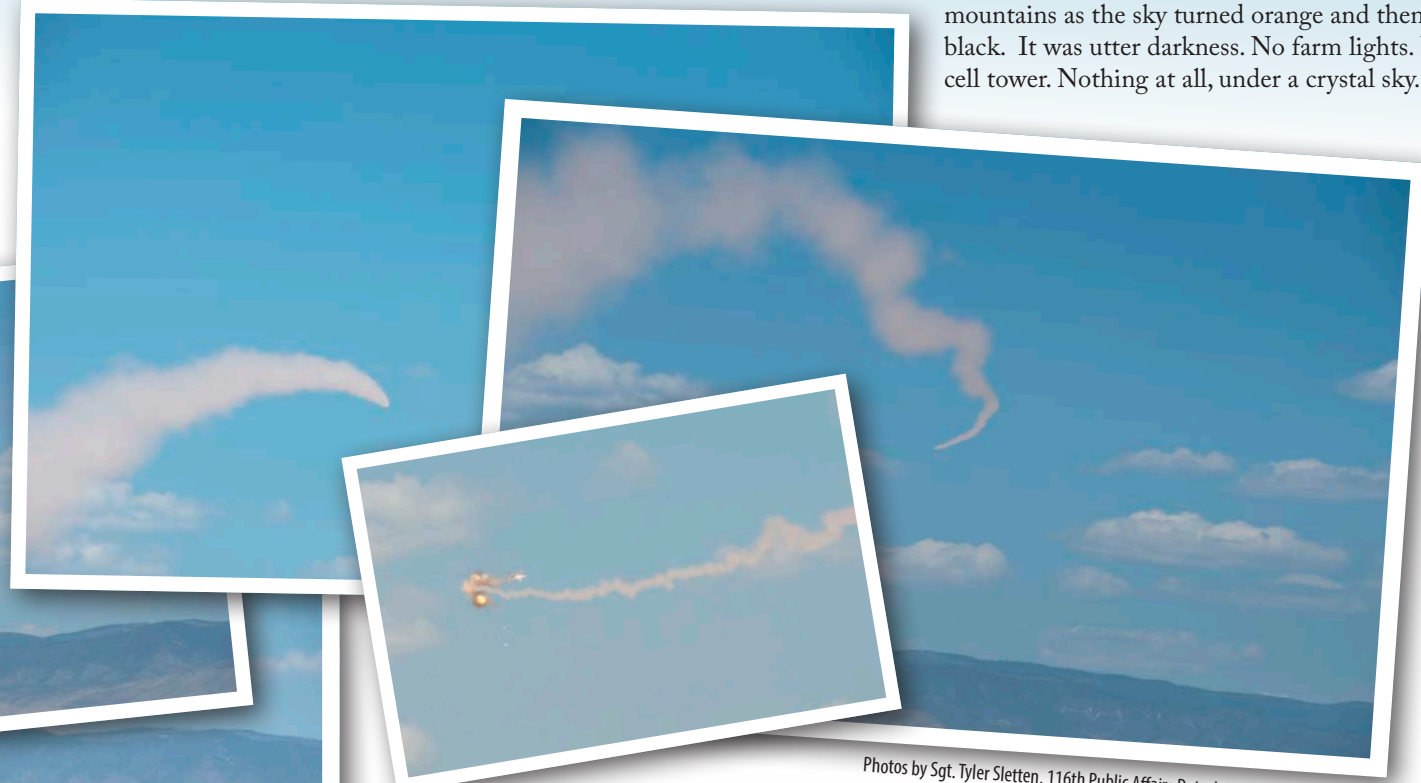
Avengers can shoot on the move, while MANPADS cannot. The Forward Looking Infrared Radar (FLIR) adds night capabilities and increases the range of vision. The Avengers also have a slightly longer range for planning purposes, and can be remotely fired, providing increased security to the crew. When Slew-to-Cue capabilities are added, targets can be selected and the gun system can slew to the target more accurately and quickly. Since the system has on-board Argon gas capabilities, there's a longer tracking time. In addition, the M3P machine gun is mounted on the side to provide another level of defense.

A night-fire exercise was the last event on the training schedule. The energy in the range tower and from the Soldiers on the ground made it clear that this was the big show. As the sun set over the southwest desert landscape, the air cooled.

The fading sunlight fell below the peaks of the mountains as the sky turned orange and then black. It was utter darkness. No farm lights. No cell tower. Nothing at all, under a crystal sky.

During the day, the flash from the missiles is brief and tactical, the noise impressive. At night, the flame consumes the valley and the incredible noise pierces the stillness of desert. Observers can see, although violently quick, the missile track and engage the targets before downing each in a fireball followed by an ominous, delayed boom.


Cheers roar out over the night sky after a hit, or "kill," occurs. Chatter erupts over the communication channels and congratulatory remarks spill out in between the range tower moving the next Avenger into place amidst the darkness. It's fun, visually stunning and exhilarating — but it's not for show. It's serious work that demands extreme technical proficiency on every level — and few do it as well as the Soldiers of North Dakota's 1-188th ADA. ■



Photos by Sgt. Tyler Sletten, 116th Public Affairs Detachment



Photo by Sgt. Jonathan Haugen, Joint Force Headquarters



Army Field Manual 44-100, 1-6: The mission of U.S. Army Air Defense Artillery is to protect the force and selected geopolitical assets from aerial attack, missile attack and surveillance.

(Above) Pfc. Toby Kuhn, Battery A, 1st Battalion, 188th Air Defense Artillery Regiment, briefs Col. Ron Solberg and Col. Scott Boespflug at a Sentinel Radar site. The battery had established a radar site for training as part of preparation for an upcoming mission. (Left) A Stinger missile is fired from one of the 1-188th ADA's Avenger systems. The 1-188th ADA traveled to White Sands Missile Range in New Mexico this summer to participate in a live-fire exercise. During the exercise the Soldiers trained on engaging targets during daylight and at night.

# BOUNCE BACK

Life is full of ups and downs. Equip yourself (and others!) to drop like a tennis ball—not like an egg.

## N.D. National Guard's Resiliency Academy Opens its Doors to Soldiers, Family Members and Civilians

Story by Spc. Kristin Berg  
231st Brigade Support Battalion

N.D. National Guard Soldiers recently participated in a Comprehensive Soldier Fitness Resiliency Training Course at Camp Grafton Training Center, Devils Lake, N.D. The course helps Guardsmen learn better ways of coping with life and its struggles, while engaging Soldiers' minds and challenging them mentally.

"I was working full time for the Guard as an E-5 (sergeant), and I knew that I would be leaving that position when I accepted my commission," said Capt. Michelle Thomsen, Master Resiliency Trainer. "I had to figure out what I wanted to do with the rest of my life; I knew that I really wanted to help Soldiers. So at that time I thought, 'How can I best help Soldiers? So many are coming back from deployments and struggling with emotional problems, legal problems.'"

She was interested in becoming a social worker or going to law school, and, eventually, she chose law school. She graduated from law school this past December and took the bar exam in February. As she waited for her bar exam results, she was given the opportunity to attend the Guard's Master Resiliency Training (MRT) course.

"When I saw how much this program could help Soldiers, I was hooked," Thomsen said. "Then, I found out I passed the bar, and Maj. (Noreen) Keesey called me and talked to me about a job in this position. So many people asked me why I went to law school if I'm not going to practice. I had to think about it for a little while, and I thought: I went to law school to help Soldiers. If I can do that here at this program, then this is the perfect spot for me."

Many people believe the new program, Resiliency Training, is suicide prevention; it is not. It can give Soldiers the tools they need so they don't feel like suicide is the only option when they are going through hard times. The training focuses on mentally bouncing back from life in both military and civilian worlds. Soldiers work individually and in groups to learn to resolve issues in new ways. All of the exercises begin with an activating event: anything from leaving the toilet seat up to getting cut off in traffic to having a baby. Soldiers write ideas and solutions on paper to work through different scenarios. After working in groups, some give short presentations on what they discussed and what they learned. The skills this course concentrates on are self awareness, self regulation, optimism, mental agility, strength of character and connection. Twenty-six trainees and four master resilience trainers participated in last month's course, sharing opinions, views and knowledge.

"Life gives you lemons: (They say) make lemonade. What if you don't



Photo by Spc. Kristin Berg, 231st Brigade Support Battalion

Sgt. Roderick Malone, of Fargo, works in a group to write ideas and solutions on paper as they work through different scenarios at the N.D. Army National Guard's resiliency training Aug. 3-5, 2012, at Camp Grafton Training Center, Devils Lake. The Comprehensive Soldier Fitness Resiliency Training focuses on bouncing back and helping others quickly recover from setbacks in military and civilian life.



For more information and upcoming course dates, visit: [www.ndguard.ngb.army.mil/family/support/resilience/Pages/default.aspx](http://www.ndguard.ngb.army.mil/family/support/resilience/Pages/default.aspx)

Photo by Staff Sgt. Eric Jungels, North Dakota National Guard Public Affairs

From left to right, Amy Fankhanel, Family Readiness Group volunteer for the 141st Maneuver Enhancement Brigade, Bernadette Ternes, licensed social worker for the N.D. National Guard, and Justin Mattson, N.D. National Guard Senior Family Readiness Support Assistant, engage in a group exercise during a Resiliency Training Assistant (RTA) Course at the Raymond J. Bohn Armory, Bismarck, N.D., Aug. 18-19. The RTA Course was the first course offered by the N.D. National Guard for civilians and family program volunteers.

## Master Resiliency Training COMPETENCIES

### Self-awareness

- Identify thoughts, emotions and behaviors
- Identify patterns in thinking and behavior, particularly counterproductive patterns
- Be open and curious

### Self-regulation

- Regulate impulses, emotions and behaviors to achieve goals
- Express emotions appropriately
- Stop counterproductive thinking

### Optimism

- Hunt for what is good
- Remain realistic; identify what is controllable
- Maintain hope; have confidence in self and team

### Mental Agility

- Think flexibly and accurately; take other perspectives
- Identify and understand problems
- Be willing to try new strategies

### Strengths of Character

- Knowledge of top strengths and how to use them to overcome challenges and meet goals
- Faith in one's strengths, talents and abilities
- "I am strong" attitude

### Connection

- Strong relationships; positive and effective communication
- Empathy; willingness to ask for help
- Supporting others

like lemonade? Then make something else, like a margarita," said Sgt. Grenaliz Nieves-Hernandez as an analogy to finding alternatives and increasing resiliency.

"I thought of it as a chance to enhance the overall mental wellness of the Soldiers that I lead, maybe not even necessarily lead," said Sgt. 1st Class Darin Leick. "It allows all of those around me to come up with effective problem solving within the military community of today."

Many agreed this is an important course to take to improve leadership skills and enhance problem-solving skills. It gives the proper tools to de-escalate issues at work and home, creating a better environment.

One section focused on character strengths. By identifying their top strengths and top strengths of other Soldiers, Guardsmen can learn to rise above challenges and build efficient teams. Knowing the strengths of a platoon will lead to strengthening a unit's effectiveness. Most often individuals feel energized and genuine to themselves when using top strengths. The motivation to use the strength comes from within the person.

"One of my strengths is critical thinking, so I'll analyze things, I'll understand problems and try to find the root cause of the problems," Thomsen said. "But I see lots of people struggle with that particular skill; they know that they are struggling, but they aren't quite sure why they're struggling. That's one of the best things that I can help with as far as allowing people or helping people to get to the root cause of their issues."

The course also provides effective

communication methods. Soldiers learned about thinking traps and how to avoid them. Thinking traps are common in stressful situations and decrease one's field of vision. They are overly rigid thinking patterns that usually lead us to miss critical information. A couple of examples include: "mind reading" or "them, them, them." "Mind reading" is when somebody believes they know what someone else is thinking or they believe that someone else knows what they are thinking. "Them, them, them" is when one blames others for incidents or issues.

The resiliency training noted an effective portion of communicating is learning not to ask "why" questions, but to ask "what" questions, which are more probing and engage individuals to think "maybe it was me in that situation." The why questions give the person an excuse or reassurance in their actions. What questions enable a more thorough thought process and prevents situations from escalating.

**“ The tools you take away from this course can be used on a daily basis, and they can help you to face any challenge or adversity you might encounter. ”**

**2ND LT. CATHERINE PETERSON**  
N.D. National Guard Resilience Coordinator

"My cousin was about four years younger than me, and he went active duty right out of high school. We saw a change when he came back on leave from the Army; he wasn't quite the same old John that had left," Leick said. "When he came home from the first Gulf War, things were really different. He got discharged and it was about three months and he took his life. Nobody to this day can really pinpoint that trigger of what happened."

Leick wonders if a course like this had been available to the military or even just to his family if his cousin could have effectively coped with his issues. He understands this course isn't wrapped around suicide prevention, but in his cousin's case, learning how to communicate effectively and knowing that it's OK to show emotional weakness in different situations may have helped.

"As we go through these different things that we have gone through in class, I can associate it with he didn't know how to do this, he wasn't effective in doing that. If these are little things we can catch as leaders and solve them now... In my mind of minds, I think he would be here today." ■



# A SALUTE TO 125 YEARS

## The 188th Army Band Turns 125: The Band Today Part 1 of a 2-Part Series



Photos by Senior Master Sgt. David H. Lipp, 119th Wing

Staff Sgt. Lynne Krug sings while Spc. Troy Johnson plays the drums for the 188th Army Band ensemble Three Time Rule during an outdoor concert in downtown Fargo, Aug. 10. The free lunchtime performance featured the unit's rock and country ensembles, Three Time Rule and Blues in Green, and was one in a series of concerts across North Dakota as the 188th Army Band celebrated its 125th anniversary.

 Interact With Us! 

Watch the video that coincides with this story at <http://bit.ly/125thAnnivVideo>, and listen to the band's premiere performance of "Salute" at <http://bit.ly/NDNGSalute>. See photos from the band's performances across the state at <http://bit.ly/BandAnniv>.

Story by Spc. Kristin Berg  
231st Brigade Support Battalion

For 125 years, the 188th Army Band has thought of salute as paying respect by raising the right hand to the side of the head. Now "Salute" is honoring them in musical form during a 10-day tour.

This August, the 188th Army Band celebrated its 125th anniversary with concerts around North Dakota, and the band played its first commissioned piece, "Salute," at each event. The piece is dedicated to Soldier musicians throughout time, especially to the ones who played a role to the 188th heritage.

"We're hitting as much of the state as we can in this celebratory year, our 125th anniversary," said Warrant Officer David J. Stordalen, bandmaster and commander.

The 42-piece concert band began its tour in West Fargo on July 30 and looped throughout the state to end back in Fargo on Aug. 10. Stordalen referred to the kick-off ceremony at Elmwood Park as "an hour of Americana music." Contemporary and classic wind and vocal literature pieces were heard throughout the park.

The band brought 13 songs to life at each event with the positive energy they gave. The songs ranged from classics, such as "God Bless America," to catchy beats, such as "Boogie Woogie Bugle Boy." Some were instrumental while others were vocal tunes.

"There is nothing better than playing summer concerts," said Sgt. Christopher Hanson, band member. "This is such a special tour, the 125th tour. It's very exciting for the band and they were really looking forward to it,



Spc. Rachel Dahlen plays the flute during a 188th Army Band performance at Elmwood Park, West Fargo, July 30. The N.D. National Guard band is marking its 125th anniversary with concerts across the state during its 15-day annual training. The concerts showcase a piece, titled "Salute," that N.D. native Jocelyn Hagen composed specifically for the band to highlight the service and sacrifice of those in uniform.

Photo by Senior Master Sgt. David H. Lipp, 119th Wing

prepping for a good three months, so the payoff is definitely right here."

The energy came from both sides of the aisle throughout the stops.

"We feed off the crowd. This crowd is special to us," said Sgt. 1st Class Jeffrey Pfungsten, referring to the concert at the Veterans' Home in Lisbon. "We love to come down here and play for them. We know they are appreciative of us, because we are a part of them and they're our history."

The star of each concert was not a band member, but a special piece the band had commissioned for the 125th anniversary. Valley City native Jocelyn Hagen wrote Salute and worked with the band to perfect the piece. She strived to capture the respect she has for the men and women of the armed forces. It was performed for the first time publically by the 188th Army Band on July 30.

"It's a new piece written only for us. Other bands will perform it, but we gave the first performance," Stordalen said. "It's written completely to illustrate our history and celebrate all of the Soldiers who have ever served in our band from 1887 all the way to this very night."

"That was really a treat and something that military bands don't often get someone

to do — commission a piece especially for your band — and that will certainly stand out as a highlight of this tour," Hanson said. "And I'm sure we will be performing this song for quite a while now ... I think Jocelyn Hagen did a very fine job of painting the picture of what she saw as far as a military career (and) what it would look like."

Pfungsten said Hagen took the time to understand what the National Guard is about.

"It was not just for us, it was for the whole N.D. National Guard," he said, "and the composer took it through the life of a Guard member and the energy that comes through the music as we play is exciting for us."

Stordalen and Hagen have been discussing details of the piece for two years, including the band's history and the National Guard in general. During these discussions, Hagen realized a pattern with the honor and sacrifice.

"Those were the two words that drove her to compose the piece and the ideas into music," Stordalen said.

Hagen said she enjoyed working with the band and joined them for one rehearsal where they were able to "talk about the

musicality and what different parts of the music meant to me as I was writing the piece."

Band members understand the music on a personal level now. The experience turned out positive for both the band and Hagen. After spending months on this piece and watching it grow, it neared completion, but it wasn't complete until the musicians played it publically. Hagen anxiously sat in the audience for the first live performance and said it felt as if she was on stage herself.

"There's a lot of butterflies," Stordalen said about the first public performance. "We've worked so hard on this piece and have been talking about it for so long ... It's great for everyone to come together (and) really make a wonderful true-to-force musical performance of it the first time around."

Hagen called the debut "an incredible experience."

"It's a very emotional piece for me. It's an important commission, and (I'm) just so honored to be a part of this event," she said.

"I just had a big smile on my face," Hagen said of hearing the first performance.

She was one of hundreds in the state smiling by the end of the tour. ■



# GUARDIAN

## Snapshots



### GRILL MASTER

Photo by  
Sgt. 1st Class Steven Urlacher  
N.D. Visual Information

Maj. Gen. David Sprynczynatyk, N.D. adjutant general, grills hot dogs at Fraine Barracks, in Bismarck, August 7, 2012, during a summer picnic. The event was held to show appreciation for the efforts of N.D. National Guard members, state employees and employees of the N.D. Department of Emergency Services.

### NEW RECRUITS

Above Left: Staff Sgt. Benjamin Schumann, of the 119th Security Forces Squadron, center, demonstrates M-16 weapon cleaning techniques for 119th Wing Student Flight members Joshua Nistler and Zack Bergstrom at the N.D. Air National Guard, Fargo, Aug. 10. Above Right: 119th Wing Student Flight members JulieAnn Bischof and Trisha Campbell clean M-16 weapon parts at the N.D. Air National Guard, Fargo, Aug. 10. Right: From left to right, Student Flight members Trisha Campbell, JulieAnn Bischof and Tyler Laufenberg simulate perpetrators Aug. 10 during an operational readiness exercise at the N.D. Air National Guard, Fargo. The Student Flight members are evading Security Forces personnel to provide realistic opponents for the base security. The students are taking part in a unit training assembly while they await their basic training dates.



Photos by  
Senior Master Sgt. David H. Lipp  
119th Wing



### RETAINING TALENT

Photo by  
Senior Master Sgt. David H. Lipp  
119th Wing

119th Communications Flight first sergeant Master Sgt. Art Bakke, left, raises his hand and swears an oath of allegiance as he re-enlists with the N.D. Air National Guard Aug. 8 in Fargo. Capt. Shaun Carlson is the officer administering the oath for Bakke.



### LIVE FIRE

Photos by  
Sgt. Tyler Sletten  
116th Public Affairs Detachment

(Above) A Soldier of the 1st Battalion, 188th Air Defense Artillery Regiment looks on as a Stinger missile is fired from an Avenger system. The 1-188th ADA traveled to White Sands Missile Range in New Mexico this year to participate in a live-fire exercise. During the exercise, the Soldiers trained on engaging targets during daylight and at night. (Right) 1st Lt. Eliud Feliciano, range tower officer-in-charge, communicates with other officers during the night-fire exercise at White Sands Missile Range.



### Family Day Planned This Month in Fargo

After a full day of Yellow Ribbon and Reintegration events at the N.D. Air National Guard base in Fargo, Happy Hooligan families will be able to take part in annual Family Day activities from 9 a.m. to 1 p.m. Sept. 9.

The day will include numerous outdoor games, lunch and water hose games at the Fire Hall, as well as a basketball shooting competition and North Dakota Operation: Military Kids activities.

There's no need to RSVP.



Photo by Senior Master Sgt. David H. Lipp, 119th Wing  
North Dakota military children blow bubbles and imagine their stress floating away during an Operation: Military Kids day camp July 26, 2011, at Elmwood Park in West Fargo, N.D.

### Hometown Heroes Event Celebrates Deployed Airmen

A Hometown Heroes event at the N.D. Air National Guard base in Fargo will honor those Airmen who deployed between Jan. 1, 2009, and Dec. 31, 2010. The event will take place at 2 p.m. Sept. 9 at Heritage Park, N.D. Air National Guard (weather permitting).

Gov. Jack Dalrymple and Maj. Gen. David Sprynczynatyk, N.D. adjutant general, will be joined by other civilian and military leaders to honor about 250 Airmen who have served on Title 10 orders in support of a contingency mission for 30 days or longer. Family and friends are invited to attend.

The Airmen will be recognized in three groups: Tier 1 awards go to those who have served on orders for 30-179

consecutive days, Tier 2 awards are for those who served 180-365 consecutive days and Tier 3 awards are for orders exceeding 365 days. Awards also will be presented to the Airmen's families, and those who have deployed will present a Center of Influence medallion to a person of their choosing who has shown outstanding support throughout their Airman's missions.

Find More Guard News Online!






View News on Your Smartphone by Scanning Our Barcode



### Disabled Veterans Eligible for N.D. Property Tax Exemption

A disabled veteran of the U.S. Armed Forces with an armed forces service-connected disability of 50 percent or greater, who was discharged under honorable conditions or who has been retired from the armed forces of the United States, or the un-remarried surviving spouse if the disabled veteran is deceased, is eligible for a credit applied against the first \$120,000 of true and full valuation of the fixtures, buildings and improvements of the person's homestead. The amount is equal to the percentage of the disabled veteran's disability compensation rating for service-connected disabilities as certified by the Department of Veterans Affairs for the purpose of applying for a property tax exemption.

Exemption should be at the highest percentage the veteran is compensated. If a veteran is compensated higher than the combined rating, the exemption should be at the higher rate. For example, if the combined rating is between 50 and 90, but the servicemember is compensated at 100 percent due to individual un-employability, the veteran's exemption should be at 100 percent.

How to apply for the property tax exemption:

1. Provide a copy of the DD Form 214 showing the veteran's honorable discharge from active military service, if claiming exemption for the first time.
2. Provide a certificate from the Department of Veterans Affairs certifying the percentage of service-connected

disability when claiming exemption for the first time or if the veteran receives a change in the percentage of certified rated service-connected disability. A servicemember also can get a letter from the VA by calling 800-827-1000 and asking for a property tax letter. This letter will be sent directly to the Veteran.

3. Complete an application form online (<http://www.nd.gov/tax/property/forms/applicationdisabledveteranspropertytaxcredit.pdf>).

4. Submit the required documents to the tax assessor/tax equalization office by Feb. 1, when applying for first time, when the disability rating changes and when requested to do so there after. The county may or may not require the servicemember to submit annual applications.

# Chaplain's Corner: Dealing with despair

By Chaplain (Maj.) Leo Moenkedick  
N.D. Air National Guard

It takes a strong person to ask for help, and ASKING FOR HELP IS OKAY. Be strong — ASK.

Last month, I went to a gathering in my hometown of Perham, Minn. A couple of my old high school buddies and their spouses put on a celebration for the priests of our diocese.

During the course of the conversation, one of them told me about a classmate who had recently died by suicide. I was shocked.

Since then, I have thought a lot about the young lady I used to know (I lost contact with her shortly after high school). She was near the top of our class, a member of the National Honor Society, one of the stars of the girls basketball and gymnastics teams. She was beautiful, smart, athletic and friendly.

The image that popped into my mind when I heard the terrible news was a clear and vivid memory of her smile.

Granted, it was a long time ago, but if memory serves me, she was almost always smiling.

I don't know what happened during those intervening years, but I do know that I wish with all of my heart that I had one last chance to talk with her. I would like to tell her how many times her smile had brightened my day. I would like to encourage her and let her know that there are many people who care about her and need her.

I would like to hear about her pain and despair and work with her to find productive ways to deal with those problems.

It pains me to think that there was no one in her life who knew about her pain, or no one who was willing to help her

deal with it. Perhaps there was someone who knew and cared, but didn't know what to do.

What would you do? Most of us go through times when we struggle with the trials of life. All of us know someone who is struggling. To whom do we turn, so that we don't reach the point of despair? How do we reach out to someone who is at or near the that point?

#### If you are thinking of hurting or killing yourself:

1. Know that there are better options.
2. Talk to a chaplain, mental health professional or suicide hotline (800-273-8255).

#### If you know of someone who you suspect may be thinking of hurting or killing themselves:

1. Ask them, "Are you thinking of killing yourself?"
2. Care for them by staying calm and listening to them.
3. Escort them to a chaplain or healthcare provider. Never leave them alone.

God's blessings to all of you. ■

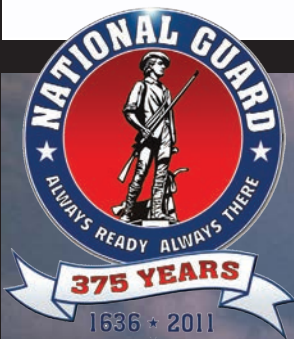
Life is full of challenges and sometimes servicemembers or their families can find the challenges overwhelming. If you or someone you know is thinking about hurting or killing himself/herself:

PLEASE CALL THE VETERANS CRISIS LINE.

800-273-8255 (TALK)

Photo by Bill Prokopyk, N.D. National Guard Public Affairs  
Chaplain (Maj.) Leo Moenkedick, N.D. Air National Guard, offers a prayer during the 2012 Memorial Day Ceremony at the N.D. Veterans Cemetery on May 28. About 1,500 people attended the annual event.





## CLOSE CALL

Photo by Lt. Col. Larry Harrington

A Happy Hooligan F-4D Phantom aircraft assigned to the 119th Fighter Wing, N.D. Air National Guard, intercepts a Soviet TU-95 Bear bomber aircraft over the Arctic Ocean, during a flight to Keflavik, Iceland in 1983. Eight Russian TU-95 Bear bombers were intercepted by Hooligan pilots during the deployment. NATO fighters had come in close proximity to the Russian bombers during some tense moments throughout the Cold War and occasionally in the 1980s as they flew along the periphery of NATO air space.