



NORTH DAKOTA GUARDIAN

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We Will Never Forget

MEMORIAL TO THE
FALLEN IN THE
GLOBAL WAR
ON TERRORISM



Dedicated September 11, 2009

» Inside:

Airmen Assist at Air Show, Blessings From Soldiers' Angels

INSIDE THIS ISSUE

FEATURES



8

Going the Distance

Guardsmen put their feet to the pavement to log miles for charitable causes and fitness. As runners, Tech Sgt. Sam Ruiz and Pfc. John A. Hoffarth find that crossing the finish line has paid off in more ways than one.



10

The Show Must Go On

Happy Hooligans assist the Blue Angels during the 2009 Fargo AirSho by using a barrier cable system; which is used for emergency landings. The 119th Wing worked tirelessly to install the system to prepare for that possibility.



14

On Angel's Wings

As national communication director for Soldiers' Angels, Shelle Michaels has gotten to know quite a few members of the N.D. National Guard. Whether mobilized overseas or stateside, Soldiers and Airmen know that Michaels and her "Angels" are always there.

DEPARTMENTS

News Briefs 4

Sound-Off 6

Guardian Snapshots 12



Commander in Chief
North Dakota Governor
John Hoeven

The Adjutant General
Maj. Gen. David A. Sprynczynatyk

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Sgt. Ken Thomas

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Digital photos should be at least 300 dpi.

On the Cover



In Loving Memory: N.D. National Guard Color Guard members raise the flag to half-staff during the dedication ceremony for the Memorial to the Fallen Heroes of the Global War on Terrorism Sept. 11. In the center of the memorial is a bronze statue of the Soldier's cross, consisting of boots, M-4 rifle, helmet and dog tags. The Soldier's cross is commonly erected on the battlefield in the spot where a Soldier has fallen. (Photo by Will Kincaid, Bismarck Tribune).

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The Need for Adaptive and Innovative Leadership

Much has been written about *leadership* versus *management*. Never before has it been more important that we have adaptive and innovative *leaders*...who can *manage*. In my mind, the difference is quite simple. *Managers* focus on *doing things right* while *leaders* focus on *doing the right things*.

Good *managers* are skilled and knowledgeable in their trade. They are well versed in rules and regulations, especially with regard to tangible things like money and classes of supply, as well as in personnel policy. They rely almost exclusively on written policy or guidance to drive and defend their decision-making. *Doing things right* is very important to them.

Leaders, on the other hand, must deal with the intangibles, our most precious resources, people and the allocation of time. They focus their efforts on establishing a desired command climate or work environment, on precedence, on prioritization and *leading* others. They know that fair isn't always equal, that circumstances and merit must be weighed, that at times exceptions must be granted and that they must be able to formulate and defend their decisions (frequently in the absence of written policy or guidance) to subordinates, supervisors, Families and possibly even the news media. *Doing the right things* is paramount...even when no one is looking.

In today's ever-changing environment, it is absolutely essential that we have *managers* that are both willing and able to *lead*. This takes courage and a healthy dose of self-awareness, as change is constant and is the "new normal" for the foreseeable future. The N.D. Army National Guard is undergoing its largest transformation since World War II as it transitions with the Army to a modular force and changes from an engineer centric organization to a Maneuver Enhancement Brigade (MEB). Our Air National Guard is no different as it goes through its largest transformation ever away from fighter jets to unmanned aircraft and to an air transport role. The requirement to transform has not excluded the headquarters either as it transitions from a legacy administrative peacetime

staff to an operational command that was tested during this year's spring flooding. This unprecedented transformation is ongoing; without published manning documents, without field manuals that define doctrine or tactics, techniques and procedures (TTPs) and without providing specific funding guidance or authorization. Our deployed forces are facing the same environment with each rotation. Units and individuals are called upon to execute emerging new mission sets, often times with new equipment they haven't seen before and without written regulatory or policy guidance. We are indeed "building and modernizing a force on the fly."

We are doing all this while simultaneously deploying a 650-person Army force to Kosovo that includes a large percentage of our full-time workforce and senior-ranking personnel. This creates a situation where we are reliant upon a significant amount of temporary employees and many of our personnel, both enlisted and officer, are being called upon to function at one to three levels above their normal pay grade. It creates the condition where our employees, full and part-time, may not possess the experience we are accustomed. They, in turn, may be inclined to seek written policy or guidance as a way to mitigate their lack of experience and be able to *manage* what is asked of them...but it will not exist.

How can we possibly continue our tradition of excellence in this environment? It will require adaptive and innovative *leaders* who are able to *manage* and to embrace their inherent responsibility to mentor. It will require a positive attitude while adapting to constant change. We will be met with many dilemmas and be required to be innovative when making tough decisions in the absence of published direction of how to do so. Rather than lowering our expectations, *leaders* will need to prioritize the allocation of human resources, time and money so the most important aspects of our work (i.e. taking care of Soldiers, Airmen and Families) goes on unimpeded and the least important things are what do not get done. We will need to strive for efficiencies in what we do and the way we



Col. Dale Adams

Director, Joint Staff, N.D. National Guard

do it is to take periodic pauses to review and not just repeat what's always been done...the way we've always done it.

Look upon the absence of policy or guidance as an opportunity. This will require adaptive *leaders* who do not hide behind regulations to justify their decision-making because they likely will be paralyzed when written guidance does not exist. Take the opportunity to forge our own way and to develop preferred methods and processes that benefit the N.D. National Guard as a whole.

We may not always have a surplus of time to engage in deliberate decision-making or debate alternatives when "building and modernizing our airplane on the fly." Whether the decision-making cycle is short or long; open, honest, candid, and passionate input is essential. Then, once a decision is made, each of us must support it as if it were our own! Although it is important for us to never forget where we came from or the experiences of the past, *leaders* are charged with charting a course for the future and motivating others to get there.

In this environment, honest mistakes will be made, most often due to inexperience. *Leaders* will be called to mentor, delegate authority, support their subordinates and peers and accept responsibility for the good and bad. When we stumble, and we will, we will do better the next time!

It is this kind of adaptive and innovative *leadership*, coupled with the ability to *manage*, that has brought the N.D. National Guard (Air and Army) recognition as the best in our business; at home during the flood and while deployed around the world! I challenge each of you to be mindful of our environment as you meet inevitable challenges in the days, weeks and months ahead and look forward to overcoming obstacles together!

Always ready, always there!

A handwritten signature in black ink that reads "Dale A. Adams".

Col. Dale Adams

119th Wing Commander Assigned to National Air Force UAS Task Force

The commander of the N.D. Air National Guard's 119th Wing will be undertaking a new assignment as one of the Air Force's point people for matters involving unmanned aerial systems. Col. Robert Becklund, who has commanded the Wing since August 2004, will begin the position with the U.S. Air Force Unmanned Aerial Systems (UAS) Task Force in Washington, D.C., soon, although a specific start date has not been set.

"He's been one of the best — if not the best — wing commanders I've ever worked with. He's got a bright future, and he's going to do good things for North Dakota," said Brig. Gen. Al Palmer, North Dakota National Guard assistant adjutant general — air. Palmer made the announcement over Hooligan TV, the Wing's broadcast news show, to Airmen drilling at the N.D. Air National Guard base in Fargo in September.

"It's a great opportunity for Col. Becklund," Palmer said. "This position was by invitation only from the Air Force's UAS Task Force, and he's going to be in a position to shape UAS systems from the very small to the very large in that position."

Becklund will be the only Guardsman on the Task Force staff.

"North Dakota has become a world leader in unmanned aviation, and it is certainly fitting that the Air Force has tapped one of our best to fill this key position," said Gov. John Hoeven. "We will miss Col. Becklund's leadership and dedication as commander of the 119th Wing, but we're confident that the proud tradition of the Happy Hooligans will be carried on by Col. Rick Gibney."

The Wing's vice commander, Col. Kent Olson, will oversee operations until Col. Rick Gibney assumes command in early 2010.

"Col. Becklund will certainly be missed as the 119th Wing commander, but I know his position and influence will continue to benefit the N.D. Air National Guard and the state as a whole," said Maj.



Col. Robert Becklund
119th Wing commander

Gen. David Sprynczynatyk, N.D. National Guard adjutant general. "This is a very prestigious and challenging position, but I know of no one more qualified than Bob. He is a strong leader who understands UAS as the way forward in the Air Force. I have no doubt he will bring great success to this new undertaking."

American Patriot Award Honors Wounded N.D. Soldier

A N.D. Army National Guard Soldier who was wounded on Thanksgiving Day 2006 in Afghanistan received a national award Sept 3. Sam Floberg became the first Veteran of the Afghanistan War to be honored with the American Patriot Award during an evening ceremony at the West Fargo VFW.

North Dakota Department of Veterans Affairs Commissioner Lonnie Wangen nominated Floberg for the award and had the privilege of presenting it.

"Although I was there to welcome Sam back to North Dakota (after he was injured), I didn't know him personally then," Wangen said. "... Sam's attitude has inspired these Soldiers (who served with him) and I still hear them speak of what an inspiration Sam is today."

Floberg, 31, lost part of his right leg in the Nov. 23, 2006, rocket-propelled grenade attack that also killed Cpl. Nathan J. Goodiron and wounded Sgt. Claude O'Berry.

"I'm very humbled and honored by this," Floberg said during the ceremony, and he thanked the dozens of people who came on short notice to be part of the event, including "our North Dakota National Guard family."

As part of the presentation, Floberg received a commemorative bat from the American Patriot Program and a signed baseball from the Fargo-Moorhead Red Hawks. The American Patriot Program, or TAPP, is made up of nine baseball organizations from across the United States that are "united to honor the combat wounded Veteran through America's favorite national pastime," according to a TAPP news release.

"The TAPP team is greatly humbled to honor Sam through the program, and we desire to help provide a genuine sense of gratitude to what men and women of our nation are sacrificing for our liberty," said Wes Hazlett, TAPP founder.

Only four others have ever received the American Patriot Award; they include an injured World War II Frogman, wounded Vietnam Veteran and two Iraq War Veterans — one from Texas and one from South Dakota.

Floberg's family, including his 11-year-old daughter, Tiana, were present for the award presentation, as were members of Cpl. Goodiron's family. Numerous North Dakota Guardsmen and community supporters came for the event, as well.

"I have watched Sam achieve goals that he has set for himself through the years; not limiting his growth because he is an amputee or struggles with Traumatic Brain Injury," said Shelle Michaels, national communications director for the nonprofit Soldiers' Angels, who presented Floberg with the signed baseball. "Sam Floberg is deserving of the American Patriot Award. He exemplifies strength, courage and patriotism in all that he does on a daily basis. He encourages others to be the best they can be. I could not be more proud of Sam for all that he has given for this nation."

Floberg lives in Fargo, where he is pursuing a degree in business and finance at North Dakota State University.

For more information about the American Patriot Award, go to www.americanpatriotprogram.org.

Older Enlistment Age Opens New Opportunities in Air Guard

A policy change has opened new opportunities for those interested in serving their state and nation. The Air National Guard now can accept enlistees up to age 40. Previously, the age limit was 34.

"This change offers a great opportunity for those who have wanted to serve their country but were prohibited based on their age," said Master Sgt. Troy Krabbenhoft, recruiter with the 119th Wing, N.D. Air National Guard. "People in their 30s are very capable of serving, and it's exciting that the policy change now allows this. It will especially mean great things for our Minot squadron, where a lot of job opportunities remain available."

The Air Guard activated the 219th Security Forces Squadron in Minot in October 2008, and is continuing to recruit to fill the many positions that opened with that addition. Once fully staffed, it will be the largest Air National Guard Security Forces Squadron in the nation. The squadron, which is co-located with active-duty Airmen on the Minot Air Force Base,



Staff Sgt. Billie Jo Lorus

Officer Candidate School class graduate Chad A. Worrell is ceremoniously presented with 2nd Lt. rank by his wife, Angela, as he holds his son Aven during the "Pinning Ceremony", Aug. 29 at the Camp Grafton Training Center near Devils Lake.

provides Space Command with a reserve force capability for heightened operational requirements.

For more information about full-time and part-time Air National Guard openings, call 800-972-8825 or go to www.119wg.af.mil/careers/.

Guard Leaders Graduate From Officer Candidate School

Senior Guard leaders addressed the recent graduates of the North Dakota Army National Guard's Officer Candidate School (OCS) and rallied Eagle Flight attendees at Camp Graft Training Center Aug. 29. For the first time, Eagle Flight coincided with OCS graduation.

Maj. Gen. David Sprynczynatyk, N.D. National Guard adjutant general, and Brig. Gen. William Seekins, N.D. National Guard land component commander, spoke to the future leaders of the Guard at the separate events at the Camp Grafton Training Center near Devils Lake.

"We are extremely proud of all of our Soldiers that completed the rigorous OCS program," Sprynczynatyk said. "This is an important step in improving their leadership skills that will serve them well throughout their careers."

About 40 N.D. Army National Guard Soldiers from across the state gathered for the Eagle Flight program to gain an overview of the various aspects and opportunities within the officer corps.

Seekins highlighted the opportunities for the Soldiers to make a lasting impact on the Guard.

"We need all of you to step up and say, 'I want to lead this organization into the next millennium.' You truly are the future

of this organization," he said. "Make an impact, be the difference and lead us into the future."

As the 52nd OCS class graduated from the training center, 14 Soldiers accepted their diplomas for completing the intensive course and seven of those immediately accepted their commissions as second lieutenants in the Army

National Guard.

Lt. Col. Lonnie C. Punton, commander of the 164th Regional Training Institute's 2nd Modular Battalion, presided over the "Pinning Ceremony," where the new officers donned their gold-colored second lieutenant bars. The graduating officers and their family members and friends participated in the ceremony.

OCS is just one of several commissioning programs Soldiers may pursue to become an officer. The Eagle Flight program provides orientation and information about the various sources of commissioning available to include Officer Candidate School, Warrant Officer Candidate School, Reserve Officers' Training Corps (ROTC) and direct commissioning. The event also provided an overview of the career choices available as an officer, including aviation, quartermaster, ordnance, military intelligence, transportation, engineer, military police, signal, air defense artillery and chaplain.

Camp Grafton Training Center's 52nd OCS graduating class included:

Rachel L. Bickford, of Jamestown, N.D.
Cory M. Cavett, of Fargo, N.D.
Christopher M. Clemens, of Minot, N.D.
Suzanne L. Halverson, of Manvel, N.D.
Neil A. Horner, of Wishek, N.D.
Patrick L. Joyce, of Mandan, N.D.
Kristi L. Keller, of Moorhead, Minn.
Brett J. Nelson, of Fargo, N.D.
Aimee L. Page, of Crystal, Minn.
Jared D. Sherven, of Surrey, N.D.
Kalli J. Swenson, of Minot, N.D.
Jeremy R. Thorne, of Minot, N.D.
Christopher J. Walker, of Mandan, N.D.
Chad A. Worrell, of Mandan, N.D.

Guardsmen Participate in State-Level Best Warrior Competition

The Best Warrior Competition, (formerly known as the Soldier / NCO of the Year) took place Sept. 18-20 at Camp Gilbert C. Grafton Training Center.

Changing the name to the Best Warrior Competition provided the opportunity to make some additional changes to the program. In past years, this was a two-phased competition; phase 1 (the physically demanding portion) was done in September and phase 2 (the formal boards portion) was done in February annually. This year, the entire competition was completed in a three-day period, much the same as the upper-level competitions are done.

The boards were Sept. 18. On Sept. 19-20, the Soldiers and noncommissioned officers participated in competitive events to prove they were the best the state had to offer. The events consisted of a formal board, uniform inspection, fifty-question written test, an essay on a selected military topic, night and day land navigation courses, weapons qualification, warrior stakes (general military tasks all Soldiers must know) and modern Army combatives (hand-to-hand fighting).

"In the past, the events were held in the fall with the boards held during the Combined Officer and Enlisted Association conference in February," said Command Sgt. Maj. Gerald Miller, state command sergeant major. "We felt consolidating the competition would give our Soldiers the best chance to prepare for the next and any follow-on competitions, providing an additional six months of training."

This year's winner of the NCO of the Year competition was Staff Sgt. Jason Lothspeich, of the 817th Sapper Company and the runner-up was Staff Sgt. Corey Moen, of Detachment 1, 818th Sapper Company. The Soldier of the Year winner was Spc. Justin Huber, of the 191st Military Police Company and the runner-up was Spc. Nathan Svihovec, of the 816th Engineer Company.

The Regional Competition for Best Warrior will be in Alaska in June 2010. The region consists of eight states: Alaska, Idaho, Montana, Oregon, South Dakota, Washington, Wyoming and North Dakota. If the two North Dakota competitors win the Regional, which Spc. Adam Walsvik did last year, they will go on to compete in the All-Guard Competition, and if they win there they compete in the All-Army Competition.

Meet Your **119th Wing** Human Resource Advisor

By Senior Master Sgt. Jason Dura
119th Wing

I'd like to take this opportunity to introduce myself. I am Senior Master Sgt. Jason Dura and I am the 119th Wing Human Resource Advisor (HRA). I began my career with the 119th Wing in 1983 as a fuels specialist, in the Resource Management Squadron (as it was called back then). My wife, Michelle, and I have been married for 21 years. We have two boys, Josh and Jack. In my civilian career, I am a patrol sergeant for the West Fargo Police Department.

My primary role as the Human Resource Advisor is to promote the Wing's most valuable resource: YOU! I am here to help you maximize your potential for success. The 119th Wing and the Air National Guard offer many opportunities for you to use your talents, background and interests to make our unit and country a better place. You are in charge of your success!

Our unit is an incredible team! We have proved this many times during inspections and deployments and, most recently, during our conversion to the C-21 and Predator missions. The Happy Hooligans have created an environment that believes that no matter your rank, gender, race, age or education, each person has a voice and each person brings something to the table. In my position, I can demonstrate several different programs that have been created to further enhance your Air National Guard experience, the mission and our commitment to be **"Ready and Relevant."**



Senior Master Sgt. David H. Lipp

One tool that is available to you right now is **My Enlisted Development Plan (MyEDP)**: MyEDP allows you to review and add information about you and your ambitions in the Air National Guard. You can also share your EDP with your supervisor or someone who you wish to serve as your mentor. The information for your EDP includes education and training, job experience, leadership (PME) and a journal area. There are forums where you can communicate with your peers around the Air Force and Air National Guard on issues of pay and benefits, PME, training or visit the general discussion area. MyEDP can be found by logging on to the Air Force Portal.

I look forward to assisting you as our Wing's HRA. If there is anything I can do for you, please come by my office in the Maintenance Annex Building 217A, room 140B, (with the big HRA sign on the door) or call me at 701-451-2130 or e-mail me at jason.dura@ndfarg.ang.af.mil.

Now Time for the Hard Part — **Communication is Key**

You are technically and tactically proficient. You are intimately familiar with your equipment. You are an expert in the capabilities and limitations of the weapons systems you employ. You have drilled and trained as a team until your movements and reactions are second nature. You are physically fit and mentally tough.

Chaplain's Corner

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



If you have achieved this level of professional competence, congratulations. You have mastered the easy part.

Next, you need to master the art of properly relating to the people around you. The most complex system that you encounter every day is the person next to you, whether that person is a co-worker, supervisor, subordinate or loved one.

Battles have been lost and nations defeated because of personality conflicts among leaders. Teams have failed in performance because of misunderstanding, suspicion and unresolved conflict.

As a man in the movies once said,

"What we have here is a failure to communicate."

We don't spend time practicing how to communicate properly, how to understand others, how to care about people

around us. When it comes to relationships, most of us just do what comes naturally, or what we've always done in the past. Unfortunately, when it comes to human relations, if you do what comes naturally you will crash and burn.

You can't operate in a combat zone by just "winging it." You can't get along with other people without constant practice and correction in how you express yourself.

Communication is difficult at best; it's even more difficult if you don't train yourself to communicate well.

Read a book. Go to a seminar. Attend a class. Ask for feedback. Follow the example of someone you admire. Learn from the mistakes of others. Learn from your own mistakes. Discipline yourself to learn and practice healthy communication habits.

You became technically and tactically proficient by practicing. Keep on practicing good communication skills.

A very wise man once said:

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

— Ephesians 4:29

Community Dedicates North Dakota Memorial to the Fallen in the Global War on Terrorism

By Bill Prokopyk
Joint Force Headquarters

About 600 people gathered at Fraine Barracks, Bismarck, N.D., for the dedication of the “North Dakota Memorial to the Fallen in the Global War on Terrorism” Sept. 11. The ceremony began at 9:37 a.m., to coincide with the time that an American Airlines Boeing 757 struck the Pentagon on Sept. 11, 2001. The North Dakota Patriot Guard kicked off the ceremony with a “ride-in” with about 100 motorcycles.

The memorial is outside the main gate of the N.D. National Guard headquarters at Fraine Barracks, which is near the east entrance of the Liberty Memorial Bridge. The bridge also honors Veterans, recognizing all branches of the military and those who serve our country. Both the newly dedicated memorial and the bridge stand as daily reminders of the sacrifices American men and women in uniform have made for our state and country. The memorial is open to the public 24 hours a day.

Gov. John Hoeven, Bismarck Mayor John Warford, Maj. Gen. David

Sprynczynatyk, N.D. National Guard adjutant general, and Bismarck City Commissioner Steve Schwab spoke during the dedication. Dina Ferderer, of New Salem, N.D., the mother of Spc. Dennis ‘D.J.’ Ferderer, Jr., whose name is on the memorial, spoke on behalf of the Families of the fallen. Bismarck City Commissioner Connie Sprynczynatyk served as emcee for the ceremony.

“The memorial stands as a measure of our gratitude and support for the brave Soldiers and their Families who made the ultimate sacrifice in the Global War on Terrorism,” Hoeven said. “These Soldiers saw it as their duty to defend their country and the thousands of innocent victims of the Sept. 11 attacks. Now, it is our duty to forever honor their service and to remember their lives.”

This memorial honors the 21 North Dakotans who lost their lives in the Global War on Terrorism.

A joint venture between the City of Bismarck and the North Dakota National Guard, the memorial was made possible by the generosity of individuals and businesses throughout North Dakota and across United States.



Sgt. Ann Knudson

I.D. tags adorn the centerpiece of the North Dakota Memorial to the Fallen in the Global War on Terrorism. Family members of the fallen placed the tags on the ceremonial boots, helmet and inverted rifle as part of the memorial's dedication ceremony. Also placed on the Memorial are the expended rounds from the 21-gun salute.

“As a result, we now have a cherished memorial where all can reflect and remember the ultimate gift of freedom given through their love and service,” Warford said.

The Bismarck community expressed a desire to recognize those who gave their lives during the War on Terrorism. Consequently, city and National Guard officials worked jointly to consider various concepts, the final of which was designed by Kadrmas, Lee & Jackson of Bismarck and constructed by various donors and volunteers. The charter was to develop an enduring memorial that would serve as a place of peace and solitude for Families and friends of the fallen, and a place of dignity for community members to reflect on the lives and sacrifice of our fallen heroes.

“This Memorial is a perpetual reminder of the fallen — true patriots in every way. We will never forget their service to this country, and we will never forget the sacrifices they and their families have made,” Maj. Gen. David Sprynczynatyk said during the ceremony. “I thank everyone who helped make this memorial a reality. I especially thank the City of Bismarck for partnering with our National Guard to develop a beautiful and peaceful monument to our fallen heroes.”



Spc. Angie Gross

Mrs. Dina Ferderer, representing the Families of the Fallen, renders remarks during the ceremony dedicating the North Dakota Memorial to the Fallen in the Global War on Terrorism in Bismarck. Her son, Spc. Dennis J. “DJ” Ferderer, is one of the 21 service members honored on the Memorial.

MILITARY

Miles

By Sgt. Amy Wieser Willson
Joint Force Headquarters



Running. It's been a physical fitness staple since 1942 for the Army, when the Army Ground Forces Test, precursor to the Army Physical Fitness test, debuted and included a 300-yard run, squat thrusts, pull-ups, squat jumps, push-ups and sit-ups. For the Air Force, running as part of a physical fitness test has come and gone — replaced by cycling before returning again in the form of a 1.5-mile run in recent years.

For some Guardsmen, this staple of military life has become an addiction, a dream and even a fundraiser.

Running Down a Dream

When Air National Guard Tech. Sgt. Sam Ruiz, 30, deployed to Iraq with the 119th Security Forces Squadron, he had some goals in mind. Beyond succeeding in his mission, he decided he would challenge himself to run 1,000 miles.

Why?

"It was a combination of reasons. One was to keep my mind occupied. I also wanted to stay in shape, plus I was training for the Air Force Marathon," Ruiz said. "It was just basically to stay in shape, stay motivated and stay busy."

Despite heat and sandstorms Ruiz's reasons drove him to achieve the 1,000-mile goal — a distinction that made him the first at Kirkuk Regional Air Base to be named to the 1,000-Mile Club.

"There was a 400-Mile Club there," Ruiz said, "but I thought I'd take it a little bit further."

The 400-Mile Club allowed participants to add miles logged on elliptical machines and stationery bicycles, as well, but Ruiz said his "goal was to do it all running."

Ruiz reached that goal — hitting 1,000.1 miles — the day before he left Iraq and concluded his six-month deployment there.

Ruiz's family excitedly welcomed him home at Fargo's Hector International Airport on Aug. 18 with signs,

Guardsmen Lace Up Running Shoes to Benefit Others, Stay Fit

including one that asked, "Have U ran today?"

Ruiz sure has. He did the Scheel's 5K in Fargo Sept. 10, and will compete in the Fargo Half-Marathon on Oct. 10, when he'll strive to hit "a competitive time." But, the big race was last month: He completed the U.S. Air Force Marathon on Sept. 19 at Wright-Patterson Air Force Base in Dayton, Ohio. This was his first "official" marathon, after having run the Fargo Marathon in Iraq.

"I felt helpless not being home to help the North Dakota Air Guard with the flood this year. I decided to dedicate this run to the victims, volunteers and National Guard members who worked so hard," Ruiz said at the time of the Fargo Marathon.

Ruiz was joined by two others on that dedication quest, and was rejoined by one — Staff Sgt. Sonny Hernandez with the 445th Security Forces Squadron from Ohio — for the Air Force Marathon. The two had finished the Fargo Marathon together with a time of 4:53:03. Ruiz bested that in Ohio by nearly an hour, coming in at less than four hours — 3:57:53 to be precise — and placing 575th out of 2,013 finishers. These likely won't be the last races for Ruiz either, who says that he hopes running helps to prolong potential health problems with which he has seen family members cope.

"It's a good addiction," he said of running. "You get fit. Your confidence goes up."

Running for a Reason

A relatively new member of the Armed Forces dedicated a month of his time and effort recently to making life a little better for service members that came before him.

Pfc. John A. Hoffarth joined the North Dakota Army National Guard on Christmas Eve 2008, and is now Cadet Hoffarth as part of ROTC's Simultaneous Membership Program. Just eight months after joining the Guard, Hoffarth pulled every idea and ounce of ambition for serving into a fundraising road race for the Northern Valley Honor Flight, which brings World War II Veterans to visit the memorials in Washington, D.C.

The idea for Run for a Reason





Senior Master Sgt. David H. Lipp

began with N.D. Army National Guard Capt. Shawn M. Flemmer, who works as an assistant professor of military science at the University of North Dakota and as a scholarship officer for UND's ROTC program. Flemmer and Hoffarth wanted to incorporate both military groups — the Guard and ROTC — to support the World War II Veterans. A similar event last year — Ruck for a Reason — had supported a fellow lieutenant battling cancer.

"Honor Flight had stopped by last year and asked us to help out in any way we could, and we couldn't think of a better organization to help than the Honor Flight," Hoffarth said.

For a full month, he coordinated Run for a Reason, a 5-kilometer run and coinciding Warrior Challenge. Hoffarth made flyers, visited businesses, locked in sponsors, worked with media, attended a meeting with the Grand Forks Military Affairs Committee and more to make the event happen. In the end, \$2,000 was raised with 113 people attending the run or the Warrior Challenge. Flemmer said it went well, especially considering the forecast of sun turned into a morning filled with rain.

"We want to make it a yearly thing, and we're going to help the Northern Valley Honor Flight out as long as they need it," Hoffarth said. "I think it can grow, and will grow, especially if the weather cooperates next year."

Weather or not, a strong Soldier at the

helm pulled things together for the Veterans this year, and that's likely to continue.

"John is an extremely competent Pfc., and I think he did a wonderful job pulling it all together," Flemmer said. "He coordinated with 16 different organizations; it was a huge undertaking."

Whether it's through helping others or reaching personal goals, Soldiers and Airmen continue to stay fit and achieve.

Running. It's been a military staple for



Courtesy Photo

Running for a Reason: Top, N.D. Army National Guard Capt. Shawn M. Flemmer presents medals to the female place-winners following Run for a Reason, which benefited the Northern Valley Honor Flight. Flemmer developed the idea for an event to benefit the cause, which flies World War II Veterans to Washington, D.C. N.D. Army National Guard Pfc. John Hoffarth implemented the idea and after a solid month of work, succeeded in raising \$2,000 for the cause.

Running Down a Dream: Left, Tech. Sgt. Sam Ruiz's family welcomes him home from his six-month deployment to Iraq. When Ruiz's flight came in August 18, his family gathered at Hector International Airport in Fargo with balloons and signs, including one that asked, "Have U Ran Today?" Ruiz ran 1,000 miles during the mobilization.

years — but Guardsmen are making it more than that. For some, it's a true passion.

HEY, RACE HOUNDS!

Check out these running opportunities:

North Dakota National Guard Marathon Team — Participation in the North Dakota National Guard Marathon program is open to Soldiers and Airmen. For more information, contact Capt. Ann Mutzenberger at 701-333-2207 or ann.mutzenberger@us.army.mil.

Run for KFOR12 Soldiers — Nike Plus users can join a challenge to run one mile in honor of each North Dakota Army National Guard Soldier deploying for Kosovo Force (KFOR) 12. The challenge was rounded up to 700 miles between August 2009 and August 2010. A Nike Plus device is required to sync runs online as part of this challenge, which may be found at <http://nikerunning.com>. Click on Nike Plus and search challenges for "Soldiers."

Run for 2-285th Soldiers — Nike Plus users also can join a challenge that just began Oct. 1 — the day after a send-off ceremony for N.D. Army National Guard Soldiers serving in Company C of the 2-285th Aviation Assault Battalion. This one challenges users to complete one mile every month for the next year for each of the 40 Soldiers deploying to Iraq. It's at <http://nike-running.com>. Click on Nike Plus and search for challenges for "Soldiers."

U.S. Air Force Marathon — For more information on the U.S. Air Force Marathon, including a link to register, go to www.usafmarathon.com.

Do you have a running challenge you would like other Soldiers and Airmen to participate in? Chat about it under this story post on our [North Dakota National Guard Facebook](#) page.



Visitors at the 2009 Fargo AirSho walk through the belly of a C-5 Galaxy on display from the New York Air National Guard.



Rob Keller

HOOIGANS CATCH BLUE ANGELS

119th Wing Assists Performers During Fargo AirSho

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

Did you know that some N.D. Air National Guard (NDANG) members arrested a Blue Angel at the conclusion of their final performance of the 2009 Fargo AirSho, Fargo, N.D.?

The N.D. Air National Guard is always busy behind the scenes at the air shows in Fargo including many support functions such as security, firefighters and emergency personnel, aircraft maintainers, aircraft refueling personnel, flight operations personnel and aircraft arresting personnel.

You might ask, what are aircraft arresting personnel and why would they arrest a Blue Angel? Do they arrest unauthorized or illegal actions by U.S. Navy pilots? No. Aircraft arresting systems and the personnel that operate them utilize barrier cables strung across runways to help distressed jets land safely by catching their tail hooks in the cable — fighter jets like the U.S. Navy F-18 Blue Angels.

The “arresting” members of the 119th Civil Engineer Squadron have gone unnoticed by most people for many years. They have been the people standing at the edge of the runway, out of sight to most, responsible for maintaining and operating the aircraft arresting systems through all of the fighter years at the N.D. Air National Guard. They have been standing by, always ready to come to the aid of fighters needing help to make a landing, and they





Above, the Blue Angels fly in formation over Hector International Airport, Fargo.



Left, The Blue Angels fly in formation with their tailhooks lowered during a practice flight prior to the Fargo AirSho 2009 at Hector International Airport. The tailhooks are the part of the aircraft that catch the barrier cable of the aircraft arresting system stretched across the runway during an emergency landing. Blue Angel aircraft No.1 had to use the tailhook and barrier cable to land at the conclusion of their air show performance Sunday, Aug. 23.

have been tested at times. They passed the test again on Sunday, Aug. 23 at the 2009 Fargo AirSho.

"We were required to stand by and string the cable for each flight of the Blues (Blue Angels), as well as when requested for the U.S. Air Force F-15 and F-4 during their practice flights and the AirSho, and take it down for commercial aircraft," said Master Sgt. David Wosick, of the 119th Civil Engineer Squadron.

During the Sunday, Aug. 23 Blue Angels show "the tower gave us a heads-up that there was probably going to be a barrier engagement," Wosick said. And there was.

Commander Greg McWherter, who is the lead pilot (known as the team boss) of the Blue Angels and flies aircraft number one during the AirSho, experienced some form of "hydraulic distress," which was severe enough to end the show and force an immediate landing by all of the Blues. You see, Commander McWherter is the pilot that all of the other Blues use to align their positioning in their formations during the show. Without him there isn't much of a show.

"Among other things, hydraulics are used in aircraft braking, so the barrier cables are important in the event of in-flight hydraulics problems – to ensure that the aircraft will be able to stop upon landing and won't go off the end of the runway," said Lt. Col. Mike Depree, a N.D. Air National Guard C-21 pilot, who acted as the Guard's liaison for the Blue Angels.

A jet fighter flying with hydraulic malfunctions can result in loss of control of the aircraft and can be extremely dangerous.

Possibly even loss of aircraft or loss of life in the event of a crash. Precautions are taken and aircraft losses are extremely rare for the Blue Angels — because they are some of the best in the world at what they do and because the aircraft arresting systems are in place when they are needed.

"It was extremely gratifying to use the aircraft arresting system for the Blue Angels — a complete adrenaline rush for myself and my entire crew," Wosick said.

STORY OF THE SYSTEM ...

While the barrier cable system has been in place for many years, it was removed from the runway at Hector International Airport in Fargo after the mission transition from the N.D. Air National Guard F-16s in 2007. The 119th Civil Engineer Squadron personnel worked to install a barrier cable system on loan from the National Guard Bureau Civil Engineering Technical Services Center in Minot, N.D., for the Fargo AirSho 2009. The Blue Angels require that there be an aircraft arresting barrier cable within 70 miles of every air show in which they perform and there isn't one that close to Fargo, unless it's installed. Much of the work on the barrier cable near the runway was done from the hours of midnight to 6 a.m. to avoid commercial aircraft traffic. The barrier system was then removed after the air show.



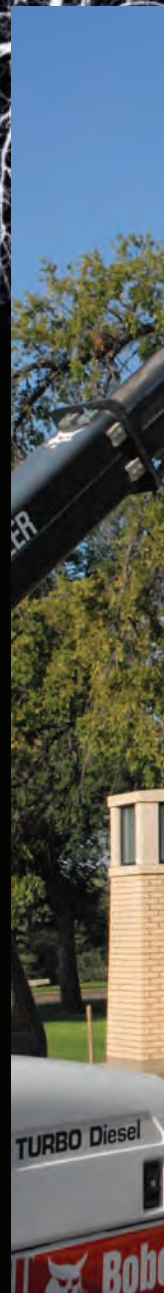
Sgt. Jonathan Haugen

Giving the Tour: Command Sgt. Maj. Orville Wang, 164th Regional Training Institute commandant (RTI) explains the space that the N.D. National Guard retirees are touring within the new RTI building on Camp Gilbert C. Grafton. The new RTI building is expected to be completed by August 2010.



Sgt. Ken Thomas

Broken Glass: Staff Sgt. Daniel Hillerson, of Company B of the 231st Maneuver Task Force penetrates through a glass training window during breaching techniques while training at Muskatawac training center, Ind., in preparation for his mobilization to Kosovo with Kosovo Force (KFOR) 12.



Front Gate Greetings: Visitors as they enter the front gate of Fraine...

Honoring Heroes: North Dakota WWII Veterans gather outside the WWII Memorial in Washington, D.C. The group flew to the nation's capitol as part of the Roughrider Honor Flight program, which gives Veterans the opportunity to see memorials of the wars they've served in. Veterans who would like to be considered to participate in the Roughrider Honor Flight program can submit an application to www.rrhonorflight.com.



Photo Illustration by Spc. Angie Gross

Guardian Snapshots



Bill Prokopyk

Employees of Dakota West Contracting help secure a 10-foot fiberglass Minuteman statue at the Fraine Barracks in Bismarck Sept. 18. A prominent symbol of the National Guard, the statue will greet visitors at the Fraine Barracks facility.



Chief Warrant Officer Kiel Skager

Flying the Colors: Members of the Patriot Guard bow their heads during the benediction of the N.D. Memorial to the Fallen in the Global War on Terrorism dedication ceremony Sept. 11. Patriot Guard member, Robert Koeller, is holding the Honor Flag, which commemorates every victim of the Sept. 11, 2001, terrorist attacks.



Touched By An Angel

Soldier Support Organization Watches Over North Dakota Guardsmen

Story by Sgt. Eric W. Jensen
Joint Force Headquarters

Shelle Michaels has at least 5,000 friends. There might be more. 5,000 was the final count on her Facebook profile — the max number of connections the social networking site allows. As national communication officer and North Dakota state director for Soldiers' Angels, Michaels knows a little bit about networking ... ok, she knows a lot. Thankfully, for Soldiers and Airmen of the N.D. National Guard, Michaels has developed a strong rapport with the state's Guardsmen and has rallied members from the Soldiers' Angels organization to send support to Guard Families that can only be described as "heaven sent."

Soldiers' Angels has increasingly become a known face for service members during mobilizations. For the uninitiated, the group was founded in 2003 by Patti Patton-Bader, great-niece of outspoken WWII hero, General George S. Patton. Bader's son, deployed to Iraq at the time, relayed to his mother that mail expressing support from home was scarce. At first a blitz of letter-writing from family and friends, Bader's response to her son soon turned into a movement with "Angels" around the world distributing care to service members and their Families through packages and letters of encouragement. They are complete strangers, armed with love and a calling to assist military members.

An Angel's Heart

Michaels has always been magnetized to helping others. Soldiers' Angels seemed like the perfect platform to employ her passion for boundless service.

"I've always loved being involved with helping people and was looking for a

volunteer community to be a part of," she said. "I typed "Soldier Support" into Google one day and Soldiers' Angels popped up. So, I 'adopted' a Soldier and also saw that they needed someone to work in the state of North Dakota. I applied and have been their ever since."

Michaels' involvement with Soldiers' Angels goes back as far as 2004. Prior to that, she resided in Colorado where she was president of a military wives group in Denver. She also cut her teeth in other volunteer groups including projects with victims of the Columbine High School tragedy in Jefferson County, Colo. In particular, she directed her efforts at the siblings of injured school kids.

"We wanted to focus on the siblings because they sometimes got lost in the shuffle since the focus was on rehabilitating



Courtesy Photo

Kalli Swenson holds a collection of letters she received from Soldiers' Angels volunteers congratulating her on her success after graduating Officer Candidate School at Camp Grafton in August. Swenson was the first female to be supported by the Ladies of Liberty while deployed with the 164th Engineer Battalion — a Soldiers' Angels project that focuses on the needs of deployed female servicemembers. Swenson is now a volunteer for the Ladies of Liberty.



Sgt. Amy Wieser Willson

Shelle Michaels, Ladies of Liberty founder, writes a letter to a service member overseas during Bake Me a Wish in Times Square, New York City, on May 5. Michaels traveled with four female Soldiers from the N.D. Army National Guard who were among the original Ladies of Liberty. Two brought their mothers and two their daughters for the Mother's Day-themed event that celebrated those who "mother America's Soldiers" by supporting them on deployments. Each letter written that day was mailed with a cake for a deployed service member.

their brothers and sisters who were hurt at Columbine."

While in North Dakota, Michaels has worked as a public relations instructor at the University of North Dakota in Grand Forks. Her students latched on to her enthusiasm for Soldiers' Angels and became involved in developing products for and participating in organization-led events. The biggest to-date is the "Day of the Deployed." Observed on Oct. 26, this event kicked-off in North Dakota in 2006 to honor those service members serving in overseas or stateside missions. This year will be the first year that governors from all 50 states will recognize this yearly tribute.

Michael's students focused much of their efforts during previous "Day of the Deployed" events on children of mobilized service members. One way of reaching the kids was to recruit military members to speak at the children's classrooms.

"So many of these kids may have a parent who's deployed or a classmate whose parent is deployed," Michaels said. "I think sometimes we forget how deeply that trickles down."

Relying on her network of friends is crucial to Michael's success in Soldier support. She volunteers nearly 50 hours a week to Soldiers' Angels in addition to working full-time as the director for the Veteran's Upward Bound project at the University of North Dakota — a group that assists Veterans in their pursuit of post-secondary education through academic advising, career guidance and financial aid application. It's a wonder how Michaels ever gets any sleep, but that can be expected seeing as how Soldiers' Angels is now involved in more than 30 different projects.

"That's the cool thing about Soldiers' Angels," Michaels said. "If you want to become involved and have a specific interest, you can probably find your place in the organization."

Gracious Recipients

Capt. Dan Murphy, public affairs officer for Task Force Falcon, Kosovo Force (KFOR)12, remembers never having



Retired N.D. Guardsman Sam Floberg embraces Shelle Michaels, N.D. State Director for Soldiers' Angels, during a Kosovo Force (KFOR) 12 send-off ceremony in Fargo Aug. 14. Michaels has been a close friend of Floberg's since his deployment with the 188th Air Defense Artillery to Afghanistan.

Lt. Col. Rick Smith

Soldiers' Angels have truly wrapped their arms around units of the North Dakota National Guard and have shown exceptional concern for them and their Families.

to pay for a single toiletry item while deployed from 2006-2007 with the 129th Mobile Public Affairs Detachment (now the 116th Public Affairs Detachment). The perk was appreciated since the N.D. National Guard officer had grown accustomed to maintaining his new cue ball haircut with countless razors. Packages from Soldiers' Angels found their way to Murphy and his unit's office on an almost monthly basis filled with snacks, letters of encouragement, toiletries and DVDs. One package even contained a Playstation II game console for the Soldiers to use on their off time.

"These packages always seemed to come at the right time, just when you needed something to pick you up," Murphy said. "Soldiers' Angels have truly wrapped their arms around units of the North Dakota National Guard and have shown exceptional concern for them and their Families."

Retired N.D. Army National Guard Sgt. Sam Floberg understands that concern well. He has been a recipient of care from Soldiers' Angels and Shelle Michaels since losing his leg in a vehicle ambush

during a patrol in Afghanistan in November 2006 with the 188th Air Defense Artillery Security Forces. Michaels was able to get Floberg a voice-activated laptop through another Soldiers' Angels program, Valor-IT, so he could communicate with friends and family back home while recovering from his injuries.

Floberg said, "These may seem like small things, but they make a difference. Keeping spirits high is one of the most important parts of recovery."

Beyond Guardsmen's deployments, Shelle Michaels continues relationships with those she supports when they get home as well as their family members. Murphy said he and his wife, Laura, stay in contact regularly with Michaels.

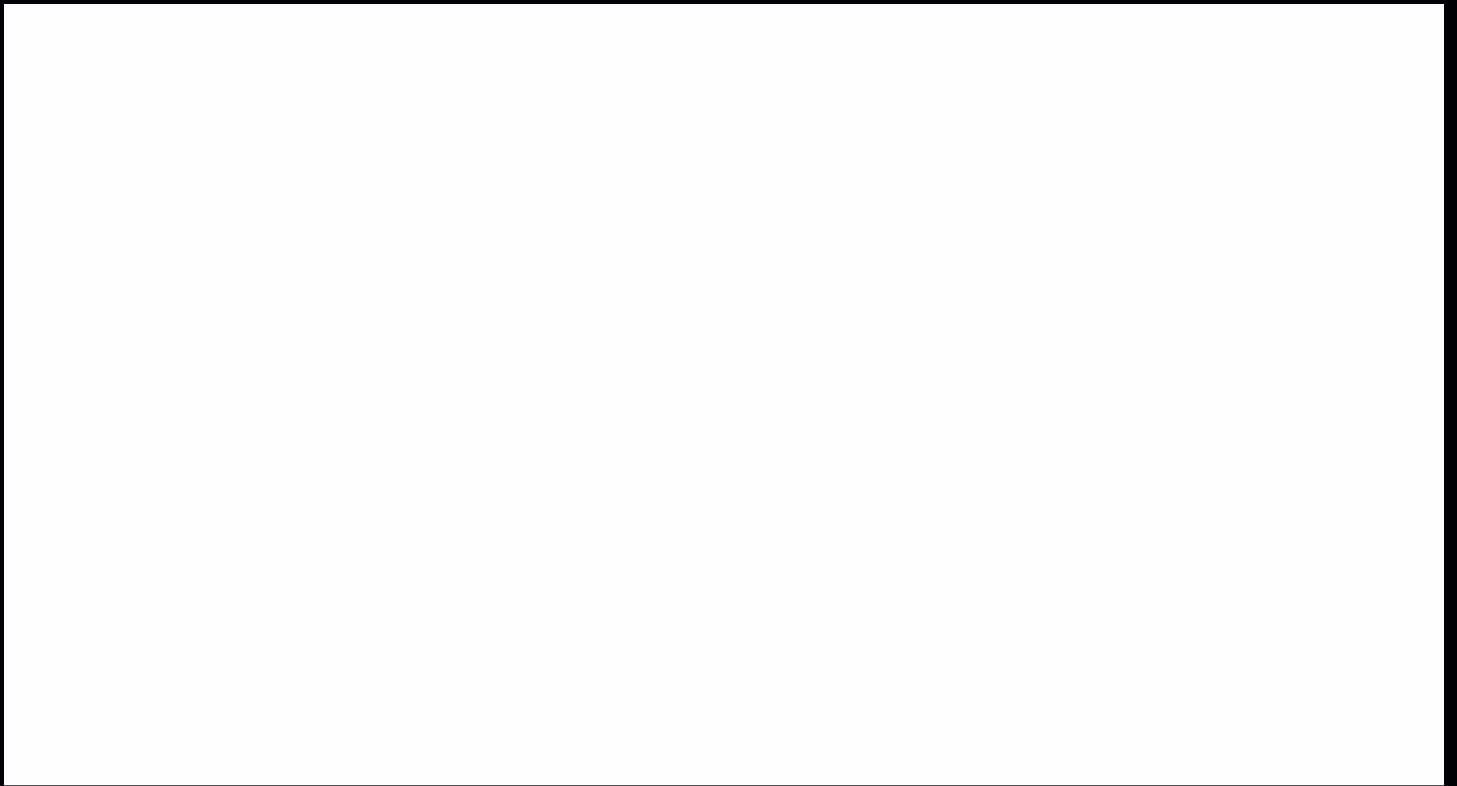
"I think it came from a like interest in serving others and just evolved into a wonderful friendship," Murphy said. "I cherish Shelle Michaels as a dear friend. She has helped so many in some of the most difficult times of their lives."

Floberg continues correspondence with Michaels and the Angels as well.

"I know that I am lucky to have Shelle," he said. "She saw a Soldier in need and came to my rescue. For this Soldier, her actions made all the difference."

It's been said that Angels have no philosophy but love. Shelle Michaels' network of friends can surely attest to that.

For more information on Soldiers' Angels, contact Shelle at ShelleMichaels@SoldiersAngels.org, or visit the Soldiers' Angels Web site at www.soldiersangels.org.



Sgt. Jonathan Haugen

Creatures of the Night: Sgt. Brent Havelka, right, of the 815th Engineer Company, plots a point on a map of Camp Grafton Training Center during a night land navigation course for the Best Warrior Competition. Havelka was assisted by 1st Sgt. Jason Magnuson, also of the 815th Engineer Company.