



NORTH DAKOTA GUARDIAN

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WARRIOR HEALTHCARE

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6 State Officials Visit Ghana

A small N.D. delegation visited senior government and military officials in Accra, Ghana, West Africa on a dual-purpose mission. The weeklong visit marked the tenth anniversary of the National Guard Bureau's State Partnership Program.



8 Soldiers Build Warrior Skills

The Modern Army Combatives Program teaches military members techniques for hand-to-hand combat. Members of the Pre-Mobilization Training Assistance Element certified 24 N.D. National Guard Soldiers in Basic Combatives last month.

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Digital photos should be 300 dpi, if possible.

On the Cover



The 814th Medical Company (Area Support) is the first large unit of N.D. Army National Guard medical personnel to serve in the Global War on Terrorism. About 40 Soldiers from the Bismarck-based unit left for training last month in preparation for their yearlong deployment in Afghanistan.

Photo by Staff Sgt. Brett Miller, N.D. National Guard Visual Information

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GUARD POSTS

Dispatches from the N.D. Guard Family

CHIEF OF JOINT STAFF IDENTIFIES TOP ORGANIZATIONAL PRIORITIES

I knew I wanted to join the military since I was in fifth grade. My family lived across the street from the armory in Valley City, and I remember looking at the Soldiers going in and out of the building, thinking that one day I wanted to be one of them. I enlisted in the N.D. National Guard in 1979. Many years later, I have been entrusted with the position of chief of joint staff. This position allows me to see a “big picture” perspective of the N.D. National Guard and it has broadened my knowledge of the entire organization, specifically, the importance of people. We all joined for a reason, and no matter the reason, we now all serve together. We are a team, and I see that in all that I do.

I am surrounded by an extremely talented and knowledgeable joint staff, and I am honored to be able to focus on prioritizing programs that are important to me as a leader and cultivate and grow ideas that will best grow the organization.

Some of my organization priorities include: implementation of the Joining Community Forces concept, which is known as “ND Cares;” employing the “strategic planning process;” prioritizing programs that are executed within the N.D. National Guard; and empowerment.

The “ND Cares” concept is a statewide initiative focused on creating an accessible, seamless system of support for service members, veterans, families and survivors. This concept, when fully deployed, will allow information sharing between state, federal, local and non-profit organizations and will create opportunities to enhance the level of care and resources available. The N.D. National Guard actively has been involved in the establishment of “ND Cares” and will continue to play a front line role as it continues to develop. Selected

members of the N.D. National Guard will continue to provide input, facilitate the process and participate in specialized working groups that focus on how to unite fragmented systems of care in order to ensure an integrated response to the needs of the military and veteran communities. Together, this group will create a strong, adaptive and connected statewide system. It is truly humbling to see the passion and commitment from the various state and community leaders, agencies, businesses, private organizations and military leadership from across the services that are working diligently to support service members, veterans, families and survivors.

Working the strategic planning process has been a great opportunity, and a continuing organizational journey. While we have a current strategic plan, this improved process has us poised to unveil our updated goals and objectives. Our primary commitment remains caring for all N.D. National Guard members and their families. Our organization has a collection of programs that focus on military member care, including resiliency, suicide prevention and sexual assault response. These all are key components focusing on the well-being of our Soldiers, Airmen and families. One of our newly-developed strategic objectives will address each of the four pillars of resiliency: mental fitness, physical fitness, emotional fitness and spiritual fitness.

Prioritizing programs has been near and dear to my heart for several years. It is paramount that we clearly understand which programs and processes are important to continue and maintain, and which programs should be discontinued, either because they have fallen short of bridging a gap in service, or because they are no longer relevant. We face a dynamic future that may find us operating in an austere environment. However, we will



COL. DARCIE D. HANDT

Chief of Joint Staff

remain successful due to the time we take now to prioritize our programs.

Empowerment not only allows members of an organization to use their initiative in determining what is needed, but it fosters the willingness in those members to take action. The end result of empowerment is people exercising their personal courage and sense of duty to take action. We need to be patient and open to new ideas and different ways of accomplishing our missions and tasks. Sometimes, as leaders, we stifle creativity when we define what we want and how we want it done, and thus remove any will for creative thinking. Empowerment will help our organization mature in process development and will help us manage change, while providing growth to our people who remain the foundation of this organization.

Regardless of what roles we occupy, or at what level we occupy them, we serve this organization together. As we continue to help our community, state and nation, we must always preserve the integrity of our great organization. We must govern our actions with the ethical behavior and morals consistent with our organizational beliefs and values. Through servant leadership and working together, we can continue to enhance the great reputation of the N.D. National Guard. ■

A handwritten signature in black ink, appearing to read "D. Handt".

BE OUR GUESTS, PARDNERS!



'GUARD FAMILY' INVITED TO SADDLE UP FOR 2014 STATE VOLUNTEER SYMPOSIUM AND YOUTH SYMPOSIUM

By Staff Sgt. Eric W. Jensen,
Joint Force Headquarters

In recent years, North Dakota's western landscape has beckoned laborers from all over the nation, boasting opportunity in its Bakken oil patch. Stephanie Lyson, family readiness group leader for the 816th Engineer Company (Horizontal) in Dickinson, N.D., lives on the edge of that energy development activity with her husband, Sgt. 1st Class Brady Lyson, readiness noncommissioned officer for the 816th, and their two sons, Paxton and James. As a volunteer for the N.D. National Guard, her role has been critical in welcoming and extending friendship to the considerable number of out-of-state Guardsmen who have joined the organization's ranks as they relocate to the Flickertail state. Those new members of North Dakota's larger "Guard Family," and longtime members, will have the opportunity to gain more insight into their organization and resources for building resiliency for the missions ahead during this year's State Volunteer Symposium and Youth Symposium March 8-9 at the Fargo Ramada Plaza and Suites.

The two-day symposium, which features a western motif, will focus on the crucial Guard trait of resiliency, or as event planners would say, attendees will have the chance to "cowboy up to resiliency." The events will give participants valuable training, including financial health, team-building ideas, knowledge about available statewide services and resources and skills to maintain physical, mental, spiritual and emotional fitness.

"The State Volunteer Symposium and Youth Symposium exist for the sole purpose of supporting and educating service members and families, since they all proudly serve our communities, state and nation. Each member of our 'Guard Family' can benefit from the informative presentations included in this year's agenda," said Maj. Gen. David Sprynczynatyk, N.D. adjutant



Photo by Staff Sgt. Eric Jungels, N.D. National Guard Public Affairs



Photo by Sgt. Jonathan Haugen, Joint Force Headquarters

Top, Kayla Hovland (left), 14, and her sister, Annika, 9, are introduced to pet a set of horses, who also are siblings, after a horse-drawn sleigh ride at the N.D. National Guard Child and Youth Program's Winter Holiday Party for Military Kids event Jan. 19 at the Armed Forces Reserve Center in Fargo. The girls attended the event with their parents, Bryan and Heather Hovland, of Argusville. Bryan is a squad leader and vehicle inspector for the 231st Brigade Support Battalion, based out of Valley City.

Above, volunteers from RDO Equipment Company, which operates out of Bismarck, donate school supplies for children of military members Aug. 13 at the Military Service Center in Bismarck.

general. "I always say that taking care of Soldiers, Airmen and their families and employers is my No. 1 priority. Our symposium is one way of equipping everyone with tools they can use throughout their National Guard experience and military careers."

Lyson, who will be among the 250 attendees at this year's events, has taken part in a number of volunteer activities in previous years. Her husband has more than 14 years of service in the N.D. National Guard. As an FRG leader, Lyson said the events help strengthen relationships between Guard volunteers across the state.

"I've been to a few of these (Volunteer and Youth Symposiums) in the past, and I've always thought they've shared great information. There are just a number of resources that service members and families can use that are shared ... contact information and tools that are very helpful for us as family readiness group leaders and for Guard families, as a whole," she said. "I also like the fact that all of us can get together and build some more rapport and learn from other service members and families from around the state."

Rob Keller, director of the N.D. National Guard's Service Member and Family Support office, said across the country's states and territories, there are about 45,000 to 60,000 volunteers that serve National Guard units and Air National Guard wings. These volunteers serve in various positions, including FRG leaders, secretaries and treasurers and key spouse volunteers. Additionally, there also are two to three gratuitous volunteers per unit and wing that support "Family Day" activities and "Welcome Home" and holiday events.

"We owe so much to these volunteers for their hours and hours of work. The Volunteer Symposium and Youth Symposium allow families and service members to network and share ideas. It also is the one time each year where we can come together and thank our volunteers," he said.

On the symposium's final day, a number of family program volunteers will be recognized during a formal awards presentation.

Command teams — commanders and their senior enlisted leaders — also will be in attendance over the weekend. Capt. Matthew Voeller, officer in charge for Headquarters and Headquarters Battalion, 188th Air Defense Artillery in Grand Forks, said volunteers and family programs are critical to Airmen and Soldiers' well-being and readiness and the Volunteer Symposium and Youth Symposium help Guardsmen gain an appreciation of the tools and resources available to assist them and their families.

"Commanders throughout N.D. National Guard are challenged to achieve and maintain a high state of overall readiness within their units. That readiness is multi-faceted. It includes the readiness of our equipment, our training, our Guardsmen and our families," he said. "The Volunteer Symposium and Youth Symposium are the perfect environments for Guardsmen, their families and our volunteers to learn about what it takes to be ready for potential missions or mobilizations, whether those take place within the state or overseas."

The Youth Symposium will coincide with the Volunteer Symposium. Guard members' children, ages eight through 17, will participate in a number of activities throughout the weekend, including interaction with college students interning through a national program, called Project Y.E.S!. The program's facilitators and



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

Nikki Braaten, a Child and Youth Program coordinator for the N.D. National Guard, lower left, ushers a group of volunteer family members of deployed N.D. National Guard Soldiers and Airmen to the pediatrics area of Sanford Hospital, Fargo, to deliver Christmas presents for children needing hospital care over the holiday season on Dec. 21, 2013. They are posing in front of 'Alfonz,' who is the pediatrics mascot.

their mentors will help Youth Symposium attendees explore leadership development and learn new life skills. They'll also learn resilience skills that meet the needs of military families impacted by deployments and other military-related absences and obstacles.

Additionally, Guard children will be introduced to the "Real Colors" program. Through the training, youth gain new perspectives about themselves and the things that are important to them. They learn how to better communicate with others and also recognize the method of communication that works best for them.

For more information about the 2014 Volunteer Symposium and Youth Symposium, call Sgt. Julie Eldagsen, of the Service Member and Family Support office, at 701-333-4824 or email julie.c.eldagsen.mil@mail.mil. Attendees also can register for the events at www.ndguard.com/family. ■

Decade of Dedication

North Dakota Celebrates 10-Year Partnership With Ghana

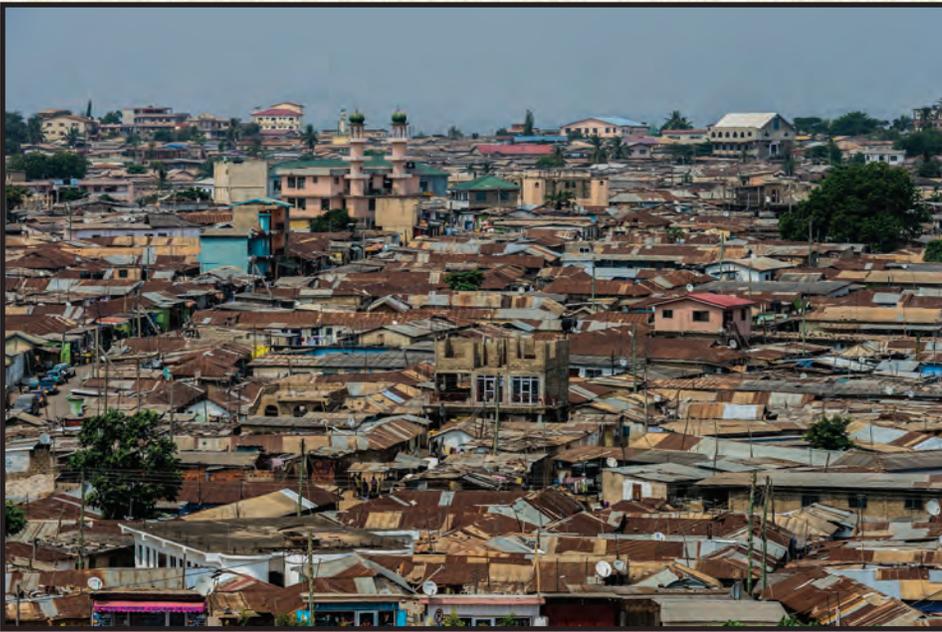
Story and Photos by Chief Warrant Officer 3 Kiel Skager,
Joint Force Headquarters

A N.D. delegation, led by Lt. Gov. Drew Wrigley and Maj. Gen. David Sprynczynatyk, N.D. adjutant general, visited senior government and military officials this past month in Accra, Ghana, West Africa, on a dual-purpose mission to commemorate North Dakota's 10-year partnership with the West African nation.

The weeklong visit consisted of a ceremony marking a decade of participating in the National Guard Bureau's State Partnership Program. During the ceremony, both Wrigley and Sprynczynatyk spoke to a capacity crowd regarding the milestones, achievements and future potential of the SPP. They were joined by Ghanaian speakers



Members of a N.D. delegation visiting the African nation of Ghana through the National Guard's State Partnership Program met with staff from the National Disaster Management Organization. The group included Maj. Gen. David Sprynczynatyk, N.D. adjutant general, front row, second from left; Mr. Kofi Portuphy, NADMO director, and N.D. Lt. Gov. Drew Wrigley. Part of the State Partnership Program's focus is building Ghana's capacity to prepare for, respond to and recover from natural or manmade disasters. NADMO personnel have trained with N.D. representatives on emergency operations and emergency management over the partnership's 10-year history.



“As we look to the future, we continue to see more opportunity. Our values, especially patriotism, are very much the same.”

— Maj. Gen. David Sprynczynatyk
N.D. Adjutant General



and dignitaries, including the Minister of Defence Mr. Mark Owen Woyongo; the Ghanaian Armed Forces Chief of Defence Staff Vice Admiral Mathew Quashie; and the Director of the National Disaster Management Organization Mr. Kofi Portuphy.

During his speech, Wrigley said, “This endeavor began 10 years ago as a military partnership and has spread to healthcare, business and economic partnerships. This month, another delegation will visit from North Dakota that will bring experts in the fields of industry, trade and agriculture. They will reach out to the people of Ghana in an effort to enhance the value to this State Partnership Program.”

The N.D. delegation also met with several senior government leaders in

Ghana. Meetings were held with the U.S. Ambassador to Ghana Gene Cretz, the minister of defence, the minister of trade and industry, the deputy minister of food and agriculture and the director of NADMO. The purpose of the meetings was to engage in dialog surrounding military-to-military partnerships and missions, as well as discussing the potential for civilian-to-civilian and business-to-business partnerships. Discussions covered other topics, such as international trade, economic growth and stability, agriculture research and development, and technologies surrounding the response to disasters.

During the meeting with the minister of defence, Sprynczynatyk said, “What

Top left, the suburb of Nima is one of the poorest and most populated areas in the city of Accra, Ghana. In recent years, North Dakota’s partnership with Ghana has expanded beyond the usual military-to-military engagements to include healthcare, business and economic partnerships.

Above, N.D. Lt. Gov. Drew Wrigley, center, presents a commemorative N.D. license plate to Mr. Kojo Taylor, of Sanford World Clinic in Accra, Ghana. Wrigley and Sprynczynatyk, right, visited Sanford’s facility during their recent visit to the state’s partnering country.

Bottom left, members of the Ghanaian Armed Forces prepare for an inspection with Sprynczynatyk at Burma Camp, Accra, Ghana.

we have been able to put in place over that last ten years has been very, very good and we appreciate the exchanges that have taken place in Ghana and in North Dakota, as well. As we look to the future, we continue to see more opportunity. Our values, especially patriotism, are very much the same.”

The SPP between North Dakota and Ghana began in 2004. The purpose of the program is to foster mutual interests and establish habitual long-term relationships across all levels of society. The program, as a whole, encourages the development of economic, political and military ties between the states and partner nations. The National Guard functions as a role model in demonstrating how a military organization can interact with the citizens and their government while reinforcing the concept that the military is subordinate to that nation’s civil authorities. The National Guard program began in 1993, with three Baltic nations. It has grown to include partnerships with 65 countries. ■

CULTIVATING THE WARRIOR SPIRIT

Story by Sgt. Jennifer Joyce,
116th Public Affairs Detachment

Photos by Staff Sgt. Brett Miller,
116th Public Affairs Detachment

A group of 24 N.D. Army National Guard Soldiers were exposed to the fundamentals of close quarters combat and developed and trained hand-to-hand skills Jan. 6-10 during a Basic Combatives course at the Aviation Readiness Center in Bismarck.

Participants were instructed and certified by four Soldiers from the Pre-Mobilization Training Assistance Element who have been trained and certified at different levels of the Modern Army Combatives Program, including: basic combatives, tactical combatives and basic and tactical combatives for instructor certification. Basic combatives only can be taught by someone certified in one or both of the instructor levels.

Staff Sgt. Zach Follman is the only level-four, MACP-certified instructor in the N.D. Army National Guard. This accreditation allows him to instruct and certify Soldiers in basic combatives and tactical combatives. He facilitated the Basic course last month with Staff Sgt. James Jefferson, who is level-three certified. Sgt. 1st Class Shawn Heck, an assistant instructor, and Staff Sgt. Matthew McKinney, the on-site medic, also helped with the training.

"I would estimate that a majority of the Soldiers I instruct have never done any type of fighting prior to their enrollment in the course," said Follman. "When they leave, they have skills they can carry with them."

But, in order to be considered eligible for the Basic Combatives course, Soldiers must not be on any type of profile that limits physical activity.

"Soldiers participating should be in somewhat good physical condition," said



132nd Quartermaster Company Soldiers Pvt. 1st Class Arturo Delacruz (left) and Pvt. 1st Class Travis Dolan, both of Grafton, practice "closing the distance" during the MACP Basic Combatives (level one) course in Bismarck.



Staff Sgt. Matthew McKinney (right) and Staff Sgt. Zachary Follman, both instructors with the PTAE, demonstrate to students how to "close the distance" at a Basic Combatives course held at the N.D. Army National Guard Aviation Readiness Center in Bismarck.



Pvt. 1st Class Arturo Delacruz (left) and Pvt. 1st Class Travis Dolan, both Soldiers with the 132nd Quartermaster Company in Grand Forks, practice and perform the "stand and base" techniques learned.

Jefferson. "It is a physically and mentally demanding course. Soldiers need to be prepared to receive a lot of information in a short amount of time."

All participants must take an Army Physical Fitness Test on the first day of the five-day course. If a Soldier doesn't meet the minimum requirements of the APFT, he or she will be removed from the course.

Follman said that instructors try to instill confidence in the participants throughout the duration of the course.

"The Army adopted the MACP to desensitize Soldiers from a hit on the face,"

he said. "The skills Soldiers develop through training allow them to move forward and face the enemy with confidence."

One of the tests the Soldiers face in the course is the "Achieve the Clinch" drill. Students need to use learned techniques from the course to try and clinch their opponent while contending with gloved-strikes from their opponent/instructor. For this test, instructors wear 16-ounce gloves and attempt to take down the students with two hits to the body while using no technique. The students need to exhibit all of the techniques against the instructor in

order to pass the test.

The course is important because it teaches Soldiers to "push through," said Jefferson.

"The training allows Soldiers to develop and cultivate that warrior spirit," he said. "They push past the point where they don't feel like they can physically continue."

Soldiers interested in attending combatives courses should work with their training noncommissioned officer. Once training dates and locations are confirmed, Soldiers can enroll through the Army Training Requirements and Resources System. ■



Dolan (left) performs a guillotine choke on Delacruz. The technique was one of the many hand-to-hand combat fundamentals that PTAE instructors taught to Soldiers during the MACP Basic Combatives course held in January.

SAVE THE DATE!

- | | |
|------------------------------|---------------------------------|
| Level One (Basic Combatives) | Level Two (Tactical Combatives) |
| • Apr. 23-27, Bismarck | • May 19-30, Fargo |
| • Jun. 16-20, Bismarck | • Aug. 4-15, Bismarck |

SERVING WITH CARE

*Story by Staff Sgt. Eric W. Jensen,
Joint Force Headquarters*



Capt. Coty Sicble, 814th Medical Company commander, and 1st Sgt. Ken Baer, the unit's senior enlisted leader. The pair will be leading 40 Soldiers during a deployment to Afghanistan.

Photo by Staff Sgt. Brett Miller, N.D. National Guard Visual Information

814th Medical Company Ready for Yearlong Mission in Afghanistan

A mass of biting cold, labeled by meteorologists as a weather phenomenon called a “polar vortex,” draped itself across most of the country during the first week of 2014. In the early hours of Jan. 5, as temperatures plunged to about 15 below around Bismarck, there was virtually no movement on roads flanking Raymond J. Bohn armory, or even on Interstate 94, a commonly-traveled thoroughfare to eastern North Dakota that runs parallel to the Guard facility. Amidst a graveyard of dead car batteries and in the path of freezing winds, it wasn’t a good day to be out for fresh air.

About 40 Soldiers from the Bismarck-based 814th Medical Company (Area Support) were stirring at the armory, however, dressed like they were heading out on an arctic expedition while loading a transport truck with

Army green duffle bags. Oddly enough, they were all smiling. They might have been taking solace in knowing they were headed for warmer temperatures at Fort Hood, Texas, the unit’s mobilization station, where they would receive additional training before reaching their final destination in Afghanistan. Capt. Coty Sicble, 814th commander, said the unit’s enthusiasm was nothing out of the ordinary.

“They’re still gung-ho,” she said, smiling about her group’s bottomless supply of morale. It’s a trait they’ve shown their commander throughout the year since being alerted in January 2013.

“With medical (Soldiers), you get closer to people in the unit,” Sicble said. “I’ve been in a number of different (units and leadership positions) and it’s not nearly as close-knit as these guys are.”

While doctors and medical professionals within the state previously have mobilized

overseas, the 814th Soldiers are the first large unit of N.D. Army National Guard medical personnel to serve in the Global War on Terrorism. Sicble, of Bismarck, said the Soldiers bring an array of diverse specialties. About half of the unit is trained as medical personnel, including a doctor, dentist, nurse and physician assistant. Sicble is a chiropractor in her civilian profession. But, there are volunteer Soldiers from other units, as well.

“We have a lot of transfers from units around the state. We’ve got (Soldiers who have served as) military police personnel, bridge builders and air defenders. So, we’ve got background knowledge from a lot of different sources,” she said.

Additionally, about one-third of the group has previously deployed for other overseas missions. All that experience will be a boon to the unit’s operations in Afghanistan. While there, the Soldiers will



Photo by Spc. Zach Schuster, 116th Public Affairs Detachment
Staff Sgt. Colton Belmore, 814th Medical Company, is joined by his wife, Megan Belmore, during the unit’s send-off ceremony on Dec. 7, 2013, in Bismarck.

be split apart and serve on a number of different bases. Their yearlong mission will be to provide first aid and life-saving care for service members and civilian contractors in their areas, while also working at a troop medical clinic to see those who report for "sick call." The 814th also will fulfill a 911 emergency mission as ambulance drivers providing patient transport to treatment facilities on base.

"They're so excited (about this mission), they're a smart group and very driven," said 1st Sgt. Ken Baer, the unit's senior enlisted leader.

Baer and Sible had an opportunity to see their Soldiers' competency displayed in the field in September during an extended annual training period at Camp Ripley near Little Falls, Minn. The unit, with help from the N.D. Army National Guard's Pre-Mobilization Training Assistance Element, spent the better part of the month getting reacquainted with a number of warrior tasks before deploying.

"In medical units, we have a lot of MOS- (military occupational specialty) specific training hours that need to be completed every year. January through April was very heavy in medical training. This gave us the chance to beef up on some of those warrior tasks," Sible said.

Master Sgt. Chad Finck, training assistant for the PTAE, said their team helped the 814th navigate the training at Camp Ripley, including moving under direct/indirect fire, modern Army combatives, using visual signaling techniques, working with the Single Channel Ground and Airborne Radio System, and marksmanship.

"They did very well, especially considering a unit like this doesn't typically do this type of training all the time," Finck said. "They had high morale and were willing to face any difficulties associated with the training and accomplish their missions."

Baer agreed and said he was impressed with the Soldiers' motivated attitude.

Dedication is part of the unit's identity, though. Sible said medical personnel have to be committed to the type of work they do.

"Even our Soldiers who are students (in college), a lot of them are pre-med, pre-nursing. When they join up to be a medic they have a cumulative total of more than six months of training to complete, between Basic Training and their advanced courses. They have to be a pretty dedicated person to be in the medical corps."

In Afghanistan, the 814th Soldiers will have the opportunity to put their training to the test. And, during yearlong mobilizations, there always are a number of challenges a unit will face.

"The chain of command is what it comes down to. We've got good leadership, and the people that we put in leadership roles, we put them there because we've seen what they can do over the year," Sible said. "Our Soldiers see it, too. They know they'll be taken care of. We're ready." ■



Photo by Spc. Zach Schuster, 116th Public Affairs Detachment

Elected officials Sen. John Hoeven, Sen. Heidi Heitkamp, Gov. Jack Dalrymple and Rep. Kevin Cramer gather with National Guard leaders, families and community members at a send-off ceremony for the 814th Medical Company Dec. 7, 2013, at Raymond J. Bohn Armory in Bismarck.

GUARDIAN

Snapshots

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Brig. Gen. David Anderson (left), commander of the N.D. Army National Guard, congratulates Col. Brian Keller during his promotion ceremony on Jan. 8 in Bismarck.

Photo by Staff Sgt. Brett Miller, 116th Public Affairs Detachment



Lt. Col. Mark Van Hout is sworn into office by Maj. Gen. David Sprynczynatyk, N.D. adjutant general. Van Hout is a new inspector general for the N.D. National Guard.

Photo by Sgt. Jonathan Haugen, Joint Force Headquarters

Congratulations!



Chief Warrant Officer 5 Timothy Quintus, of Mandan, watches as his wife Lisa pins on his new rank during a promotion ceremony at the N.D. Guard's Army Aviation Support Facility in October.

Photo by Staff Sgt. Brett Miller, 116th Public Affairs Detachment



Chief Warrant Officer 4 Shelly Sizer (left), state command chief warrant officer, administers the oath of office during a promotion ceremony for Chief Warrant Officer 5 Shelley Yantzer at Raymond J. Bohn Armory in Bismarck on Oct. 26, 2013.

Photo by Sgt. Jonathan Haugen, Joint Force Headquarters



Staff Sgt. Shelly Pherson, of the 119th Logistics Readiness Squadron, operates a forklift Jan. 12 at the N.D. Air National Guard base in Fargo.

Photo by Tech Sgt. Bradly A. Schneider, N.D. Air National Guard



Staff Sgt Lacey Bunkelman, of the 119th Security Forces Squadron, left, verifies that the M-4 rifle being carried by Airman 1st Class Lucas Paper, of the 219th Security Forces Squadron, has an empty chamber at the clearing barrel prior to conducting training at the N.D. Air National Guard base in Fargo.

Photo by Tech Sgt. Bradly A. Schneider, N.D. Air National Guard



Sgt. 1st Class Dean Wolf is joined by his wife, Debra, and daughter, Danielle, at his retirement ceremony Jan. 29 in Bismarck, N.D. Wolf served in the N.D. Army National Guard for 31 years.

Photo by Sgt. Jonathan Haugen, Joint Force Headquarters



Sgt. Travis Kane, of the 219th Security Forces Squadron, simulates apprehension of a suspect Jan. 11 at the North Dakota Air National Guard base in Fargo.

Photo by Tech Sgt. Bradly A. Schneider, N.D. Air National Guard

Share your photos!

Submit your photos to be considered for inclusion in the N.D. Guardian!

Email high-resolution photos to Sgt. Jennifer Joyce, N.D. Guardian editor, at jennifer.m.joyce2.mil@mail.mil.



SUCCESS THROUGH CHANGE

Air Guard Passes Series of Major Inspections

By Sgt. 1st Class Amy Wieser Willson,
Joint Force Headquarters

Despite having just launched into one of the biggest mission conversions in N.D. Air National Guard history, a series of four intensive inspections in December elicited numerous positive comments for Airmen's efforts across the base.

The six-day Consolidated Unit Inspection brought 14 inspectors to the Fargo base while another 22 conducted virtual inspections from Joint Base Langley-Eustis in Virginia. During the same timeframe, a three-day Health Services Inspection took a close look at operations conducted by about 50 personnel in the 119th Medical Group charged with the medical care and administration for the state's nearly 1,000 Airmen. A third inspection, the Logistics Compliance Assessment Program, spanned another six days and looked at logistical areas throughout the base. The fourth inspection, the six-day Aircrew Standardization Evaluation Report, had five inspectors at the base to examine operations and the 178th Reconnaissance Squadron.

"They were very impressed with the Wing and its personnel. The pride, respect, courtesy and technical knowledge you showed them was noteworthy," said Col. Kent Olson, 119th Wing commander, in a message to Airmen following the inspections.

In the Health Services Inspection, Airmen finished one point shy of an "Outstanding" rating, setting them as among the best in the entire U.S. Air Force. The four inspectors from Headquarters Air Force Inspection Agency cited the group's "excellent operational medical support" and commented that "the men and women of the 119th Medical Group demonstrated outstanding professionalism and pride in the management of their programs."

The Logistics Compliance Assessment Program inspection team witnessed "highly motivated personnel leaning



Master Sgt. Levi Heller (left), 119th Security Forces Squadron, demonstrates organizational procedures for inspector Tech. Sgt. Terry Bufkin, of the Air Combat Command inspector general team, during a unit compliance inspection at the N.D. Air National Guard base in Fargo, Dec. 15, 2013.

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

forward to accomplish their missions." The report findings gave a "Satisfactory" rating to the combined performance of the Logistics Readiness Squadron, the 119th Maintenance Squadron and all of the elements within each squadron.

During the standards and evaluation inspection, pilots and sensor operators took closed-book tests administered by 12th Air Force. The average scores exceeded 99.5 percent. That accomplishment, coupled with a June inspection that resulted in a series of perfect check ride scores, helped the squadron earn an overall "Outstanding" rating.

"Our programs are all very solid and some of them are among the best in the Air Force or Air National Guard," said Lt. Col. Timothy Peterson, who credited Master Sgt. Dan Mehus' actions during the inspection, which earned him a "Superior Performer" distinction.

The largest of the four intensive inspections, the Consolidated Unit Inspection, takes place every three years and encompasses an exhaustive list of finite details to ensure accountability, consistency and attention to detail. The overall "Satisfactory" rating acknowledged the difficult situation the Airmen were under preparing to be evaluated while transitioning

so many missions. The final report mentioned the "significant upheaval and uncertainty of changing support requirements for this new mission" of the 119th Intelligence Group.

Despite that, numerous positive comments filled the 39-page findings. The Wing's information protection program organization and management was named the "best seen to date" as were the shelter kits in the emergency management program, which also was credited with having an "exceptional" program. The 119th Operations Support Squadron's intelligence examination programs also were named the "best seen to date."

Other areas received "Outstanding" ratings, the highest available, including the 178th Reconnaissance Squadron, Information Protection Management Evaluation, Information Security, Personnel Security and Industrial Security. Two teams — the Combat Arms Team and Intelligence and Defense Special Security System Team — received "Superior Performer" awards, as did 26 individuals.

Master Sgt. James Casias, who serves in the 119th Security Forces Squadron, received an Inspector General Coin for his excellent service. Fewer than 1 percent of Airmen across the Air Force's active and Guard forces receive such a recognition. ■

THROWING WEIGHT

Female Airmen, Soldiers Can Benefit From *Time in the Weight Room*

By Airman 1st Class JulieAnn Bischof
119th Wing



As job fields continue to open up for females in the military, why are women still falling short? One major, on-going concern, which has remained unchanged since the beginning of time, is physical strength. Although it may be true that the average female will never be as strong as the average male, why can't the majority of us seem to meet even the minimum requirements to get into these careers?

From an early age, girls have been told that they won't be as strong as their brothers. Myths and mental barriers like this are the reasons why we haven't even tried. While boys were busy getting stronger in the gym, we were focused on cardio and staying thin — just as the media had encouraged. Today, research is telling us that our training requirements are not much different than those of our male counterparts. It's time to share the truth about what those "boy" exercises can actually do for us.

The most common myth, which I also believed up until a few months ago, is that weight training will cause females to get big and bulky. The truth is that women cannot naturally get big and bulky like

men, because our bodies don't have the hormonal make-up that would allow this to happen. Testosterone is the main hormone responsible for helping men to make huge muscle gains, and ladies, we just don't have it. According to the National Institute of Health, normal testosterone levels in women range from 20 to 80 ng/dL (nanograms per deciliter), and in men, 300 to 1,000 ng/dL. Unless you plan to inject steroids into your arms and thighs, you don't have to fear gaining bulk. Instead, you can expect to get nice and toned. So focus on picking up those heavy weights to get the strength and definition that most of us are looking for.

Secondly, there is a prevailing idea that women should focus mainly on cardio, and — if they do lift weights — they should only lift light weights to allow for a high number of repetitions. This all is nonsense. If you only do significant amounts of cardio, your body will burn fat and even use up muscle tissue for fuel. Without building muscular strength and endurance, you will not achieve the physical training results you want and your test scores will suffer. In order to get stronger, you have to consistently challenge

your muscles to boost both growth and progression.

The many great benefits to weight lifting go beyond strengthening muscle and shaping and toning your body. You might be able to debate how many calories a pound of fat will burn, but we know that a pound of muscle will burn significantly more. So, if you're looking to lose fat, start building up your muscles. Studies also have shown that weight training increases bone density, which reduces the risk of osteoporosis in men and women. Let's not forget that weight lifting is a great way to blow off some steam and reduce stress. You also will acquire more confidence as you increase the amount of weight you can lift and when you can see your body changing in performance and appearance.

Living a healthy lifestyle and meeting your fitness goals include more than just a consistent exercise regimen. It is just as important to incorporate a balanced and complete nutrition program that will provide your body the nutrients it needs to progress. Eat well, hit the gym and start throwing around some weights! ■



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

Midway Lanes Donates to N.D. National Guard Foundation

Mr. Jim Mellon, owner of Midway Lanes in Mandan, presented a donation of \$5,000 on Dec. 19, 2013, for the N.D. National Guard Foundation on at the Guard's headquarters at Fraine Barracks, in Bismarck. Maj. Gen. David Sprynczynatyk, N.D. adjutant general, accepted the donation on behalf of the foundation.

"We are very grateful to the great businesses, agencies and organizations that continue to support our National Guard Soldiers, Airmen and families who are supported by the N.D. National Guard Foundation," Sprynczynatyk said.

Including this contribution, Midway Lanes has donated more than \$11,000 in the last few years to the foundation.

"We enjoy supporting our military members, veterans and their families," Mellon said. "This is a small way of demonstrating our gratitude for everything our military does on behalf of our state and nation."

N.D. National Guard members and their families are supported by programs offered through the N.D. National Guard Foundation, including the N.D. Tragedy



Photo by Bill Prokopyk, N.D. National Guard Public Affairs

Maj. Gen. David Sprynczynatyk, N.D. adjutant general, holds a \$5,000 donation check from Mr. Jim Mellon, of Midway Lanes in Mandan. The donation was for the N.D. National Guard Foundation. Pictured, from left to right, are N.D. National Guard Soldiers Lt. Col. Davina French, Capt. Jeff Hoffer, Chief Warrant Officer 4 Theresia Hersch and Sheila Tveito, general manager of Midway Lanes, Mellon and Sprynczynatyk.

Assistance Program for Survivors and the N.D. National Guard Emergency Relief Fund.

As a 501(c)3 nonprofit organization, the N.D. National Guard Foundation has no paid employees and hires no professional

fundraisers. It relies on volunteer assistance and donations from those concerned about military members and their families. For more information, contact Holly Gaugler at 701-333-2079 or email holly.a.gaugler.nfg@mail.mil. ■

Students 'Race' to Test Math Skills

High school students from Enderlin, this fall had the opportunity to hit the gas on some new mathematical skills and concepts thanks to a program produced by the Army National Guard.

The supplemental curriculum, called Race 2 Achieve, is designed to show students how NASCAR, Hendrick Motorsports and Dale Earnhardt Jr. use math competencies taught in algebra, trigonometry

and statistics courses in real-life racing scenarios. A team from the N.D. Army National Guard Recruiting and Retention Team helped facilitate the curriculum over about five class periods at Enderlin High School.

During the sessions, students are divided into small teams, who then work together to build a race-ready balsa wood prototype car using key math concepts provided in distributed curriculum materials. The students then determine which team has built the fastest and most

efficient car during a speed and distance competition.

Cindy Iwen, a math instructor at Enderlin High School, requested the Race 2 Achieve curriculum to support required standardized testing in her classroom.

"We enjoyed the program," Iwen said. "The students enjoyed working in teams and incorporating the learned math skills. It was a chance for them to show leadership and apply their knowledge in a different way inside the classroom. It was a great experience." ■

Military Families Gather for Winter Fun

A few more inches of snow came just in time for families of Airmen and Soldiers of the N.D. National Guard, who gathered for a meal and winter activities at the Armed Forces Reserve Center in Fargo last month.

The Winter Holiday Party for Military Kids event, which was sponsored by Amer-

ican Legion Auxiliary Unit 02 and open to military families of all branches, included winter-themed games and horse-drawn sleigh rides provided by the N. D. National Guard Child and Youth Program.

"Events like these offer children a chance to interact with other military kids," said Nikki Braaten, Child and Youth Program coordinator. This year's winter party, which doubled last year's attendance, is part of the family outreach program aimed

at supporting military personnel and their families through events and programs that offer opportunities to interact and learn from one another.

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

Chaplains' Corner: Post-Holiday Thankfulness

By Chaplain (1st Lt.) Delles O. Herbel
119th Wing

For many Americans, the time for “the holidays” extends from Thanksgiving until the New Year. For some of us, we might extend that to “Epiphany” or “Theophany” Jan. 6. Others of us might even want to claim time before Thanksgiving. Whenever we begin and end this season in our own lives, it tends to last quite a while and includes mailboxes filled with sales fliers, TV ads that advertise one deal after another and people hoping for certain gifts. Certainly, children get excited during this time of year, sneaking out to peek under wrapping paper when mom and dad are asleep, and anticipating Christmas Eve or Christmas Day present openings. Although many of us have heard TV programs and sermons on the “real” meaning of the holidays, we might not have stopped to think about the time after the holidays.

The time after the holidays can be a sobering time. Sometimes, we miss the family and friends who have returned to their own homes, which might be several states away. Sometimes, we know this will be the last holiday season with a particular loved one, and now it is over. Sometimes, we wish all the fun did not end. Sometimes, we just didn't get what we wanted (whether that might be more peaceful exchanges between family members or something

we wanted as a present). Each of these things can cause a bit of a post-holiday downer.

So, what can one do? The key to dealing with these negative post-holiday feelings, when they happen, is to find reasons for being thankful. Dwelling on the negative might seem to be a cultural habit up here in the Upper Midwest, but it doesn't lend itself to healing and doesn't often lend itself to receiving the benefits of what one has experienced.

With regard to family, spend time thinking about what was good — the jokes, the helpful and meaningful conversations, the smiles, the joy of the children — what moment or moments were good? With regard to those we miss or know we will soon miss, think about the same kind of moments you have had with them.

Regarding presents and food and decorations, think about what was good with regard to what you did have. Maybe you weren't able to do or pay for everything you wanted. Maybe you didn't receive everything you wanted. Nonetheless, you had and/or received something, and that is more than what you had before. Do not worry about what someone else had or received. If your neighbor were to buy a car for every person in her family, that would not take away what you have or what you have experienced.

Focusing on the good things enables us to be thankful, and that prevents us from



experiencing the post-holiday season as such a downer. There are positives in our lives. Let us remember them, ask our friends and families to help us remember them, and be thankful for them. Thanksgiving, after all, is not merely a holiday in November kicking off a “holiday season,” but an important virtue, praised in many religious traditions from antiquity, including the Judeo-Christian tradition: “For everything God created is good, and nothing is to be rejected if it is received with thanksgiving” (1 Timothy 4:4). ■

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Adjutant General Proclaims February as “Military Saves Month”

Maj. Gen. David Sprynczynatyk, N.D. adjutant general, signed a proclamation declaring February 2014 as “Military Saves Month.” The proclamation was launched by the Military Saves organization, a component of the non-profit America Saves and a partner in the Department of Defense's Financial

Readiness Campaign.

Military Saves is a national social marketing campaign which aims to encourage and motivate service members and their families to take financial action in building wealth through saving money and reducing debt.

Sprynczynatyk notes in his proclamation that personal financial security of service

members is a crucial aspect of military readiness. The N.D. National Guard is committed to helping the National Guard Family, including Soldiers and Airmen, family members, retirees and civilian employees, take immediate financial action to build wealth, not debt.

For additional information and resources, visit www.militarysaves.org. ■

EXPERIENTIAL LEARNING.



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

Tech. Sgt. Erik Clemenson reacts to the effects of a Taser electronic control device, which has been shot and administered by Tech. Sgt. Jason Coalwell, both of the 119th Security Forces Squadron, Jan. 12, as Tech. Sgt. Michael Bittner, left, and Senior Airman Brett Rice support him for safety reasons at the N.D. Air National Guard, Fargo. The ECD training is an annual requirement for the Air National Guard security forces personnel.