



NORTH DAKOTA GUARDIAN

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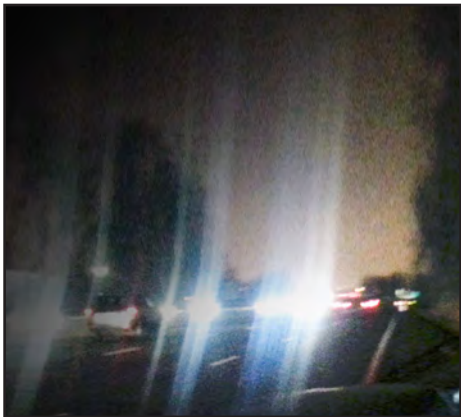
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NORTH DAKOTA GUARDIAN

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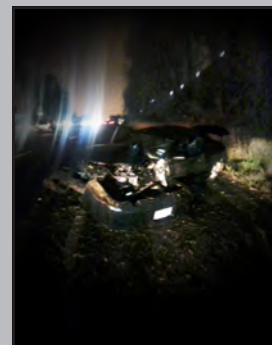
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On the Cover



The scene of a recent car accident in the Washington, D.C.-area, where seven N.D. Guardsmen reacted quickly in an attempt to mitigate disaster. The Soldiers with the N.D. National Guard's 1st Battalion, 188th Air Defense Artillery Regiment are serving on a one-year deployment, protecting airspace above the nation's capital.

Contributed Photo

GUARD POSTS

Dispatches from the N.D. Guard Family

HAPPY HOOLIGANS CONTINUE TO MEET AND EXCEED EXPECTATIONS

At the end of the 2013 calendar year, N.D. National Guard Airmen of the 119th Wing participated in a thorough inspection of our organizational and operational capacity, processes and performance.

First, I would like to congratulate all of the members of the Wing for a job well done! Leadership at the unit is quite proud with the results of the inspection, and we believe you should be proud too. The feedback we received proved that you are meeting and exceeding the requirements of our organization's ever-evolving mission.

Please don't get too wrapped up in specific grading terms, and remember that inspection guidelines allow one finding to pull down overall grades — even though we shined in other areas.

Most people don't like to have any type of inspection or over watch,

and would rather put off inspections indefinitely, but — in the business we are in — it's necessary. Unlike other jobs, the profession of arms demands that we stay fully ready and competent to provide our nation a sound force to task when necessary.

The constant and dramatic change the Wing has endured these past few years has been unprecedented in its history. Through this change, a vast amount of the Wing has retrained into new roles and careers, and we've excelled in true Hooligan tradition. Instead of being defeated by change, we've met the challenge head on, and it seems there's nothing we can't overcome. We are masters of change.

The inspection teams were very impressed with the Wing and its personnel; the pride, respect, courtesy and technical knowledge you showed



COL. KENT R. OLSON

Commander, 119th Wing

them was noteworthy. In all, the inspection teams gave either Superior Performer Awards or Inspector General coins to 48 Happy Hooligans! This is tremendous, and we should all be proud!

I would like to highlight one Airman, in particular. Master Sgt. James Casias received the Air Combat Command IG team chief coin for excellence, which is awarded to less than one percent of all active-duty and reserve Air Force personnel. Please help me congratulate him on his outstanding performance!

Finally, I cannot adequately express my appreciation for the job you all do. Thank you! Keep up the great work, and continue to display your positive attitudes. Significant change will be over soon, and we'll be able to focus once again on exceeding expectations and showing the state, country and world who the Happy Hooligans are.

A handwritten signature in black ink, appearing to read "Kent Olson".

Col. Rickey Rodgers (left), Air Combat Command inspector general team chief, visits with Col. Kent Olson, 119th Wing commander, after the completion of the 119th's compliance inspection out-brief Dec. 18, 2013, at the N.D. Air National Guard base, Fargo. The briefing is the culmination of an intense inspection process, which the unit passed with many superior performers and several areas receiving excellent and outstanding grades. The unit will not have the same inspection again until 2018.



The N.D. National Guard remained steadfast in its commitment to being "Always Ready, Always There" in 2013.

Here's a recap of...



By Staff Sgt. Eric Jensen and Sgt. Jennifer Joyce,
N.D. National Guard Public Affairs

Faced with fiscal constraints imposed by defense budget cuts through sequestration and, later, a federal government shutdown, the N.D. National Guard this year continued to uphold its commitment to being "Always Ready, Always There." Soldiers and Airmen in tandem with their support network of families and employers showed their adaptability in a year riddled with obstacles, including the loss of the N.D. Air National Guard's manned flying mission. Despite those challenges, Guardsmen across the state garnered accolades, completed and came home from successful overseas missions and remained poised to respond to potential emergencies within North Dakota.

"This past year was filled with challenges as well as opportunities for the N.D. National Guard," said Maj. Gen. David Sprynczynatyk, N.D. adjutant general. "Our Soldiers and Airmen once again demonstrated that they are the best in the nation, even when faced with adversity. Whether deployed overseas, protecting the homeland or assisting our communities, our Guard members, as well as their families, serve with pride and distinction."

26

Age of the N.D. National Guard's youngest ever "Double Distinguished" marksman, Sgt. Evan Messer, who earned the title in 2013.



60

Percent of the Soldiers and Airmen of the N.D. National Guard now from Generation Y.



Government Shutdown

N.D. National Guard full-time federal employees experienced complications set off by sequestration this spring, which enacted a series of cuts, including those to defense spending. Soldiers and Airmen contended with a number of furlough days from mid-May until the 2014 fiscal year on Oct. 1. On that date, the federal government was shut down for **16** days. For North Dakota, the shutdown resulted in furloughing about **500** federal technicians for less than a week until the Pay our Military Act brought most full-time employees back to work. The government shutdown also resulted in the N.D. National Guard cancelling October drill for units across the state.

\$275,000,000

Estimated economic impact of the N.D. National Guard in the state of North Dakota in 2013.



23

Training exercises and engagements completed in Ghana as part of the State Partnership Program.

15

Air Force Outstanding Unit Awards presented to the 119th Wing. The unit, known as the Happy Hooligans, maintained its status as one of the most-awarded in the nation when it received its 15th Air Force Outstanding Unit Award in April 2013. The Air Force Outstanding Unit Award recognizes units across the active-duty Air Force, Reserves and Air National Guard for achievements of national or international significance, including successful involvement with military operations or exposure to hostile actions by an opposing force.

283

Soldiers recruited into the N.D. National Guard in 2013.

70

Airmen who joined the N.D. National Guard in 2013.

8,500

Square miles of mission area that makes up the Minot Air Force Base missile field complex near Minot. In May 2013, the 219th Security Forces Squadron made history by becoming the first-ever Guard unit to provide complete security of a Missile Field Sector. The 219th has become fully interchangeable with active-duty forces of the 91st Missile Field Security Forces Group and is now providing security for launch facilities and corresponding missile alert facilities.

150

Launch facilities and corresponding missile alert facilities for the Minuteman III Weapons System being protected by 219th Security Forces Squadron Airmen across an area in northwestern North Dakota that's about the size of New Jersey.



“Remember when I was told early on that there would never be a traditional Guard member as an FSC (flight security controller)? It’s happening.”

— 2013 quote from Chief Master Sgt. Mike Schreiner, senior enlisted leader for the N.D. Air National Guard’s 219th Security Forces Squadron

End of an Era

Members of the N.D. Air National Guard saw the “End of an Era” as its last C-21 Lear Jet aircraft left Fargo in late August. The departure signified the end of the unit’s manned flying missions that began in 1947. In September, the Happy Hooligans held ceremonies to observe the organization’s transition to a new intelligence mission. A number of squadrons were re-designated in preparation for the new mission, including the 119th Maintenance Group, which was re-designated as the 119th Intelligence Group. The 177th Airlift Squadron was re-designated as the 177th Intelligence Squadron. The Airlift Squadron flew the C-21s while the Maintenance Group kept the aircraft operational.

Retired Maj. Gen. Alexander Macdonald, who commanded the Happy Hooligans for **13** years and went on to become the state’s first Air Guard adjutant general, shared recollections from his **45** years of service while commemorating the C-21’s departure during an August ceremony.

“We stand here today at the end of an era and the beginning of new life for the N.D. Air National Guard,” he said. “Whatever the future holds, the Hooligans will be at the top. We will not give up the traditions (of excellence) we’ve established over the last **66** years.”



“When the last fighter left Fargo, there was a feeling among some that we had reached the end of our history as the best of the best, but we set new standards of performance. ... After all, we were Happy Hooligans. We ... will do the same with the newly assigned targeting mission.”

— 2013 quote from retired Maj. Gen. Alexander Macdonald, former Happy Hooligan and N.D. adjutant general

Combat Action Badges awarded to individual Soldiers of the 818th Engineer Company during and after their deployment to Afghanistan. In March 2013, nearly 100 818th Engineer Co. Soldiers reunited with family and friends when they arrived home to North Dakota after about nine months overseas. The unit had been charged with a dangerous and critical route clearance mission as part of Task Force War Hammer in Afghanistan. On Dec. 3, 2012, while conducting a route clearance mission, Sgt. 1st Class Darren Linde and Pfc. Tyler Orgaard were killed in action when an improvised explosive device struck their vehicle in southern Afghanistan. Another Soldier from the unit, Spc. Ian Placek, was wounded in the attack.

33

174,000

Flying hours achieved, without a single Class A mishap, by the Happy Hooligans as the manned flying mission ended in 2013.



0 Manned flying missions out of Fargo for the N.D. Air National Guard beginning in October 2013. The state’s C-21 flying mission was eliminated. However, in part because of the tremendous effort and expertise displayed by the Hooligans, the Grand Forks Air Force Base Launch and Recovery Element has become a permanent addition to the mission of the N.D. Air National Guard.

8

Chaplains and chaplain assistants in the N.D. Air National Guard available to provide religious support, as well as emotional and mental health support.

15

Chaplains and chaplain assistants in the N.D. Army National Guard available to assist Soldiers.

5,138

Service members, veterans and family members served at the N.D. National Guard’s two Military Service Center locations in 2013.

10,000

Kilometers of main supply routes cleared by Soldiers of the 818th Engineer Company during their deployment to Afghanistan. The company eliminated more than 30 improvised explosive devices meant to harm U.S., multinational and Afghan forces and innocent Afghan civilians.



40

Soldiers of the 231st Brigade Support Battalion who took part in Central Accord 13, a U.S. Army Africa exercise in Cameroon. The exercise partnered Cameroon's military with about 160 U.S. service members and soldiers from five other Central Africa nations to enhance aerial delivery as well as patient treatment and evacuation.



5,000

Wreaths — one for each headstone — placed on graves at the N.D. Veterans Cemetery south of Mandan in December 2013 through a program called Wreaths Across America sponsored by the N.D. Civil Air Patrol.



\$82,427

Amount donated to the N.D. National Guard Foundation in 2013. The foundation includes the N.D. Tragedy Assistance Program for Survivors, which supports the national TAPS initiative and provides services to those who have lost a loved one serving in the Armed Forces, and the N.D. National Guard Emergency Relief Fund, which benefits Guard Soldiers, Airmen and their families by providing financial support in sudden and unforeseen emergency situations.

New Chapters

The N.D. National Guard wrote new chapters in its history of excellence, as Airmen and Soldiers this year continued to serve on overseas deployments and stateside missions. After a nearly **three**-month hiatus from overseas deployments for the N.D. Air National Guard, nearly **30** members from the 119th Security Forces Squadron left in late March for a **six**-month deployment to Afghanistan. A number of individual Airmen also were mobilized overseas throughout the year.

After being placed on alert in late 2012 for a potential mission to Afghanistan, Soldiers of the Jamestown-based 817th Engineer Company (Sapper) in August learned that they would not be mobilized. N.D. Army National Guard units continued to serve overseas, however, including the 191st Military Police Company with its mission in Cuba. More than **90** Soldiers with the 818th Engineer Company (Sapper) returned home in March. Additionally, **two** small units of fewer than **10** Soldiers

deployed overseas; the 1919th Contracting Team served in Afghanistan and Qatar and Detachment 42, Operational Support Airlift in Afghanistan.

More than **200** additional Guardsmen are serving on stateside mobilizations, the bulk of which hail from the 1st Battalion, 188th Air Defense Artillery Regiment and are taking part in a National Capital Region mission. Soldiers with the 1st Battalion, 112th Aviation Regiment (Security and Support), out of Bismarck, continue to serve with the U.S. Customs and Border Protection on the southwest border of the United States in Texas.

Nearly **40** Soldiers with the Bismarck-based Company C, 2nd Battalion, 285th Regiment also departed in October for a yearlong international peacekeeping mission in Kosovo. Families and friends attended an official send-off ceremony in December 2013 for about **40** members with the 814th Medical Company (Area Support), based in Bismarck, N.D. The Soldiers will soon depart for a yearlong mission to Afghanistan. ■

Soldiers of the N.D. National Guard who deployed in 2013.

382

28

Airmen of the N.D. National Guard who deployed overseas in 2013.



4

Years in a row the N.D. National Guard biathlon team has won the Regional Championship.

INTERACT WITH US!



8,784 People following the N.D. National Guard on Facebook.



1,700,000

Photo views on the N.D. National Guard's Flickr site to date.

2,587

Photos uploaded to the N.D. National Guard's Flickr site in 2013.

twitter

1,831

Tweets from www.twitter.com/NDNationalGuard in 2013.



Views of N.D. National Guard videos on YouTube to date.

56,957

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GUARDIAN VIEWPOINT

The following letter was shared with the N.D. Guardian by Sgt. David Young, of the Bismarck-based Joint Force Headquarters. Young is a full-time Information Technology Specialist at Camp Grafton Training Center near Devils Lake.

Good day,

I would like to start by introducing myself: My name is Sgt. David Young, and I was a part of the most incredible weekend I have had in a long time thanks to the N.D. Injured Military Wildlife Project. I have been in the N.D. National Guard for 10 years. I was deployed to Iraq, August 2005 to November 2006, with the 164th Engineer Battalion's Company A out of Minot. Our mission in Iraq was route clearance or "Trailblazer." The mission Trailblazer is exactly how it sounds, we would go on patrol on all the major supply routes and clear the roads of IEDs (improvised explosive devices) and insurgents. It was our job to ensure that every convoy, patrol, or local civilians that traveled the road behind us were always safe. Throughout the year, our company found a total of 471 IEDs, which to this day is still the most IEDs found by one single company in a year's timeframe. Every IED we found factored out to be 1.7 American lives we would save. It was an awesome feeling knowing that our job was making a difference and saving lives every day!

The 471 IEDs that we found were not always an easy task. Sometimes the IED would find us before we would find it. Each soldier I was deployed with had the unfortunate day where they had encountered an IED blast. On a day when that occurred, we relied greatly on the durability of our vehicles.

On May 20, 2005, I was hit by an IED while I was in the gunner's hatch. The blast launched me up out of my seat and I hit my neck on the turret causing my neck to break. I also suffered a traumatic brain injury or TBI. I spent the next month recovering on the base. I consider myself to be very fortunate to still have all of my limbs and, most importantly, my life.

The events of that day and my deployment still affect me. I have significant mobility issues and also suffer from headaches daily. However, the ultimate injury I sustained isn't visible. I suffer from PTSD (post-traumatic stress disorder). My mentality when I came home wasn't any different than when I left for my deployment, or so I thought. I soon realized that I wasn't the same person. In fact, no one who went on our deployment will ever be the same person they once were. A year after returning to day-to-day life, my mentor in the Army took his own life. He was living with me at the time and was like a big brother to me. I had no idea how much he was suffering from PTSD until that day. I was with him at the time and tried everything in my power to stop him and to let him know that we can find help together. I will never know what he was thinking or if I could have helped him now because it is too late.

After the event of that day, I became very angry. I almost lost my wife from my anger. Thank God I had a good support system from family and friends to help me through that horrible time in my life. If it wasn't for my wife standing by me, I'm not sure where I would be today.

While I was traveling home from this incredible weekend of hunting, I tried to think of a way to explain to each and every one of you who helped make this dream of mine come true, just how significant and meaningful this weekend was to me and my family. When I got home and I started to talk to my wife about this event, and she looked at me and said that this was the first time she had seen me act like my old self since before Joe killed himself. So, you see, this weekend of hunting was not just fun and exciting for me, it was a life-changing experience. I got to feel alive and free of stress for the first time since 2007. Besides seeing the birth of my children, this was one of the greatest days of my life. For that, I thank you, and my wife thanks you. Without your help and selflessness of providing this experience for people like me, I would have forgot just what it felt like to be alive.

Sincerely,

Sgt. David A. Young

Sgt. David A. Young



For hunting and fishing opportunities like the one Young mentions above visit www.injuredmilitarywildlife.com. Other organizations, like Hunting Dakota with Roosevelt, www.huntingdakotawithroosevelt.com, offer similar experiences.

TRUE GUARDIAN

McEvers Credited with Helping Save Life in Devils Lake

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



A N.D. National Guard Soldier says his military training helped him know what to do when he witnessed a man collapse in Devils Lake recently.

Maj. Mark McEvers, of Devils Lake, was playing in a recreational basketball league at Sweetwater Elementary School Dec. 8., 2013. After the first game, a player on the sidelines passed out and stopped breathing. McEvers, who works full-time for the Guard as the executive officer and officer in charge of the 136th Combat Sustainment Support Brigade, grabbed the automated external defibrillator, or AED, device from the hallway.

In the meantime, another player checked the pulse of the collapsed man and found

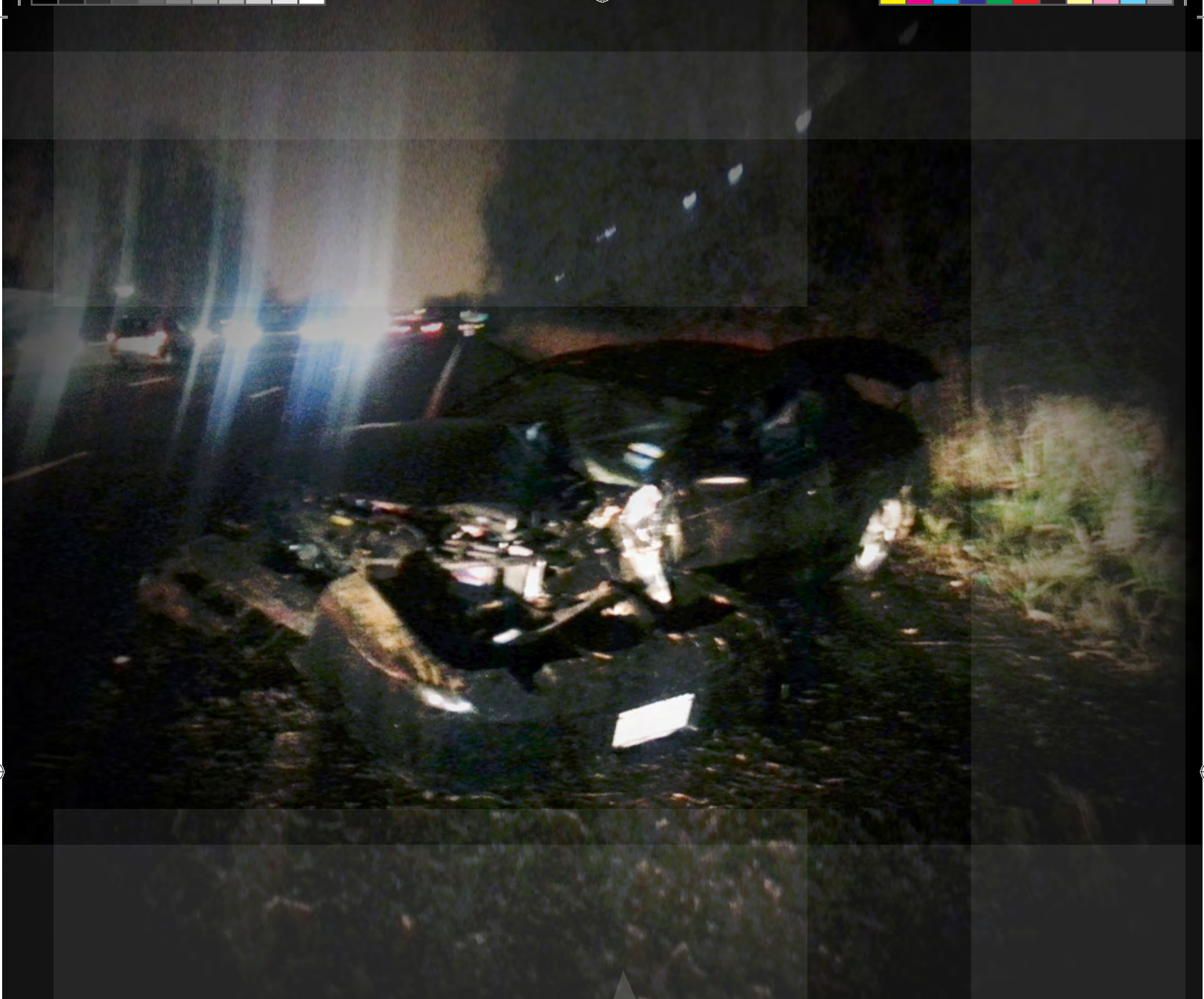
nothing. Witnesses say the man who collapsed began to turn blue. McEvers used the AED to bring him back. Another player then provided CPR to help sustain the victim until emergency personnel arrived. The man wouldn't have survived had it not been for the AED and CPR, the emergency responders said.

"It was a team effort by all involved," McEvers said. "I would like to personally thank the N.D. National Guard for providing the training on the AED and having them located in our buildings. I am a true believer in their benefits to personnel utilizing our facilities. This organization gave me the knowledge to apply life-saving skills until the emergency responders

showed up and took over."

The news of McEvers' actions came just days after news of seven N.D. National Guard Soldiers with the 1st Battalion, 188th Air Defense Artillery Regiment were credited with helping to save the life of a driver who crashed off of I-295 North in Washington, D.C.

"The actions of our Guardsmen not only on duty but in their off-duty time shows the ability, competency and caring nature of those who serve," said Maj. Gen. David Sprynczynatyk, N.D. adjutant general. "I'm thankful that they were there for those who needed help and that their training made it second-nature to provide the life-saving skills needed in both situations." ■



N.D. Soliders witness and react to a

CRASH

ON INTERSTATE 295



N.D. Soldiers Deployed to Washington, D.C., Credited with Helping Injured Driver

By Chaplain (Capt.) Timothy Stout,
1st Battalion, 188th Air Defense Artillery Regiment

Seven North Dakota National Guard Soldiers came to the rescue of a Washington, D.C.-area woman following a traffic accident in December. According to initial reports, local police and emergency medical technicians say the Soldiers likely helped to save the driver's life.

The North Dakota Guardsmen are part of the 1st Battalion, 188th Air Defense Artillery Regiment's yearlong deployment to Washington, D.C., to help protect the nation's capital. Seven of the Soldiers — Maj. Wally Vannurden, of Mohall, N.D., 1st Lt. Kerry Fredrich, of Bismarck, N.D., Sgt. Scott Douglas, of Paynesville, Minn., Spc. Mark Kubat, of Oakdale, Minn., Spc. Jesse Goeser, of Hatton, N.D., Spc. Leo Hughes, of Bismarck, and Spc. Tyler Needham, of Devils Lake, N.D. — were returning to their living quarters after the duty day when the accident occurred.

They stopped immediately when they witnessed a vehicle slide out of control in front of them on I-295 North. The Soldiers say they used their military training to provide aid, including turning on hazard lights to warn other vehicles of the wreckage, setting out warning triangles, and searching the area for injured passengers. When they found the female driver sitting in the ditch, they opened their issued Combat Lifesaver bags and began to provide first aid while reassuring the woman and keeping her warm.

After determining that she was the only victim in the accident and that her wounds were not life threatening, they carefully lifted her out of the ditch, where she had been sitting with her legs in the cold water. The Soldiers remained with the woman until police and emergency crews arrived on the scene and relieved them of their duty.

National Guard Soldiers are trained and always prepared to render care since they are often called on to respond to natural disasters and local emergencies. The skills and reactions are part of their Army training to ensure a natural response when the need arises, as it did that night.

The seven Soldiers who responded are part of a group of about 200 North Dakota Guardsmen serving in Task Force Artemis as part of the National Capital Region – Integrated Air Defense Systems mission in support of Operation Noble Eagle under the operational control of North American Aerospace Defense Command and Continental NORAD Region. ■

Contributed Photo

Pictured, is the scene of a recent car accident in the Washington, D.C.-area, where seven N.D. Guardsmen reacted quickly in an attempt to mitigate disaster. The Soldiers with the N.D. National Guard's 1st Battalion, 188th Air Defense Artillery Regiment are serving on a one-year deployment, protecting airspace above the nation's capital.



MAKE POSITIVE CHANGES THIS NEW YEAR AND STICK WITH THEM

Guest post by Molly Hayden
U.S. Army Garrison Bavaria Public Affairs

Making New Year's resolutions is an easy task; keeping them on the other hand, can be tough.

But the new year isn't meant for reinvention, but rather reflection. Glancing into the rear-view mirror of the past year can serve as a catalyst to make positive changes in health and lifestyle for the future.

And according to the American Psychological Association, or APA, not keeping those resolutions is all in our head.

The APA offered five easy steps for making changes, and sticking with them. Follow these steps and your 2014 resolutions can become more reality than fantasy.

Start small: Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time: Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life.

Instead, work toward changing one thing at a time.

Talk about it: Share your experiences with family, friends, or your family readiness group. Consider joining or starting support group to reach your goals, such as a class at the fitness center or a group of co-workers who aim to quit smoking.

Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up: Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal.

Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support: Everyone needs a cheerleader from time to time. Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution.

If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help.

Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues. ■

GUARDIAN

Snapshots

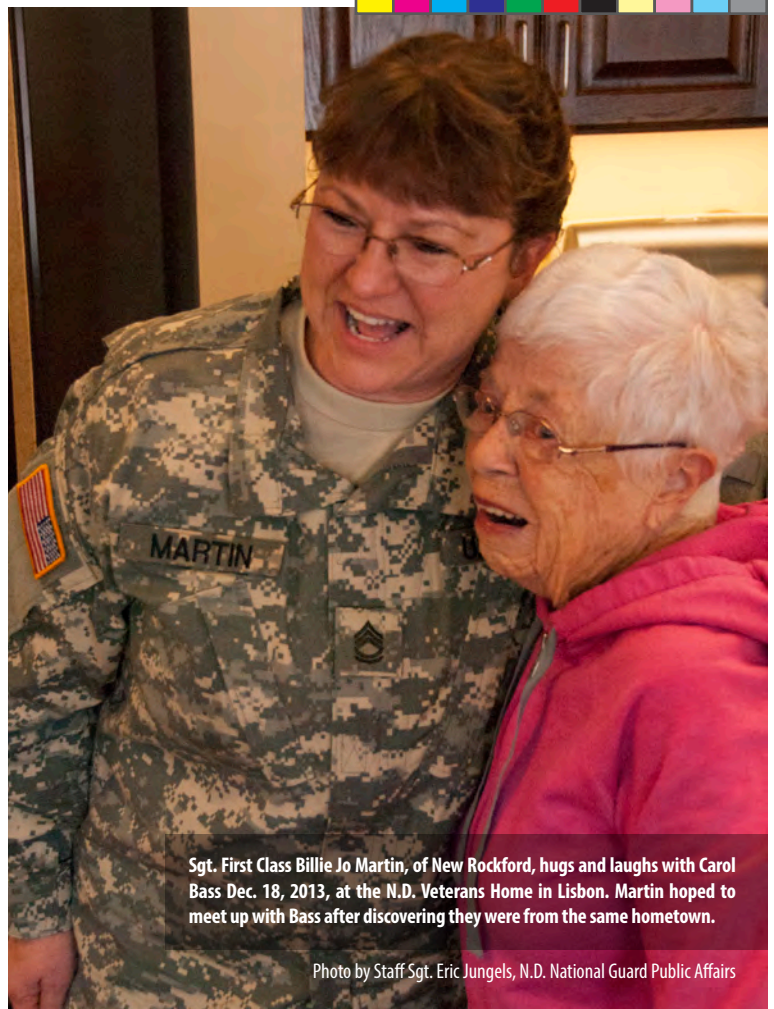
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Sgt. Laura Fajardo, Bismarck, gets a video game lesson from Keith Holmgren Dec. 18, 2013, at the N.D. Veterans Home in Lisbon.

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



Sgt. First Class Billie Jo Martin, of New Rockford, hugs and laughs with Carol Bass Dec. 18, 2013, at the N.D. Veterans Home in Lisbon. Martin hoped to meet up with Bass after discovering they were from the same hometown.

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

Airman 1st Class JulieAnn Bischof, 119th Wing, listens to stories told by a resident of the N.D. Veterans Home Dec. 18, 2013, in Lisbon. Bischof was a member of a group of N.D. National Guard Soldiers and Airmen who visited the home to enjoy a holiday meal, present gifts and share caroling.

Photo by Sgt. Jon Haugen, N.D. National Guard Visual Information





Brig. Gen. Alan Dohrmann, N.D. deputy adjutant general, visits with a resident of the N.D. Veterans Home Dec. 18, 2013, in Lisbon.

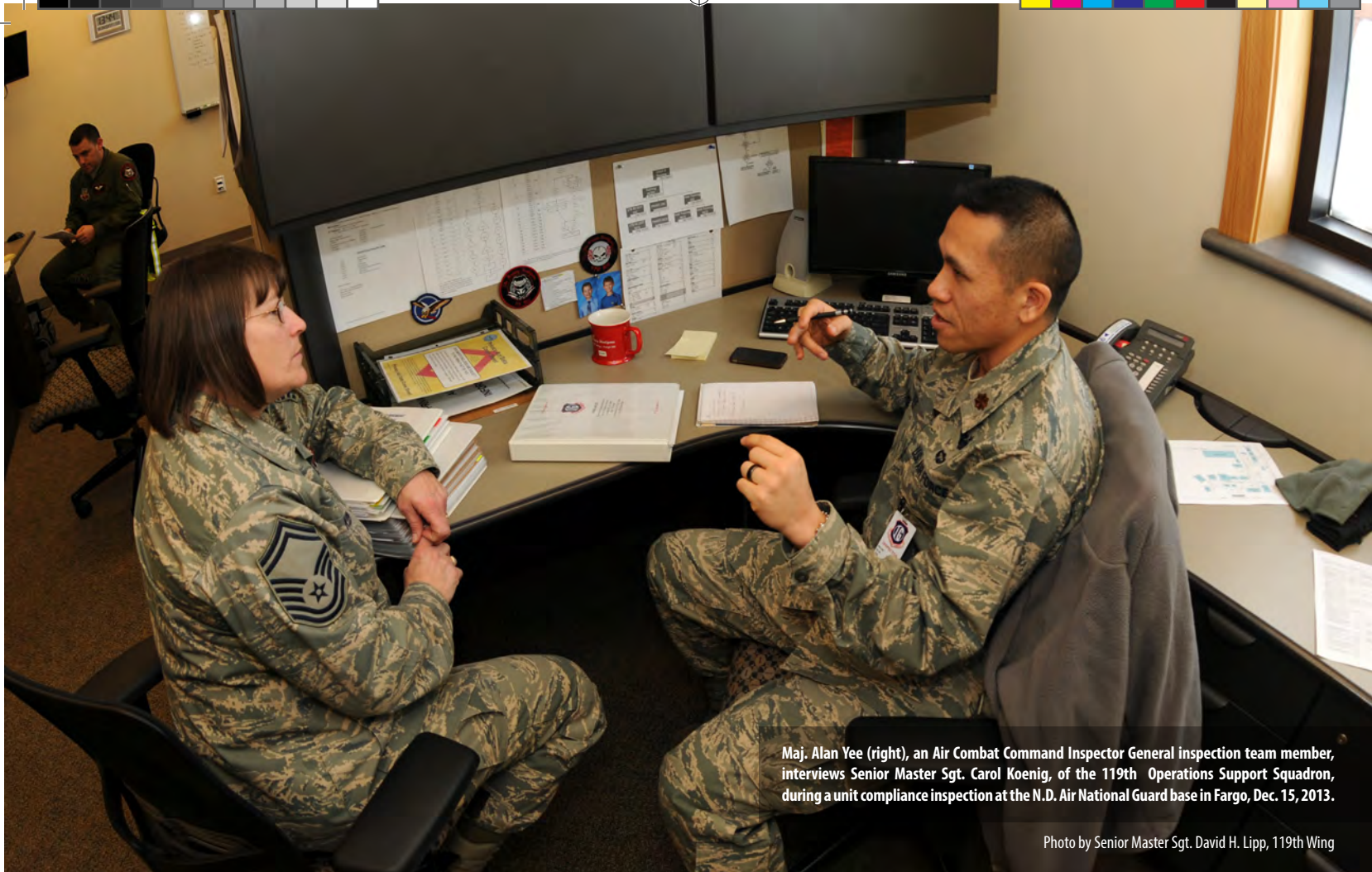
Photo by Sgt. Jon Haugen, N.D. National Guard Visual Information



Command Sgt. Maj. Harley Schwind calls out a resident's name during gift giving Dec. 18, 2013, at the N.D. Veterans Home in Lisbon. Soldiers and Airman lined up to deliver the gifts to veterans at the home, moments before the 188th Army Band led the entire room in caroling.

Photo by Sgt. Jon Haugen, N.D. National Guard Visual Information





Maj. Alan Yee (right), an Air Combat Command Inspector General inspection team member, interviews Senior Master Sgt. Carol Koenig, of the 119th Operations Support Squadron, during a unit compliance inspection at the N.D. Air National Guard base in Fargo, Dec. 15, 2013.

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



Members of the N.D. Air National Guard take a yearend, athletic break as they participate in the first-ever Hooligan Winter Classic Golf Tournament Dec. 20, 2013, in Fargo.

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

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Maj. Gen. David Sprynczynatyk, N.D. adjutant general, center, flips the coin at midfield for the N.D. State University Bison versus Coastal Carolina University FCS quarterfinal playoff football game Dec. 14, 2013, at the FargoDome in Fargo. Sprynczynatyk is an alumnus of N.D. State University, where he earned a bachelor's degree in civil engineering in 1972. He is flipping the coin to determine who receives the ball for the opening kick-off. The Bison would go on to win the game 48-14.

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



Master Sgt. Joshua Clarke (left) and Master Sgt. Grant Lonski pose for a photo after presenting flags to Sally Johnson, a representative of Sen. John Hoeven, and Gov. Jack Dalrymple during a Welcome Home event Dec. 14, 2013, at the Doublewood Inn in Fargo. The Airmen, members of the N.D. Air National Guard's 119th Security Forces Squadron, are being honored for a seven-month deployment to Bagram, Afghanistan. They received the flags from Dalrymple and Hoeven prior to deploying and brought them to Afghanistan.

Photo by Tech Sgt. Bradly Schneider, 119th Wing

Share your photos!

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Email high-resolution photos to Staff Sgt. Eric Jungels, N.D. Guardian editor, at eric.p.jungels.mil@mail.mil.



Students of the University of Mary, Bismarck, participate in tac ball, a game similar to paintball which allows participants to negotiate obstacles and attempt to mark opponents using low-impact, reusable plastic balls at an interactive community event Dec. 14, 2013. A number of similar events, sponsored by the N.D. National Guard and open to all students ages 16 and up, also featured hands-on military equipment displays including night vision goggles, weapons, beam hit target shooting, medical equipment, aviation equipment and military vehicles.

Photo by Sgt. 1st Class Steven Urlacher, N.D. National Guard Visual Information



N.D. National Guard Child and Youth Program volunteer family members of deployed N.D. National Guard personnel deliver Christmas presents to the pediatrics area of Sanford Hospital, Fargo, for children needing hospital care over the holiday season Dec. 21, 2013.

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



AIR DEFENDERS SUPPORT EVENT AT ARLINGTON NATIONAL CEMETERY

Story by Capt. Christopher Walker, 1st Battalion, 188th Air Defense Artillery Regiment



**SUBMISSION
UPAR
OF THE MONTH**

Photo by Photo by Chaplain (Capt.) Timothy Stout, 1st Battalion, 188th Air Defense Artillery Regiment
Soldiers from the 1st Battalion, 188th Air Defense Artillery Regiment Guard place remembrance wreaths Dec. 14, 2013, at Arlington National Cemetery in Arlington, Va., during an annual Wreaths Across America event. The Guardsmen helped Wreaths Across America volunteers place more than 143,000 remembrance wreaths.

As about 1,000 people helped to place more than 5,000 wreaths at the N.D. Veterans Cemetery — one for each headstone — Soldiers with the 1st Battalion, 188th Air Defense Artillery Regiment were doing the same at Arlington National Cemetery Dec. 14, 2013, while serving a yearlong deployment to the National Capital Region. The events were organized by Wreaths Across America, an organization that partners with individual sponsors, corporate donors and

volunteer truckers to coordinate wreath-laying ceremonies annually at veterans' cemeteries across the country.

In Virginia, about 100 Soldiers from the 1-188th joined thousands of volunteers to help place more than 143,000 remembrance wreaths. Twelve Soldiers were assigned as truck workers and were responsible for unpacking and distributing 3,475 wreaths packed inside one of 41 tractor trailers pre-staged at the cemetery. Sgt. 1st Class Bill Kilmer, of Grafton, N. D. was assigned as the "truck commander" and was responsible for organizing and directing the crew.

An additional group of Soldiers from the battalion, including Lt. Col. Jonathan Erickson, 1-188th commander, joined a large group of volunteers in placing the wreaths.

"It's inspiring to have nearly half of the battalion participating in this event along with so many civilian volunteers from around the community, working hand-in-hand to honor the service members buried here," Erickson said during the event.

Command Sgt. Maj. Wallace Keller, 1-188th senior enlisted leader, addressed the group and read Wreaths Across America's mission statement before the event began: "Remember the fallen, honor those who serve and teach our children the value of freedom."

Wreaths Across America supports about 850 cemeteries in the U.S. and overseas. North Dakota has two participating locations: the N.D. Veterans Cemetery near Mandan and the Holy Cross Cemetery in Fargo.

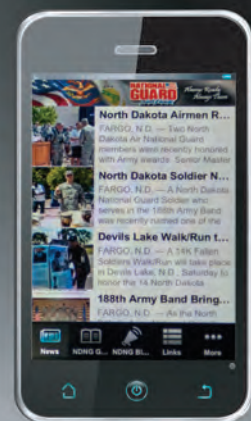
More than 200 Soldiers from the 1-188th are serving with Task Force Artemis as part of an integrated air defense system mission in support of Operation Noble Eagle. The unit departed North Dakota in May 2012. ■

Unit Public Affairs Representatives: Submit your stories and high-resolution photos to Staff Sgt. Eric Jungels, N.D. Guardian editor, at eric.p.jungels.mil@mail.mil.

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Camp Grafton Soldiers Support Homeless Veterans

Soldiers and full-time civilians working at Camp Grafton Training Center near Devils Lake, N.D., in December showed their generosity and holiday spirit by “adopting” a number of homeless veterans through the Salvation Army’s Supportive Services for Veteran Families program. Camp Grafton personnel from the 3662nd Maintenance Company, 136th Combat Support Sustainment Battalion, the 164th Regional Training Institute and the facility’s Unit Training Equipment Site and Combined Support Maintenance Shop donated care packages and created holiday cards with their families to support those in need.

Each year, during the holiday season, the Soldiers and civilian employees choose a community project to support. This year, they learned about the veterans program and the need for assistance through Ellen McKinnon, a local Salvation Army outreach coordinator.

“This was a wonderful opportunity to support a noble cause,” said Maj. Mark McEvers, executive officer and officer in charge of the 136th Combat Sustainment

Support Battalion. “The entire team of employees located at Camp Grafton was happy to be a source of warmth and comfort during the holiday season to those who have served. Additionally, Soldiers and families used this as a teaching moment for their kids to show the true meaning of the holidays.”

The Guardsmen filled unique packet donations and sent the items to 14 homeless veterans throughout the state. The items included hats, mittens, flannel shirts, beef jerky, peanut butter, personal hygiene items, pillows, backpacks, sweatshirts, wool socks and can openers. Additionally, the 136th CSSB Family Support Group gathered to construct holiday cards to send out with the packages and raised funds during activities at the unit’s December drill weekend to donate an additional \$100.00.

McEvers said personnel from the 164th Regional Training Institute also donated more than \$200 to purchase much needed food items for the veterans. Sgt. Grendaliz Nieves-Hernandez, of the 136th CSSB further added to the donations by creating dog tags for the veterans. The items were engraved with a phrase reading, “Thank you for your service.”

According to its website, the Salvation Army’s Supportive Services for Veteran Families program provides assistance to low-income veterans and their families by making available a number of resources, including healthcare, daily living services, personal financial planning, transportation and housing expenses. ■

— By Sgt. Grendaliz Nieves-Hernandez
136th Combat Support Sustainment Battalion



Contributed Photo

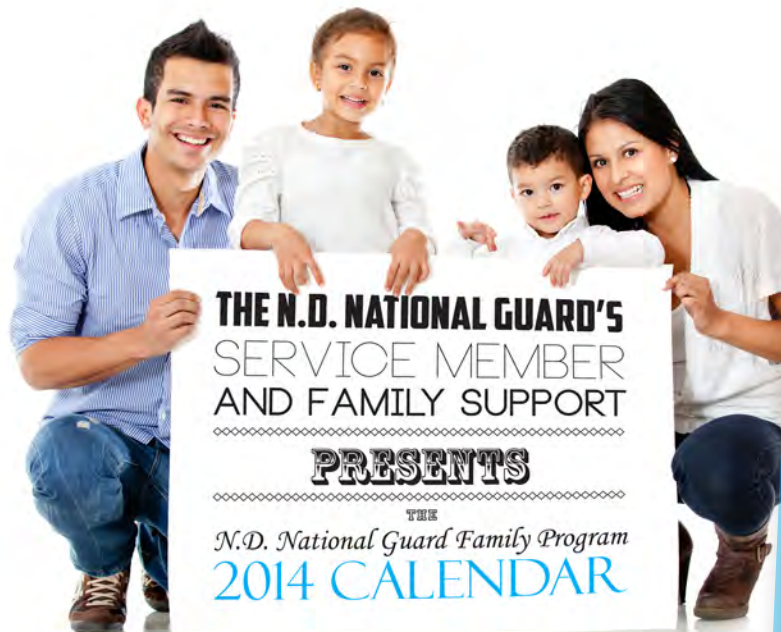
Soldiers from Camp Grafton Training Center meet with and deliver donations to Lauren Seely (center), Salvation Army Project Coordinator for Supported Services for Veterans Families.

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COMING IN JANUARY



Dear Reader,

The N.D. National Guard Family Program 2014 Calendar will be delivered to mailboxes soon. Each month features a family program within Service Member and Family Support. Check out the last page for a complete listing of telephone numbers to reach all the services we have to offer. The calendar has pictures of N.D. National Guard Airmen, Soldiers and families, and it includes a map showing the locations of our six Family Assistance Centers. We hope you find it to be a useful tool throughout the year. Enjoy!

Sincerely,

Rob Keller
Director
Service Member and Family Support

Chaplains' Corner:

Auld Lang Syne



*By Chaplain (Capt.) Timothy L. Stout
1st Battalion, 188th Air Defense Artillery Regiment*

It is the beginning of yet another calendar year — a time to remember the good old days, as well as the friends and acquaintances who have made our lives better. It's also a time to look forward to what lies ahead.

How many of you made New Year's resolutions this year? How many kept the resolutions you made last year? A number of years ago I got tired of breaking all my resolutions, so I resolved to never make another New Year's resolution. So far, it is the first one I have ever kept.

Why do we celebrate each New Year, make resolutions, and sing that famous "auld" song? We rejoice in the opportunity for new beginnings in which we can leave behind the past (especially those things we would rather not remember) and look forward to the future.

In Philippians 3:12-14, the Apostle Paul wrote, "Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."

In the last year, we have accomplished many things. Many of those things made us proud: successful deployments, homecomings, career advancements, marriages, the births of children, graduations and the like.

Other events have saddened us: the death of those we loved, setbacks, damage to home or property. Some things may have caused

us shame, and others have given us cause to be angry. What each event has in common is that they are behind us. They may have changed us, but we can no longer change them. We cannot undo the past. We can only follow the advice of St. Paul, which is to leave the past in the past and press on toward what lies ahead.

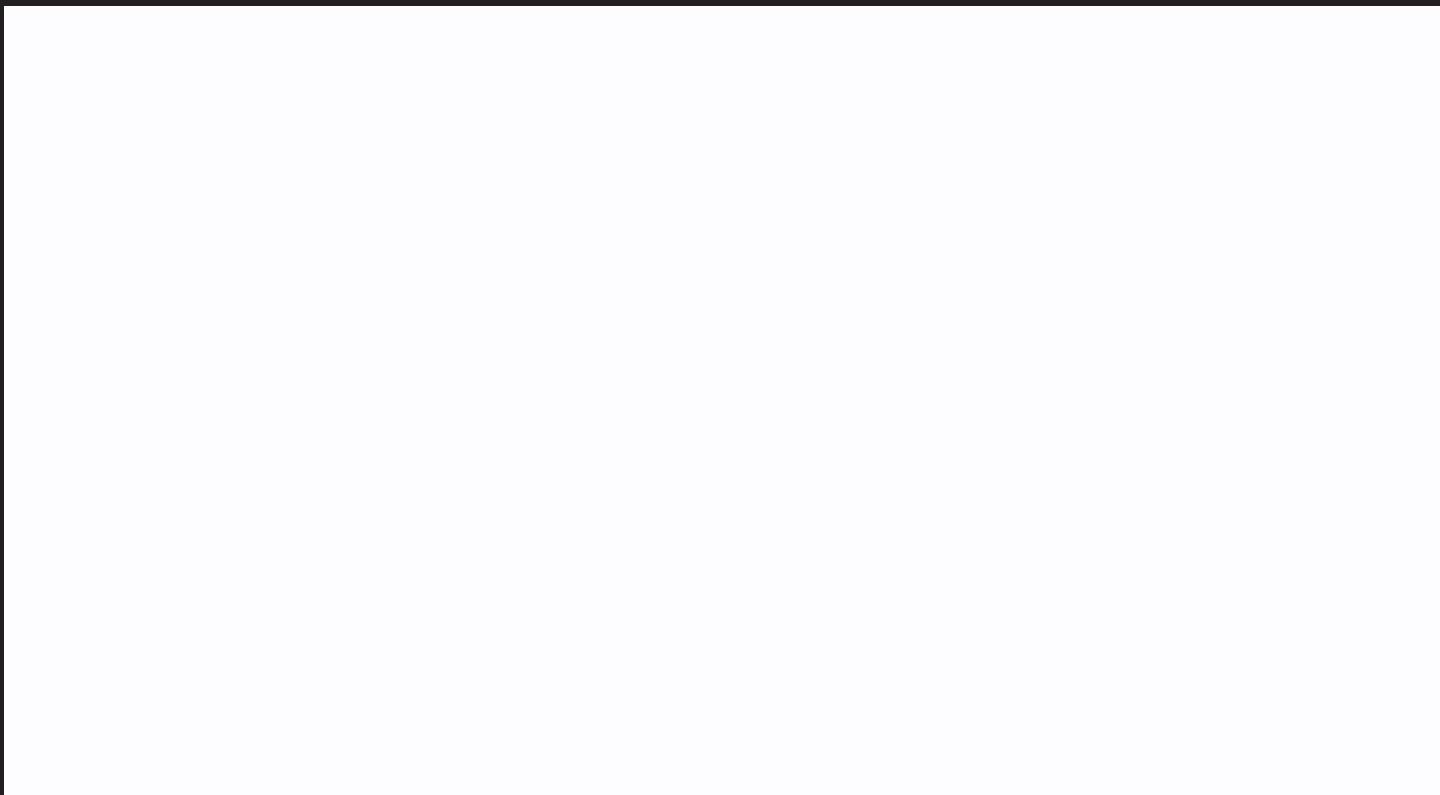
This is a time for new beginnings, which is what all those resolutions were about. We cannot change the past, but we can learn from the past and press on toward a better future. It is a time to forgive past grudges, to let go of hurts, and to reconcile with those who have hurt us.

As we look to the future, we may see things on the horizon that frighten us, or we may see a bright future. Either way, it is best to press on toward that future without the extra weight of trying to relive the past. Living in regret, holding on to hurts, or even clinging to past success can prevent us from fully living in the present and pressing on to what lies ahead.

So let us celebrate this New Year with gladness. Let us remember the joys, the friends, the surprises of life that made the past year special, and let us look forward with hope to the next year, remembering that he who carried us through the past year will still be with us in the next year.

Once when asked his name, God replied, "I am he who was, he who is, and he who will be." Jesus is called the "Alpha and Omega (the first and last letters of the Greek alphabet), the first and the last."

When we leave the past in his hands and trust the future to his hands — we are in good hands! ■



PITCH BLACK

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

Cadets from University of North Dakota's Reserve Officer Training Corps study maps and other documentation well after sundown. The Army's ROTC program was born when President Woodrow Wilson signed the National Defense Act of 1916. Since its inception, Army ROTC has provided leadership and military training at schools and universities across the country and has commissioned more than a half million Officers. It is the largest commissioning source in the U.S. military.

