



# NORTH DAKOTA GUARDIAN

Volume 3, Issue 12

December 2010

## *Winter Wonderland*

The Guard Family Readies  
for the Holidays

*Also Inside:*

*Keeping  
the Faith*

*Running  
Down  
a Team*



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# NORTH DAKOTA GUARDIAN

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

## On the Cover



**A Chill in the Air:** Snow covers the minuteman statue that greets visitors at the front gate of Fraine Barracks, Bismarck, N.D., Nov. 23. (Photo by Sgt. Brett J. Miller, Joint Force Headquarters)

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# VIEW FROM THE TOP

Comments from North Dakota National Guard Leadership

## Remembering Those Who Serve During the Holiday Season

Dear Guard Family and Friends,

As the holiday season approaches and 2010 draws to a close, Connie and I are reflecting on the many reasons we, and all North Dakotans, are grateful for your commitment to serving our communities, state and nation.

Our N.D. National Guard family has accomplished so much this past year. We are proud of the successful deployments to many destinations around the world in support of the Global War on Terrorism and peacekeeping missions. As deployments occurred, those left behind once again stepped up wherever they were needed to take care of our Soldiers,

Airmen, Families, Retirees and Employers. Mere words are inadequate to express thanks to all of these people for their outstanding support and sacrifice this past year.

While Guard members were deployed, we called upon our military and civilian full-time staff and those not deployed to protect the lives and property of the people of North Dakota. Our dedicated Soldiers, Airmen and civilian employees helped fight ice storms, blizzards and flood threats throughout the state this past year. Your efforts saved livestock, and protected homes and businesses. The people of North Dakota once again had reason to be proud of their National Guard.

Nearly every day, someone stops me to thank me for my service. I always say, "I will pass along your thanks to the thousands of men and women who wear the uniform so proudly and serve their nation as true patriots; they are the ones who deserve your thanks."

Without our Families and their support, we could not be so successful. Without complaint, family members shoulder the burdens of daily life without their Airman or Soldier who is serving somewhere away from home. Family members serve and sacrifice too, and we thank you as well.

Recently we celebrated Veterans Day.

*Major General David and Connie Sprynczynatyk invite you and your spouse or guest to attend a Christmas Social at one of the following locations*

- 3 Dec 10, 1530-1700  
Military Service Club, Camp Grafton*
- 4 Dec 10, 0800-0830  
AFRC, Drill Floor, Minot*
- 4 Dec 10, 1130-1300  
AFRC, Drill Floor, Grand Forks*
- 4 Dec 10, 1430-1600  
119th Wing Dining Hall, Bldg 400, Fargo*
- 5 Dec 10, 1430-1600  
TAG Quarters, Fraine Barracks, Bismarck*

*Duty Uniform or Casual Attire*

I was proud to see so many of our Soldiers and Airmen in uniform, as well as hundreds of Veterans, proudly displaying their branch of service and our nation's colors. As one Veteran said, "There is no better feeling than to serve your country, knowing you made a difference." To everyone in our Guard Family, thank you for making a difference.

As we celebrate the blessings of the season with family and friends, let's remember we remain a nation at war. Many brave Americans remain in harm's way and others are recovering from the wounds of war. Please keep all service members in your prayers.

In 2010, you were able to carry out operations and perform the countless tasks and missions necessary to keep our National Guard among the best in the nation. Connie and I are grateful for your patriotism and dedication, and we wish the very best this holiday season for you and your loved ones.

Merry Christmas and Happy New Year,

*Connie*

*David A. Sprynczynatyk*

Maj. Gen. David and  
Connie Sprynczynatyk



Maj. Gen. David Sprynczynatyk and Connie Sprynczynatyk outside of their home on Fraine Barracks November 2010.

# Making Spirits Bright

By  
**Tom Pantera,**  
Special to the  
**N.D. Guardian**

## Guard Members Warm Holiday of Veterans Home Residents

Often as not, the residents at the North Dakota Veterans Home in Lisbon don't ask for anything elaborate for Christmas — a toothbrush, socks, maybe a sweater.

No matter how humble, N.D. Army National Guard and Air Guard members are there to fulfill those requests.

And sometimes, Guard members can provide more meaningful gifts.

Air Guard Tech. Sgt. Tracy Zidon, who organized this year's gift presentation scheduled for Dec. 15 at the home, recalls that a couple of years ago a female resident there, who served in the Women's Army Corps in World War II, had asked for copies of her long-missing dog tags.

"When she opened the box, she cried," Zidon says. "It meant a lot to her to get those replaced."

Guard members have visited the home bearing gifts since the mid-1990s. Then-Air Guard Commander Maj. Gen. (Ret.) Michael Haugen was looking for a community project for Fargo's Air Guard wing. A nurse in the Medical Group there had worked at the Lisbon home and "she thought it'd be a great thing for current members of the military to give back to prior members of the military," Zidon says. "Since then it's become an annual tradition."

A few years later, North Dakota's Army National Guard joined the effort and ever since, the two groups have alternated years organizing the event. This year it's the Air Guard's turn.

**"They love to open up and start telling you where they served, what branch of service they were in."**



Left, Senior Master Sgt. Paul Tangen, the 119th Wing first sergeant, visits with U.S. Marine Veteran Marvin Schiermeister Dec. 10, 2008 at the North Dakota Veteran's Nursing Home, Lisbon, N.D. Gifts are given to veterans at the nursing home by the N.D. Air and Army National Guard each December, using funds which are raised through personal donations given by the N.D. National Guard members. Above, Staff Sgt. Heather Brown presents a Christmas gift to a veteran in Lisbon.

Zidon has been involved with the event since 2000. She organizes it, acts as a contact with the home to get gift requests and lines up volunteers.

Gifts go to "anybody who's a resident at the home," she says, regardless of need. "If they're a resident and they say they want to get a gift, they get a gift."

Preliminary work for the event begins in the summer, although "it's hard to push somebody for a gift request a whole lot earlier," Zidon says. "It feels wrong asking people for money way back in the summer for something that's going to happen in the wintertime. We usually take about three

months to do it."

There's more to it than just lining up gifts, though. The event includes entertainment, and that must be arranged as well.

"We've had people dance in the past; one of our old chiefs out here did ballroom dancing," Zidon says. The Air Guard's multimedia people have made videos about the unit's year in review, while other years people have played piano or sung Christmas carols.

Some Guard members simply buy a gift, but if they give cash, organizers do some shopping.

"I have a great volunteer, she loves to go shopping," Zidon says. "She is always willing to shop for the other people that nobody selects for the list." That volunteer, Master Sgt. Glenda Edwardson, is retiring this summer and Zidon already has begun looking for her replacement.

Edwardson spends three days or so picking up the



Senior Master Sgt. David H. Lipp

1st Lt. Jay G. Sheldon, of Battery C, 1st Battalion, 188th Air Defense Artillery Regiment, carries Christmas gifts into the North Dakota Veteran's Nursing Home, Lisbon, N.D., in December 2008.

gifts. After the odd last-minute purchase a week or two later, the gifts are passed on to the Air Guard's Family Support Group, which wraps them during its annual Christmas party.

About a dozen volunteers will take the gifts to the home for the party Dec. 15.

It's a classic win-win for both the givers and the receivers.

For many of the Guard members, "it's a chance to thank people that have come before them, fellow members of the military, for their service," Zidon says. "In some ways, it means a lot to them to thank them because they know that maybe someday they might be there receiving a gift from some young Soldier or Airman in the future."

Lt. Col. John Flowers, chaplain for the Fargo Air Guard, has been among those traveling to Lisbon for the event for the past two years.

"I have a deep respect for veterans and people who served and kind of a desire to say thank you to these guys before they leave," Flowers says. That time element is important, he says, noting that nationwide the country is losing 7,000 World War II veterans a day.

The military connection between young and old Soldiers makes the event particularly meaningful, Flowers says. The residents "are grateful and they're happy, but I think they're actually happier to see people in uniform. There's a huge connection. They light up when they see an Army Guardsman or an Air Guardsman come in uniform. I think the real connection is almost that more than the Christmas presents. They love to open up and start telling you where they served, what branch of the service they were in."

The event is a chance for the old veterans and the young Soldiers to swap stories. "They'll answer any question you ask," Flowers says. "If you're a curious sort of person and you're interested in life back then, it's a great place to be. They'll tell you what Christmas was like or they'll tell you what they did for Thanksgiving when they were on New Guinea in 1943, or they'll tell you what Christmas was like in 1944 in Belgium when they were in the Battle of the Bulge. They'll tell you about good times they had while they were training at some base here in the United States."

For the residents, "I think it just warms up their holiday," says Brenda Lamb, who works in activities at the home. "It makes them feel special. They enjoy having everybody come down and visit with them, enjoy getting to see everybody." ■

# NEVER LEFT BEHIND

## Outreach Specialists Available to All Service Members, Veterans, Military Families

By Staff Sgt. Amy Wieser Willson  
Joint Force Headquarters

When a service member leaves the military and resides in a small town in North Dakota, it can be difficult to maintain connections with services and programs available to them as veterans. A program administered by the N.D. National Guard works to overcome that. Military Outreach specialists across the state are trained to help veterans locate the programs and benefits available to them, whether they served one enlistment in the Navy, retired after 30 years in the Army with a couple of combat tours, were married to a now-deceased veteran or are serving in today's Guard, Reserve or active-duty forces.

The Outreach specialists have military backgrounds and scour counties in their areas to make personal connections with veterans and their Families and employers. They coordinate with local county Social Services offices, county Veterans Service Officers, national service organizations, the U.S. Department of Veterans Affairs and Vet Centers to help veterans with a wide range of issues related to the military, medical problems, child-related issues, education, housing, substance abuse, religion, family, psychological needs, financial problems, personal counseling, employment, marital counseling and sustained support.

Since the program began a little more than a year ago, the five-member team has reached out to 13,953 veterans across the

state and taken on an additional 967 as clients who needed immediate assistance. The program has now reached 24 percent of the state's veterans, which total 57,700.

"Broad base support has been critical in helping us to reach out to service members and veterans from so many branches of service, both present day and from decades ago," said Maj. Gen. David Sprynczynatyk, N.D. adjutant general.

No two of those connections are the same.

"I was outreaching during a local community celebration, and I was talking with a small group of people about PTSD (post-traumatic stress disorder), and one individual stood out. His eyes were sunken, with dark circles underneath, and he had a very difficult time keeping eye contact," said Gary Moore, Military Outreach specialist for the northeast region. "He stepped away, and I excused myself and walked up to him. He was teary-eyed. I asked him if he was alright, and he replied yes."

Despite his initial denial, the veteran grew more comfortable and shared some of his deployment experiences, as well as some of the things he had been experiencing, which were in line with PTSD symptoms. Moore made appointments for him to seek help and connected with his wife to ensure they both knew what to do if he experienced any suicidal feelings in the meantime.

In another instance, an Outreach specialist rode along with a veteran in his combine, allowing the man to multitask during harvest. Once the meeting ended,

(continued from opposite page) the veteran farmer got on his CB radio to connect with other vets harvesting, and the specialist proceeded from one combine to the next, gathering information to connect them with resources.

Other meetings occur when veterans or their Families see the fliers the Outreach specialists have posted across the state. The trust established between the specialists and veterans has led to repeat calls by many vets, who have learned someone is willing to listen and help. For some of them, the service simply provides a reassurance that they, along with their service and sacrifice, haven't been forgotten. ■

## Survivor Outreach Services Program Provides Families with Continued Care

By Sgt. Eric W. Jensen  
Joint Force Headquarters

Survivors of fallen service members can now rely on the backing of an Army-wide initiative that helps them learn about the resources and benefits to which they are entitled.

The Survivor Outreach Services (SOS) program assists Families by providing them with access to support and information for long-term care as well as referrals for counseling after a service member dies.

Kristi Fetsch, Survivor Outreach coordinator for North Dakota, said that while the program is an Army enterprise, SOS is available in the state to survivors of family members in any branch of service who have served at any time of conflict.

"Sometimes they (the Families) aren't receiving services because they didn't know they were entitled to them," she said.

Senior Master Sgt. David H. Lipp



World War II veteran Tom Selleys, 86, right, carries the United States flag Nov. 11 on a 29-mile march along North Dakota Highway 81 from Fargo, N.D., to Abercrombie, N.D., in honor of United States military veterans of all wars. Accompanying Selleys is his friend Terri Schwartz, left, who served in the U.S. Air Force and his Fargo Veteran's Administration Hospital doctor Hope Yongsmith, MD. Selleys said that he served in the Pacific War during World War II with the 145th Infantry Regiment, where he lost his right eye in combat. Selleys credits Yongsmith with restoring his vision in his good eye through cataract surgery.

SOS's mission is to support Families closest to where they live, which bodes well for family members who are geographically dispersed.

"We will travel to them," Fetsch said. "They do not have to come to us. We're here to serve them."

SOS coordinators begin their support process where the initial casualty assistance officer has left off, allowing Families continual access to care. Fetsch said coordinating with casualty assistance officers and North Dakota's Military Outreach specialists — workers trained to help veterans locate the programs and benefits available to them — enhances their ability to seek out those in need of their services.

"We don't want to have any gaps in coverage," Fetsch said. "We want to make sure our Families understand that they are important to us."

Fetsch noted that the program aims to make sure that survivors stay connected to the military as long as they desire.

Developing a social media forum for survivors to visit with other family members, such as a private Facebook page, is just one way Fetsch's team helps them stay connected to the military Family. Fetsch said that there are bonds forged between those who have lost service members in their Families.

"Being able to share stories and talk about and go through the stages of their grief and learn from one another is always very helpful," she said.

For more information about the Survivor Outreach Services program, go to <http://bit.ly/NDNGSOS> or contact Kristi Fetsch at 701-333-3333 or [kristi.fetsch@us.army.mil](mailto:kristi.fetsch@us.army.mil) and Greg Kaiser, also a Survivor Outreach specialist at 701-792-4519 or 701-610-0204. ■

## MILITARY OUTREACH SPECIALISTS

★ **Gary Moore**, Military Outreach program lead, northeast region (Grand Forks and Devils Lake areas) — 701-213-6138 or [gary.d.moore1@us.army.mil](mailto:gary.d.moore1@us.army.mil)

★ **Colleen "Kelli" Weiland**, northwest and central region (Williston, Minot and Harvey areas) — 701-340-2779 or [colleen.weiland@us.army.mil](mailto:colleen.weiland@us.army.mil)

★ **David Mann**, southwest region (Dickinson and to the southwest, including Bowman and Watford City) — 701-260-4730 or [david.m.mann2.ctr@us.army.mil](mailto:david.m.mann2.ctr@us.army.mil)

★ **John Pitsiladis**, central region (Bismarck and to the southeast) — 701-390-4378 or [john.pitsiladis@us.army.mil](mailto:john.pitsiladis@us.army.mil)

★ **Vince Dicks**, southeast region (Fargo, Jamestown and Wahpeton areas) — 701-212-0466 or [vincent.dicks@us.army.mil](mailto:vincent.dicks@us.army.mil)

Schoolchildren from Martin Luther Elementary greet a N.D. National Guard OH-58 Kiowa helicopter that landed Nov. 10 as part of a program the school hosted to honor veterans.



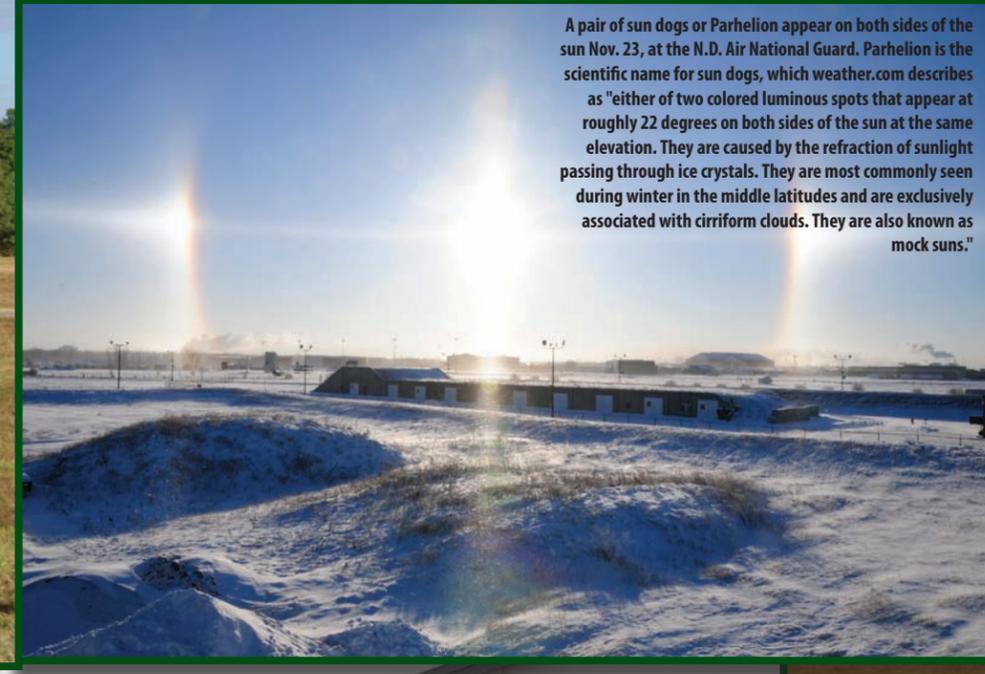
Bill Prokopyk

The N.D. National Guard's "B" marksmanship team carries back a "fallen comrade" on a first aid litter during the Fallen Comrade exercise portion of the national Winston P. Wilson Marksmanship competition in Little Rock, Ark., Oct. 27. The team finished fifth in this exercise and placed 15th overall out of more than 90 teams competing.



Senior Master Sgt. David H. Lipp

A pair of sun dogs or Parhelion appear on both sides of the sun Nov. 23, at the N.D. Air National Guard. Parhelion is the scientific name for sun dogs, which weather.com describes as "either of two colored luminous spots that appear at roughly 22 degrees on both sides of the sun at the same elevation. They are caused by the refraction of sunlight passing through ice crystals. They are most commonly seen during winter in the middle latitudes and are exclusively associated with cirriform clouds. They are also known as mock suns."



Maj. Gen. David Sprynczynatyk, North Dakota adjutant general, pins a North Dakota Meritorious Service Medal on Retired Maj. Gen. Keith Bjerke, a former adjutant general. Bjerke is the vice president for University Relations at North Dakota State University. He was recognized Nov. 9 for his service on the Governor's Task Force for Military Issues in North Dakota, or Task Force MIND. Task Force MIND trains and maintains a multi-disciplinary work group to examine military force structure and missions in the state.



Senior Master Sgt. David H. Lipp

Master Sgt. Erik Clemenson, 119th Security Forces Squadron, searches Staff Sgt. Nathanael Baardson during an Oct. 28 exercise at the N.D. Air National Guard.



Senior Master Sgt. David H. Lipp

Curtis Ladwig, of Argusville, N.D., left, and Don Porter, of Harwood, N.D., right, pose with the bucks they shot during the Disabled Veterans Deer Hunt at Camp Grafton, near Devils Lake, N.D. Sgt. 1st Class Charles Porter, Don's son (middle), assisted his father during the hunt. Ladwig and Porter were two of eight veterans who registered for the special hunt, all of whom tagged a deer during the two-day event.



Sgt. Brett J. Miller

Students with the 164th Regional Training Institute detonate a rooftop silhouette charge to simulate breaching a roof during an urban breach exercise at Camp Grafton Nov. 6.



# GUARDIAN

Snapshots

*The Soldier's heart, the Soldier's spirit, the Soldier's soul are everything. Unless the Soldier's soul sustains him, he cannot be relied upon and will fail himself and his country in the end ...*

Chaplain (Lt. Col.) John Flowers, 119<sup>th</sup> Wing chaplain, references this quote from Gen. George Marshall, Nobel Peace Prize winner and architect of the post-World War II Marshall Plan reconstruction effort in Europe, when explaining how essential the Office of the Chaplain is to military members.

Flowers has seen this from multiple perspectives. In 1991, he said he joined the N.D. Army National Guard as a chaplain to be of service to his country and fellow Soldiers — and also to serve God.

“It’s the best decision I ever made in my life. My only regret about joining the Guard is that I waited so long to do it,” Flowers said, noting that he was 33 years old upon entering the organization.

Since then, he has transferred to the N.D. Air National Guard, providing religious support for Airmen at the 119<sup>th</sup> Wing. But things haven’t changed much.

“People are people,” he said. “The needs are the same.”

The needs are diverse, too. The constant mobilizations, demanding training schedules and rapid-paced operations Guardsmen are a part of can lend to a multitude of personal and family issues ranging from mental health to relationship struggles. Chaplains, in their roles, are an intricate component in taking care of members of the Guard Family.

Maj. Gen. David Sprynczynatyk, N.D. adjutant general, is acutely aware of the scope of capabilities the Office of the Chaplain brings. Especially when his stated No. 1 priority for the N.D. National Guard has continued to be taking care of Soldiers, Airmen and their Families.

Sprynczynatyk had the opportunity to address the Chaplains Corps members during the State Chaplains Conference at Camp Grafton Training Center in early November, where he restated his priority of taking care of the force, not only in the Guard, but in all branches of service in North Dakota.

“Leaders need to do anything we can to help our people,” he said. “One thing that has always impressed me about our chaplaincy is our ability to surpass boundaries and render help to service members no matter what affiliation or rank.”

#### Meeting the Team

North Dakota chaplains don’t see any distinction in the type of uniform a service member wears. Part of the reason they have been able to operate effectively is because of their cooperative mentality. Chaplain (Lt. Col.) David Johnson, Joint Force Headquarters chaplain, said that Army and Air chaplains have a shared mission of providing spiritual and pastoral care, so a united team makes sense.

“An integral part of our program is working with our Air Guard counterparts. In the 12 to 13 years I’ve been a chaplain, we’ve always had that relationship. We help them and they help us,” he said.

But it’s not just the chaplains that comprise this group of caregivers. Six years ago, full-time licensed social workers became an extension of the North Dakota Chaplains Corps, and three now serve through the Guard as well as a Military Family Life consultant.

Johnson said the social workers provide a good balance in the care the Office of the Chaplain can offer. While chaplains primarily focus on religious support and spiritual care, the social workers can focus more on mental health and emotional issues.

“Sometimes people don’t want to see the uniformed person and sometimes they do. We are able to see who would best fit the needs of an individual and, from there, provide the best support possible,” he said.

“We complement each other,” said Jane Johnson, licensed social worker for the N.D. National Guard. “It makes sense for us to work with the chaplains because we’re all professionals and we are all bound by confidentiality.”



Sgt. Brett J. Miller

She said that getting service members to understand their practice of confidentiality has been a challenge. That practice has been a hallmark of the chaplaincy for years.

“Chaplains are there to be a visible reminder that God is with us. A chaplain provides encouragement,” Flowers said. “You can blow off steam to a chaplain if you’re upset about something or if your morale is suffering.”

#### Able Minds, Able Bodies

Chaplain (Maj.) Maury Millican, 141<sup>st</sup> Maneuver Enhancement Brigade chaplain, didn’t know what a military chaplain was until he got to seminary. A recruiting flier making the suggestion of “Serving God and Country as an Army Chaplain” was all it took to catch his attention. A student of philosophy and religion, Millican hails from a military family in Texas.

“I was never quite sure of where my role was in the military,” he said.

After moving to North Dakota in 1997, Millican discussed his desire to be an Army chaplain with now retired Chaplain (Col.) Jeff Franko. In 2001, after the Sept. 11 terrorist attacks, he took his commission “specifically to

support units going to war.”

“I’m trained as a combat chaplain, so that’s what I do,” Millican said. “I’ve determined that this is one of my life’s callings ... that when Soldiers are going to war, they need a chaplain and I’m going to support them.”

He has since had two deployments, one with the 141<sup>st</sup> Engineer Battalion to Iraq from 2004-05 and, most recently, with Kosovo Force (KFOR) 12, which returned this summer. Both missions presented their own challenges.

In Iraq, Millican said the enemy threat, significant dangers and battle-hardening were just a few of the hardships with which his unit was confronted.

“It affects you. No one is unaffected by an IED, a rocket, a mortar or sniper fire.”

Kosovo introduced a unique aspect to the chaplain’s mission. Millican worked as a religious leader liaison, reaching out to the indigenous religious leaders of Kosovo.

With any deployment comes the challenge of being separated from family, something everyone in the unit experiences. While the chaplain acts as a source of strength for service members, who takes care of the chaplain?

Millican said that a strong Chaplains Corps must nurture one another to ensure they do not experience “compassion fatigue.”

“Chaplains are caregivers and when you give and give ... eventually you run out,” he said.

Johnson, who deployed with the 164<sup>th</sup> Engineer

Left, Attendees at the N.D. National Guard State Chaplains’ Conference join their commander, Maj. Gen. David Sprynczynatyk, N.D. adjutant general, in prayer at the historic Edwards’ House at Camp Grafton Training Center Nov. 2. The N.D. National Guard has full-time chaplains in Bismarck, Fargo and Camp Grafton.

Below, Conrad “Connie” Newgren shakes hands with Chaplain (Lt. Col.) John Flowers during an award ceremony Nov. 11 at the Gilbert C. Grafton Post 2 American Legion, Fargo, N.D. N.D. Guard chaplains serve more than active Guardsmen, reaching across military branches and eras of service. At this ceremony, Newgren was presented the French Legion of Honor Medal, the highest distinction from France, for “valorous action” during World War II. Newgren served as private first class in the 3rd Infantry Division, and is believed to be the last surviving Soldier to have served next to Audie Murphy, the most decorated U.S. soldier of World War II.

Battalion to Iraq in 2007-08, said it sometimes can be difficult to be a positive presence in the midst of the stress and uncertainties mobilizations bring.

“We do have bad days,” he said, “and the load can be heavy, but we try to be a source of hope and help in spite of that.”

#### Partners in Hope

And then there’s the physical security. Chaplains are non-combatants and do not carry a weapon. Fortunately, they travel with an assistant trained to aid them at home and on the battlefield.

Chaplain’s assistants take care of logistics and administrative items but, most importantly, they provide protection.

“The reason I can go forward so confidently into war is because of my chaplain’s assistants,” Millican said. “I have faith in God, but I also have faith in my chaplain’s assistants.”

The chaplain’s job is a sizeable one. In addition to ministering to and providing support for service members on the battlefield, North Dakota chaplains have been introducing personal communication workshops to Guardsmen.

For the past few years, chaplains and social workers have led a number of family-readiness-supported programs, including the Marriage Relationship Enrichment (MRE) weekends for spouses and Premarital Interpersonal Choices and Knowledge (PICK) for single Guardsmen. The programs give service members and their Families relationship-building skills and connect them to community health and support resources.

Ultimately, the Chaplains Corps strives to help build resiliency and spiritual strength in Guardsmen.

“I think you wake up every day and make a choice,” Millican said. “You’re either going to live by fear or you’re going to live by faith.”

Senior Master Sgt. David H. Lipp



# EVERLASTING LIGHT

By Eric W. Jensen  
Joint Force Headquarters

## North Dakota Chaplains' Guidance, Counsel Crucial to Guardsmen

# WORN TO RUN

*TAPS Runners to Honor Fallen Service Members on Shirts During Race*

**BY AMY WIESER WILLSON  
JOINT FORCE HEADQUARTERS**

Remembering and honoring service members lost to battle, suicide, accidents and natural causes remains a priority among Guardsmen, as does ensuring their Families do not lack support. A new venture will do both, and work in some physical fitness, too.

TAPS, Tragedy Assistance Program for Survivors, will host a Run & Remember Team at the next Fargo Marathon. Volunteer coordinators say it's only appropriate to make the connection given North Dakota's strong connection to TAPS.

"I believe North Dakota was the first state to pay for their Families of the fallen to attend the TAPS National Seminar," said Angie Christensen, a licensed social worker for the N.D. National Guard who is volunteering her time for the project. "North Dakota always sends support staff, including social workers, to the TAPS seminar to support the Families

during this amazing, healing weekend. Some states have followed North Dakota's lead and helped pay for their Families to attend. Money raised through TAPS Run & Remember will indirectly benefit North Dakota by supporting the national TAPS seminar that our Families attend."

As part of the Run & Remember Team, volunteers will register to run in memory of a particular deceased service member — either one they choose or one they have TAPS choose for them. That service member's picture will be placed on the back of a TAPS running singlet for the runner to wear the day of the race.

"What I love about our TAPS running singlets is that people notice them out on the race course, and other runners will not only inquire about TAPS, but also recognize and thank the runners for their fallen hero's sacrifice," said Marie Campbell, TAPS Run & Remember Team director. "It

is an honor for TAPS to come to Fargo to run, remember and celebrate the lives of the North Dakota fallen heroes and all of our fallen heroes throughout the nation. With the spirit of the people from North Dakota, we know it will truly be an inspiring weekend for everyone."

Volunteers who register for any distance of Fargo Marathon race can register to be part of the TAPS team at <http://TAPS.kintera.org/FargoMarathon>. They will then

Runners participating in the Marine Corps Marathon in Washington D.C., congratulate each other at the end of their run. Many of the runners are family members and friends of fallen military heroes. The funds raised by the runners will help the Tragedy Assistance Program for Survivors (TAPS), the national organization that has provided comfort and care to more than 30,000 people grieving the deaths of America's fallen military heroes since 1994.

Photo Courtesy of TAPS



Maj. Robert Lundgren crosses the finish line, completing the Army Ten-Miler on Camp Bondsteel. Lundgren is a member of the N.D. National Guard who arrived in Kosovo October 2009 as part of Kosovo Forces 12 and extended with KFOR 13.

Below, Capt. Anna Wittrock (right), of Moorhead, Minn., and her friend Rachel Ebeling, of Fargo, N.D., pose with a statue of the Rocky Balboa character after finishing the Philadelphia Half Marathon on Nov. 21. "We ran the Rocky steps after (the race)," Wittrock said. She finished with a time of 1:47.23.

Sgt. Joshua Dodds

have the opportunity to fundraise for TAPS by collecting pledges that will help sustain programs for the Families of the fallen.

Due to the costs of the shirts and the benefits of the TAPS programs, volunteer coordinators in North Dakota are hoping each runner will strive to raise \$250, but there is no fundraising requirement.

"One of our goals is to try to make this even bigger than the TAPS Run & Remember Team at the Marine Corps Marathon," said Capt. Penny Ripperger, who's also a volunteer coordinator. "Our biggest goal, though, is to make this a fun, meaningful experience for everyone involved."

Coordinators are gauging interest in hosting running groups in different communities to prepare for the races. They're also

exploring options for a special breakfast the morning of the race, with bus transportation to the FargoDome, where the races begin. As part of GoFar Charities, which supports nonprofits through the Fargo Marathon, runners also will be able to take part in a free recognition dinner the Monday before the race. Additionally, runners can expect a Fargo Marathon shirt and finisher's medal for their participation.

To stay abreast of these developing plans, interested participants are asked to e-mail their name, address, race length and any interest in a running group to [tapsfargorunandremember@gmail.com](mailto:tapsfargorunandremember@gmail.com). For more information on TAPS, go to [www.taps.org](http://www.taps.org). ■

## *N.D. Soldier Hits Quadruple Digits at Camp Bondsteel*

*By Sgt. Joshua Dodds  
116th Public Affairs Detachment*

When Maj. Robert Lundgren, Task Force Falcon Medical preventive medicine officer-in-charge, crossed the finish line of the Army Ten-Miler Oct. 24, it was his 1,000th mile run at Camp Bondsteel, Kosovo.

Lundgren has been running in Kosovo since arriving with Kosovo Force (KFOR) 12 in October 2009, and his logged miles include a marathon and numerous Morale, Welfare and Recreation 5- and 10-kilometer fun runs at Camp Bondsteel, usually on holidays.

Lundgren said he started actively running in 1980 during high school, and has kept a logbook noting every mile run. Since 1980, he has consistently averaged 800 miles a year. "I have been logging my runs since I started, and have about three or four journals filled back home," he said.

Lundgren spent 12 years in the Air Force expanding his love of running before joining the N.D. Army National Guard in 2002, where he works in preventive medicine for the State Medical Detachment.

His duty mirrors his outlook on his own health and well-being.

"I run to stay healthy and to keep in shape. I hope to lead by example to promote health and fitness," Lundgren said.

The Army Ten-Miler is an annual event held at the Pentagon and other locations where U.S. service members are stationed. ■

## **WITTROCK RUNS HER WAY TO NORTH DAKOTA MILESTONE**

*By Staff Sgt. Amy Wieser Willson  
Joint Force Headquarters*

Last month, a Soldier became the first North Dakota Guardsman to ever compete with the All-Guard Marathon Team.

Capt. Anna Wittrock completed the Philadelphia Half Marathon in a time of 1:47.23, which put her 79th out of 915 runners in her age division.

"I was really surprised and excited to be chosen for the National Guard Marathon team while in Kosovo," Wittrock said. "Although I haven't been able to train as hard as I would've liked due to a hamstring injury, I didn't want to miss out on the experience in Philadelphia, which has been amazing."

The All-Guard Marathon Team encompasses some of the best distance runners in the entire Army National Guard. Wittrock qualified for the team in a satellite version of the National Guard Marathon in Kosovo on May 2. Wittrock was deployed there as part of NATO peacekeeping forces, and Soldiers from across the world ran the marathon at Camp Bondsteel in conjunction with the annual marathon in Lincoln, Neb. Wittrock placed fifth overall and first among all women competitors on the challenging 26.2-mile course there with a time of 4:13.38. ■



Courtesy Photo



UH-60 Blackhawk helicopters with the 1-112th Aviation Security and Support Battalion come in for a landing during annual training at Camp Grafton South June 7. Members of the unit's headquarters element received an alert notification for possible mobilization in early November.

Spc. Angie Jo Gross

mobilization orders will be published. No potential duty location or mobilization dates were included in the alert orders, but would be included in a mobilization order if one is issued.

The 835th and 897th specialize in paving operations and have never been activated as a unit. Soldiers in the unit hail from more than a dozen different communities across North Dakota. The unit is led by Sgt. 1st Class Steve Webber, of Fargo, N.D..

The 1-112th specializes in aviation command and control and were last activated as a headquarters element to

The alert encompasses about 55 Soldiers with the 1-112th and about 40 Soldiers of the 835th, which is comprised of the 897th Engineer Team (Concrete) and 835th Engineer Team (Asphalt).

The decision to mobilize these units has not occurred, but upon a final decision, official Department of the Army

Bosnia in 2005. Soldiers in the unit hail from more than a dozen different communities throughout North Dakota. The unit is led by Lt. Col. William Watson, native of Cavalier, N.D., task force commander, and Command Sgt. Maj. Robert Schuchard, of Jamestown, N.D., senior enlisted Soldier. ■

### Digital Subscription Service Expands Guard's Updates

A new digital subscription service now provides the N.D. National Guard an efficient, cost-effective way of tailoring information to its many audiences. North Dakota became the first state to launch with GovDelivery after the National Guard Bureau allowed an enterprise pilot to extend the service to 18 states. The Bureau has been using GovDelivery since February 2009.

As part of the system, interested people can digitally subscribe to any or all of more than 25 available topics, ranging from education benefits, family events, retiree information, news, photo and video uploads and more. Signing up is simple: Go to the Guard's website, [www.ndguard.ngb.army.mil](http://www.ndguard.ngb.army.mil), and enter an e-mail address in the box with the "E-mail Updates" header. From there, users can click to select the updates to which they would like to subscribe. Periodic bulletins and updates will then be sent via e-mail, and users can unsubscribe at any time.

### Two Guard Units Receive Mobilization Alert

Two N.D. Army National Guard units have received alert notifications for possible mobilization. The 835th Engineer Team, based in Carrington, N.D., and the 1-112th Security and Support Aviation Battalion, based in Bismarck, N.D., have been placed on alert.

### Guard Youth Give Back to Their Communities

The National Guard 4-H Youth Council held a Lockdown Party for N.D. Air and Army National Guard teens at the 4-H Building in Bismarck, N.D., Nov. 19. Fourteen N.D. National Guard youth began their night listening to Lt. Col.



Jessica Clark-Woinarowicz  
N.D. National Guard  
State Youth Coordinator

Davina French, N.D. National Guard government affairs officer, talk about the importance of giving back to their communities and making a difference for others. Taking her advice, they raised awareness about homelessness in North Dakota by participating in the Freezin' for a Reason campaign at Good Shepherd Church.

Freezin' for a Reason focuses on the number of homeless in the community. Participants also collect nonperishable food and household items to donate. Lockdown Party participants also went out to a movie and took part in physical recreation activities, leadership training, T-shirt designing, Nintendo Wii competitions, baking and bonding with other military teens.

The N.D. National Guard Child and Youth Program supports the social, emotional and academic needs of military children and youth. It encourages the development of positive self-esteem, self-confidence, team skills and leadership abilities.

The next Lockdown Party will be in Fargo this winter. Watch for dates on [www.ndguard.com](http://www.ndguard.com), [facebook.com](http://facebook.com) (NDNG Youth) or your local Family Assistance Center.

For more information about the N.D. National Guard Child and Youth Program, contact Jessica Clark-Woinarowicz at 701-333-4822 or e-mail [j.clarkwoinarowicz@us.army.mil](mailto:j.clarkwoinarowicz@us.army.mil). ■

## Chaplain's Corner

### Have Yourself a Merry Little Christmas

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

It's the third most popular Christmas song of all time. Written by Hugh Martin and Ralph Bane, it was introduced by Judy Garland in the 1944 movie "Meet Me in St. Louis." It touched a chord in people's hearts because it spoke of hope for good things to come in the middle of hard times. When Judy Garland sang the song at the Hollywood Canteen, it moved Soldiers to tears. Why did a Hollywood song touch people so deeply?

Christmas of 1944 was a *hard time*. It was a hard time after 15 years of hard times. Consider a few facts of 1944 life. You couldn't just walk into a store and buy anything you wanted. Meat, sugar, cheese and butter were rationed. You could only buy a small amount of gasoline. You couldn't buy a new car. You couldn't even buy new tires for your car or any new appliances, a new pair of shoes or a new bicycle. You lived in a chilly house because fuel oil also was rationed. Health care? Good luck finding a doctor. Most of them were serving in the Armed Forces. Travel? You couldn't drive anywhere because of gas rationing, and you probably couldn't ride the train because passenger service was restricted to military necessity. All the nation's resources were focused on getting as much material to the frontline as quickly as possible. Everyone was required to pitch in. The motto was, "Use it up, wear it out, make it do, or do without."



Chaplain (Lt. Col.) John Flowers, of the 119th Wing, delivers a sermon July 11 during an outdoor chapel service at the N.D. Air National Guard, Fargo, N.D. The nondenominational chapel service is a regular part of the monthly unit training assembly at the N.D. Air National Guard base.

Senior Master Sgt. David H. Lipp

All that is hard enough to imagine, but there's more. More than 12 million Americans served in the Armed Forces. That's almost 10 percent of the population in uniform. Christmas 1944 found them on battlefronts across the world. Most Families were separated from a loved one for the duration.

But it was much worse than all that. During the Christmas season of 1944, **more than 19,000 American Soldiers were killed and 48,000 were wounded in three weeks.** Imagine that for a moment. Over the Holidays, 19,000 American Families got a telegram from the War Department regretting to inform them ...

Americans went to the theater in December of 1944 and heard these words:  
*Have yourself a merry little Christmas, may your heart be light,  
Next year all our troubles will be out of sight.  
Have yourself a merry little Christmas, make the Yule-tide gay  
Next year all our troubles will be miles away ... So have yourself a merry little Christmas now.*

It moved people because the words are true. Better times will come. There **is** hope. That's the whole point of Christmas. The birth of Jesus was the first glimmer of dawn, and He is leading us to a brighter day. You may be going through hard times this Christmas, but better times will come.

So "Have Yourself a Merry Little Christmas." Rejoice, relax, give thanks and celebrate. We, as a people, have so much to be thankful for.

*But for you who revere my name, the sun of righteousness will rise with healing in its wings.*  
Micah 4:2 ■

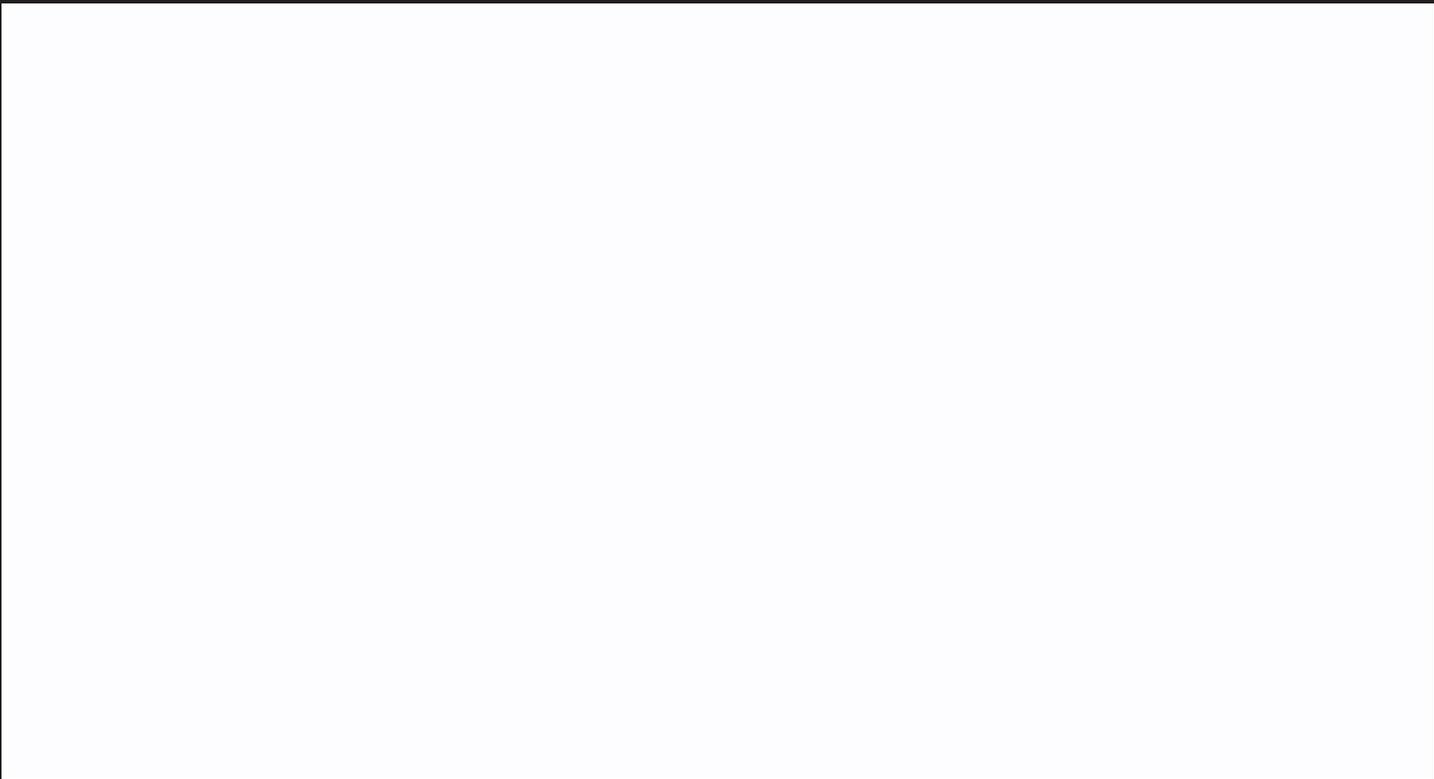
## Air Guard to Hold Clinical Nurse Board

There will be a N.D. Air National Guard Clinical Nurse Board Feb 6. Minimum requirements for individuals interested in applying include: must be a current or prior military member, less than 47 years old and able to pass an entrance or commissioning physical.

Registered nurse applicants must be a graduate with an associate or bachelor's degree in nursing that is accredited

nationally by a nursing accrediting agency. Applicants without a 4-year bachelor's in nursing, must complete the degree by the time they are eligible for promotion to captain (about 3.5 years).

Application packages are due Feb. 1. Contact Senior Master Sgt. Barbara Anderson at [Barbara.anderson@ang.af.mil](mailto:Barbara.anderson@ang.af.mil) or 701-451-2246 with questions and to obtain an application package. ■



Tech Sgt. Bradly A. Schneider

N.D. Air National Guard first sergeants, from left to right, Master Sgt. Duane Kangas, Senior Master Sgt. Paul Pederson and Chief Master Sgt. Paul Tangen, serve a Thanksgiving meal to unit members during their unit training assembly Nov. 7. The first sergeants serve the Thanksgiving meal annually to give the services personnel, who usually prepare and serve the meals, a break. They also like to take the opportunity to greet unit personnel and to give Airmen a chance to see who some of the first sergeants serving in other areas of the base are.