North Dakota Guardian

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MAX YOUR RUN

Maj. Nathan Dicks Explains How to Bring Down Your Run Time

PG. 20

MAINTAINING EXCELLENCE

81st Civil Support Team Aces Training Proficiency Evaluation

PG. 18

Inside This Issue

Features

5 Home Again — for the 10th Time

Members of the 1st Battalion, 188th Air Defense Artillery Regiment, the North Dakota Army National Guard's most-deployed unit, returned last month from the Washington, D.C., area. They conducted 24/7 operations as the ground-based air defense battalion and collaborated with other agencies to protect the airspace around the National Capital Region.

8 Mixing Fencing with Faith

Does an interest in fencing mesh with a chaplain occupation? It does for Chaplain (1st Lt.) Dellas Oliver Herbel, of the 119th Wing. The Greek Orthodox priest says his focus is teaching younger kids and providing individual instruction for teenagers who practice the sport. His hobby provides a chance for him to be competitive outside of his non-combatant position as a chaplain.

16 219th Missile Field Surge

Members of the North Dakota Air National Guard's 219th Security Forces Squadron participated in a missile field surge last month as part of the unit's annual training. The security training is part of the Air Force's goal of "total force" integration, a term used for the assimilation of Air National Guard, Reserve, and active-duty components for military missions worldwide.

Departments

Guardian Snapshots ..... Page 14
News Briefs ..... Page 22
Sound Off! ..... Page 23

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Digital photos should be 300 dpi, if possible.

On the Cover

Sgt. Jory Shypkowski, left, and Sgt. Alex Smith, of the 81st Civil Support Team, help identify a potential radiological agent May 6 during a training exercise at the University of Mary in Bismarck. Later in the week, the Soldiers' unit gained certification from U.S. Army North's (USARNORTH) Civil Support Training Activity by completing a Training Proficiency Evaluation. CSTs are required to gain certification from USARNORTH every 18 months.

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

Guard Posts

Dispatches from the N.D. Guard Family

LT. COL. MARK JOHNSON

Chief of Safety, 119th Wing

PAYING ATTENTION — A LOST ART

"Our inventions are wont to be pretty toys, which distract our attention from serious things. They are but improved means to an unimproved end." – Henry David Thoreau

These timeless words from Henry Thoreau have taken a new twist for vehicle operators in recent years with the advent and wide spread use of personal electronic devices (PEDs) and other "pretty toys," like high-tech navigation systems and more sophisticated vehicle entertainment systems. "Infotainment," as it is called by the Insurance Institute of Highway Safety, permeates every part of our lives, but manifests itself negatively and most dramatically when it causes us to not pay attention while at the controls of a motor vehicle. If we don't manage our devices and use them judiciously, it can lead to the worst of Thoreau's "unimproved ends," usually involving six feet of earth.

PEDs especially are everywhere. From teenagers texting while behind the wheel, to even police officers working on their laptops while navigating traffic (Yes, I've seen it!). The evolving invention of smarter vehicles, too, has obstructed people from focusing on driving, and instead engrosses them in technology designed to make driving easier and more entertaining, or allows them to multitask (Or at least drivers think they can multitask.). Our own human ingenuity is taking us away from the very essence of the original task of pulling the driver's gloves out of the glove box, hand cranking our Model T, and driving to town. This may be one of the reasons why those in their mid-life crisis turn to old muscle cars for a fix. No gadgets, no fancy radios, just raw power and the thrill of …. driving!

Even good drivers with the best intentions may have a hard time paying attention. Studies conducted by the Insurance Institute for Highway Safety have shown that as we progress from a novice driver — freshly minted by the DMV and wide-eyed to everything that's going on around us — we become more drivers of habit than cognitive participants (Do you remember your drive to work this morning? I bet you don't remember most of it!). It's not just about getting old either; the human mind often wanders throughout the day as much as it pays attention to what's actually happening. "Ahhh, almost to the lake place … Did I remember the hot dogs and sunscreen? ... Wow! Weather's great today … Should I get some crawlers to go fishing? ... SQUIRREL (Mind wandering ... even safety professionals aren't immune.)!"

So, if most driving becomes habitual, how do we keep from getting lulled into inattention, and keep the earth under us, instead of six feet over us? Here are a few suggestions:

• Ensure we learn good driving habits early and teach our kids the same. Set limits to what you will accept.

• Turn off the radio and other gadgets when approaching a known dangerous intersection to force attention to the traffic.

• Stop and pull over if you need to talk to someone on the phone, otherwise you should wait until you are at your destination.

• Do not touch the text feature on your phone while in the driver's seat of a vehicle unless you are parked. (It's the law, by the way, in both North Dakota and Minnesota!).

• Use wingman and battle buddy principles if you have passengers, and have them assist with navigation or any other potentially distracting tasks.

• Don't eat that breakfast calzone while driving through the school zone.

In the end, be aware of losing the art of paying attention to the important task at hand and compromising the safety of ourselves and others. Attempt to engage your mind actively while driving, at least during critical events or dangerous locations. Setting limits will help each of us regain the art of paying attention behind the wheel.

RELATIONSHIP **BUILDING**

N.D. Soldiers Assist U.S. Army Corps of Engineers with Project Development in Mauritania

By Sgt. Jennifer Joyce,
116th Public Affairs Detachment

Three North Dakota National Guard Soldiers recently traveled to Germany and Mauritania, Africa, to conduct site evaluations and to help plan construction projects in support of the U.S. Army Corps of Engineers (USACE), U.S. Africa Command (AFRICOM) and U.S. Embassy efforts there

Lt. Col. Clark Johnson, Capt. Lorna Meidinger and 1st Sgt. Charles Monson met with USACE design staff and AFRICOM officials March 19-29 to discuss the construction of two airport operations buildings in Tadjikja and Zouerate, both located in Mauritania.

The Guard mission in support of USACE projects is unique because, for the first time ever, National Guard Soldiers are providing evaluations, design and construction oversight for one of the projects. USACE and the Mauritania Embassy started developing the projects more than a year ago. They requested the N.D. National Guard's participation in December and, by January, the organization committed to assisting with the projects.

"We are excited to partner with the U.S. Army Corps of Engineers, which will allow our Guard Soldiers to exercise their expertise in planning and managing construction projects," said Maj. Gen. David Sprynczynatyk, North Dakota adjutant general. "This collaboration will provide us valuable engineering experience, ensuring sound professional development in all aspects of construction skills."

The agencies involved in the projects are in the process of reviewing their plans. USACE will accept formal bids for the airport construction projects next month. If the bids are accepted, USACE plans to begin project construction for one of the sites in October 2014 with a planned completion date in September 2015.

"We expect to see this initiative grow and to see other states doing similar types of projects in Africa in the future," said Johnson, the Camp Grafton Training Center manager for the N.D. National Guard. "We eventually want to involve the National Guard Bureau's State Partnership Program. That way, states partnered with countries serviced by USACE can continue to expand these types of initiatives."

Lt. Col. Clark Johnson, the Camp Grafton Training Center manager for the N.D. National Guard, examines and assesses the electrical power configuration at the Zouerate Airport in Mauritania, Africa, during a site visit.

Capt. Lorna Meidinger, of Bismarck, North Dakota, who serves with the 957th Engineer Company (Multi-Role Bridge), takes notes while visiting a U.S. Army Corps of Engineer construction project site in Mauritania, Africa.

WELCOME HOME

Most-Deployed Unit Returns from 10th Mobilization

By Staff Sgt. Eric Jungels,
Joint Force Headquarters

Almost a year after community members wished them well with a send-off ceremony, more than 200 Soldiers with the North Dakota National Guard's 1st Battalion, 188th Air Defense Artillery Regiment were reunited with family and friends when they arrived home to North Dakota last month.

The Guardsmen deployed to the Washington, D.C., area in support of Operation Noble Eagle from July 2013 to April 2014. They conducted 24/7 operations as the ground-based air defense battalion and collaborated with other Department of Defense agencies as part of the integrated air defense system designed to protect the airspace around the National Capital Region.

"Today, we proudly welcome the members of the 1-188th Air Defense Artillery back home to the state they have so honorably represented and served this past year in our nation's capital," said Gov. Jack Dalrymple, who welcomed the Soldiers home as they stepped off the plane in Bismarck, North Dakota. "They and their families have sacrificed so much on our behalf and we will always be grateful for their outstanding service."

"I am quite honored to welcome you back to North Dakota after a year of success in Washington, D.C.," said Maj. Gen. David Sprynczynatyk, North Dakota adjutant general. "Your unit has stepped up time and time again — answering our nation's call for service and support overseas and on our home soil. We're grateful for your dedication and professionalism."

This was the 10th deployment for the 1-188th since 2004. It is the most-deployed unit in the N.D. National Guard, with portions of the battalion previously serving on two separate missions to Iraq, six missions in Afghanistan and one mission in Kosovo.

While deployed, the 1-188th executed operations around the clock for 297 total days over the last year. The unit also refreshed training resources and contributed more than 200 tactical procedure improvement recommendations to increase the likelihood that other units are successful during future rotations.

Lt. Col. Jon Erickson, of Bismarck, commands the unit and Sgt. Maj. Wallace Keller, of Bismarck, is the senior enlisted leader. The unit is headquartered in Grand Forks, North Dakota with units in Bismarck and Fargo, although the returning Soldiers hail from 27 North Dakota communities, as well as 12 cities in neighboring states.

A formal welcome home ceremony, called a Freedom Salute, will take place July 20 in Grand Forks to honor the Guardsmen and their families.

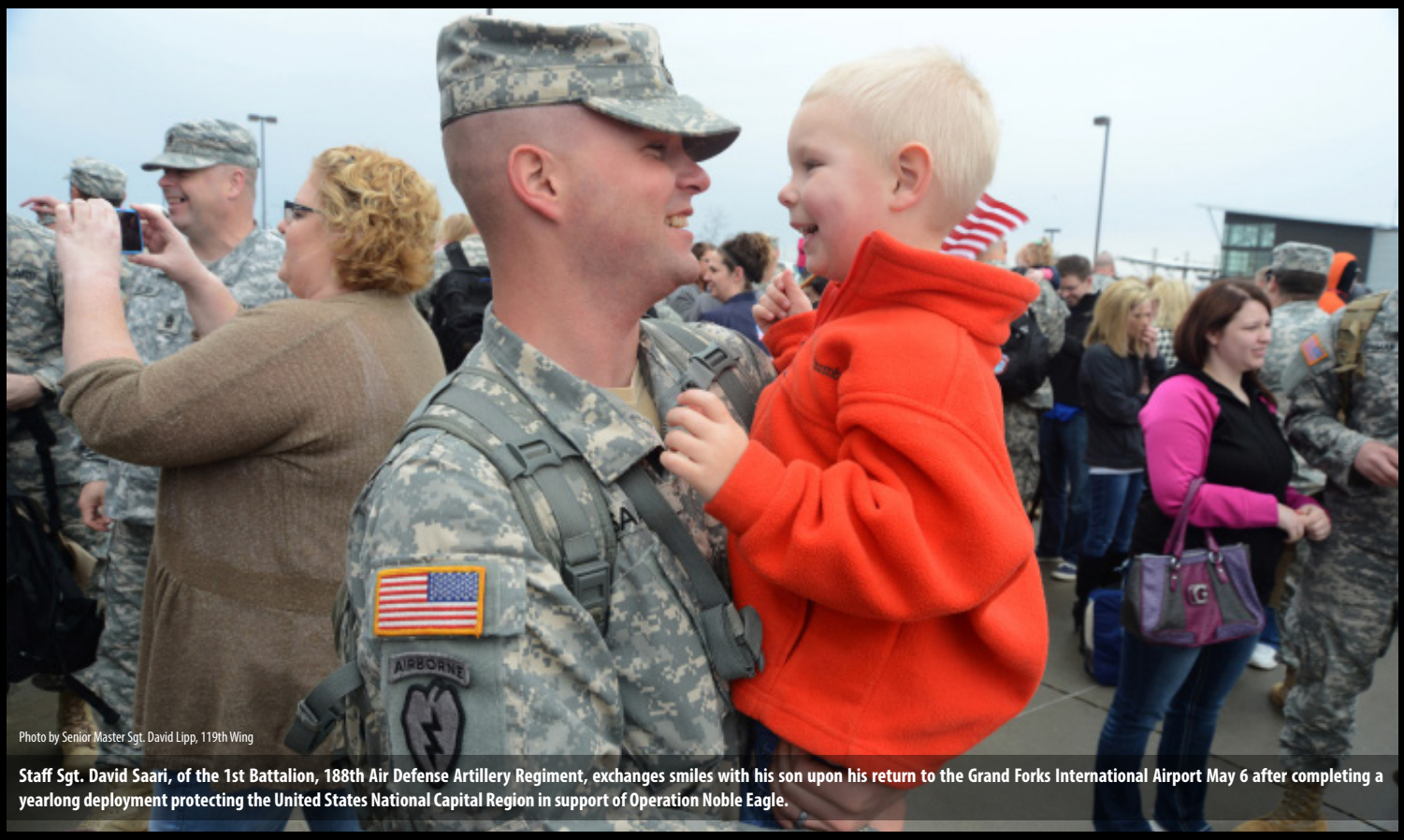

Photo by Senior Master Sgt. David Lipp, 119th Wing

Staff Sgt. David Saari, of the 1st Battalion, 188th Air Defense Artillery Regiment, exchanges smiles with his son upon his return to the Grand Forks International Airport May 6 after completing a yearlong deployment protecting the United States National Capital Region in support of Operation Noble Eagle.

STRAIGHT SHOOTERS

N.D. GUARDSMEN COMPETE IN NATIONAL COMPETITION

Tech Sgt. Charles Welle advances to the firing line May 5 during the Winston P. Wilson Championship, hosted by staff at the National Guard Marksmanship Training Center at Camp Joseph T. Robinson in North Little Rock, Arkansas.

Photo by Sgt. Josh Dooley, National Guard Marksmanship Training Center

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

The North Dakota National Guard's top marksmen last month picked apart targets with pistols, rifles and shotguns, and secured wins in a number of shooting matches during the 43rd Annual Winston P. Wilson (WPW) Championship, hosted by staff at the National Guard Marksmanship Training Center at Camp Joseph T. Robinson in North Little Rock, Arkansas. Additionally, the Soldiers and Airmen culminated the weeklong competition by honoring one of the state's most revered shooters.

Sgt. 1st Class Gary Varberg, of Cooperstown, North Dakota, was inducted into the Association of Marksmen in the National Guard (AMNG) Hall of Fame May 7 for his more than 30 years of marksmanship competition achievements and shooting excellence. The AMNG is a nonprofit organization which provides support for National Guard marksmanship training, education and competition activities. Some of the criteria for being inducted into the group's Hall of Fame includes lifelong achievement as a shooter and wins in national or international marksmanship competitions.

During a formal induction presentation ceremony, Varberg was joined by members of the N.D. National Guard's Marksmanship Program and Maj. Gen. David Sprynczynatyk, North Dakota adjutant general.

"Sgt. 1st Class Varberg's shooting legacy is admired throughout our ranks in the N.D. National Guard and the military marksmanship community," Sprynczynatyk said. "Not only has he dominated in countless shooting competitions, but he's been a superb leader and has mentored many other Soldiers and Airmen in our marksmanship program. Undoubtedly, he has earned this honor and has given us a group of trained and skilled marksmen to compete in years to come."

With 45 international match wins — including events in France, Germany, Australia, South Africa and England — Varberg has participated in more than 100 marksmanship competitions over his 30-year shooting career. He once placed third in an Australian marksmanship event, and became the highest scoring U.S. Soldier to ever compete there. In a Canadian match called "The Rundown," he shot a perfect score, a feat that had never been done before and hasn't been done since.

Varberg also has annually competed within North Dakota at the Adjutant General's Combat Marksmanship Match at Camp Grafton Training Center near Devils Lake. He has been a constant presence on the leader board at the event. Over the course of his 30 years of shooting, he has won the overall pistol competition 23 times and the overall rifle competition 28 times. The two years he didn't win the rifle competition — 2004 and 2007 — he was deployed to Iraq as a "Trailblazer" with the Jamestown, North Dakota-based Company B, 141st Engineer Combat Battalion (now the 817th Engineer Company (Sapper)) searching for improvised explosive devices and keeping routes clear for U.S. and Coalition forces.

Varberg also is only one of four "Double Distinguished" marksmen in the history of the N.D. National Guard. Fewer than 5 percent of all shooters ever reach "Double Distinguished" status, with both a Distinguished Pistol Badge and Distinguished Rifle Badge. The achievement is earned by accruing compounded "leg points" during state, regional and national marksmanship competitions. A marksman acquires "leg points" by finishing in the top 10 percent of shooters in rifle and pistol "Excellence-in-Competition" matches.

Additionally, Varberg has earned the Chief of the National Guard Bureau's "Chief's 50" Badge 12 times. The "Chief's 50" Badge is awarded to the top 20 individual rifle competitors and top 20 individual pistol competitors at the WPW event.

In 2012, Varberg was inducted into the Maj. Gen. Robert E. Schulte N.D. National Guard Marksmanship Hall of Fame.

Air Force Master Sgt. Nathan Watters, a member of the

National Guard Marksmanship Training Center and the Arkansas National Guard, said he began shooting with Varberg in 2000 with the "All-Guard" Marksmanship Program. They've also shot together in international competition in Australia and England. Watters, who also is a member of the AMNG and helps select candidates for its Hall of Fame, said Varberg is well-known in the National Guard marksmanship community.

"He's been a very big influence in the Winston P. Wilson program. He's been around for more than 30 years and he's mentored a lot of 'All-Guard' shooters and inspired many of us. I've won a lot of trophies with him at competitions throughout the years," he said.

During the WPW awards ceremony on May 8, Varberg also was presented the "Arkansas Traveler" from Arkansas Secretary of State Mark Martin. The award is given to those who have contributed to the progress, enjoyment or well-being of the state's residents. Varberg received the honor for his 30 years of participation at the WPW, which is held in Arkansas. As an "Arkansas Traveler," he is authorized and commissioned to serve as a goodwill ambassador from Arkansas to residents of other states and beyond U.S. borders in other countries.

Winston P. Wilson Results

At the WPW Championships May 4-8, North Dakota marksmen joined more than 500 participants from National Guard units nationwide. The event offers 18 competitive shooting matches, requiring 200 support staff members from the National Guard Marksmanship Training Center to assist with range operations.

"Marksmanship is the bedrock of everything we do in the military. We're trying to make everything as similar to combat as we can," said Col. Franklin Powell, National Guard Marksmanship Training Center commander. "These shooters need to take what they learn at these competitions back to their units. If they work hard out here and learn from other shooters, they can bring back a wealth of knowledge that can be invaluable to their units."

A number of North Dakota marksmen proved themselves as expert shooters during individual and team competition. Maj. Benjamin Cleghorn, of Jamestown, North Dakota, who serves with the Minot-based 164th Engineer Battalion, earned the "Chief's 50" Badge in the pistol category. Spc. Tyrel Hoppe, of Horace, North Dakota, who serves with the 817th Engineer Company (Sapper), did the same in the rifle category.

Junior marksmen Sgt. Tyler Goldade, of Jamestown, who serves with the Edgeley, North Dakota-based 815th Engineer Company (Horizontal), took first place in the "Special Zero-Novice Classification" match, while Sgt. Andrew Maley, of Enderlin, North Dakota, who serves with the 817th Engineer Company (Sapper), took third. Goldade also took second in the "Special Zero" match and third in the "Combat Rifle Excellence-in-Competition-Novice" match. Maley took second in that same match.

In team competition, the Jamestown-based 817th Engineer Company's (Sapper) "B" team took first in the "Covering Fire-Rifle Team" match. Team members are Goldade, Sgt. Robert Mahoney, Sgt. Jordan Gehlhar and Spc. Bryce Solie. Varberg served as the team's coach and assisted other North Dakota shooters, as well.

"The North Dakota shooters did an outstanding job at this year's Winston P. Wilson. Two 'Chief's 50' winners, a team match win, several members placing in the top three positions with an overall team placement of eight of 87 is a successful year," said Maj. Donavan Blazek, N.D. National Guard Competitive Events Program manager. "Now, we will begin the process of preparing for next year's WPW in order to achieve what the team really wants, and that is a North Dakota team championship."

Gary Varberg waits to compete with the All-Guard Marksmanship Team in England in 1996. The team won the Fortuna Trophy, which had been in a museum for nearly 100 years and not competed for by the U.S. and England until 1991. Once Gary joined the All-Guard Marksmanship Team, they were able to win the trophy three times. During this trip to England, Varberg even had the opportunity to have dinner with the queen in Buckingham Palace.

Contributed Photo

The Fencing Father

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

At first glance, the fencing interest and chaplain occupation of Chaplain (1st Lt.) Dellas Oliver Herbel, of the 119th Wing, can seem to conflict. While he enjoys matching competitors with a sword (foil) while fencing, he also enjoys counseling people with the spirit of his faith as a chaplain in the North Dakota Air National Guard, and also as a priest in the Greek Orthodox Church.

"Fencing forces me to think quickly on my feet and to use my feet when I think. Being a chaplain and the interest in fencing actually complement each other," Herbel said. "Fencing keeps me physically fit while it challenges me mentally, so I can better serve in the military."

United States military chaplains are considered non-combatants in combat, but that doesn't mean they aren't competitors.

Herbel is very much a competitor, as well as a teacher in the Fargo-Moorhead (FM) Fencing Club. He even took second place in a fencing tournament in Georgia during a weekend off while attending the Basic Chaplains Course at Fort Jackson, South Carolina recently.

He is rising through the fencing classification ranks as he instructs students of all ages in the FM Fencing Club in Fargo, North Dakota.

"My focus is on teaching the younger kids, and also individual lessons for the teenagers, to help get them ready for further instruction from our master instructor, Enrique Alvarez, who acted as team coach and manager for Team USA at the Junior Pan American Games held in Puerto Rico in 2013," Herbel said.

His son, Micah, also competes for the FM Fencing Club, but "with our relationship, I can't coach him – I'm just the dad for my son in fencing. He does quite well and I am very proud of him," he said.

According to Herbel, fencing involves strategy to be successful in overcoming your opponent. While it is graceful in appearance, it also is very strenuous and an "exhausting workout."

As a chaplain, Herbel said his job is "to represent the spiritual and the holy, and to be a comfort and a guide for people. If I don't know the answers, I can help guide people to those who do."

What a Soldier or Airman discloses to a chaplain may not be repeated without their informed, written consent, and N.D. National Guard members are encouraged to visit with chaplains in any matters that might be significantly weighing on them.

If you're in need of exercise, Chaplain Herbel might even recommend fencing your frustrations away.

Chaplain (1st Lt.) Dellas Herbel, in white, lunges with his foil April 21 during Fargo-Moorhead Fencing Club practice in the Grace Lutheran School gymnasium in Fargo, North Dakota.

Herbel, in red shirt, gives instruction to students during Fargo-Moorhead Fencing Club practice.

Herbel, in white, assaults his opponent with his foil during Fargo-Moorhead Fencing Club practice.

Herbel holds up a fencing glove and prepares to drop it so a student can catch it using fencing teaching form during Fargo-Moorhead Fencing Club practice. Herbel is an avid fencing competitor, as well as an instructor with the club in his off-duty hours.

Good Grief

Tragedy Assistance for Families

Capt. Janet Masseth cuddles with Ryker during story time at Good Grief Camp, part of the TAPS National Survivor Seminar and Good Grief Camp for children in Washington, D.C., over Memorial Day weekend 2014.

Story and Photos by Sgt. 1st Class Amy Wieser Wilson, Joint Force Headquarters

Walking through any cemetery, one can't help but notice the dates of birth and death inscribed on each headstone. It's the dash between those years, and all that it represents, that truly matters, said Lt. Gen. David Halvorson as he addressed hundreds of families of fallen service members during a banquet for the 20th annual TAPS National Survivor Seminar.

In the audience during Memorial Day weekend in Washington, D.C., were 40 North Dakota family members of Soldiers who died while serving their country. Another 15 North Dakota children, who had lost a parent or loved one, were busy with Good Grief Camp activities alongside their peer mentors — including 12 from North Dakota — as the banquet went on.

"It is our deeds, not just our words, in how we live our life," Halvorson told the audience.

At TAPS, or Tragedy Assistance Program for Survivors, those left behind come together to grieve the lives that were cut short too soon, to celebrate the time they shared before death, and to learn how to live without their loved ones' presence.

While their service members' deaths brought them together, it's the memories — everything that falls within that dash between birth and death — that sustain them. It's not how they died, but how they lived, that stays forever in their hearts.

"You will come to a place where the streets are not marked," Dr. Seuss once wrote.

It's a quote that quickly springs to mind for Ed Deckard as he walks down a sidewalk in Crystal City after the conclusion of TAPS, pondering life after the death of his son who served in the North Dakota National Guard. TAPS, he says, helps provide direction when you come to that place.

In memory of Christopher Deckard, 1986-2012

In takes mere moments for a stranger to notice the strong bond that Sheila Richter and Joyce Mehrer share. That connection, though, didn't happen until June 2006, when, on the same day, both earned the never-wanted title of Gold Star Mother.

As the second day of workshops, which included everything from grief support groups to art therapy, drew to a close, the women were among more than 2,000 participants treated to a World War II-themed banquet and USO-style show.

As the first notes of the last song of the evening played, a collective groan moved through the audience.

"From the lakes of Minnesota, to the hills of Tennessee ...," the lyrics began, as smiles quickly shifted to tear-filled memories evoked by the Lee Greenwood song.

Sheila and Joyce wrapped their arms around each other, literally joined at the hip, swayed to the music, and remembered.

In memory of Travis Van Zoest, 1985-2006, and Curtis Mehrer, 1985-2006

Tim Wicks knew Travis and Curtis well. The attack that killed them left him broken and hospitalized at Walter Reed for months. His wife, Angie, stayed by his side through the painful ordeal.

Five years later, the pain would worsen for the couple as their son, too, died. The North Dakota National Guardsman left behind a son, Max.

Now 6, Max attended his first Good Grief Camp, where he kept his mentor, Capt. Kalli Swenson, hopping to keep up.

It was her first year at TAPS after a Strengths Finder course with the Guard indicated the Bismarck physical education teacher might be a good fit. As the camp ended, she was exhausted and yet anxious to return next year.

"He's made so much improvement," she said proudly of Max, who came out of his shell and spent an hour laughing in a bounce house one afternoon during outdoor activities. "It was fun just watching him."

In memory of Christopher Wicks, 1988-2009

Messa Kuehl, 7, was just a baby when her daddy, who served in the Army, died. She doesn't remember him, but she knows of him.

"He loved me. He knows me. He loved mommy. He cares about me. He cares about momma. He likes to draw," she says as she rides the bus back from a Memorial Day ceremony at Arlington National Cemetery, where she heard President Barack Obama speak.

"You know him best," she then says as she turns to her mom, Amy Kuehl.

It was Messa's first time at TAPS' Good Grief Camp, so she pauses a while as she considers the best part of the many activities across the four days. Then, a list tumbles from the rambunctious 7-year-old's lips: "Going to the zoo. Spending time with my friends. Spending time with my mentor. Making crafts. Playing with Lizzy. I liked going to Arlington Cemetery. Meeting new friends."

Her mentor, Staff Sgt. Erin Weaver, serves in the North Dakota Air National Guard.

Messa's step-sister, Kiley Kuehl, was there, too. Master Sgt. Teresa Terry, who also serves in the Air Guard, mentored the reserved 14-year-old, who made her a pin declaring her a "crazy hugger."

The highlight of Teresa's week was when Kiley, who adamantly insists she's "not a hugger," accepted a big hug from Teresa.

"I've been told by my mentee that I need to come back next year," Teresa said, determined to make it happen. She plans to see her before then, though, by taking in a few of Kiley's volleyball games.

In memory of David Kuehl, 1980-2007

"His positive attitude. He was always positive," says Dwight Linde, commenting on what he remembers best of his son.

He fights back tears behind the sunglasses shielding his eyes from the hot sun at Arlington National Cemetery as he

Erin Weaver helps her mentee, Messa, during the TAPS Good Grief Camp May 24. Thanks to the nonprofit North Dakota National Guard Foundation and other entities, about 60 North Dakota families of fallen service members attended the TAPS National Survivor Seminar and Good Grief Camp for children in Washington, D.C., over Memorial Day weekend 2014.

Angela Wicks rides in Rolling Thunder, an event at the TAPS National Survivor Seminar and Good Grief Camp for children in Washington, D.C., over Memorial Day weekend 2014.

recalls his child, making an effort to tell more of what he misses.

"I guess the biggest thing I think of is he was proud of me, but I'm so proud of him," the Vietnam veteran and former North Dakota National Guardsman continues. "He's an example of everything a father would want in a son. He was everything I ever would've wanted."

In memory of Sgt. 1st Class Darren Linde, 1971-2012

"We're on a roller coaster, but we're all riding together," Gail Wanner said during a poignant group circle with North Dakota families.

Together, they had mourned children, spouses, siblings and parents.

Gail held one of his four grandchildren as he sat near their father, D.J., and the other three, remembering his daughter, D.J.'s wife, and Dylan, Darren, Brandon and Ryker's mom.

During their second time at TAPS, they vowed to pace themselves. The numerous activities proved overwhelming last year.

The youngest, Ryker, 5, spent the week with Warrant Officer Janet Masseth, who had deployed with his mom to Iraq with the North Dakota National Guard's 957th Multi-Role Bridge Company. It was an experience difficult for even a 36-year-old to put into words.

"I don't know how to even express what it meant to me," Janet said. "… At one point, he looked up at me and smiled. I didn't even see him for a brief second. All I saw was Brittney. I cried. He is so beautiful, just like she was."

During an activity about their loved ones, Ryker drew a picture. He showed Janet his drawing and pointed: "That's my mom," he said.

Janet said the glean of her grin at Ryker's remembrance of his mom could have been seen as far as North Dakota.

In memory of Brittany Wallace, 1982-2012

Janet also served with Trevor Hendrickson's father, as did Lt. Col. Davina French, who slept the least during the activities as she ensured North Dakota remained the state with the most organized, best cared for families at the seminar.

Trevor and his wife, Amber, attended TAPS together for the first time last year as volunteers with the youths. This year, they decided to take part in the workshops as they remembered the dedicated Soldier with a great sense of humor who was remembered by many as being a "big kid."

"There was a time when the 957 (Multi-Role Bridge Company) was having a family fun day," Trevor recalled, "and they put part of the bridge out to take the families to a sandbar. Dad had Reane (his wife) and I in one of the boats, and he dropped the nose of the boat down and sprayed us with water. All of this was going on while one of the boats was hung up on a sandbar not far from us."

In memory of Kenneth Hendrickson, 1962-2004

From the first seminar at TAPS, one led by Dr. Frank Campbell, Beth Lautt found comfort as well as "relief from some of the guilt we felt for not stopping Tom from taking his life."

Tom "was such a great son," she said. "He respected Dave and I always. He was our friend as well as a son. He made us laugh. He loved YouTube videos and shared them all the time He was a great friend and many have told us of the support and listening that he gave them. I am so proud of the man he became. I miss him more than words can express."

The people at TAPS, Beth's favorite part, helped her connect with others with similar feelings of loss.

"They let us feel our feelings and understood our pain," she said. "The North Dakota family is amazing."

In memory of Thomas Doyle, 1991-2013

Self-confident. Determined. Strong. Those are just some of the words Laurie uses to describe her son. She shares stories of her son

with others in her "North Dakota TAPS family."

"North Dakota makes this possible for me and many others by funding to help us meet up on D.C. where we can remembers ours — and all — fallen Soldiers and work on healing in the safety of this family that understands us," she said. "To be able to go to classes or seminars over the weekend and work on helping to heal our grief helps me on this journey."

She appreciates the supportive staff from North Dakota, too — which included chaplains, social workers and a small team to help with logistics.

"I know that no matter what time it I, I can call and someone will be there for me to support me. TAPS gives me a comfortable place to expose my grief and work on it."

In memory of Jeremiah Santos, 1985-2006

While it's not easy for Kentucky-native Donna Ray to claim North Dakota as her home, she's quick to call the North Dakota National Guard her family.

Her son served in the Army, but when he died, the Guard "adopted" her and her husband, James, as well as their other children.

As she prepared to join other Gold Star Mothers being escorted at the front of an estimated 800,000 motorcycles lined up for Rolling Thunder, she received a surprise visit by one of her closest Guard family members, Master Sgt. Dan Johnson.

Dan, a Guard member serving in Washington, D.C., served as the family's casualty assistance officer and the Rays' haven't forgotten all that he did. Dan hasn't forgotten them either. He arrived wearing a green T-shirt under his leather biker vest with their son's name and likeness across the front.

In memory of Adam Ray, 1986-2008

More than a decade after losing a son and brother, the Sweet family works through the grief together and with the TAPS family. Mom Liz also works to help other military families and veterans as a health advisor at SAMHSA (The Substance Abuse and Mental Health Services Administration), in Washington, D.C.

"I was so proud of him," she said of her son. "I loved him dearly for his compassion."

In memory of Thomas J. Sweet II, 1980-2003

The weekend's end simply brings more memories of love, loss and hope.

"The strength that so many families come with … It's like they're giving that strength out to others," Teresa Terry said. "The strength you get from each other — it just amazes me, as well as their willingness to open up and share."

It's not the years in one's life, but the life in those years, and the memories encompassed in that dash between birth and death. That's what will be remembered and cherished, families say.

Hailey pets a therapy dog May 24 during TAPS' Good Grief Camp. Hailey is a member of one of about 60 North Dakota families of fallen service members that attended the TAPS National Survivor Seminar and Good Grief Camp for children in Washington, D.C., over Memorial Day weekend 2014.

Guardian Snapshots

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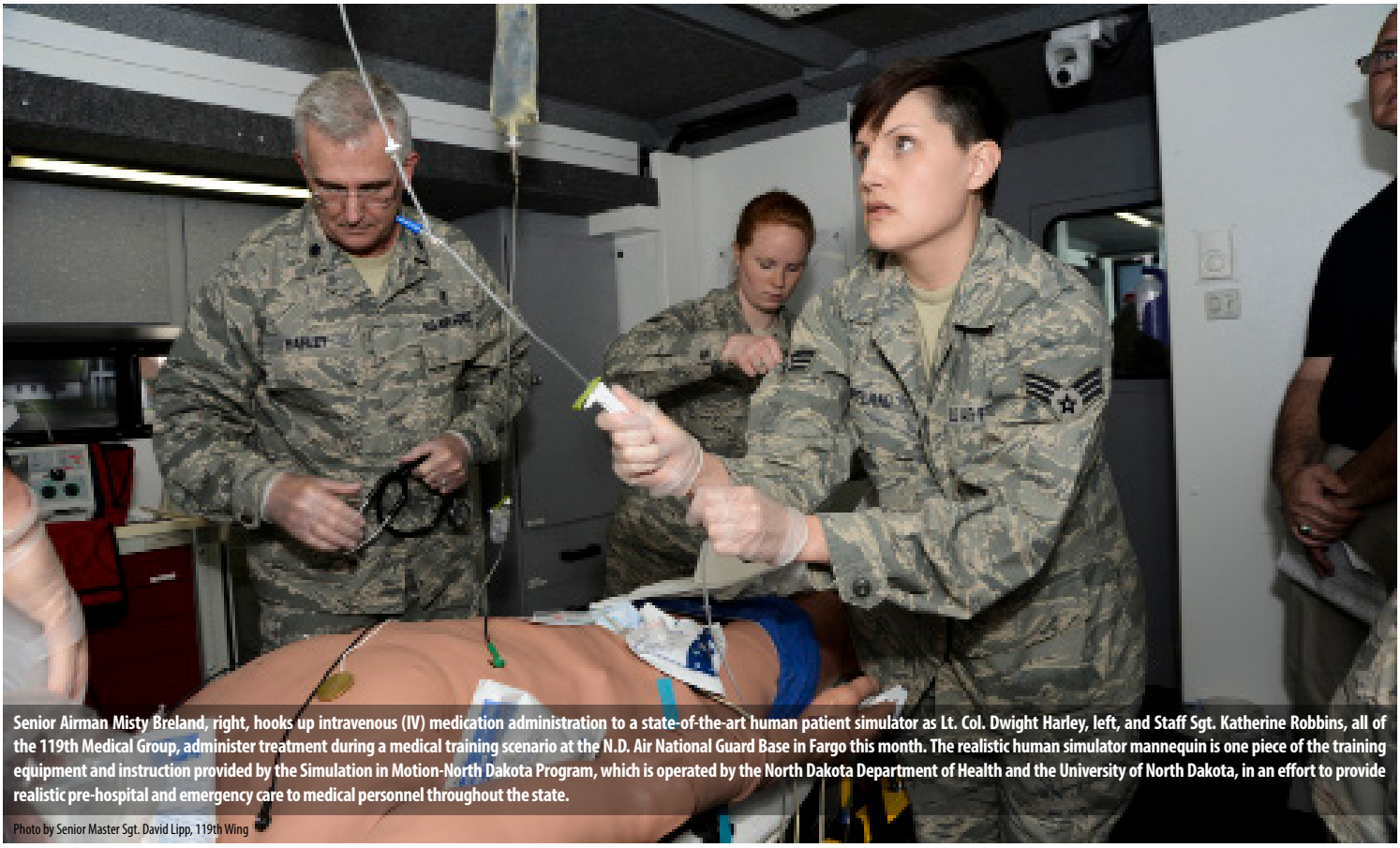
Members of the N.D. National Guard Military Funeral Honors Team render the cannon salute at the annual Memorial Day Ceremony at the North Dakota Veterans Cemetery in Mandan, North Dakota.

Photo by Mr. Bill Prokopyk, North Dakota National Guard Public Affairs



Senior Airman Misty Breland, right, hooks up intravenous (IV) medication administration to a state-of-the-art human patient simulator as Lt. Col. Dwight Harley, left, and Staff Sgt. Katherine Robbins, all of the 119th Medical Group, administer treatment during a medical training scenario at the N.D. Air National Guard Base in Fargo this month. The realistic human simulator mannequin is one piece of the training equipment and instruction provided by the Simulation in Motion-North Dakota Program, which is operated by the North Dakota Department of Health and the University of North Dakota, in an effort to provide realistic pre-hospital and emergency care to medical personnel throughout the state.

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

Students at the 164th Regional Training Institute (RTI) at Camp Grafton Training Center, near Devils Lake, North Dakota, practice their plumbing skills in March. The RTI recently was recognized as an "Institution of Excellence" by the U.S. Army Training and Doctrine Command. Read more on Page 22.

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

119th Security Forces Squadron members Tech. Sgt. Kurt Petrowski, left, and Airman 1st Class Erik Rustvang use training weapons to challenge simulated suspect Tech. Sgt. Bradley Schenck, who hides in the trunk of a vehicle during an exercise at the N.D. Air National Guard Base in Fargo last month.

Photo by Staff Sgt. Nathanael Baardson, 119th Wing

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

MISSILE FIELD SECURITY

219th Security Forces Squadron Contributes to Crucial Mission

Airman 1st Class Leland Volrath, of the 219th Security Forces Squadron, positions an M-240 machine gun in the turret of a high-mobility multi-purpose wheeled vehicle (HMMWV), commonly known as a Humvee, during an exercise May 20 in the Minot Air Force Base missile field complex.

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

There is no more important mission than missile field security in the U.S. Air Force, and the North Dakota National Guard's 219th Security Forces Squadron is making an ever-increasing, total force contribution to that mission.

"Total force" is the U.S. Air Force term used for integrating Air National Guard, Reserve, and active-duty components together for military missions being done throughout the world, and the work being done in the Minot Air Force Base missile field complex is a great example of the total force concept. It is such a good example, in fact, that work being done there is being considered as a model to be used at other installations, according to Lt. Col. Tad Schauer, 219th SFS commander.

The 219th SFS, part of the N.D. Air National Guard's 119th Wing, is made up of full time and traditional personnel, all trained to perform the same mission. Active guard reserve, or AGR, personnel who are full-time staff members, work jointly with the U.S. Air Force active-duty personnel in the missile fields on a daily basis. The traditional Air Guard personnel train one weekend per month and 15 days each year in their missile field security and support jobs. The traditional Guard members sometimes work more than their fifteen days each year — when their civilian schedule allows — and it is beneficial to the military for them to do so.

The AGRs are tasked with training the traditional Guard members on a monthly basis, as well as doing full-time security work in the missile fields.

"The security forces personnel in the missile fields have to undergo their initial security forces training and then more security training specific to their job, which amounts to almost twice as much as other security forces jobs," Schauer said.

Training for the 219th SFS members culminated May 17-31 with "Operation Minute Man," a two-week surge period, where N.D. Air National Guard members took primary positions for missile filed security in the entire northern portion of the missile field complex. This is the second time such a surge has happened with the 219th SFS in the complex, which covers many miles over the North Dakota plains near Minot and includes dozens of missile field alert facilities and missile launch facilities.

The missile field alert facilities and missile launch facilities have extensive, high-tech alarm systems, and security personnel spend time monitoring and checking the facilities for suspicious activities and responding to motion-sensing alarms, which would be triggered by intruders, but which also can be triggered by animals, and even the wind.

The 219th SFS surge allows the unit's active-duty counterparts to redirect their attention to other aspects of their jobs, and to give them a chance for some much-needed time off.

"The surge allows our active-duty Airmen to take a little time off to regroup and reset their batteries moving into our busy summer season, which is very much appreciated," said Col. Kevin Cullen, 91st Missile Wing Security Forces Group commander.

The 219th SFS has been built over the past several years by recruiting and training non-prior service members, as well as prior

service members from both the N.D. Air National Guard and active-duty ranks.

"We have gotten to the point where some of the AGRs have been doing missile field security longer than their active-duty counterparts that they work alongside in the field," Schauer said. "We work hard at our training, and I trust our traditional Guard members and AGRs to be professional in their jobs. They rise to the challenge."

The N.D. Air National Guard has been a part of many firsts in the mission of missile field security, but it is becoming apparent that the mission is becoming routine for them as they become more and more blended with their active-duty counterparts through the total force concept.

"The most important point I can make is that when I visit the missile fields, you absolutely cannot tell the difference between the 219th personnel and the active-duty members, and our special weapons are always maintained in a safe, secure manner no matter who is out there," Cullen said.

Senior Airman Derek Timmons, right, and Senior Airman Andrew Vandal, both of the 219th Security Forces Squadron, check the perimeter fence of a Minot Air Force Base missile alert facility.

A group of 219th Security Forces Squadron members simulate the recapture of a Minot Air Force Base missile launch facility during a training exercise last month.

81ST CIVIL SUPPORT TEAM

UNIT DEMONSTRATES READINESS DURING EXERCISE

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

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

Sgt. Jory Shypkowski acts as a "facilitator" and prepares a sample pack for his partner, Sgt. Alex Smith, during a training exercise held at the University of Mary in Bismarck last month. Smith, the "sampler" for the exercise, collected a sample from the "device" discovered while the pair, both Survey Team Members with the 81st Civil Support Team, performed reconnaissance operations inside the auditorium used for the exercise. The facilitator avoids coming into contact with any chemical, biological, radioactive, nuclear or explosive agents in order to package evidence while continuing to use equipment without contaminating it.

Last month two-dozen full-time North Dakota National Guard Soldiers and Airmen assigned to the state's 81st Civil Support Team (CST) responded to a simulated radiological threat during a no-notice exercise and Training Proficiency Evaluation (TPE) administered by U.S. Army North's (USARNORTH) Charlie Division, Civil Support Training Activity. The training scenarios were conducted on the campus of the University of Mary, south of Bismarck.

On standby around the clock and capable of responding within 90 minutes, CSTs are highly-specialized units that are trained and equipped to assist civilian first responders when reacting to chemical, biological, radiological, nuclear and explosive agents. North Dakota's 81st CST had the opportunity to test its response capabilities and interagency cooperation during exercises on May 6 and May 9, which completed the unit's TPE. CSTs nationwide are required to gain certification from USARNORTH every 18 months.

"North Dakota's Civil Support Team is second to none proving their readiness, professionalism and competence each time they are evaluated," said Maj. Gen. David Sprynczynatyk, North Dakota adjutant general. "Continuing to maintain this certification is a great responsibility, and each team member plays a vital role in ensuring the CST continues to meet its mission objectives and goals. They hold a wealth of experience and knowledge and are an indispensible asset in helping protect our communities, state and nation."

The 81st CST worked with multiple local agencies during the training scenarios. The exercise participants included the Bismarck Fire Department, the Bismarck Rural Fire

Department, Mandan Fire Department and Dickinson Fire Department.

Civil Support Teams use a broad range of specialized equipment to perform their mission, from a secure communications vehicle to a mobile analytical laboratory system with a full suite of chemical, biological and toxin analysis equipment.

During the TPE, USARNORTH tested the 81st CST's various capabilities and assessed the unit on a number of tasks, including establishing secure communications, maintaining an operations center, conducting technical decontamination, establishing medical support, identifying agents and conducting interagency coordination.

"The TPE is an important evaluation tool that demonstrates our team's ability to complete its assigned mission. Our success this week gives us reassurance that we are trained and ready to support our civilian first response partners and assist in the Guard's homeland security mission," said Maj. Patrick Flanagan, acting 81st CST commander for the exercise. Lt. Col. Steven Hedrick, who became the unit's newest commander in March, was out of state for additional training.

In addition to interagency coordination during exercises, CST members receive more than 650 hours of training in identifying and handling hazardous materials (HAZMAT) threats, and other high-tech training from a number of agencies, including the Federal Emergency Management Agency, the Department of Energy, the Department of Justice and the Environmental Protection Agency.

Federally resourced and state controlled, CSTs can respond to all types of disaster scenarios to include supporting civil authorities at domestic Chemical, Biological, Radiological and Nuclear high-yield Explosives (CBRNE) incident sites by identifying CBRNE agents/substances, assessing current or projected consequences, advising on response measures and assisting with appropriate requests for additional follow-on state and federal military forces.

Nationally, there are 57 CSTs — one in each state, U.S. territory and Washington, D.C.; with two each in California, Florida and New York.

The 81st Civil Support Team's survey team members discuss their entry action plan and mission objectives during a training exercise held at the University of Mary in Bismarck last month.

Sgt. 1st Class Brian Messmer, the 81st Civil Support Team's information systems operator and analyst, sets up a mobile network for a "down range" camera, which enables survey team members to broadcast their video back to a Joint Operations Center.

GUARDIAN FITNESS

NEED FOR SPEED?

Use This Training Method to Bring Down Your Run Time

By Maj. Nathan Dicks,
141st Maneuver Enhancement Brigade

Maj. Nathan Dicks is assigned as the area security/force protection officer for the 141 Maneuver Enhancement Brigade. He is completing his master's degree in exercise physiology at Minnesota State University — Mankato. Dicks is a certified coach through USA Triathlon, a certified strength and conditioning specialist through the National Strength and Conditioning Association, and he is Functional Movement Screen (FMS)-certified. Dicks has been an endurance athlete for more than 10 years. He is a competitive age group triathlete, having completed numerous triathlons, including two Ironman races and the USA Triathlon Age Group Nationals. Dicks and his wife, Jess, have two boys, 4 and 2, who both enjoy swimming and biking.

Q: "What is an effective way to get my run time down?"

A: "With interval training."

Interval training is the combination of short, high-intensity bursts of speed with slower, recovery phases — much like a "fartlek" (which means "speed play" in Swedish) or "last Soldier up runs." With interval training, you are able to build fitness faster than if you were to just run the same pace for the same duration. Interval training works both your aerobic and anaerobic systems. High-intensity output requires your body to work in an anaerobic state (without oxygen), while recovery periods allow your body to "catch up" and build your aerobic (with oxygen) endurance.

The principal of adaptation states that as you continue to engage in a specific exercise activity, your body will adjust. This is one reason you should change your workout routine over time. Your body will continue to be challenged with modifications to your physical activity. If you run two miles, three times a week, at the same pace, you will see improvement to a certain extent, but in order to continually make gains, you need to change your routine. Interval training is a great method to quickly adapt your body to increased physical demands, which means you'll soon be able to push your body to run more efficiently and expend less energy.

Tech. Sgt. Adam Krueger runs his fourth full Lincoln National Guard Marathon May 5, 2013, as a member of the N.D. National Guard Marathon Team in Lincoln, Nebraska.

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

How do you program your interval training?

In the 2-mile run, you may have finished with a time of 16:05, but you have a goal to run a 14:00. This is a very realistic goal, and the easiest way I have found to help increase speed for the 1.5 or 2-mile run is with the use of distance intervals: 400 meters (1/4 mile) and 800 meters (1/2 mile). First, find a running track, mark out these distances on a running surface, run on a treadmill, or make use of a GPS watch.

Next, to continue the example, take your "goal pace" of seven minutes per mile (or 14:00 for the 2-mile run) and break it down further to 3:30 for a half-mile and 1:45 for a quarter-mile. It is best to start with the quarter-mile intervals to judge your fitness level. Your first interval set is going to be *6 x 400m at 1:45 pace*, which means you'll be running six intervals of 400 meters (or a quarter-mile), completing each interval within a time of one minute and 45 seconds. For the recovery period, you are going to either walk or jog half the distance of the interval (200 meters or an eighth of a mile). This usually equates to the same amount of time for the interval. The objective for this workout is to run each 400-meter interval at a pace that is within five seconds of your one minute and 45-second goal.

To prepare for the 2-mile run, you should build up to — and complete — eight interval repetitions, and for the 1.5-mile run, work to complete at least six interval repetitions. If you are only able to complete four repetitions within the goal pace time, and your fifth repetition is greater than five seconds of your goal pace, jog the rest of the workout and pick it up again the following week. Depending on your fitness level, it may take a week or two to be able to run the *6 x 400m* sets while meeting your target goal time.

Once you can complete *8 x 400m* intervals within your desired goal time or pace, it is now time to progressively increase the distance. The next step will be to run *3–4 x 800m at 3:30 seconds ±: 10 seconds.* Again, the recovery will be to walk or jog half the distance of the interval (400 meters or a quarter of a mile). Increasing the distance will prepare your aerobic system for the endurance needed during your timed run.

Once you are running all of the intervals at your goal pace, the next adjustment to your intervals can be to decrease the time allowed for each interval. The adjustments can be made in percentages (e.g., 5 percent, 10 percent). For example, a 5 percent time reduction to a 1:45-interval pace would mean your new goal would become 1:40, and a 10 percent decrease would be 1:35 seconds. After you have successfully completed a 5 percent decrease for your intervals, you can move to the 10 percent decrease. These paces are going to be much faster and more intense than your goal pace, but you are running shorter and have plenty of rest time between intervals.

Commonly, running plans will include three to four workouts each week, and they will include an "easy" run day (of, say, 20-30 minutes) and a progressive, "long" run day (40-60 minutes). Add interval workout days to your existing running plan as one effective way to improve your run times.

Sample 12-week interval progression for a 14-minute goal time in the 2-mile run:

Week 1: 6 x 400 meters @ 1:45	**Week 5:** 6 x 400 meters @ 1:40	**Week 9:** 6 x 400 meters @ 1:35
Week 2: 8 x 400 meters @ 1:45	**Week 6:** 8 x 400 meters @ 1:40	**Week 10:** 8 x 400 meters @ 1:35
Week 3: 3 x 800 meters @ 3:30	**Week 7:** 3 x 800 meters @ 3:20	**Week 11:** 3 x 800 meters @ 3:10
Week 4: 4 x 800 meters @ 3:30	**Week 8:** 4 x 800 meters @ 3:20	**Week 12:** 4 x 800 meters @ 3:10

Soldiers with the 191st Military Police Company participate in the unit's two-mile run near the Fargo Armed Forces Reserve Center. The two-mile run is the third event in the Army Physical Fitness Test.

Photo by Spc. Kevin Marvig, 132nd Quartermater Company

14-Kilometer Run/Walk Event Scheduled to Honor Fallen Soldiers

A 14-kilometer run/walk to honor the 14 fallen North Dakota Army National Guard Soldiers is scheduled for Saturday, June 21, 2014 in Devils Lake, North Dakota.

The event, sponsored by the North Dakota Tragedy Assistance Program for Survivors (TAPS), starts at Burdick Arena in Devils Lake. Registration begins at 7:30 a.m. and the run/walk starts at 8:00 a.m. Transportation will be available at the finish line to bring participants back to the Burdick Arena.

For more information, visit www.facebook.com/DevilsLakeFallenSoldierRun or call Dawn VanSteenvoort at 701-230-1559 or Kristi Hogness at 701-351-0021.

N.D. Army Guard's RTI Earns 'Institution of Excellence' Status

After undergoing a series of detailed inspections, N.D. Army National Guard instructors and cadre at the 164th Regiment's Regional Training Institute (RTI) this year reestablished its Army schoolhouse as an "Institution of Excellence," as deemed by a team of evaluators from the U.S. Army Training and Doctrine Command (TRADOC). The TRADOC accreditation process is administered in 3-year cycles to Army training institutions nationwide. This is the third time the 164th Regiment RTI has received a "Fully Accredited" rating and "Institution of Excellence" status since 2008.

"The 164th Regiment has a steady history of providing the best training to National Guard, Army Reserve and active-duty Soldiers across the United States. Achieving 'Institution of Excellence' status from TRADOC for a third time is remarkable," said Maj. Gen. David Sprynczynatyk, North Dakota adjutant general. "We opened a new, top-notch RTI facility at Camp Grafton Training Center in 2010, and our dedicated 164th Regiment staff has made it a premiere Army training schoolhouse. I am proud of their achievements and for providing the best military occupational specialty training and noncommissioned officer training to our Army engineers and logisticians."

To achieve "Institution of Excellence" status from TRADOC, the 164th Regiment's training battalions were required to score 95 percent or higher in all evaluated areas. The 1st Engineer Battalion and 2nd Modular Battalion offer two types of Army training: engineer and quartermaster, which include Noncommissioned Officer Education System (NCOES) schools and Military Occupational Specialty (MOS) training. Both 164th Regiment RTI engineer and quartermaster staff and training functions scored 100 percent, receiving the highest possible accreditation level.

"We are very proud of our instructors and staff. Acing this accreditation is more than just a snapshot of the world class instruction currently being executed at the RTI. This achievement is the culmination of a process. It reflects years of effort by instructors and leaders that have constantly improved these practices," said Col. Leo Ryan, 164th Regiment RTI commander.

TRADOC evaluators examined the 164th Regiment RTI in a number of areas, including self-assessment reports from the schoolhouse, onsite facility observations, instructor and staff interviews, reviews of documents and organizational records, written questionnaires, and interviews with students attending courses at the RTI.

A congratulatory memo sent to the 164th Regiment RTI staff and signed by Gen. Robert Cone, the former TRADOC commander, who retired in March 2014, said, "I commend the 164th Regiment RTI for the dedication and hard work that contributed to this coveted distinction. Your efforts to maintain strong doctrine, organization, training, materiel, leadership and education, personnel and facilities functions will ensure our leaders and Soldiers possess the qualities and skill necessary to dominate across the spectrum of conflict."

While the 164th Regiment RTI has achieved "Institution of Excellence" status in previous years, this is the first year that it's received scores of 100 percent across the board. Additionally, TRADOC evaluators cited a number of "best practices" being applied by 164th Regiment RTI instructors and staff, including implementation of the Army Learning Model. According to TRADOC, the training guidance was developed to promote "career-long learning and sustained adaptation" and blends traditional classroom training with new technologies for "adaptive, thinking Soldiers and leaders." 164th Regiment RTI instructors had to attend courses to become certified in using the Army Learning Model and, subsequently, adjusted their teaching methods to incorporate training guidelines.

The 164th RTI's "best practices" will be shared by TRADOC with other Army learning institutions across the nation.

"It's a rarity for TRADOC to come in and give you a 'best practice.' We had four 'best practices.' The officer-in-charge of the TRADOC team said that she has not done that before, to (cite) four 'best practices' at one institution," said Command Sgt. Maj. Alan Grinsteinner, 164th Regiment RTI commandant.

Chaplains' Corner:

CALL OF DUTY

By Chaplain (Capt.) Scott Noyes,
136th Combat Sustainment Support Battalion

Contributed Photo

After her husband spent 48 hours playing the video game "Call of Duty," she decided she had had enough. She posted an advertisement on Craigslist titled "One Husband to the Highest Bidder." It read, "I am selling my 22-year-old-husband. He enjoys eating and playing video games all day. Easy to maintain, just feed and water every 3-5 hours. You must have Internet and space for gaming. If acceptable replacement is offered, will trade." (From Mike Snider, USATODAY)

Playing a game is one thing, but the call of duty for Soldiers and Airmen is much more than entertainment. Military duty is a commitment not to be taken lightly. For example, FM 7-21 says, "duty begins with everything required of you by law, regulation, and orders; but it includes much more than that. A duty is a legal or moral obligation." However, when it comes to marriage, duty is a binding covenant between husband and wife. Therefore, Craigslist is not an option.

Marriage begins with a mutual love for one another and a deep desire to serve each other. Duty is the maintenance, preservation and safeguarding of this love. Duty is therefore a core value for military and marriage.

Doing your marital duty means more than carrying out your assigned tasks. Marriage means being able to accomplish tasks as part of a team. Marriage is a complex combination of missions, tasks and responsibilities — all in constant motion. You fulfill your duties as a part of your marriage covenant every time you resist the temptation to take "shortcuts" that might undermine the integrity of the final product.

Now, recover from the front leaning rest position and let grace present itself.

Grace is unmerited favor or kindness we don't deserve. When I think back on my many marriage shortcomings — when duty often falls short — I'm reminded how grace was given to me, "the worst and chief of sinners," as the Apostle Paul put it (1Timothy 1:15). It is our nature to fall short. It's true, we make many mistakes in our relationships and sometimes relationships fail. However, grace allows us to get back up and push on. Grace, then must be the backbone of marriage duty. As you carry out your call of duty, does grace lead the way?

"Since they are no longer two, but one, let no one separate them, for God has joined them together." (Matthew 19:6)

Contributed Photo

Chaplain (Capt.) Scott Noyes and his son, Dawson, conduct Morning Flag Raising at a Military Family Camp in Cooperstown, North Dakota.

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

North Dakota Gov. Jack Dalrymple and North Dakota Adjutant General Maj. Gen. David Sprynczynatyk present the Sacrifice for Freedom Tribute to the Linde family May 21 during a presentation ceremony at the State Capitol Building in Bismarck. The event was held to honor and remember North Dakota service members who made the ultimate sacrifice while serving in the Global War on Terrorism, as well as the sacrifices of their families. Sgt. 1st Class Darren Linde was killed in action on Dec. 3, 2012, while serving in Afghanistan.