



NORTH DAKOTA GUARDIAN

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TWO WEEKS A YEAR

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North Dakota families of the fallen joined thousands of survivors from across the country in May at the 22nd Annual Tragedy Assistance Program for Survivors conference in Washington, D.C.

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NORTH DAKOTA GUARDIAN

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Digital photos should be 300 dpi, if possible.

On the Cover



Sgt. Eric Lenertz, of the 164th Engineer Battalion Forward Support Company, assists with recovery operations at a Camp Grafton Training Center mire pit, near Devils Lake, during the unit's annual training in June.

Photo by Spc. Deidra Steele, 164th Engineer Battalion Forward Support Company

VIEW FROM THE TOP



TRAINED, READY UNITS AND LEADERS

Throughout the summer months, Soldiers and Airmen across the state took part in annual training events designed to sharpen their skills and enhance their readiness as leaders and unit members.

It is essential that we prepare our Guardsmen to meet the challenges of the future, while at the same time remaining “Always Ready, Always There” to support ongoing federal and state missions.

I would like to congratulate and thank our new and seasoned leaders for your hard work and success during this summer’s stretch of focused training. We will continue to ensure our Airmen and Soldiers acquire the core skills and competencies required to successfully serve our communities, state and nation.

MAJ. GEN. ALAN S. DOHRMANN
North Dakota Adjutant General



A ROAD MAP FOR HEALTH

'WELLNESS CAMP' PROMOTES CULTURE OF TOTAL FITNESS

By Spc. Kristin Berg,
116th Public Affairs Detachment

About 100 Soldiers from units throughout the North Dakota Army National Guard took part in a pilot Wellness Camp May 14-27 at Camp Grafton Training Center, near Devils Lake, North Dakota, as part of their two-week annual training (AT) requirements. The camp was established to assist Soldiers with making improvements to their health and physical readiness, as well as to foster a lifestyle of personal wellness.

Attendees were taught the practical application of Army Physical Readiness Training (PRT), including the use of PRT exercises, activities and drills, basic nutrition and healthy eating habits — all of which can be applied for an overall lifestyle change.

Capt. Michelle Thomsen, state resilience coordinator, said the N.D. National Guard's Resilience Risk Reduction and Suicide Prevention Office (R3SP) modeled the program off a similar camp developed in the Florida National Guard. North Dakota's camp was designed to bolster Soldier readiness, which Maj. Gen. Al Dohrmann, North Dakota adjutant general, has stated is his No. 1 priority.

"The idea was to identify Guardsmen

struggling with meeting Army height and weight and/or Army Physical Fitness Test requirements. Soldiers who are flagged for not meeting those standards are hindered from attending NCOES (Noncommissioned Officer Education System) schools," Thomsen said. "So, the camp certainly was created as a way to assist with our readiness mission. But also, we wanted to ensure that we were instilling confidence in our Soldiers and helping them enhance their overall health, to include physical, mental, spiritual and emotional wellness."

Camp participants emerged from the program with healthy, nutritional methods to apply to their everyday lifestyles — to change the way they eat and manage time for diet and exercise.

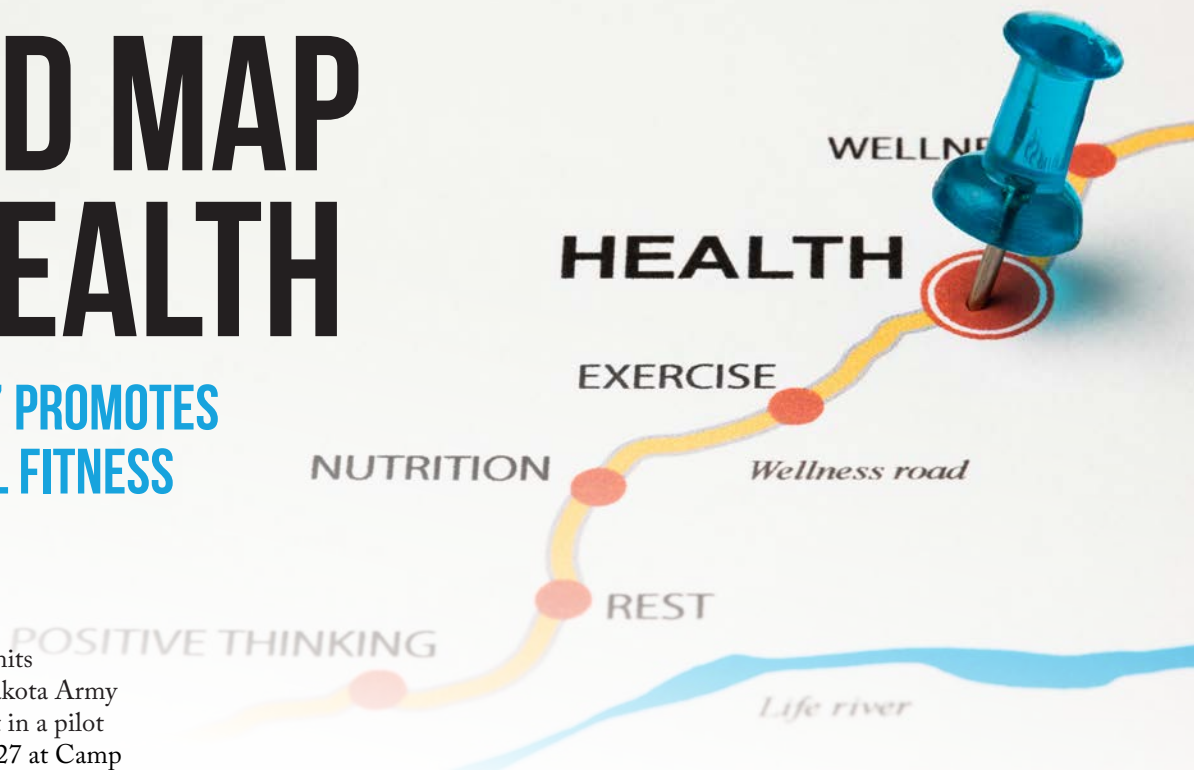
"Hopefully, when they go home, they will have a good support system that is willing to find ways for them to work out together or allow them that free time to take care of their physical fitness needs," Thomsen said.

"What we really encouraged was for people to find activities in which they could involve their whole family. Rather than sitting on the couch watching a movie with their kids, they could go out in the backyard and play."

Time and lifestyle management techniques were only a few of the topics covered in a detailed, multifaceted Wellness Camp agenda. Two-weeks-worth of wellness courses were developed with input from the program's various instructors, many of whom serve in the N.D. National Guard.

"During the planning stage we wanted the people teaching the material to be subject matter experts in their fields," said Capt. Robby Meland, Wellness Camp commander and organizer. "The nice thing about the National Guard is the resources we have within our ranks, which are full of people who love to help fellow Soldiers."

For instance, some of the nutrition courses were led by Sgt. Erin Walters, of the 141st Maneuver Enhancement Brigade, a



Photos by Spc. Kristin Berg



Photo by Staff Sgt. Brett Miller

Photo by Staff Sgt. Brett Miller

Right, Wellness Camp attendees participate in an exercise drill using sandbags during a fitness course at Camp Grafton Training Center. Camp participants, bottom left, worked with instructors over a two-week period in May to make improvements to their health and physical readiness by learning new exercises and fitness techniques, including functional fitness exercises, running the 164th Regiment Regional Training Institute obstacle course and biathlon.

licensed registered dietician in Fargo, and 1st Lt. Vanessa Lennick, of the 814th Medical Company, a licensed registered dietician in Bismarck. Both Soldiers have extensive experience with food and nutrition in their civilian lives. In addition to the dieticians, the camp instructors included nurses, doctors, personal trainers, fitness instructors, a swimming coach, gym owners and experienced athletes who assisted Soldiers in the wellness journey.

“We were able to capitalize on these Soldiers’ areas of expertise to assist with the Wellness Camp and using organic assets had multiple benefits,” Thomsen said. “Our Soldier instructors were able to talk to other Soldiers, kind of speak their language. They also let Soldiers know that they are not alone in the struggle with height and weight or Army Physical Fitness Test issues. They allowed Soldiers to know that there may be individuals in their own unit that can assist them with their fitness or weight goals.”

Thomsen said instructors covered a range of topics, including classes about stress management, overall health concerns with leading a sedentary lifestyle, the importance of sufficient sleep, resilience skills training, financial preparedness, as well as the benefits of drinking in moderation. Each class was tailored to have some connection with mission readiness in the N.D. National Guard.

“This is one of the best ATs that I have been to,” said Maj. Matthew Eurich, of Camp Grafton Training Center. “I have been to 24 different ATs and have been deployed twice. This is one of the most well rounded training opportunities I’ve ever seen. It focuses on your physical body, the spirituality — your soul — and your physical capabilities. We also looked at the nutrition. I think that has helped me more than anything. It has allowed me to look at how I eat food, what food I am eating and what changes I need to make to ensure I start eating a healthier meal.”

The nutrition curriculum used during the Wellness Camp provided Soldiers with nutrition basics, which included recognizing appropriate portion sizes, meal planning, reading nutrition fact labels, and making

thoughtful nutritional decisions, while cooking or dining out.

Soldiers also received functional instruction on a wide variety of exercise options, including Army PRT, circuit training, yoga/stretching, functional fitness, running biathlon, swimming, hiking, biking, weightlifting and proper physical fitness techniques. The camp also included a clinic on using proper running form, which was instructed by Melanie Carvell, an accomplished triathlete and physical therapist and Sanford’s Women’s Health Center director in Bismarck. Carvell also spoke with Wellness Camp attendees about her personal experiences with recovering from serious injuries. She spoke about how to get back into a routine of regular exercise while battling injuries.

“I minored in exercise physiology in college, and I knew stuff from then,” said Chief Warrant Officer 2 William Walsh, of the 1st Battalion, 188th Air Defense Artillery Regiment, who participated in the Wellness Camp. “All the new information they put out is great. Some of the exercises I didn’t think I could do from my knee — my profile — but a lot of it is maybe I’m scared to hurt it again. They helped coach you through that.”

Upon departing the Wellness Camp, attendees now will have the opportunity to use their gained knowledge to make better wellness choices. The R3SP Office will regularly check back with camp attendees to inquire about their progress in reaching height and weight and Army Physical Fitness Test goals.



Sgt. Troy Deberg, of the 191st Military Police Company, a participant in the Wellness Camp, who said he has lost a significant amount of weight since departing, encourages others to participate in the program.

“It never hurts to keep learning on how to keep yourself healthy and how to instill some of the things we’ve learned into your family life, your military life and your civilian career,” he said. ■



Photo by Spc. Kristin Berg

Pfc. Kieran Daly reads over food labels during a visit to a grocery store in Devils Lake. Daly and other Wellness Camp attendees counted calories and made food comparisons during a nutrition exercise to help them learn to prepare healthy meals.



COMMUNITY SERVICE

Engineer Soldiers Complete Concrete Work for Parking Lot in Steele

*Story by Staff Sgt. Eric W. Jensen, Joint Force Headquarters,
Photos by Mr. Bill Prokopyk, N.D. National Guard Public Affairs*

Soldiers of the 835th Engineer Detachment (Asphalt Team) and 897th Engineer Detachment (Concrete Section) place finishing touches on a concrete pad the units poured during annual training June 8 in Steele. The Soldiers' project is part of a state civil-military project program, which provides Guardsmen with training while giving community nonprofits and governmental agencies needed help.

About 35 North Dakota National Guard in June put the finishing touches on a parking lot project at the American Veterans, or AMVETS, Club Post #20 in Steele, North Dakota. The Guardsmen, who hail from the 835th Engineer Detachment (Asphalt Team) and the 897th Engineer Detachment (Concrete Section) — based about 80 miles northeast in Carrington, North Dakota — assisted the veterans organization through a state civil-military construction project. The program provides Soldiers with realistic training while providing community nonprofits and governmental agencies needed assistance.

“This was a mutually-beneficial project for our Guardsmen and the residents of Steele,” said Maj. Gen. Alan S. Dohrmann, North Dakota adjutant general, who visited the units last week. “Our Airmen and Soldiers spend two weeks conducting annual training to build upon their military knowledge and collective skills. Being able to strengthen our communities by providing assistance and build our Guardsmen’s readiness at the same time is a win-win for our organization and those we serve.”

In May, the 815th and 897th Soldiers spent a unit drill weekend clearing the AMVETS parking lot site by using their inventory of earth-moving equipment, including graders, skid-steers, dump trucks, light medium tactical vehicles and rollers. Earlier this month, the Guardsmen began pouring concrete for the facility’s new 75-by-135-foot parking lot, as well as additional gutters and driveways.

Sgt. 1st Class Joel O’Neil, of West Fargo, North Dakota, serves as

the units’ noncommissioned officer-in-charge and acting commander. He said his Soldiers typically spend their annual training periods doing concrete work at Camp Grafton Training Center, near Devils Lake, North Dakota. The AMVETS project gave the units the opportunity to train in their respective military occupational specialties, or MOSs, which include heavy equipment operators and concrete/asphalt equipment operators.

“The project has given us the chance to do some convoy training and mobilize the equipment we need, as well as conducting planning for the project. In general, (the project) is bigger than what we usually do; and it’s extremely interesting. It seems a lot more important to the Soldiers because it serves a community organization,” O’Neil said. “(The community) has been awesome and really great to us. We have people stopping by and saying ‘thanks’ all the time. We even had a little kid who wanted to bring us ice cream, so he brought it for all of us. They’ve been really good to work with.”

O’Neil said his Soldiers bring a depth of experience and knowledge to the project, many of them formally working in construction of some kind in their civilian professions. Spc. Ricky Galindo, of the 835th, is one of those skilled Guardsmen. A heavy equipment operator in his unit, Galindo works construction with his father in Bismarck. He joined the North Dakota Army National Guard in 2013 during his senior year of high school and said he appreciates the training opportunities that have been afforded through his military service, especially ones like the project in Steele.

“It’s a full experience. We have a bigger place to grade, bigger place to put down stakes, form up (concrete); it’s basically skills I can use in the civilian world,” Galindo said. “It’s also good because we get to interact with the community. One day, we had 25 people or so gathered around watching us work. It makes people happy to see that the National Guard is helping out the AMVETS. It gives me satisfaction; I go home and I feel like I’m doing something right.”

While in Steele, which touts a population of about 800 residents, the Guardsmen have been housed at the local high school, sleeping in classrooms and using the gym locker room’s shower facilities.

Galindo said the project has also helped the Soldiers build camaraderie during their annual training period. Additionally, he’s been able to spend more time with his brother Pfc. Adan Galindo, who also serves in the 835th. Adan also hopes to pursue a career in asphalt and concrete work, but for now the brothers both take pride in the work they’re doing together in the North Dakota National Guard.

“I joined the Guard because I wanted to be a part of something bigger than myself,” Ricky said. “I like being around my friends, basically my brothers, and literally my brother. It’s fulfilling and gratifying.”

The Guard members’ presence also has been appreciated by the residents of Steele.

“Everybody has enjoyed having them here. They’ve been very pleasant, they’re easy to work with and they wanted to help out people in the community in addition to the concrete work,” said Lavonne Stockert, the Steele AMVETS manager.

Stockert remembered the little boy O’Neil had mentioned, who brought the Soldiers ice cream bars, and said the Guardsmen helped make his day by making him an honorary member of the unit. The young supporter of the military even wore an Army uniform as he passed out treats.

The new parking lot, Stockert said, came just in time to accommodate some additional traffic coming into town later this summer. The residents will celebrate a Kidder County All-Class Reunion later this month at the AMVETS, and also will host a car show later in the fall. ■



Soldiers of the North Dakota National Guard’s 835th Engineer Detachment (Asphalt Team) and 897th Engineer Detachment (Concrete Section) place concrete during annual training June 8 in Steele, North Dakota.



Pfc. Parker Herring places fine touches on a concrete pad that Soldiers of the 835th Engineer Detachment and 897th Engineer Detachment poured during annual training.

BUILDING A LEGACY

Happy Hooligans Conduct Training in Guam

Story by Senior Master Sgt. David Lipp, 119th Wing; photos by Staff Sgt. Ashley Seitz, 119th Wing



Staff Sgt. Sophie Miller, of the 119th Civil Engineer Squadron, cuts boards with a power saw May 24 on the Northwest Field portion of Anderson Air Force Base in Guam.

Thirty-three Happy Hooligan civil engineers departed Fargo, North Dakota, in May for Guam to work on the construction of a hurricane-resistant training structure. The Airmen returned home in June upon completing their high-standard engineering work for the two-week mission.

National Guard Bureau selected the Happy Hooligan engineers, along with several civil engineering teams from additional states, to build a concrete

training structure at the Pacific Air Forces (PACAF) Regional Training Center in Guam. The teams each worked for a two-week period, spread out from April through August as part of the Air National Guard Deployment for Training program.

The program assigns units each year based on projects that are beneficial for the receiving location, as well as the units and personnel providing the work during their training.

The PACAF Regional Training Center is located on the Northwest Field portion of Anderson Air Force Base on Guam Island, and is used to train PACAF personnel in engineering career fields, as well as combat warrior training for security forces personnel.

“This Deployment for Training serves as our version of our two weeks of annual training, and we have a lot of new traditional Guard members, so it also helps with team building,” said Maj.

Jason Olheiser, the 119th Civil Engineer Squadron officer-in-charge for the deployment.

The trip provided training for personnel in several areas of the Air Forces' civil engineer career fields, including structural and pavement and heavy equipment operations, electrical work, and heating, ventilation and air conditioning systems (HVAC).

The program also provides an opportunity for Air Guard personnel to gain experience traveling to a remote location, which can help prepare them for future activations.

The Happy Hooligans group were not able to bring some of the equipment they typically use because they had to travel using commercial air, rather than military airlift, as originally planned.

"We had limited access to parts and materials because of the island location, which presented some challenges," Olheiser said.

The trip also provided unique training, with the engineers primarily being tasked with pouring about 84 yards of concrete on the roof of the structure, about 30 feet off the ground.

"I have never done anything like that in my 35 years (as an engineer)," said Senior Master Sgt. Tim McDowell, the 119th Civil Engineer Squadron operations superintendent.

The successful trip offered the North Dakota Guardsmen the chance to travel to a distant and exotic part of the world, which is rich in military history. The island had a significant role for U.S. Armed Forces during WWII. The military continues contributing to current military capabilities on the island, allowing current service members like the Hooligan engineers to continue honing their professional skills. ■



Chief Master Sgt. Scott Wagner, of the 119th Civil Engineer Squadron, operates a backhoe during an Air National Guard Deployment for Training event in Guam.

N.D. Army National Guard Un

132nd Quartermaster Company — Water Dogs —

Story and photo by 2nd Lt. Eric Jungles, 132nd Quartermaster Company

Soldiers of the 132nd Quartermaster Company, known as the Water Dogs, recently traveled to remote areas near Belle Fourche, South Dakota, and Guernsey, Wyoming, to establish and manage water purification and distribution operations in support of Golden Coyote 2016. The unit's two-week annual training allowed the Water Dogs to complete a real-world water production mission while taking part in the multinational exercise — one of the largest and longest-running National Guard training exercises in the country.

Golden Coyote, an annual two-week training event, welcomes about 3,000 service members from U.S. and international military units that convene in and around the Black Hills of South Dakota to conduct combat support and combat service support missions in a realistic training environment.

In two weeks, the Water Dogs traveled more than 74,000 mission miles. Using reverse-osmosis water purification units and tactical water purification systems, the Soldiers produced nearly 110,000 gallons of purified water. About one third of that water was delivered to remote units and combat outposts using load-handling system compatible water tank racks called Hippos. The unit provided its own convoy security to ensure potable water was safely and successfully distributed to end users. ■

815th Engineer Company (Horizontal) — Forging Warriors —

Story and photo by Lt. Col. John Kapocius, Camp Grafton Training Center

Mud, sweat, a bit of pain and high fives marked the inaugural run of Camp Grafton Training Center's confidence course. Soldiers with Detachment 2, 815th Engineer Company (Horizontal) were the first group to go through the course, which is located near Devils Lake.

The 21-station course (with the 22nd station expected to be completed by August) spans over a meandering half-mile path through a wooded area of Camp Grafton. The course's surroundings and simplistic construction can cloak the physical demands of the obstacles, which provide participants a false sense of sureness.

"I never, in my military career, had the opportunity to try a confidence course," said Spc. Daniel Kiehl. "I thought it was going to be (easy).

The course, which features obstacles with names such as "Tarzan," "Belly Buster" and the "Tough Nut," presented Kiehl with challenges he hadn't expected.

"It turned out to be a well-built course and it was a great confidence builder," he said.

Cpt. Joseph Blaker, 815th Engineer Company commander, said his Soldiers finished the course with a sense of accomplishment.

"Bruises and abrasions were worn as badges of honor," he said. "Some of the Soldiers left with a desire to improve their physical fitness and to overcome any remaining self doubt." ■



its Conduct Annual Training

141st Maneuver Enhancement Brigade — The Big Picture —

Story and photo by Spc. Andrew Weston, 141st Maneuver Enhancement Brigade

The 141st Maneuver Enhancement Brigade (MEB) conducted annual training in June at Camp Grafton Training Center, near Devils Lake. It commenced with three days of DRASH (deployable rapid assembly shelter) training followed by the establishment of the brigade's main Tactical Operations Center (TOC) for a wartime exercise. The TOC provided 141st MEB staff a working environment, which featured the Mission Command System, while training on the Secret Internet Protocol Router Network.

The 141st MEB's primary training objectives were to refine battle drills; refine staff processes such as the receipt, analysis and distribution of information, deployment of the Tactical Command Post; and establish and maintain command and control for the duration of the exercise.

Personnel from the Minnesota-based 34th Infantry Division (ID), the doctrinal training team from Camp Dodge, Iowa, and the senior training advisor from the Army National Guard Mission Command Training Support Program were on site for the exercise to provide instruction regarding integration with divisional staff.

"The 34th ID's support to this exercise was very beneficial because it created a very realistic approach to our operations and provided insight as to how a division functions in a wartime scenario," said Lt. Col. Mark Topp, 141st Maneuver Enhancement Brigade operations officer. "The 34th ID's involvement in our exercise enhanced our command and control efforts and the refinement of our brigade operations." ■



164th Forward Support Company — Recovery Operations —

Story and photo by Spc. Deidra Steele, 164th Engineer Battalion Forward Support Company

On June 14, a cold, rainy Tuesday, Soldiers of the 164th Forward Support Company (FSC) were nearly halfway through with their annual training when the recovery section received a notional mission to test their skills.

An M113A3 armored personnel carrier, driven by 1st Sgt. Brian Schmoker, of the 164th Engineer Battalion Headquarters-Headquarters Company (HHC), and Spc. Adam Grimsley, of the 818th Engineer Company (Sapper), was submerged in muddy water at the mire pit.

Upon arriving at the objective, the recovery section received simulated enemy contact from oppositional forces (OPFOR), resulting in a casualty. While team members provided smoke cover from the M88A1 recovery vehicle, Pvt. 1st Class Grayson McCrary, of the 818th Engineer Company (Sapper), provided combat care for the notionally wounded Soldier. When it was safe to move, the team carried the injured Soldier to the M88A1 and continued care while they awaited MEDEVAC. The recovery mission continued once the OPFOR threat was eliminated.

Sgt. William Stone, of the 164th FSC, drove the M88A1 into a good position to pull the M113A3 out of the muddy water. Since hooking up the vehicle for recovery is the operator's job, Schmoker and Grimsley jumped into the water and pulled the winch cable out to the M113A3, under the guidance of recovery section team leader Staff Sgt. Brandon Bartsch. Recovery team member Sgt. Kelly Grotte then verified that the winch cable was secure.

Once the M113A3 was securely hooked up to the winch, it was ready for attempted recovery. Bartsch instructed everyone to get out of the water and back away to a safe distance (one and a half times the length of the cable). The M88A1 was able to pull the submerged M113A3 out of the mire pit, and the 164th FSC recovery section successfully completed their assigned mission. ■





Flying High

Aviators Hone Air Assault Skills During International Training

By Spc. Holly Hruby, C Company, 2nd Battalion, 285th Aviation Assault Regiment

About 50 Soldiers with the Bismarck-based C Company, 2nd Battalion, 285th Aviation Assault Regiment conducted annual training alongside the British Army Training Unit – Suffield (BATUS) May 16-29 at the Canadian Forces Base (CFB) in Suffield, Alberta, Canada. They arrived via a multi-aircraft flight, consisting of four UH-60 Black Hawk helicopters, and a 5-vehicle ground convoy.

C Company's mission was to support BATUS' Operation Prairie Storm, while simultaneously completing unit training objectives. Among the training objectives were mission-essential tasks list (METL) items, such as qualifying in aerial gunnery, conducting night-vision goggles (NVG) operations, conducting assault helicopter company operations and convoy operations, and physical fitness training.

BATUS conducts joint, multinational Prairie Storm exercises four times

each year. They are designed to allow participants to practice their military occupational specialties and for units to practice their war-time missions in a realistic operational environment.

"Prairie Storm is kind of a crawl, walk, run scenario," said Sgt. 1st Class Mitch McCoy, C Company readiness noncommissioned officer. "It leads up to a major (notional) battle with armored tanks and artillery maneuvering to contact. It's similar to the National Training Center (in Fort Irwin, California)."

Upon arrival at BATUS, C Company established an integrated base of operations with the British Army – comprised primarily of British, Scottish and Irish personnel – where they conducted orientation flights and aerial gunnery training, which consisted of static fire from a grounded aircraft, and egressing a grounded aircraft and firing

from a prone position.

"Aerial gunnery is a core METL item for an assault helicopter company," McCoy said. "Being able to build and coordinate an aerial gunnery range with the British Forces was a great experience and it greatly enhances our unit's combat readiness. There's absolutely no greater thrill than laying down lead from a flying helicopter."

C Company's pilots and crew chiefs conducted hot- and cold-loading training with the British Forces to prepare for Operation Prairie Storm. Hot-loading refers to boarding an aircraft while it is running, whereas the aircraft is completely shut down for cold-loading. The purpose of the training is to familiarize passengers with safe yet timely maneuvers.

Behind the scenes, aircraft mechanics, refuelers, and operations and avionics personnel worked around the clock to ensure seamless training and support for





Photo by Spc. Holly Hruby, C Company, 2nd Battalion, 285th Aviation Assault Regiment

Operation Prairie Storm's night and daytime missions. From monitoring and repairing electrical equipment to de-conflicting airspace and monitoring ground movement, unit members stayed busy to maximize training efforts.

"Everyone got to do their job and get a taste of deployment operations," said Capt. Seth Vinchattle, C Company commander.

"We deployed troops and equipment to another country and had the opportunity to execute all our mission essential tasks as a well-rounded air assault company."

C Company is one of three flight companies in the 2nd Battalion, 285th Aviation Assault Regiment, which is headquartered out of Arizona. ■

Photo by Sgt. 1st Class Billie Jo Lorius, 116th Public Affairs Detachment



ROUTINELY OPERATING ON ANOTHER LEVEL

219TH SECURITY FORCES SQUADRON ADEPT IN MISSILE FIELD SECURITY

*Story and photos by
Senior Master Sgt. David H. Lipp, 119th Wing*

The nuclear triad consists of three areas of delivery: intercontinental ballistic missiles (ICBM), strategic submarine ballistic missiles (SSBN) and heavy bombers. Two of the three — ICBM and bombers — are located at Minot Air Force Base in Minot, North Dakota.

The nuclear capability of the United States provides an umbrella of defense and deterrence that protects the country and allows U.S. forces and allies to move and operate around the world.

There is no more important mission in the U.S. military. Every aspect of the mission seems to have an elevated aspect to it.

The North Dakota Air National Guard's (ANG) 219th Security Forces Squadron (SFS),





in conjunction with the U.S. Air Force active duty components at Minot Air Force Base, continue to make 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 throughout the world. And the work being done in the Minot Air Force Base missile field complex is an example of the total force concept.

“We are now an active component in the operationalization of the National Guard, rather than a strategic reserve in our mission, and we are currently the only ANG unit working like this in the missile fields,” said Lt. Col. Tad Schauer, 219th SFS Commander.

Full-time, Active Guard Reserve (AGR) and traditional N.D. Air National Guard members are performing the real-world mission of missile field security on a daily basis throughout the Minot Air Force Base missile field complex near Minot. It has evolved into a normal activity for the 219th SFS to take over a large sector of the complex each year for an annual training period.

The 219th SFS, a detachment of the N.D. Air National Guard’s 119th Wing, is made up of fulltime and traditional personnel, all trained to perform the same missile field security mission. The AGR personnel, who are the full-time staff members, work jointly with the U.S. Air Force active-duty personnel regularly and are seamlessly blended into the missile field security mission, along with the traditional Air Guard personnel.

The traditional Air Guard personnel train one weekend per month and 15 days each year in their missile field

Staff Sgt. Joshua Wheeler, of the 219th Security Forces Squadron, simulates firing his MK-19 automatic grenade launcher during a training exercise requiring the recapture of a launch facility after its simulated hostile take-over at the Minot Air Force Base Missile Field Complex, near Minot, North Dakota, May 25, 2016. Wheeler is one of the N.D. Air National Guard members who took primary positions for missile field security in an entire sector of the missile field complex during a two-week period, May 23 to June 4. This is the fourth time such an annual training surge has happened with the 219th SFS in the complex, which covers 8,500 square miles over the N.D. plains near Minot and includes dozens of missile field alert facilities and missile launch facilities.



Senior Airman Adam Kohls, of the 219th Security Forces Squadron, moves into position during a training exercise May 25 in the Minot Air Force Base Missile Field Complex, near Minot, North Dakota. 219th SFS members are tasked with the real-world mission of missile field security.

Lt. Col. Tad Schauer, the 219th Security Forces Squadron commander, speaks to unit members under his command upon completion of a training exercise requiring the recapture of a launch facility after a simulated hostile take-over May 25 in the Minot Air Force Base Missile Field Complex, near Minot, North Dakota.



security and support jobs. They sometimes work more than their 15 days each year — if it is beneficial to the mission and their civilian work schedule allows for them to do so.

The AGRs are tasked with training the traditional Guard members during monthly unit training assemblies, in addition to their full-time security work in the missile fields.

“The 219th is doing the annual training in conjunction with our mission,” Schauer said.

The 219th SFS members’ two-week training period this year took place from May 23 to June 4 when N.D. Air National Guard members took primary positions for missile field security in an entire sector of the missile field complex. This is the fourth time such a surge has happened with the 219th SFS in the complex, which covers 8,500 square miles over the North Dakota plains and includes dozens of missile alert facilities and missile launch facilities.

The missile 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. The 219th SFS annual training period allows Minot Air Force Base active-duty counterparts to redirect their attention to other aspects of their jobs and conduct additional training.

“Having the 219th doing this annual training period gives us the opportunity to rotate people and equipment from the field and make sure the equipment is properly maintained and repaired,” said Col. Raymund Tembreull, commander of the 91st Security Forces Group, the active-duty unit with which the 219th SFS operates.

The 219th SFS has been built over the past several years by recruiting and training non-prior and 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. We do the annual training period every year without issues.”

The N.D. Air National Guard has been a part of many firsts in the mission of missile field security, and the mission is becoming routine for them as they become more experienced.

“Our people have become more confident in their role through corporate knowledge because of our experience, and we can give people a little more latitude in their professional positions to do what they need to do because of that experience,” said Chief

Master Sgt. Mike Schreiner, 219th Security Forces manager.

The 219th recently added a four-person fire team role to their arsenal, including the MK-19, a 40mm automatic grenade launcher, affectionately called the Thumper. It has an effective range of more than a mile and has the ability to deliver extreme fire power — the sort of weapon supremacy that potential intruders should fear.

“We can dominate an entire target area with that single system once the Thumper gets there. We say we have control of the site once it’s there,” said Tembreull.

Having the 219th SFS trained and equipped with the MK-19 (often called the Mark-19) and armored BearCat vehicle has

doubled their capability in that area and resulted in effectively cutting down response times.

The successful relationship between the 219th SFS and the active-duty counterparts was apparent during a recent nuclear surety inspection (NSI) at Minot AFB.

“During our last NSI we did a denial

exercise with the Inspector General and we had control of the site in less than 30 minutes. It was the fastest they have ever seen, the best they had ever seen. And we wouldn’t have been able to achieve that without the 219th,” said Tembreull. “The only issue we have with 219th Airmen is we would like to have more of them.” ■



Senior Airman Leland Volrath, of the 219th Security Forces Squadron, shouts to his security counterparts during a training exercise May 24, at the Minot Air Force Base Missile Field Complex, near Minot, North Dakota.

219th Security Forces Squadron members prepare to listen to a review and critique of their efforts upon completion of a training exercise requiring the recapture of a launch facility after a simulated hostile take-over in the Minot Air Force Base Missile Field Complex, near Minot, North Dakota, May 25.



“ABILITY TO DELIVER
EXTREME FIRE POWER”

AN EXTENDED FAMILY: N.D. Survivors, Guardsmen attend TAPS

Story and photos by Maj. Amber Balken, Joint Force Headquarters



We have all heard the expression, “freedom isn’t free.” When I looked around the room at the 22nd Annual TAPS (Tragedy Assistance Program for Survivors) seminar, in Washington, D.C., I saw more than 3,000 people who were grieving the loss of a service member, and all I could think was, “This. This is what the price of freedom looks like.”

What was I doing there? Every attendee at the TAPS conference lost someone very close to them. I was an outsider. I am not a survivor; I was fortunate enough to come home with everyone I deployed with. But there I was, surrounded by people who lived through grave tragedy that I can’t comprehend.

Months earlier, I had volunteered to be a staff member at TAPS. I had volunteered in the past for other organizations that helped with families of the fallen, and I was excited to be involved with TAPS. I was asked to be the public affairs officer on the team and to work with one of the North Dakota families in attendance. There was a lot of work to be done, in a variety of different aspects, so I dove into the job to keep myself busy.

I spent much of my time at the Good Grief Camp and with North Dakota’s military mentors. Each year, TAPS pairs military mentors with youth survivors to ensure that, despite their loss, they are still part of the military family. Uniquely, North Dakota mentors are paired with North Dakota survivors, which allows them to maintain a year-round relationship.

Messa Kuehl poses by a picture of her father, Staff Sgt. David Kuehl (lower left), at the 22nd Annual TAPS Seminar in Washington D.C. Kuehl, an active-duty Army Soldier and Wahpeton native, was killed in action in May 2007.

The mentors and the kids spend three days together, playing in the park, visiting with NFL players, and participating in a Hawaiian-themed barbeque. The kids were able to interact with peers facing the same hardships as a result of loss, which assists them in their journey of healing.

I decided to attend a breakout session for battle buddies and military members affected by loss. I sat in the small group and listened as my military colleagues told stories of losses both at home and during deployments. I wondered, once again, what I was doing there; I couldn't relate. I felt horrible and out of place.

After each day's events, I would sit and visit with our families. We'd talk about a variety of things. Each conversation would always gravitate toward their lost loved one. I listened to stories of childhood mischief, a loved one's sense of humor, and how growing up in small town North Dakota made them into the people they became. Smiles of the children they left behind are a constant reminder of the love shared.

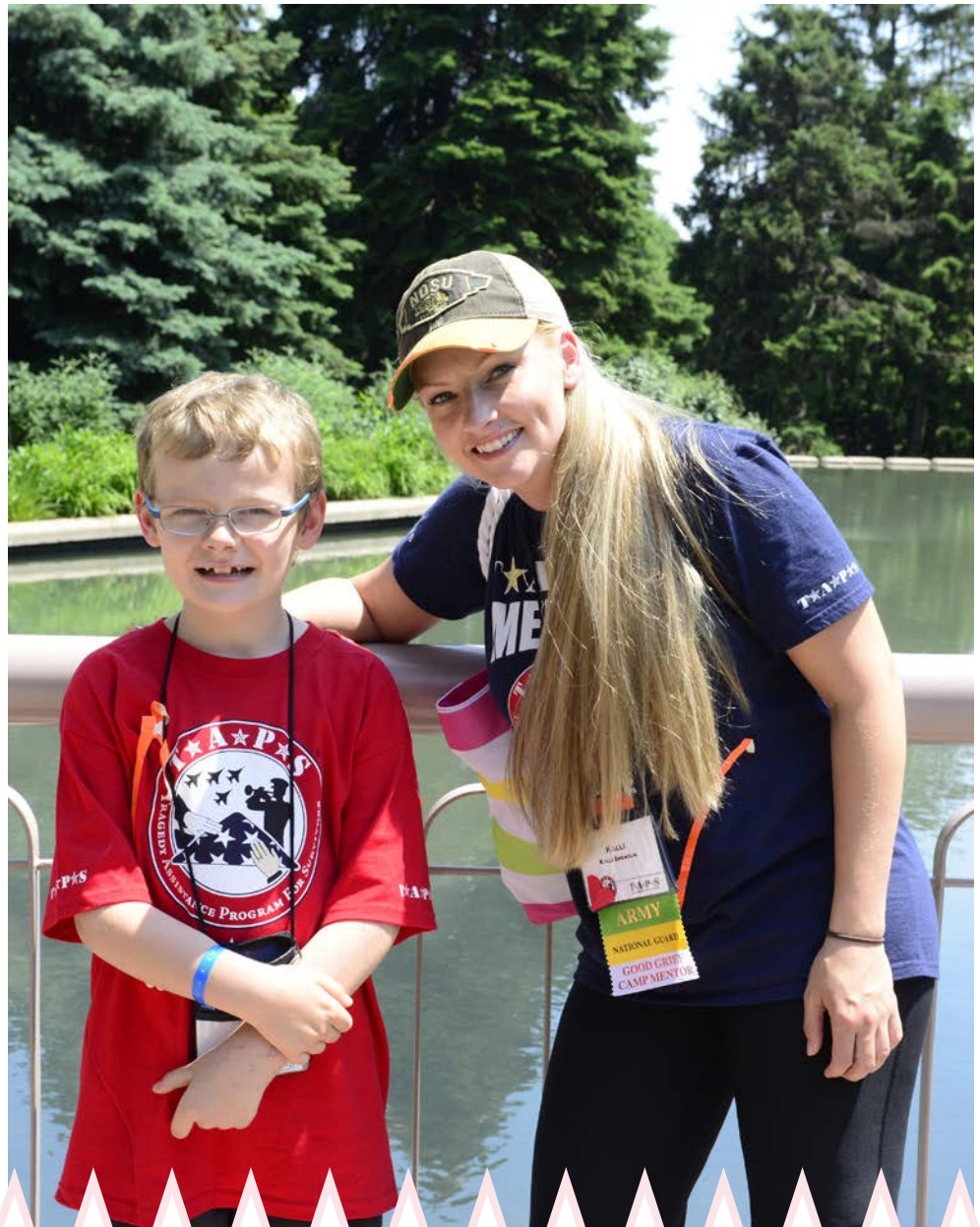
The N.D. National Guard is unlike any other state in terms of the support given to fallen families while at TAPS. A family's first experience with TAPS can be overwhelming and scary. The team from North Dakota aims to take a bit of that fear away.

"Seeing Davina (French) at the Washington National airport upon our arrival gave us a level of comfort that was so needed," said Brenda Deckard, surviving mother. "Meeting the other North Dakota National Guard people and the other survivors from North Dakota gave us further comfort. We shared tears and laughter, an emotion we thought we'd lost forever."

At that point, it finally hit me. I was there because the day I joined the N.D. National Guard, I had become their family and they had become mine. As a family, consisting of both current and former Guardsmen, it is our duty to never forget those we have lost, and it is our honor to take care of the families they have left behind.

The mission of TAPS is to honor our fallen service members by caring for those they loved who were left behind. TAPS

offers immediate and long-term emotional help, hope and healing to all those grieving the death of a loved one in military service to America, regardless of their relationship to the deceased or the circumstances of death. The N.D. National Guard recognizes the importance of this mission and we strive to provide outreach and assistance to the families of our fallen. As a Guardsman, I am honored to be able to assist in any way possible. ■



Max Wicks, grandson of retired Master Sgt. Tim Wicks and Angie Wicks, and his mentor, Capt. Kalli Swenson, commander of Higher Headquarters Company, 136th Combat Sustainment Support Battalion, take a break during the 2016 TAPS Good Grief Camp. This was Swenson's second year as Max's mentor.

GUARDIAN

Snapshots

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Photo by Staff Sgt. Brett Miller, Joint Force Headquarters



Capt. Robert Meland, of the Recruiting and Retention Battalion, rappels "Aussie style" from a rappel tower June 4 at the Camp Grafton Training Center, near Devils Lake.

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



The 119th Maintenance Squadron engine test facility, better known as the hush house, at the N.D. Air National Guard Base in Fargo, is partially demolished May 17 by a contracted civilian crew.

Photo by Tech. Sgt. Bradley Schneider, 119th Wing



Master Sgt. Ronald "Rocky" Brovold, of the 119th Maintenance Squadron propulsion element, operates controls of an aircraft engine test facility, better known as the hush house, March 29, 2001 at the N.D. Air National Guard Base. Brovold was conducting a full-throttle analysis of a Pratt and Whitney F-16 engine to verify performance.

Photo by Staff Sgt. Brett Miller, Joint Force Headquarters



Spc. Travis Young, of the Wisconsin-based D Company, 1st Battalion, 112th Aviation Regiment, conducts refueling training June 7 with North Dakota's 1st Battalion, 112th Aviation Regiment on a UH-72 Lakota at the Camp Grafton Training Center.

Photo by Jonathan Haugen, N.D. National Guard Visual Information



The 164th Engineer Battalion's guidon is planted firmly in the ground June 17 amid scattered equipment and debris after severe thunderstorms ripped through Camp Grafton Training Center-South the night prior.

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



Airman 1st Class Megan Jochim, 119th Wing recruiting office assistant, reviews paperwork June 13 at the N.D. Air National Guard Base for student flight members out-processing to U.S. Air Force basic military training at Lackland Air Force Base in Texas.

Share your photos!

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

Email high-resolution photos to 2nd Lt. Jennifer Joyce, N.D. Guardian editor, at jennifer.m.joyce2.mil@mail.mil.



N.D. Guard Teams Up With State for Drug Take Back Program

By Maj. Amber Balken, Joint Force Headquarters

The North Dakota Army National Guard Substance Abuse Program (SAP) partnered with the North Dakota Bureau of Criminal Investigation and local law enforcement to host the first N.D. National Guard Drug Take Back Event, May 18, at Raymond J. Bohn Armory in Bismarck.

As a member of the N.D. National Guard, taking a prescription medication that isn't yours, knowingly or unknowingly, could be detrimental to your career; it could also be life threatening.

The Drug Take Back event provided Guardsmen and staff a way to safely dispose of unused and unwanted over-the-counter and prescription medications. Any Soldier with a prescription drug positive result, must supply a prescription written by a physician that can validate the positive result. If a Soldier cannot provide a valid prescription, the positive urinalysis is then considered proof of illegitimate use of a controlled substance and the Soldier may be processed for separation from the military.

In December 2009, North Dakota

Attorney General Wayne Stenehjem launched the Prescription Drug Take Back program, which provides a way for unused and unwanted medicines and prescription drugs (including controlled substances) to be disposed of safely at police departments in participating cities. This program allows citizens to turn in drugs, free of repercussions, with no questions asked.

North Dakota is the only state in the nation operating a free-of-charge, year round, statewide prescription drug disposal program. ■

7 Tips for Medication Administration & Storage Safety

Source: Centers for Disease Control & Prevention, National Center for Injury Prevention & Control, Division of Unintentional Injury Prevention; Page last updated: November 24, 2015.

01

Only take prescription medications that are prescribed to you by a healthcare professional.

03

Never share or sell your prescription drugs.

05

Turn on a light when you give or take medicines at night so that you know you have the correct amount of the right medicine.

07

Dispose of unused, unneeded, or expired prescription drugs safely.

02

Take as directed; never take larger or more frequent doses of your medications to try to get faster or more powerful effects. Read all warning labels.

04

Keep all prescription medicines in a safe place that can only be reached by people who take or give them.

06

Keep medicines in their original bottles or containers.

Chaplains' Corner: The Season of Possibility

By Chaplain (Capt.) Justin Fenger, 231st Brigade Support Battalion

Summer is filled with choices to make. Our personal time is precious. Do we spend it on vacations, garage sales, cleaning, camping, family adventures, work, etc.? We ask ourselves, “What should I get rid of this season and what should I keep? What do I make time for, and where do I find the time?”

On the military side, summer is for annual training and preparing for the upcoming fiscal year. We have to consider where, as an organization, we are going to spend our time, resources and energy. We ensure we are ready for emergency response in case severe weather, wild fires or flooding threaten our communities.

I believe summer is full of decisions to make because it is full of possibilities and hope. The darkness and cold of winter lifts; we are no longer trapped by snow and ice or stuck in a world of grey. During summer, we feel the warmth of the sun and begin to see new life coming forth and yielding fruit ready for harvest.

I am reminded of a verse of a song by Luke Spehar, which goes, “it is worth staying alive just to see the dawn, the rising of the son.”

Is there any wonder that North Dakota summers hold so much promise (of course, if you were living in Hawaii, this would not have the same affect)?

This is what summer is all about, an ushering of command authority of death into new life, trapped into freedom, dark into light, and the son comes out and transforms us from the inside; hearts warmed, joy moves. This summer, this coming new fiscal year is the dawning of possibilities and hope.

We go through seasons in life physically, mentally and spiritually — seasons where things seem ongoing, dark, cold, and desparate. But during the summer, we are reminded that “it is worth staying alive just to see the dawn, the rising of the son” that brings hope and possibilities. ■



Photo by Mr. Jonathan Haugen, N.D. National Guard Visual Information

Spc. Ryan Nelson, an ammunition specialist with A Company, 231st Brigade Support Battalion, stores equipment June 13 after transferring ammunition at a logistics transfer point at Camp Grafton Training Center, near Devils Lake, during annual training.



Photo by Mr. Jonathan Haugen, N.D. National Guard Visual Information

Pvt. Kayla Wanner, of the 957th Engineer Company (Multi-Role Bridge), conducts bridging operations June 15 at Lake Coe, Camp Grafton Training Center-South, near Devils Lake, North Dakota.