



NORTH DAKOTA GUARDIAN

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NORTH DAKOTA GUARDIAN

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On the Cover



Staff Sgt. Jennifer Hiles, of the 814th Medical Company (Area Support), hugs her young son Nov. 2 at the Hector International Airport in Fargo, North Dakota, as she returns from a yearlong deployment to Afghanistan.

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

View From the Top

A Message from the Adjutant General

Remember Our Veterans

With the observation of Veterans Day this month, it is time to formally recognize our nation's military veterans and their families, as well as those military members still proudly serving. Veterans Day is an important patriotic holiday marked with ceremonies all across the nation.

This day is observed around the world and has had many names — Armistice Day, Remembrance Day and the Day of Peace. Veterans Day began as a celebration of the silencing of the cannons of World War I observed at the eleventh hour of the eleventh day of the eleventh month. It has evolved into the holiday we observe today. It is day when we pause with solemn pride in the remembrance of the heroism of those who have served, as well as those who are currently serving in defense of our nation, state and communities.

The terrorist attacks on Sept. 11, 2001, forever changed our nation and the N.D. National Guard. Because of the Global War on Terrorism, our ranks include many Soldiers and Airmen who have left their homes and families for extended periods in defense of the nation. Over 3,200 individual North Dakota Guard Soldiers and nearly 1,200 North Dakota Airmen have been mobilized for federal duty since 9/11. Because many Guardsmen served on multiple mobilizations, this translates to over 4,200 N.D. Army and nearly 2,600 N.D. Air Guard individual mobilizations. About a third of these Soldiers and Airmen continue to serve in our organization.

Sadly, 26 North Dakotans — 14 of which were members of the N.D. National Guard — have made the ultimate sacrifice in this struggle for our security. We will never forget them, their sacrifice, nor will we ever forget to honor and support the loved ones they left

behind. They died for our country and the freedoms we all so much enjoy.

When we began the struggle against terrorism thirteen years ago, it was hard to fathom how long we would be involved in military operations. I'm pleased to say that our participation — as a state and as a nation — has slowed. This year we have welcomed home Guardsmen ahead of schedule due to earlier-than-expected base closures in Afghanistan, and for that same reason, units scheduled to deploy have been removed from alert.

This year, we've welcomed home the 1-188th Air Defense Artillery Battalion, the 2-285th Aviation Company and the 814th Medical Company (Area Support). We also have welcomed home Airmen of the Minot-based 219th Security Forces Squadron and other individual Airmen from the 119th Wing.

The N.D. National Guard remains engaged in the Global War on Terrorism with the 231st Support Battalion Logistical Support Element and the 119th Wing, which are serving in support of Operation Enduring Freedom. The N.D. Army National Guard continues to maintain readiness and relevancy through established relationships and challenging, realistic mission-focused training here and abroad.

The N.D. Air National Guard continues its commitment to mission conversion and training associated with the loss of its piloted aircraft. The Happy Hooligans are on the fast track to implement a new Air Combat Command Inspection Management System in order to remain constantly mission-ready, versus the past preparation to be inspection-ready.

The world remains a dangerous place, and continues to present threats to the safety and security of our nation. Recently, there has been a great deal of international concern regarding the



Maj. Gen. David Sprynczynatyk

North Dakota Adjutant General

Ebola virus. As many of you know, the president issued an executive order for "Operation United Assistance" which authorized the mobilization of Selected Reserve and certain Individual Ready Reserve members to support Department of Defense humanitarian assistance and consequence management in West Africa. So far, we have not been called upon to assist with these efforts, but we stand ready if we are called.

The holiday season will soon be upon us. For most of us, this is a welcomed opportunity to slow down a bit and enjoy time with our family and friends. As we celebrate, please remember to stay safe; also remember to keep the families of those military members still serving overseas in your thoughts and prayers now and throughout the year. Remember the families of those who have made the ultimate sacrifice for our nation.

Thank you to all of our Soldiers, Airmen, civilian employees and family members for all that you have done since 9/11 and continue to do in support of our nation's defense; I am proud of you.

Please accept my wishes for a great celebration this Thanksgiving and always remember our veterans and their service. ■

A handwritten signature in black ink that reads "David Sprynczynatyk".

HOME COMING

N.D. Army, Air Guard Welcome Home Three Units

By North Dakota National Guard Public Affairs Staff

Company C, 2nd Battalion, 285th Aviation Regiment

Approximately 40 North Dakota Army National Guard Soldiers with the Bismarck-based Company C, 2nd Battalion, 285th Aviation Regiment returned last month after a yearlong deployment to Kosovo, where they supported a NATO-sponsored international peacekeeping mission.

"We are proud to welcome home the members of the 285th Aviation Regiment to the state and nation they so honorably served and defended this past year in Kosovo," said Gov. Jack Dalrymple. "These Soldiers performed a successful international peacekeeping mission and provided vital support for U.S. and NATO forces. We are grateful for their distinguished service and are thrilled to have them back in North Dakota and reunited with their families."

Under the leadership of Capt. Russ Sundby, of Fargo, North Dakota, and 1st Sgt. Jim Lind, of Bismarck, the unit operated Black Hawk helicopters as part of the Kosovo Forces, or KFOR, 18 Aviation Task Force in support of the U.S.-led Multi-National Battle Group East, which conducts military peace support operations in Kosovo. The North Dakota aviators provided air transport for U.S. and NATO Forces, including training and assistance to the Kosovo Security Forces.

"I'm proud of our aviators and the invaluable service they provided

during their mobilization," said North Dakota Adjutant General Maj. Gen. David Sprynczynatyk. "The unit's accomplishments represent the North Dakota National Guard's commitment to duty, its work ethic and continued excellence in the field of aviation. I couldn't be happier to welcome you back to North Dakota."

During the past year, the company's aviators flew more than 2,000 hours and transported more than 1,500 passengers for civil and military missions. The Soldiers helped maintain a safe and secure environment and provided freedom of movement in Kosovo by supporting riot control, quick reaction forces, firefighting and airborne operations. The North Dakota Soldiers were replaced by the Florida National Guard's Company C, 1st Battalion, 244th Aviation Regiment.

This mobilization was the unit's second deployment since the beginning of the Global War on Terrorism. Company C, 2nd Battalion, 285th Aviation Regiment deployed in support of Operation Iraqi Freedom from October 2009 - October 2010. During the deployment, the unit's aviators flew more than 750 combat missions totaling more than 6,200 flight hours. They were responsible for transporting senior officials, Soldiers, medical supplies and other cargo throughout Iraq. ■



A UH-60 Black Hawk helicopter flown by Company C, 2nd Battalion, 285th Aviation Regiment pilots hovers above U.S. Soldiers conducting Special Purpose Insertion and Extraction System (SPIES) and Fast Rope Insertion and Extraction System (FRIES) training July 18 at Camp Bondsteel, Kosovo.

Photo by U.S. Army Capt. Kevin Sandell, 11th Public Affairs Detachment

219th Security Forces Squadron



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

Airmen with the 219th Security Forces Squadron gather for a group photo March 14 after a send-off ceremony at the Minot Armed Forces Reserve Center in Minot, North Dakota, prior to their six-month mobilization to Southwest Asia.

About 15 Airmen of the North Dakota Air National Guard's 219th Security Forces Squadron (SFS) returned last month from a deployment to Southwest Asia. The group left in March for a six-month mobilization, during which they provided support to U.S. Central Command (CENTCOM) operations.

"This has been a proud week for North Dakota as we welcome home not one, but two North Dakota National Guard units (Company C, 2nd Battalion, 285th Aviation Regiment) following overseas deployments in the defense of our state and nation," said Gov. Jack Dalrymple. "The members of the 219th Security Forces Squadron were an integral asset to the U.S. Central Command operations and performed an important defense and security mission. We are grateful to these Airmen for their exemplary service and are thrilled to have them back home in the state they so honorably served and represented."

The group volunteered for the base defense and security operations mission, which was led by Master Sgt. Luke

Gardiner. The Airmen — well-versed in providing critical protection measures for military personnel and other important assets — were able to draw on the experience and training provided by their home unit, which made history in becoming the first National Guard unit to team up with an active-duty Air Force unit to provide security for one of the nation's three missile fields.

In May of 2013, the 219th SFS assumed control of the entire northern sector missile field complex near Minot, North Dakota, making it the first time ever, anywhere, reserve forces provided complete control of missile field security.

"This group of Airmen is comprised of some of the best security forces personnel, not only in the state, but throughout the entire National Guard and Air Force," said North Dakota Adjutant General Maj. Gen. David Sprynczynatyk. "We're grateful for their service and professionalism in ensuring the safety and protection of coalition forces during their time supporting CENTCOM."

CENTCOM is one of nine unified

commands in the U.S. military. Six of these commands, including CENTCOM, have an area of responsibility (AOR), which is a specific geographic region of the world where the combatant commanders may plan and conduct operations as defined under the Department of Defense's Unified Command Plan.

Located between the European and Pacific combatant commands, CENTCOM's AOR covers the "central" area of the globe and consists of 20 countries: Afghanistan, Bahrain, Egypt, Iran, Iraq, Jordan, Kazakhstan, Kuwait, Kyrgyzstan, Lebanon, Oman, Pakistan, Qatar, Saudi Arabia, Syria, Tajikistan, Turkmenistan, United Arab Emirates, Uzbekistan, and Yemen.

With national and international partners, CENTCOM promotes cooperation among nations; responds to crises and deters or defeats state and non-state aggression and supports development and — when necessary — reconstruction in order to establish the conditions for regional security, stability and prosperity. ■

814th Medical Company (Area Support)



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

Soldiers with the 814th Medical Company (Area Support) are greeted Nov. 2 at the Bismarck Airport upon their return from a yearlong deployment to Afghanistan.

Soldiers with the Bismarck-based 814th Medical Company (Area Support) returned home from Afghanistan this month. About one-third of the unit returned earlier this year.

“With the return of these Soldiers, all members of the 814th Medical Company are back home in North Dakota following a nearly yearlong mission in Afghanistan,” said Gov. Jack Dalrymple. “We are proud of the outstanding work they accomplished while deployed and grateful to them and their families for their distinguished service to our state and nation. Welcome home!”

While deployed, the 814th Medical Company conducted two primary missions:

a 911 support team provided patient transport to base treatment facilities in Afghanistan as ambulance drivers. The Soldiers also provided first aid and life-saving care while working at a troop medical clinic and sick-call care for service members and civilian contractors in their area.

“Our Soldiers continue to serve at home and abroad and as the 814th Medical Company comes home, we applaud their accomplishments as a unit and as individual Soldiers. There is no doubt that their service had a deep impact on the lives of their fellow service members and we look forward to reintegrating them back into our organization,” said Maj.

Gen. David Sprynczynatyk, North Dakota adjutant general.

Capt. Coty Sicble, of Bismarck, commands the 814th Medical Company, and 1st Sgt. Ken Baer, of Garrison, North Dakota, serves as the senior enlisted leader.

The unit’s Soldiers who returned earlier this year came home in two groups; one in August and another in September. The early returns were a result of the recent draw down of U.S. Forces in the Global War on Terrorism.

The mission in Afghanistan was the first deployment for the 814th Medical Company, although a dozen of its Soldiers had previously deployed overseas. ■

Embracing Professional Development

Mentoring Program Provides Opportunities for Growth

By Warrant Officer Janet Masseth,
Joint Force Headquarters

In 2005, North Dakota National Guard senior leaders began to realize the fundamental importance of further mentoring young leaders for the leadership challenges and opportunities they may face while serving in uniform. The N.D. National Guard implemented an informal mentoring program through its 2004-2009 Strategic Plan. The informal program would soon flourish into the N.D. National Guard Joint Mentoring Developing Leaders Program we know today.

N.D. Guard leaders researched and learned that mentoring programs are a great way for an organization to regenerate itself. They designed a program that focused on mentor/mentee relationships outside normal supervisory and command channels. The goal was to instill a program that helped service members gain expertise, seek trusted guidance and gain different perspectives in leading, decision making and communication.

A small, informal program began in 2006. The N.D. National Guard held five training sessions at four different locations across the state to provide training and guidance to those interested. Senior leaders recognized clear benefits of the program and began designing a formal program for the following year. The Joint Executive Council and organizational development staff continued working on the idea and a formal program was launched in 2007. Twenty-four service members volunteered to go through the first formal program that year. One of the first participants of the program was Maj. Gen. David Sprynczynatyk, North Dakota adjutant general.

"Mentorship is simply sharing knowledge, skills and experiences to help individuals grow personally and professionally," he said. "As individuals grow, so does the parent organization. The North Dakota National Guard is truly a stronger organization because of its mentoring program and those who have participated in it."

The Joint Mentoring Developing



Contributed photo

Maj. Ray Ripplinger and Staff Sgt. Grendaliz Nieves-Hernandez work together as a mentor/mentee pair to complete an exercise during one of the 2014 Joint Mentoring Developing Leaders Program daylong mentoring events in Bismarck, North Dakota.

Leaders Program we know today is coordinated and organized through the organizational development office. There are five daylong mentoring events where mentor and mentees gain knowledge about how to establish goals and how to develop meaningful relationships that can help foster the accomplishment of those goals. Throughout the year, mentors and mentees learn personality and communication skills that will help them throughout their career.

After identifying the benefits that result from this program, N.D. National Guard leaders continue to encourage Soldiers and Airmen to participate. This year, 40 Guardsmen participated in the program, the largest turnout since the program was established.

One of this year's participants, Capt. Michael Champagne, shared how the program has personally benefited him:

"In August 2013, I transferred from the active-duty U.S. Marine Corps to the N.D. Army National Guard. It was like stepping into a different world — many things were the same with slight differences and others were completely different. I was paired with

Col. David Skalicky as my mentor. I informed him of my goals, two of which were to make a new home here in the N.D. National Guard and to shape myself into an instrument the Guard could use.

"Col. Skalicky was extremely helpful in sharing his experiences and knowledge of the organization with me. He provided me resources in the form of books and websites that I could read and use to build my knowledge of the organization. He helped me by pointing out opportunities and he provided me guidance toward the goals that I had set for myself.

"My experience with the mentoring program was extremely positive and I would recommend this opportunity to anyone who is serious about achieving their goals."

The overarching and most beneficial takeaway that mentors and mentees alike get from the mentoring relationship is a long-lasting bond. They each learn something personally, as well as professionally, and grow through the year as they step through the process. Many have relationships that will last throughout their careers and a friendships that will last a lifetime. ■

Appetite for Excellence

Aviation Cooks Advance to National-Level Competition in 'Connelly' Awards Program

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

After marinating on a state and regional win in the Phillip A. Connelly Excellence in Army Food Service competition, a team of North Dakota Soldiers are preparing another recipe for success for a national-level evaluation to be named the best Army field mess section in the National Guard. The cooks, from the North Dakota Army National Guard's Headquarters and Headquarters Company, 1st Battalion, 112th Aviation Battalion (HHC/1-112th), are members of one of two Army food sections — including a unit from the Wisconsin National Guard — that are in the running for top honors.

The Connelly award was established in 1968 and is designed to encourage

professionalism in Army food service teams and recognize excellent performance. The award is named in honor of the late Philip A. Connelly, a former International Food Service Executive Association (IFSEA) president, who was responsible for obtaining IFSEA sponsorship of Army food service awards. According to the U.S. Army Quartermaster Corps website, the IFSEA is a professional organization "dedicated to raising food service industry standards." It says its membership is comprised of management executives from all aspects of food service, including Armed Forces and other organizations having food service operations.

To reach the national-level competition,

North Dakota's food service specialists first gained wins at the state level this summer in June and at the regional competition in August. North Dakota's region includes food sections from Alaska, Idaho, Montana, Oregon, South Dakota, Washington and Wyoming. Both competitions were held outside the Army Aviation Support Facility in Bismarck. A team of evaluators from National Guard Bureau were on-hand to score North Dakota's team in a number of areas during a "Field Kitchen Competition." Some of the evaluated items that are used to ascertain a team's score include headcount operations, transportation and storage of rations, field food handling procedures and food



Contributed photo

Spc. Nathan Nelson helps serve a lunch meal from inside a U.S. Army containerized kitchen to Soldiers of Headquarters and Headquarters Company, 1st Battalion, 112th Aviation Regiment during the unit's monthly drill Sept. 13 at the Army Aviation Support Facility in Bismarck, North Dakota.



Contributed photo

The Headquarters and Headquarters Company, 1st Battalion, 112th Aviation Regiment food section has begun its preparation for the national-level of the Phillip A. Connelly Excellence in Army Food Service competition. The team's members, from left to right, are: Spc. Jordan Adair, Spc. Isaac Schwehr, Staff Sgt. Kathleen Hiersche, Sgt. Kent Treichel, Sgt. Carla Zinnel, 1st Lt. Joshua Lynn, Staff Sgt. Jennifer Tostenson, Spc. Nathan Nelson, Spc. Michael Cichos and Staff Sgt. Jascon Rundquist.

sanitation.

"The team gets an evaluator's checklist to prepare for the competitions. The main thing is having all the necessary equipment and making sure it's maintained and operational, and then licensing personnel on the equipment," said Master Sgt. Jamie Wagendorf, state food service advisor for the N.D. Army National Guard. "It's entirely field mess operations for the competition, so the team had to practice outside. There's a certain site layout to follow, which includes setting up a kitchen area according to a standard operating procedure. After setting up in a field environment, the team prepares one meal, which is served to their unit."

The food service specialists from the HHC/1-112th typically work indoors in the Army Aviation Support Facility's kitchen area where they feed about 100 Soldiers during drill weekends. For the Connelly competition, the cooks had to familiarize themselves, starting in 2013, with the U.S. Army's mobile kitchen trailer, or MKT, which can feed about 250 Soldiers one hot meal in the field per day. They later made the leap to a containerized kitchen, or CK, which can feed about 550 Soldiers. The preparation and training required numerous working hours on the part of the HHC/1-112th's five chefs and

three field sanitation specialists.

"We've put in pretty close to 100 hours, if not more, into the CK, setting it up, tearing it down and practicing over two annual training periods to make sure that our site layout is set up properly," said Staff Sgt. Jascon Rundquist, food section noncommissioned officer-in-charge for HHC/1-112th.

Rundquist said a field kitchen site layout takes many factors into consideration and is scrutinized by competition evaluators. The layout needs to incorporate site security, including military defensive positions; accessibility and appropriate distances between the kitchen and latrines.

While the N.D. Army National Guard has eight food sections in units across the state, Wagendorf said not every cooking team has the flexibility to pursue the Connelly competition. Unit deployments and limited staffing can prevent units from sending their cooks forward. To have a strong chance at success, field sections need established cohesion, along with experienced Soldiers and supportive leadership.

"There has to be support, not only at the section level, but within the battalion and command levels, as well. It just all fell into place for the (HHC/1-112th) to raise their hats and take the competition on to see

how well they do," Wagendorf said.

Now, the HHC/1-112th team will look toward March 2015 when it will be evaluated during the national competition in the dead of winter, again at the Army Aviation Support Facility in Bismarck. Rundquist said his team is prepared.

"I've talked with the group, and as a team we're excited. When, we first started out, we weren't really sure if we wanted to do this (competition), and then as a team, we grew into it and now everyone is ready to win and looking forward to being able to say that they're national champions," he said. "Our leadership has supported us 100 percent. We couldn't ask for better leadership, supporting us, letting us grow as a team and making sure we have what we need to succeed."

Already, being involved in the Connelly competition has paid off for HHC/1-112th, including monetarily. For the cooks' win at the regional completion, the unit will receive \$10,000 for its food service operations. With a national win, they'll receive \$25,000, or \$15,000 for runner-up.

The last N.D. Army National Guard unit to win a national-level Connelly competition was a food section from the Minot-based 164th Engineer Battalion in 2003. ■

Giving Back

119th Security Forces Squadron Carries on Tradition of Community Service

*By Spc. Kristin Berg,
116th Public Affairs Detachment*



Contributed photo

Tech. Sgt. Val Pulsinelli, of the 119th Security Forces Squadron, carries the remaining parts of an old fence September 2013 during a United Way sponsored "Day of Caring" cleanup project for an elderly home owner in Fargo, North Dakota.

The 119th Security Forces Squadron (SFS) works hard at keeping the Air National Guard Base Fargo, North Dakota, safe with 24-hour entry control, patrolling, responding to alarms, medical assists, implementation of anti-terrorism measures and fulfilling requests from the Wing personnel on the ground. However, it's the less visible side of this squadron that makes them stand out. They are members of their Fargo-Moorhead community and they work to create a presence within it by volunteering at least five times a year.

No one can remember when the 119th SFS began volunteering, but it was prior to 1986 when Chief Master Sgt. Robert Schultz, the 119th Security Forces manager, joined the squadron. Furniture drives were very popular at that time. The Airmen collected unwanted furniture and delivered it to people in need within the community or businesses, like the Dakota Boys Ranch. The SFS has expanded its volunteering scope by working with Habitat for Humanity, Special Olympics, United Way, YWCA and the Salvation Army.

"As National Guard members, we live in the community. It's our responsibility to give back to the community and help the less fortunate," Schultz said. "The 119th Security Forces Squadron has been doing this a long time and we enjoy helping our neighbors in the communities where we live and work."

The SFS' volunteerism gives the Air National Guard a little more presence in the community as an element of the Air Force, the Guard and as a law enforcement agency. Over the last two years, the squadron has worked on several volunteer projects.

During the "Day of Caring," a United Way event which helps seniors with projects around their homes, Senior Master Sgt. Steve Gibson visited with senior citizens to listen and learn about their past experiences. Gibson said it's important to give back because everyone, one day, will need some type of assistance. Working side-by-side with the people in need of assistance means a lot to the SFS.

The SFS also volunteers with Habitat for Humanity. Schultz said that families in need of new homes are very appreciative

for the assistance they receive — many are just people down on their luck or who are experiencing life-altering setbacks. Schulz feels privileged to live in a country that offers so many opportunities and helps people attain some of those opportunities.

"I like to publicize the Air Guard through volunteering," Staff Sgt. Erik Clemenson said. "It's a selfish thing — I like the feeling I get by doing it. We work with the recruiting office by walking in homecoming and city parades."

Clemenson coordinates with the Special Olympics and local law enforcement during these events in an effort to give back, not only as a Guardsman, but as a fellow community member.

As a volunteer force, the N.D. National Guard encourages Soldiers and Airmen to volunteer within their communities. For more information, contact the local offices of the organizations you wish to support.

"I look forward to the events every season and encourage others to just try. If they don't get hooked, they don't, but I almost guarantee they will get hooked," Clemenson said. ■



Contributed photo
119th Security Forces Squadron members Staff Sgt. Richard Gladue (black t-shirt) and Tech. Sgt. Val Pulsinelli, lower left, contribute to the foundation-building portion of a Habitat for Humanity home construction project June 2014 in Fargo.



SUBSTANCE ABUSE PREVENTION

Campaigning for Drug-Free Choices, Safe Communities, Fit Lifestyles

*By 1st Lt. Cathy Peterson,
1st Battalion, 188th Air Defense Artillery Regiment*

Across the nation, October was recognized as Substance Abuse Prevention Month. Community members all are stakeholders in these prevention efforts. A North Dakota National Guard team effort with community members was demonstrated locally Oct. 23 during the 15th Annual Red Ribbon Carnival, which is part of Red Ribbon Week. Red Ribbon Week typically is the last week of October and is one of the country's oldest and largest drug prevention programs.

The N.D. National Guard and the Bismarck Police Youth Bureau hosted the Red Ribbon Carnival this year at the Raymond J. Bohn armory in Bismarck, North Dakota, and invited families, schools and the community to participate. The purpose of the carnival is

to emphasize the dangers of drug abuse and to foster and promote drug-free and fit lifestyles.

Ms. Erin DeMoe, alcohol and drug control officer for the N.D. Army National Guard, said the Red Ribbon Campaign is driven by the National Family Partnership (NFP).

"The NFP started the campaign against drug and alcohol in the early 1980s, and then it was after the 1985 murder of undercover Drug Enforcement Administration (DEA) agent Enrique Camarena that the Red Ribbon was incorporated as a symbol of the campaign. People in Mr. Camarena's neighborhood wore red badges as a symbol against drugs after his murder," she said.

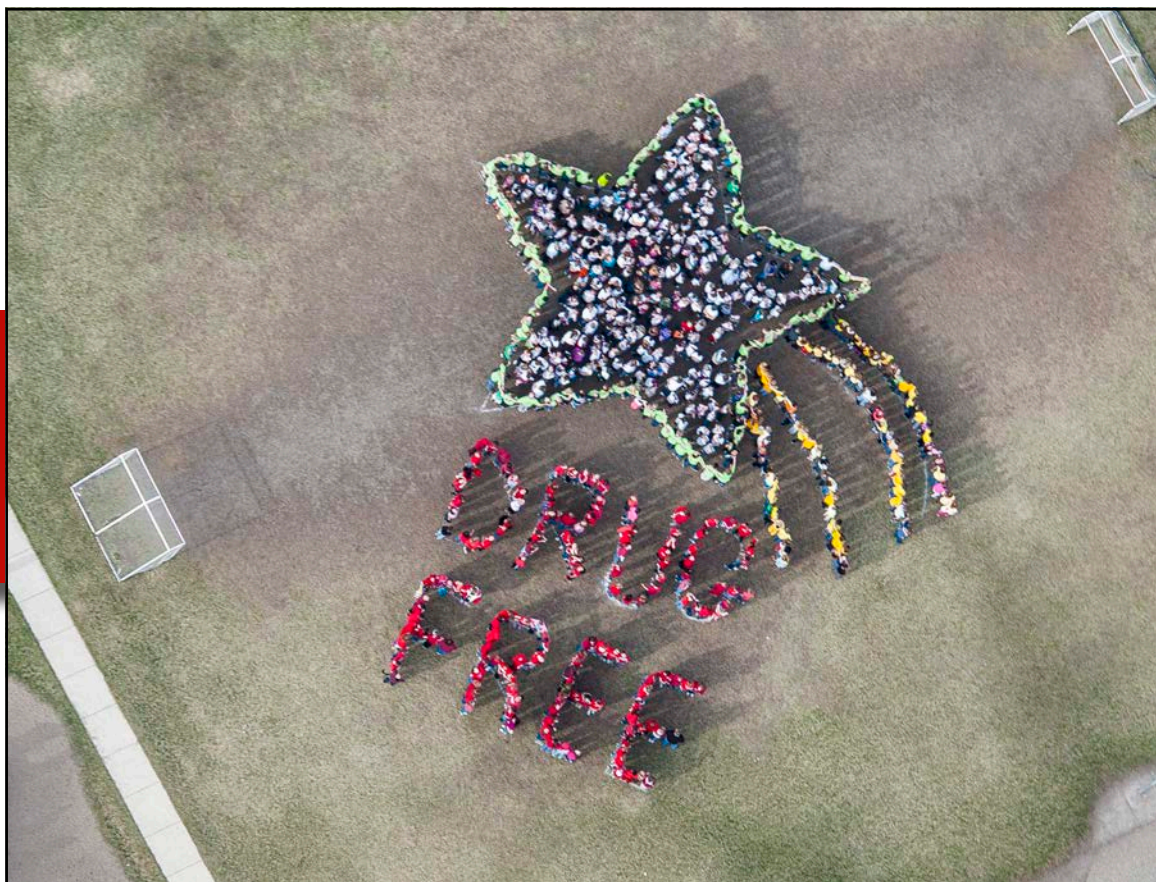
To promote drug-free choices in North

Dakota, several schools, law enforcement entities and community organizations set up booths in the armory at the Red Ribbon Carnival with fun activities and games for youth to enjoy. Activities included face painting, balloon animals, a fishing game and a softball toss.

Staff Sgt. Russel Roth is the N.D. Army National Guard's drug testing coordinator and has helped facilitate the Red Ribbon Carnival for more than a decade. He explained that while the primary goal of the event is to focus prevention efforts on kids before they reach a decision-making age, it also is to emphasize the importance of making healthy decisions and explain the negative impact poor decision-making has on one's body.

Photo by Col. Gordon Leingang,
1-112th Aviation Battalion

Students at Northridge Elementary School in Bismarck, North Dakota, stand in a "drug free" formation last month for Red Ribbon Week. During Red Ribbon Week, students learn how adopting healthy habits lead to making drug-free choices.



“Another goal of the event is to introduce youth to law enforcement personnel so they can learn about their roles in helping to keep communities safe,” Roth said.

To support this goal, law enforcement and the Bismarck Fire Department displayed a variety of their vehicles at the armory for youth to explore up close and personally. Kids also were able to try on various pieces of equipment and uniforms to understand and think about all the ways law enforcement and emergency management agencies keep their communities safe.

Children also learned the value of a fit lifestyle, and how adopting healthy habits naturally leads to making drug-free choices. One booth at the event, hosted by Team RWB Bismarck, promoted fitness by setting up an obstacle course to challenge attendees. Children started

the course by low-crawling under camouflage netting, walking across a narrow plank and completing a series of sit-ups or push-ups. One kid even opted to do burpees. The course continued with crawling over a barrier and zig-zagging through cones to the finish where participants were greeted with high-fives. The smiling faces of the families and volunteers, and the confidence demonstrated by the youth as they crossed the finish line — oftentimes repeatedly — symbolized the importance of all stakeholders campaigning for preventing substance abuse and promoting drug-free and fit lifestyles.

Substance Abuse Prevention Month, Red Ribbon Week and the Red Ribbon Carnival all serve as annual opportunities to rally communities to continue to be strong in the campaign for drug-free choices. ■



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

A Bismarck Police Youth Bureau volunteer operates a fingerprinting booth Oct. 23 during the 15th annual Red Ribbon Carnival for Red Ribbon Week. The event gives youth the opportunity to familiarize themselves with law enforcement authorities and learn about their roles in helping to keep communities safe.



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

The North Dakota National Guard and the Bismarck Police Youth Bureau hosted the 15th annual Red Ribbon Carnival on Oct. 23 at the Raymond J. Bohn armory in Bismarck, North Dakota. Red Ribbon Week is one of the longest-running alcohol and drug prevention awareness campaigns in the nation. It is typically recognized during the last full consecutive week of October, which is also Substance Abuse Prevention Month.



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

Ayden Frohlich tries on SWAT Gear Oct. 23 during the annual Red Ribbon Carnival at the Raymond J. Bohn armory. The event emphasize the dangers of drug abuse and promotes and fosters a drug-free and healthy-choice lifestyle for area youth.

ZERO TOLERANCE

National Guard Brings New Anti-Bullying Campaign to North Dakota

By Sgt. Jennifer Joyce,
116th Public Affairs Detachment

Bullying in schools and the workplace has increasingly gained national attention. Now, more than ever, bullying awareness and prevention efforts are making their way through educational institutions, corporate organizations and throughout the U.S. military in an effort to put a stop to bullying and its detrimental effects.

The Army National Guard recognizes the impact of bullying and has developed a training program for National Guard Soldiers to present to high school students. The program, called H.E.A.R. (Helping Everyone Achieve Respect), is available at no cost to any high school. The 50-minute classroom presentation, which was developed in collaboration with nationally

renowned subject matter experts at the Harvard Graduate School of Education and the University of Nebraska – Lincoln, includes detailed case studies that allow students to explore inappropriate behavior and its consequences.

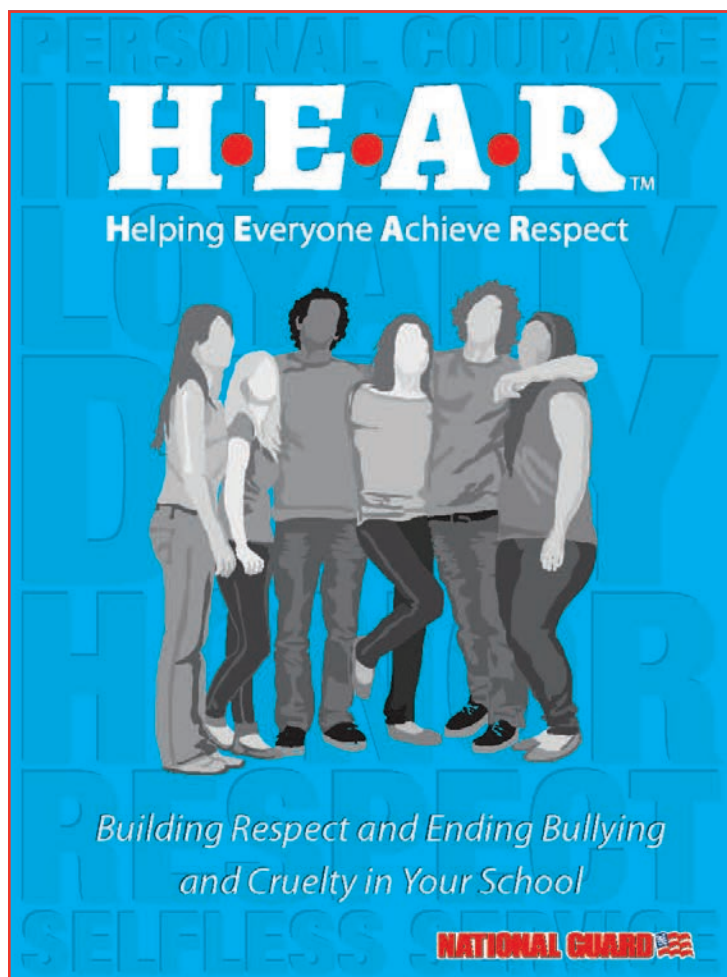
Seventeen Soldiers with the North Dakota Army National Guard Recruiting and Retention Battalion are qualified to teach the course material. Through the training, they introduce students to the National Guard's core values, including loyalty, respect, integrity and honor. The interactive presentation prompts students to consider what can be done differently to minimize bullying and enhance respectful behavior.

"This program speaks volumes to the concern the North Dakota Army National Guard has for our youth," said Staff Sgt. John Saylor, with the Recruiting and Retention Battalion. "Bullying has become a terrible headline in the news and it's a major concern nationwide. This program is a great opportunity for the North Dakota Army National Guard to collaborate with schools and enhance bullying awareness. We will continue to spread the message that bullying will not be tolerated."

One North Dakota high school has introduced the program to its students and two more have scheduled classroom presentations. ■

A rapid action revision was published October 22 in the Army Command Policy (AR 600-20) which "adds bullying as prohibited conduct." Paragraph 4-19, titled Treatment of persons, states:

"Bullying is any conduct whereby a service member or members, regardless of service, rank, or position, intends to exclude or reject another service member through cruel, abusive, humiliating, oppressive, demeaning, or harmful behavior, which results in diminishing the other service member's dignity, position, or status. Absent outside intervention, bullying will typically continue without any identifiable end-point. Bullying may include an abuse of authority. Bullying tactics include, but are not limited to, making threats, spreading rumors, social isolation, and attacking someone physically, verbally, or through the use of electronic media."



GUADALCANAL

Remembering the Victories and Hardships of the 164th Infantry Regiment

By Ms. Shirley Olgeirson,
The 164th Infantry News

In February 1941, the North Dakota National Guard's 164th Infantry Regiment mobilized for what was to be a year of training at Camp Claiborne, Louisiana. By October 1942, they were making history as the first U.S. Army unit to offensively engage the enemy, in either theater, when they reinforced the beleaguered U.S. Marines at Guadalcanal.

The unit landed on Guadalcanal almost 20 months before the Allied forces landed in Europe on D-Day — June 6, 1944.

The entire state was affected by the mobilization of the 164th Infantry Regiment, which had about 1,700 men located in 17 communities throughout North Dakota.

The 164th's first casualty was a Soldier from Grand Forks, North Dakota, who was killed by Japanese naval artillery October 13, 1942, the day the regiment landed on Guadalcanal. Doug Burtell, who resides in Bowman, North Dakota, dove into a slit trench and found himself lying on top of a Marine there for the duration of the attack.

"The ground shook — it felt like you were in a barrel going down Niagara Falls," he said. "They were dropping bombs and hitting us with 14-inch shells. And then, our ammo dump went — and our fuel dump. We didn't have any planes that could fly the next morning."

Marines had seized the airfield at Guadalcanal from the Japanese in August, but they were having a tough time hanging on to it. Defense of the airfield, named Henderson Field by the Marines, was of strategic importance, as its loss would have isolated Australia.

By Oct. 20, the unit had been digging in, and bandsman Charles Bell, originally of Enderlin, North Dakota, had been tasked as a medic/litterbearer.

"We had just lit our 'Lucky Strike Greens' when — BOOM — Japanese bombers came in with 500-pound bombs and dropped three direct hits on Company B, killing three," Bell said. "Lt. Frank Welch was hit in the head, while in the dugout with his helmet on, by a chunk of shrapnel. He was big and we really struggled to get him out of the angle passage of the dugout.

All I could do was hold him, pray for his soul and cry."

On Oct. 25, the 1st Marine Division was having difficulty defending the line on Edson's Ridge and requested reinforcements. Their request was granted by 3rd Battalion, 164th Infantry Regiment.

Marine battalion commander Lt. Col. Chesty Puller and the 3rd Battalion, 164th Third Battalion Regiment Commander Lt. Col. Robert K. Hall, of Jamestown, North Dakota, worked together to place Soldiers in foxholes, along with Marines, to bolster the defense. The 8-round automatic fire from the U.S. Army-issued M-1 rifles, and the additional machine guns from the heavy weapons company, helped turn the tide during the second battle at Henderson Field. The second night of action became known as the "Battle of Coffin Corner," so named for the thousands of Japanese infantrymen killed in the banzai attack on the perimeter. Two 164th machine gunners earned the Distinguished Service Cross and numerous Soldiers earned Silver

and Bronze Star Medals. The regiment earned the respect of the Marines and the unit was awarded the Navy Presidential Unit Citation.

The 164th fought alongside the Marines for a full month before the next regiment from the Americal Division arrived on Guadalcanal. The battles took their toll. Lt. Col. Samuel Baglien, regimental executive officer, wrote in his diary February 2, 1943: "To date, 150 killed in action or died of wounds; 360 wounded in action; and 853 evacuated since Oct. 13, 1942."

The 164th participated in campaigns on Guadalcanal; Bougainville (Northern Solomons); Leyte and Cebu, Bohol, Mindanao (Southern Philippines), and served over 600 days in contact with the enemy. The regiment earned four "battle stars" on the Asiatic Pacific Campaign Ribbon for their service. The Americal Division was slated to spearhead the invasion of Japan as part of Operation Olympic and the 164th was training for that invasion when the war ended. ■



Illustration by Doug Burtell, former member of the N.D. Army National Guard, 164th Infantry Regiment

An illustration titled "Bomb Crater," depicts a U.S. Marine standing in the aftermath of a Japanese naval artillery attack Oct. 13, 1942, at Guadalcanal.

GUARDIAN *Snapshots*

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Photo by Ms. Shirley Olgeirson

North Dakota Army National Guard Soldiers post the colors Nov. 2 at the celebration of North Dakota's 125th anniversary of statehood. Former Governors Allan Olson, George Sinner, Ed Schafer, Sen. John Hoeven and Gov. Jack Dalrymple were in attendance for the ceremony.

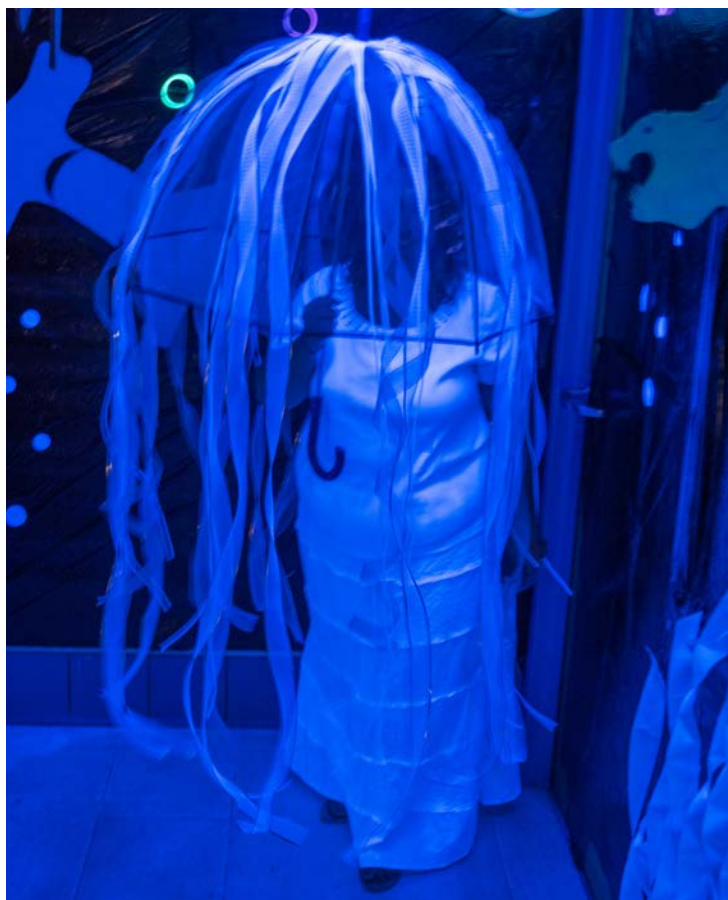


Photo by Mr. Jonathan Haugen, N.D. National Guard Visual Information

A Guardsman in costume participates in the annual N.D. National Guard-sponsored "Halloween Party" Oct. 30 at the Raymond J. Bohn armory in Bismarck, North Dakota.



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

From right, Chief Master Sgt. Kevin Muehler, 119th Wing command chief, serves breakfast plates to retired Maj. Gen. Mike Haugen, former North Dakota adjutant general, retired Chief Master Sgt. Paul Tangen, a former 119th Wing airman, and retired Chief Master Sgt. Paula Johnson, former N.D. Air National Guard state command chief, Oct. 1 during the 119th Wing's annual retiree breakfast hosted by the Chief's Council at the N.D. Air National Guard Base in Fargo, North Dakota.



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

Maj. Gen. David Sprynczynatyk, North Dakota adjutant general, and his wife, **Connie Sprynczynatyk**, civilian aide to the Secretary of the Army, meet with a group of N.D. National Guard youth Oct. 23 at the Military Service Center in Fargo, North Dakota, as the youngsters present Christmas tree ornaments they made. One of the ornaments was made for the White House tree in Washington, D.C., and will be the only ornament from North Dakota on the tree. The other ornament was made for the adjutant general's tree in his home in Bismarck, North Dakota.



Photo by Staff Sgt. Nathanael Baardson, 119th Wing

Airman 1st Class Alexander Lapham, left, and **Airman 1st Class Ross Wehrle**, right, restrain **Senior Airman Eric Rustvang**, all of the 119th Security Forces Squadron, Nov. 1 during taser training at the N.D. Air National Guard Base in Fargo, North Dakota.

Share your photos!

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

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



N.D. Guard Hosts Annual Halloween Party

The North Dakota National Guard's Child and Youth Program hosted its annual "Halloween Party" for all military members and their families Oct. 30 at the Raymond J. Bohn armory in Bismarck, North Dakota. The Guard facility's offices were theme-decorated and open to military children for trick-or-treating. A number of additional activities were available to attendees, including crafts, games and the opportunity to take a Halloween-themed family photograph.

The Halloween Party event is an offering from the N.D. National Guard's Family Outreach Program, which supports military members and their families through events and programs and offers opportunities to interact and learn within the military community. ■

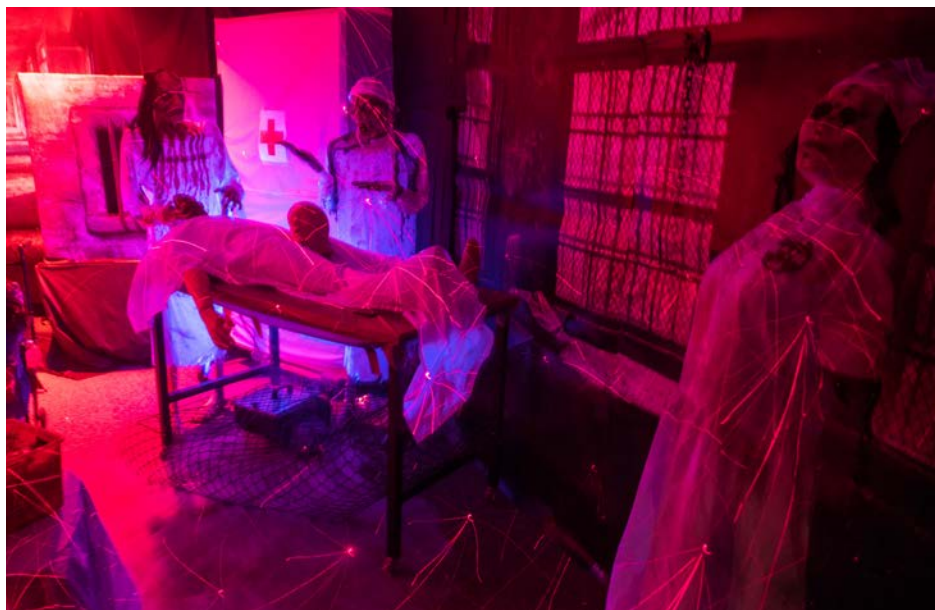


Photo by Mr. Jonathan Haugen, N.D. National Guard Visual Information

N.D. National Guard members host military service members in their theme-decorated offices Oct. 30 for the annual Halloween Party hosted by the N.D. Guard's Child and Youth Program at the Raymond J. Bohn armory in Bismarck, North Dakota.

Become a Mentor or Mentee!

The N.D. National Guard Organizational Development Team is
now accepting applications for the
2015 Developing Leaders Mentorship Program!

- Mentees and mentors are paired based on the mentee applicant's goals and the experience of the mentor applicants.
- Group training sessions with other mentoring pairs help participants learn and grow throughout the program.

To apply, you can request an application from your unit or contact Warrant Officer Janet Masseth at 701-333-2172 or janet.k.massetth.mil@mail.mil.

Chaplains' Corner:

Giving Thanks

*By Chaplain (Maj.) Leo Moenkendick,
119th Wing*

The holiday season is upon us. As we look forward to enjoying food, family and fun, do we take the time to remember where these blessings come from and to give thanks for them?

The first of the holidays in this season sets the tone for the whole season. Giving thanks for our blessings gives substance and meaning to our lives. Giving thanks can dramatically change our attitudes.

I can remember opening gifts in our living room one Christmas morning. One of the gifts I received was wrapped in a large cardboard box. The cardboard was very heavy and coated with wax. You may wonder why I am describing the cardboard and not the gift. The truth is, I don't know what was wrapped in the box. I remember opening the box, dumping out the "stuff" inside that was supposed to be my present, and thanking my mom for the perfect box. I quickly ran out into the snow and spent the rest of the day sliding down a hill in my new

Christmas present — a waxed cardboard box is the best sled there is. I still can't remember what was in the box! My poor mother didn't know whether to laugh or be angry. She decided to forgive me because I had, at least, thanked her for the box. That day remains one of the most vivid memories of my childhood.

Thanksgiving changes us. All of the highlights of my life, all of the most vivid memories, are times when I offered sincere thanks. Sometimes it was for the great life changing moments of my life: graduation, enlistment, promotion, the call to the priesthood and ordination, to name a few. More often, it was for a cardboard box, a beautiful sunset, a stroll in the woods or a campfire. What makes these moments special and memorable is that I took time to be grateful for them.

This Thanksgiving and throughout the holiday season, I encourage you to make lasting memories by thinking about what is important in your life and giving thanks to God for that blessing. Think about who is important to you and offer them your



sincere thanks for being a significant part of your life. Giving thanks makes us more aware of the good things in life and it makes our attitude, and our whole life, a little sweeter.

What are you thankful for today? ■

Upcoming Command Holiday Visits

Dec. 5 — 7-8 p.m. — Raymond J. Bohn Armory, 4200 E. Divide Avenue, Bismarck

Dec. 6 — 9-10 a.m. — Minot Armed Forces Reserve Center – Theater, 3420 2nd St. NE, Minot

Dec. 7 — 8-9 a.m. — Camp Grafton Readiness Center – Theater, Bldg. 6400, Camp Grafton

Dec. 7 — 10:30-11:30 a.m. — Grand Forks Readiness Center – Theater, 1501 48th St. S, Grand Forks

Dec. 7 — 1-2 p.m. — Fargo Armed Forces Reserve Center – Theater, 3920 31st St. NW, Fargo

Dec. 14 — 10-11 a.m. — 219th Security Forces Squadron, Minot AFB Security Forces Training Center, Minot



Photo by Staff Sgt. Nathanael Baardson

Tech. Sgt. Mike Knodle, of the 119th Wing, teaches interview set-up techniques and broadcasting to Boy Scouts Troop 25 from Bemidji, Minnesota, Nov. 1 at the North Dakota Air National Guard Base in Fargo, North Dakota. The visit to the public affairs office was part of a base-wide tour that helped the Troop earn an Aviation Merit Badge.