



NORTH DAKOTA GUARDIAN

Volume 5, Issue 10

October 2012

WITHOUT NOTICE

Guard, first responders react to fiery crash during emergency response exercise

PG. 14

NEVER ACCEPT DEFEAT

Soldier runs 100 miles in 24 hours, beats the Black Hills

PG. 4

BEST OF THE BEST

N.D. Soldiers compete for the title of Best Warrior PG. 6

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12 188th Army Band 125 Years, Part II

From the Mexican border in covered wagons to serving overseas as litter bearers in World War II and on to rock band performances in downtown Fargo, the 188th Army Band has come a long way in 125 years.



17 New Lakotas Arrive for Dedication

On display was the Eagle, one of two UH-72A Lakota helicopters dedicated during a ceremony officially welcoming the aircraft at the United Tribes Technical College in Bismarck, Sept. 4.

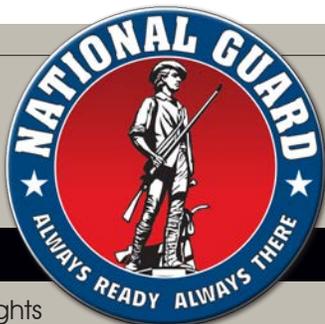
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NORTH DAKOTA GUARDIAN

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Digital photos should be 300 dpi, if possible.

On the Cover



Sgt. Claymore LeBeau and Spc. Jessica Lemke move a quick pace during a ruck march at Camp Gilbert C. Grafton in Devils Lake. Sixteen N.D. National Guard Soldiers from across the state convened at the Camp to represent their units and compete in this year's state-level Best Warrior Competition, Sept. 14-16.

Photo by Chief Warrant Officer Kiel Skager, N.D. National Guard Visual Information

GUARD POSTS

Dispatches from the N.D. Guard Family

STAND DOWN

Suicide has infected our ranks and is robbing us of our most vital organizational and operational asset — taking one service member at time — at an alarming rate.

Every day one U.S. service member dies by suicide. Among veterans, a suicide is occurring every 80 minutes.

July was the worst month for Army suicides since the service began tracking the troubling count three years ago. In July alone, 38 Soldiers killed themselves, including 12 in the National Guard. More U.S. military personnel have died by suicide than have been killed in action in Afghanistan, since the conflict began there over ten years ago.

When one suicide is too many, one suicide a day is a harrowing fact that we must continue to face and defeat. It's a fact that the Army and the N.D. National Guard are taking seriously. As Defense Secretary Leon Panetta said, "we've got to do everything we can to make sure the

system is working to help Soldiers. Not to hide this issue, not to make the wrong judgments about this issue, but to face facts and deal with the problems up front."

In October, all available Army National Guard personnel will be asked to participate in the Suicide Prevention Stand Down. The Stand Down will include eight hours of training and will focus on suicide prevention skills. Identifying warning signs and intervening are more important than ever, as we work together to defeat this malicious and abhorrent enemy.

The theme for the Stand Down is "shoulder to shoulder, we stand up for life," and the intent of the training is to preserve the strength of our military and prevent further loss of life. We are set on increasing awareness of the resources that are available to service members, department of defense civilians and family members, reducing any stigma attached to getting help, improving the health and discipline of the force



COL. MICHAEL ABERLE

N.D. Army National Guard
Chief of Staff

and increasing individual resilience and organizational strength.

Together, we will continue to battle suicide and its effects on our units, families, communities and nation. Be prepared to build resiliency, identify suicide risk factors and warning signs and intervene whenever necessary. Join me and your fellow service members in taking a stand against suicide.

Sincerely,

Col. Michael Aberle



JOURNEY OF 100 MILES

TUFTE STEPS HIS WAY TO ULTRAMARATHON SUCCESS

By Staff Sgt. Amy Wieser Willson

Joint Force Headquarters

Capt. Jerod Tufte lay in a ditch, under the dark western South Dakota sky, puking chicken noodle soup and no longer caring about the rattlesnakes he had heard earlier. It was after 10 p.m., and he had covered 85 miles on foot that day, but his trek was far from over. The journey of 100 miles may begin with a single step, but for Tufte those subsequent steps were punctuated with joy, frustration, Gu brand energy gels, vomit and a dogged determination to never accept defeat.

That day, Aug. 25, he awoke at 3:45 a.m. ready to attempt the challenge of a lifetime: Complete the Lean Horse Hundred ultramarathon. Even more difficult, he wanted to see if he could do it in less than 24 hours — a lofty goal for a first-time ultrarunner who had never before run more than 47 miles in a day. He had nearly doubled that distance as night fell, and yet just mustering the energy and willpower to stand again would prove a challenge.

SETTING LOFTY RESOLUTIONS

Tufte never competed in track or cross country, and didn't even begin to consider himself a runner until his deployment to Kosovo with the N.D. National Guard in 2009-10. By New Year's Eve 2011, he was setting two goals for himself that few runners can ever achieve. First, he wanted to knock his marathon time down to a pace that would earn him a spot on the elite All-Guard Marathon Team. Only 40 men and 15 women across the entire Army and Air National Guard make the cut each year. Second, he wanted to complete an ultra — and not just any ultra, such as a 50-kilometer or 50-mile race, but a whopping 100 miles in a single event.

“Only a little over two years previously, running 8 miles was a personal distance record and stringing together four sub-8-minute miles was fairly difficult,” Tufte recalls.

Determination changes things.

He knocked out the first goal May 6 in Lincoln, Neb., covering the 26.2 miles in 3 hours, 12 minutes — maintaining an average pace of 7:21 per mile despite the heat and rolling hills. His training picked up from there as he logged an additional 545 miles in barely 15 weeks.

In the meantime, he juggled his job as legal counsel to Gov. Jack Dalrymple and did his best to not miss meals with his wife, Mylynn, and their three young children.

BRINGING FAMILY SUPPORT

His family, including his parents, supported him not only through



“
THE EXPERIENCE
EMPHATICALLY
REINFORCED THE
NOTION THAT THE MIND
WILL QUIT LONG BEFORE
THE BODY IS FINISHED.

— CAPT. JEROD TUFTE

0
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Course start: Minnekahta Trailhead

From the trailhead, runners head north along the Mickelson Trail.

Turnaround: Hill City, S.D.

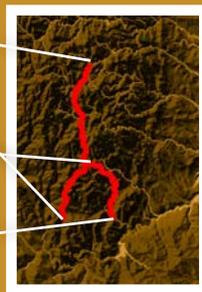
Runners follow the Mickelson Trail all the way to Hill City, before turning around and returning to Argyle Loop.

Return trip: Argyle Road

On the return trip, runners must leave the Mickelson Trail at the Argyle Loop aid station and head east on the infamous Argyle Road, a winding, hilly country road.

The finish line: Hot Springs, S.D.

One hundred miles nears an end when runners see the Dairy Queen sign.



100 miles through the Black Hills of South Dakota

the training but along the course as they crewed for him during the race. They met him at each of the dozen aid stations, restocking his food and beverages and offering support.

“One of the key insights that I relayed to Mylynn and my parents was to keep me moving, don’t let me sit and rest more than a couple of minutes at a time, and most importantly, never give me permission to quit,” Tufte said. “Knowing that we are all capable of more than we think and knowing that a point would come in the race where I would be extremely fatigued and rationalizing a DNF (Did Not Finish), I told them that their mission was to get me to the finish no matter what.”

That goal proved easy for the first 40 or so miles of the race. Tufte stuck to his goal pace of 9:30 miles for the first 20 miles before slowly starting to pull back an extra minute per mile after every 20-mile mark. The mostly rails-to-trails course started with long, gradual uphill grades of 1 to 2 percent to begin with, but there were three miles of rugged, washed out forest road worked in early on.

“That was about mile 22 or so,” Tufte said of the trail, “and made for a nice diversion to open it up and bomb down the hills.”

He walked only long enough to eat as he made his way from Hot Springs, S.D., to the turnaround point in Hill City. The temperatures continued to climb from the 6 a.m. race start, topping off around 80 — considerably cooler than the 90-plus-degree temps the area had recorded in the days leading up to the race.

He hit the halfway point in less than 10 hours, a promising sign for hitting his sub-24-hour goal, and was further encouraged by the gradual downhill of much of the return trip.

WHAT GOES UP MUST COME DOWN

By mile 58, knee pain plagued him. Mylynn walked an uphill stretch with him, encouraging him to try to eat and giving him some ibuprofen.

“Things were looking fairly bleak at that point because I wasn’t able to run much, and I was looking at a long 40 miles of mostly walking back to Hot Springs,” Tufte said.

He did a combination of running-walking for a couple of miles until the meds kicked in. As dusk fell and the temperatures dropped, Tufte shifted into high gear and logged some of his fastest miles on the course as he ran much of the next 20 miles. He blazed through one 3-mile stretch in a mere 27 minutes. An aid station volunteer around mile 80 told him he was 9th place overall.

“Well, what goes up eventually comes down, and the knees started to hurt again, slowing me down,” Tufte said. “Mylynn said it was too soon to have any more ibuprofen. Nothing tasted good to me, and only a couple of miles later I had completely come apart.”

He forced down what he could and finally managed to swallow two cups of chicken noodle soup and some coffee at the Mile 83 aid station. He convinced his dad to walk the next 6-mile stretch with him, calculating roughly that he could hit about 21 hours for a finishing time simply by walking to the finish.

Two miles later, the soup left his body.

It took two-and-a-half hours to complete that 6-mile stretch with his dad. He staggered from side to side, lay prone in the thorny ditch, and repeatedly tried to walk again.

“I had moments where I really wanted to rationalize quitting, but my dad stayed with me and we walked that road together,” Tufte said. “I managed to walk about the last mile or so without breaks with the idea firmly planted that I’d give up my goal of a sub-24-hour finish so I could sleep for 2 to 3 hours and then wake up — hopefully refreshed — and finish out the last 10.5 miles under the 30-hour cut-off time.”

NEVER QUIT, NEVER ACCEPT DEFEAT

Strictly following Tufte’s detailed pre-race plan and instructions, Mylynn refused to allow that idea. She insisted they would walk the next 6 miles to the final aid station together — and they did, without stopping for a single break.

“I very much doubt I would have finished those last 16 miles without that support,” Tufte said. “The aid station volunteers are wonderful, but having family to walk with you during your difficult times is almost indescribable. I think that applies equally well outside endurance events.”

Tufte sees the parallel between the race and his military career, too.

“The experience emphatically reinforced the notion that the mind will quit long before the body is finished,” Tufte said. “Motivation can come from within or it can come from your battle buddy or unit leader.”

With the support of his family, Tufte held on to that motivation and desire to remain positive. At 5:04 a.m. — 23 hours and 4 minutes after he started — he finished and claimed his sub-24-hour ultramarathon belt buckle along with the title of ultramarathoner. ■



Interact With Us!

View photos of Capt. Jerod Tufte competing in the 2012 Lincoln National Guard Marathon at <http://bit.ly/2012Lincoln> and see photos from his first ultramarathon at <http://bit.ly/TufteUltra>.



BEST WARRIOR

COMPETITION BRINGS OUT THE BEST

Story by Spc. Cassandra Simonton, 116th Public Affairs Detachment

Photos by Chief Warrant Officer Kiel Skager, N.D. National Guard Visual Information

Sixteen N.D. National Guard Soldiers from across the state represented their units and competed in this year's state-level Best Warrior Competition at Camp Gilbert C. Grafton in Devils Lake, Sept. 14-16. One winner from both the junior enlisted and noncommissioned officer category will advance to the regional competition in Oregon to represent the entire N.D. Army National Guard in June 2013.

Soldiers were tested in several areas and answered questions posed by a board of leaders, wrote an essay, preformed land navigation courses during the day and night hours, completed a physical fitness test, qualified with an M16 rifle, used camouflage effectively, evaluated a casualty, performed tactical voice communication, and their final task was a five-mile ruck march.

Several of these events were kept

a secret until immediately before the Soldiers were required to do them to test the Soldiers' ability to think quickly and react to change. There were several surprise challenges thrown into the competition to challenge their ability to adapt and overcome.

The winner in the junior enlisted category with 432 points was Spc. Steven Trautman of the 231st Brigade Support Battalion, Company A, of Fargo.

"I'm excited to have won and been a part of this with all the other Soldiers," Trautman said. "I'm really humbled at the same time. There was some really great competition and I feel that any one of the Soldiers could have won."

Taking first place for the NCOs with 424 points was Staff Sgt. Matthew McKinney of the 164th Engineer Company in Minot, and a full-time Soldier at the Pre-Mobilization

Training Assistance Element (PTAE.)

"The competition was a fantastic experience," McKinney said. "It was a great opportunity to challenge myself and step out of my comfort zone."

If Trautman and McKinney perform well at the regional competition, they may be able to advance to the national level. Both competitors said they intend to take the competition as far as they can.

Command Sgt. Maj. Harley Schwind, the main facilitator of the competition, said a lot has changed in the past five years in how the competition is conducted.

"It used to be just a board, but now it's a lot more hands-on, which is much better training," Schwind said. "Now, not only is it a competition, but it's a training event that's battle focused, so it gives these Soldiers even more opportunity to train on Soldier skills." ■

Soldiers compete in various events during this year's state-level Best Warrior Competition at Camp Gilbert C. Grafton in Devils Lake, Sept. 14-16. (Opposite page, from left to right) Sgt. Claymore Lebeau assembles and M2 Browning .50 caliber machine gun after donning a gasmask; Spc. Steven Trautman moves under cover; and Staff Sgt. Matthew McKinney competes in the two-mile run portion of the Army Physical Fitness Test. (Right) Soldiers were required to complete a land navigation course as part of the competition. (Below, from left to right) Staff Sgt. Christopher Mauch shoots an azimuth with his compass while competing in the land navigation portion of the state-level Best Warrior Competition; a Soldier fires an M16A2 rifle while competing in the weapons qualification event; and M4 carbines line a rifle stand at a weapons qualification range at Camp Grafton.



fr Interact With Us! YouTube

View more photos of the state-level Best Warrior Competition:
<http://bit.ly/BestWarriorCompetition2013>



(Below, left) Spc. Jessica Lemke uses brush to add concealment to her kevlar helmet during this year's state-level Best Warrior Competition at Camp Gilbert C. Grafton in Devils Lake, Sept. 14-16. (Below, middle) Spc. Jon Rogness competes in a five-mile ruck march to cap off the competition. (Below, right) Command Sgt. Maj. Harley Schwind, senior enlisted advisor for the N.D. National Guard, awards Spc. Steven Trautman, the winner in the junior enlisted category of the competition, next to runner-up Spc. Jon Rogness. (Bottom right) Staff Sgt. Matthew McKinney (left) and Staff Sgt. Christopher Mauch pose after claiming the number one and two spots, respectively, in the noncommissioned officer category of the competition.



GUARDIAN

Snapshots



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

WELCOME BACK

Fifty-five Soldiers with the N.D. Army National Guard's Headquarters and Headquarters Company of the 1st Battalion, 112th Aviation Regiment (Security and Support) returned home to North Dakota Sept. 13, after a yearlong mission in Kosovo in support of Kosovo Force (KFOR 15), a NATO peacekeeping operation. Buses dropped off Soldiers in Minnesota, Fargo, Jamestown and Bismarck.



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





Photos by Staff Sgt. Eric Jungels, Joint Force Headquarters

REUNITING

Members of the 164th Infantry Regiment, N.D. Army National Guard, met in Valley City, for their 67th reunion. The 164th was the first U.S. Army unit to take offensive action against the enemy during World War II on Guadalcanal, Solomon Islands, when they reinforced the First Marine Division, Oct. 13, 1942 — 70 years ago this October. The unit spent nearly 600 days in combat and suffered 325 killed in action and 1193 wounded. Regimental Soldiers earned the following decorations: one Navy Cross, six Distinguished Service Crosses, 89 Silver Stars, 199 Bronze Stars, seven Legions of Merit, 10 Soldier's Medals, and about 2,000 Purple Hearts. Members of the 188th Army Band played music during the reunion.



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

TAKING CHARGE

Col. Rick Gibney, 119th Wing commander, left, and 1st Lt. Andrew Teigen, place the honorary rank of brigadier general onto the collar of Garrett Beckwith, 5, Aug. 17 during his special day as "Pilot for the Day" at the N.D. Air National Guard, Fargo. After the promotion, Garrett climbed into the cockpit of a C-21 Learjet and received an emergency egress by 119th Wing firefighters. Garrett was diagnosed Feb. 27 with Acute Lymphoblastic Leukemia and began chemotherapy that day. Doctors say he will have to undergo chemotherapy treatments for another three years. The Pilot for a Day program honors a child who is fighting or has overcome a life-threatening illness or condition, and gives them the opportunity to a special tour as an honorary Brig. Gen. for the unit.



Photos by Staff Sgt. Eric Jungels, Joint Force Headquarters

CONCRETE HELP

Soldiers from the Carrington, N.D.-based 835th and 897th Engineer Teams recently convened in Dickinson with equipment, expertise and a willingness to perform hard work, to enhance the quality and operational capacity of the Dickinson motor pool. Staff Sgt. Reese Douglas, squad leader and noncommissioned officer in charge of the project, said the teams worked well together in planning and executing the construction of a 25-by-85-foot concrete slab. "We have a great crew," Douglas said. "By the time we're done here, our teams will have had a good training experience and the motor pool will have a place to put a maintenance tent. They won't be working in the dirt and mud anymore." This is just one of the many improvements "through troop labor" and in coordination with the N.D. National Guard's Facilities Branch being made to the motor pool, which serves the 816th Engineer Company (Horizontal). In 2011, the entire motor pool area was resurfaced using 816th operators and equipment, which provided training as well as an area for storage and maintenance. Moving forward, the unit hopes to see the addition of a permanent power source and lighting in the motor pool.



A BLAST

Tech. Sgt. Craig Griesbach, a 119th Civil Engineer Squadron fire fighter, helps a military child aim a fire hose at a specially-constructed target Sept. 9, during Family Day events at the N.D. Air National Guard, Fargo. Family Day is a semi-annual event when family members of N.D. Air National Guard personnel get a chance to visit the base during a unit training assembly and are treated to some entertaining activities to show appreciation for their sacrifice and support.



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



Photos by Spc. Jennifer Joyce, 116th Public Affairs Detachment



REMEMBER

Families, friends, National Guard members and members of the N.D. Patriot Guard placed roses and participated in a candle-lighting event during a commemorative ceremony at the N.D. Memorial to the Fallen in the Global War on Terrorism Sept. 11, at Fraine Barracks in Bismarck. The GWOT Memorial is dedicated to members of the United States military and Department of Defense civilians who have lost their lives in the Global War on Terrorism. Dedicated Sept. 11, 2009, the memorial bears the names of 24 North Dakotans (23 Soldiers and one Marine) who died answering their nation's call in the Global War on Terrorism. The memorial is a joint venture between the city of Bismarck and the N.D. National Guard.

GUARDIAN
Snapshots

It's Been a Long Time Playing

While Musical Excellence Continues, Much has Changed in Band's History

The 188th Army Band Turns 125: The Band in History
Part Two in a Two-Part Series



Story by Spc. Kristin Berg
231st Brigade Support Battalion

From playing tubas next to covered wagons at the Mexican border to performing a rock concert in downtown Fargo, the 188th Army Band has transitioned leaps and bounds, but always stayed on the same sheet of music. That sheet of music is “Pride in Performance.”

The N.D. National Guard's 188th Army Band carries a proud tradition established by the member's predecessors. It all started in Valley City, on Aug. 13, 1887, when North Dakota was still part of the Dakota Territory. Since then, the band has changed names nine times and moved its home station three times.

MOVING AND CHANGING THROUGH THE YEARS

Throughout those 150 years, the band had a prolific deployment history, beginning in 1916 at the Mexican Border War. It also served in both World Wars. The members of the band have volunteered in other wars, including the Korean War, Vietnam War, Gulf War, Operation Desert Storm, Operation Iraqi Freedom and Operation Enduring Freedom as well as part of the Kosovo Forces mission. Members also served in disaster relief efforts during state active duty in 2009 and 2011.

“We go back 125 years, and we've been a lot of different places. Some of the most interesting things we have found is the band's involvement in World War I and World War II and how they had been over there,” said Sgt. Christopher Hanson, band member. “It all resulted now with the fact that we have battle streamers. We actually have a Guadalcanal streamer on our guidon, which is something very unique for any band anywhere in the Army — active duty, Guard or Reserve.”

In 1887, the band was referred to as the 1st Dakota Infantry Band. Just two years after being organized, North Dakota became a state and the band changed names to 1st N.D. Infantry. In 1891, the band moved to Lisbon, N.D. From June 1916 until February 1917, the band served on active duty to assist General “Blackjack” Pershing during the Mexican Border War. Five months later, the unit was again called into federal service, but was not activated and went home after 21 days.

In October 1917, it changed names to Band Section, Headquarters Company, 164th Infantry assigned to the 41st Division. The band was relieved from the 41st Division in February 1919. In April 1922, the band was assigned to the 34th Division and changed names again, this time to Band Section, 164th Infantry. The Band was ordered to active duty in France in support of World War I. After the war, the band again changed names, to the 164th Infantry Band.

DECADES OF STORIES, RECOLLECTIONS

In 1939, Charles T. Bell and three high school friends joined the band for three dollars a month. One of the young men lied about his age to join. Only two years after joining, the Soldiers found themselves at Camp Claiborne, La., as they were mobilized alongside the state's 164th Infantry Regiment. The duty at the camp was not pleasant and Soldiers' morale was dropping. Since the band's mission is Esprit de Corps, they felt that they needed to try to cheer up the troops, so they decided to have an “Underwear Parade.” The band had been issued underwear from World War I, which was outdated and not like any underwear styles of the 1940s.

The band paraded down the streets of Camp Claiborne dressed only in their boxer shorts, T-shirts, handkerchiefs on their heads and combat boots. It apparently worked. An old photo shows the audience laughing as the band members march by.

“We just had a real good time,” Bell said of the parade.

It wasn't all fun and music for the unit, though.

“In 1941, they were sent over to Guadalcanal,” said Sgt. 1st Class Jeffrey Pflugsten, band member. “They fought along with the 1st Marine Division and 164th Infantry. They became litter bearers, they became guards, they became medics — so they had a very dangerous job because they couldn't be armed. As the Japanese were shooting at the Soldiers and Marines, the band were the ones going out and rescuing the people that were wounded, recovering the dead bodies and bringing them back. ... Their instruments were taken away, so before they left Guadalcanal, their instruments finally arrived and they performed one concert on Guadalcanal just to cheer up the troops, and it did.”

After Guadalcanal, the band headed to Fiji, where members primarily played USO shows, but also took part in ceremonies and parades, Pflugsten said.

More reorganizations and name changes took place throughout the 1940s, and the band's most recent change came in 1959

when it was named the 188th Army Band and moved to Fargo.

Before that final change, the band had the opportunity to perform twice for President Dwight D. Eisenhower in June 1953 during ceremonies to close the Garrison Dam gates.

Some of the best memories are sometimes the smaller ones, though.

Former band member Vernon Gutenkust described his first drill with the 188th Army Band.

“I was listening to this band, and it was just amazing me,” Gutenkust said on his first drill with the 188th Army Band. “I thought, ‘A National Guard band or a Reserve band, and it sounds like this?’ And the number of people — there was about 60 people in the band. Wow!”

As the band marks 125 years of service this year, the unit continues to look toward the future, as well.

“The next big thing that we will be doing is something that we do every other year in January,” Hanson said. “It's called our Music in the Schools tour, and what we do is we send out our popular music bands, like our rock band and our country band, go out and perform in schools in January. We come out there and play shows and we do everything that will get the kids going. First of all, it's a rock band and then we bring in lights, smoke machines and everything. We put on a



show with music they all know — the top 40 music.”

From classics on the Mexican border to rock tunes in rural N.D. high school gyms, this band has been many places and done many things while always focusing on its motto: “Pride in Performance.” ■



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

From left to right, Sgt. Alex Smith, of the 81st Civil Support Team, Staff Sgt. Michael Miller and Staff Sgt. Todd Hillukka, both 119th Civil Engineer Squadron firefighters, take instrument readings Aug. 22 during an exercise at the N.D. Air National Guard Regional Training Site, Fargo. The exercise was a no-notice, joint agency, emergency response exercise involving local emergency responders and firefighters as they respond to a simulated civilian cargo aircraft crash at the Fargo Air Guard base near Hector International Airport. The 81st CST is trained and equipped to respond — any time of day or night — to chemical, nuclear, biological, radiological and explosive hazards or incidents.



CALL TO ACTION

Fiery Crash, Radiation Spur Teamwork Among Guard, First Responders

By Spc. Kristin Berg, 231st Brigade Support Battalion



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

(Left) From left to right, Chief Master Sgt. Steven Bertsch, 119th Wing exercise incident commander, Lt. Col. Mark Quire, 81st Civil Support Team commander, and Capt. David Jablonsky, 81st CST operations officer, discuss training exercise logistics Aug. 22 at the N.D. Air National Guard Regional Training Site, Fargo. (Below left) Two Bismarck-based N.D. Army National Guard UH-60 Black Hawk helicopters carrying 81st CST members land in Fargo. The 81st CST Soldiers arrived on site to assist with emergency response during the no-notice exercise. (Below middle) From left to right, Jason Ness, of the Fargo Fire Department, Chief Master Sgt. Steven Bertsch, 119th Wing exercise incident commander, and Maj. Lila Teunissen, 81st CST, discuss training logistics during the no-notice emergency response exercise. (Below right) 81st CST members Staff Sgt. Chris Keller, left, and Sgt. 1st Class Robert Ferderer review and input information in the tactical operations center Aug. 22 during the no-notice exercise.



119th Wing firetrucks arrived as flames shot up from an airplane at the burn pit on the N.D. Air National Guard Regional Training Site in Fargo. The Guardsmen quickly extinguished the fire as a no-notice exercise kicked into high gear for them, along with other military and civilian responders.

First, the call came in to the N.D. Air National Guard's 119th Civil Engineer Squadron fire department. A civilian cargo transport plane had crashed, spewing its contents before bursting into flames. Once the fire was out, a Fargo-Moorhead Hazmat team arrived in response to hazardous cargo listed on the flight manifest. In the meantime, the Guard's 81st Civil Support Team activated from Bismarck. Before the morning was over, they were all gathered at the Regional Training Site to test their skills and capabilities, as well as their abilities to work side-by-side to respond to a potential threat.

"We need to know what the civilian hazmat procedures are, what their equipment is, and how it operates," said Maj. Lila Teunissen, with the 81st CST, who helped coordinate the response. "They need to know what assets we have. We have a lot of commercial, off-the-shelf different types of equipment that will detect things the standard hazmat team cannot. We are also a good back reach resource; we don't necessarily have to come on scene to help out. This is one of those times where we are trying to put all the pieces together, to see what resources they've got, to see what resources we have, and see how quickly we can identify what's out there."

The realistic exercise was an opportunity

for everyone to understand all of the tools, assets and capabilities together. The ability for everyone to see what the others bring to the table and how they train was imperative to making any improvements.

"I thought it was a very good experience for our team. We have not worked very heavily with the F-M Hazmat team, so it was nice to meet those guys," said Capt. Shawn Markovic, CST survey team leader. "Our whole goal of this exercise is to essentially introduce ourselves to the F-M Hazmat team, show them what we can do, they can show us some of their capabilities and progress forward."

Although Teunissen was aware of what would play out as one of the exercise coordinators, the drill came as a surprise to the others involved, who received the call that morning. It's part of regular real-world training scenarios the teams use to test and refine their response.

"Neither (team) knew the debris field was going to be out there, so it was surprising," said Joe Svir, F-M firefighter.

Even as the radioactive elements were being discovered near the burned jet at the training site, two UH-60 Black Hawk helicopters were on the way from Bismarck with equipment and personnel ready to respond.

"I think we should do this all the time, because if an incident does happen it's not just going to be us, it's not just going to be Fargo Fire, it's not just going to be Moorhead Fire, we are all going to be working together as a team. As much of this training as we can get I think we should do it within our resource capabilities," said Staff Sgt. Michael Miller,

119th Wing firefighter.

The meticulous task took most of the day, giving Guardsmen and first responders a chance to get to know each other and their capabilities. The exercise ended with a firefighter simulating a heat stroke and a review of the events for everyone to use to make adjustments.

"We can always improve because that's all part of training," Markovic said. "We always find some of our weaknesses, and we obviously want to improve upon that. It's very difficult when you get different entities together to try and coordinate, especially when you are going down range, because so many of the teams have different capabilities and to try to mesh that together is always a challenge."

Even though it was important work and training, participants also said they enjoyed getting to know their counterparts better.

"It's a lot of fun; they have the same viewpoints, the same ideal that we do as firefighters," Miller said. "They're all great guys out here; love working with them and getting to meet them. We don't get a lot of opportunity to work with Fargo Fire or Moorhead Fire, so the big thing is getting to know the guys, getting to work with them and seeing how their attitudes are. It was awesome. Anytime they want me to work with them again, sign me up." ■



View photos from the exercise: <http://bit.ly/FargoTraining>. Watch video at <http://bit.ly/FargoExerciseVideo>.

HAWKS LAND IN FARGO

Story by Staff Sgt. Amy Wieser Willson
Joint Force Headquarters



fr Interact With Us!

View photos from this event at <http://bit.ly/FargoBlackHawk>.

Backed by a UH-60 Black Hawk helicopter, state, local and military leaders announced an expansion of N.D. Army National Guard aviation assets in the state in August. The event took place at the Jet Center's south hangar, the new Fargo home of the rotary winged aircraft.

One Black Hawk with four full-time crew members will work from the site to begin with while a UH-72 Lakota and OH-58 Kiowa may operate there on a rotational basis with Bismarck. Army National Guard aviation assets have operated from Bismarck since 1958. Two additional Black Hawks are expected to call Fargo home by 2014, when an anticipated medical detachment with nearly 30 personnel should be added.

“The operational footprint of aviation in North Dakota continues to grow, which will be advantageous to not only the training opportunities for our Guardsmen but, more importantly, to the benefit of our communities and state,” said Maj. Gen. David Sprynczynatyk, adjutant general.

Black Hawks were used extensively across the state during flooding in recent years, transporting troops and equipment, providing an aerial view of the breadth of flooding for strategic decision makers, and strategically placing one-ton sandbags on areas where levees were eroding. N.D. Guardsmen also have used Black Hawks to support firefighting efforts in other parts of the country, and continue to train for potential response in the state. ■

Photos by Staff Sgt. Eric Jungels
Joint Force Headquarters



UH-60 BLACK HAWK HELICOPTER



MISSION

The UH-60 Black Hawk helicopter entered Army service in 1979 to provide air assault, general support, aeromedical evacuation, command and control and special operations support to combat and stability and support operations. It has proven especially beneficial in flood-fighting operations in North Dakota.

DESCRIPTION AND SPECIFICATIONS

The UH-60 Black Hawk is a utility tactical transport helicopter. The versatile aircraft has enhanced the overall mobility of the Army, along with the N.D. Army National Guard, due to dramatic improvements in troop capacity and cargo lift capability over its predecessors.

CAPABILITIES OF THE UH-60L BLACK HAWK

- Max. Gross Weight (external cargo): 22,000 lbs.
- Max. Gross Weight (internal load): 2,640 lbs. (or 11 combat-equipped troops)
- Cruising Speed: 150 knots (173 mph)
- Endurance: 2.1 hours
- Range: 306 nautical miles
- Crew Size: 4 (2 pilots and 2 crew chiefs)
- Armament: two 7.62 mm machine guns.

Gov. Jack Dalrymple addresses a crowd at the new operating location for the N.D. Army National Guard UH-60 Black Hawk helicopter Aug. 22, in Fargo. For the first time in the history of the state, Army National Guard aviation assets will be based outside of Bismarck, operating from the Jet Center's south hangar, Fargo. At left is the event emcee, Lt. Col. Jerry Anderson, state aviation officer for the N.D. Army National Guard. (Above left) Maj. Gen. David Sprynczynatyk, N.D. adjutant general, and Fargo Mayor Dennis Walaker visit in the south hangar. (Above middle) Congressman Rick Berg speaks to the crowd in the south hangar. (Above right) Former senior leaders in the N.D. National Guard, including Retired Maj. Gen. Alexander Macdonald, Retired Maj. Gen. Mike Haugen, Retired Maj. Gen. Keith Bjerke and Retired Maj. Gen. Darrol Schroeder, listen to a speaker in the south hangar.

THE LAKOTA ARRIVES

N.D. GUARD, TRIBAL NATIONS DEDICATE NEW LAKOTA HELICOPTER

By Sgt. 1st Class Billie Jo Lorius
Joint Force Headquarters



Photo by Brett Miller
N.D. National Guard Visual Information



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

The N.D. Army National Guard, together with representatives of N.D.'s Tribal Nations, dedicated the Guard's newest helicopter, the UH-72A Lakota, Sept. 4. More than 500 people witnessed a historic ceremony that included a tribal blessing of the helicopter that joins the N.D. National Guard aviation inventory. The dedication ceremony took place at United Tribes Technical College in Bismarck.

"The UH-72A Lakota Helicopter will be a valuable asset for N.D. and an important tool in our Guard's inventory for supporting our communities and serving our citizens," said Gov. Jack Dalrymple. "This state-

of-the-art aircraft will strengthen our capabilities when responding to emergencies and natural disasters across the state."

The U.S. Army's proud tradition of providing its helicopters Native American names continues with the UH-72A Lakota. The Lakota is the Army's newest light utility helicopter and will replace the UH-1H Iroquois and OH-58 Kiowa helicopters. The aircraft is ideally suited for logistics and missions in support of homeland security, emergency response and medical evacuations.

"We are pleased to partner today with all of the great nations of our state to celebrate the newest aircraft and resource available to the N.D. Guard as we support our communities across the state in emergency operations," Maj. Gen. David Sprynczynatyk, adjutant general N.D. National Guard, told the audience. "We are pleased that the members of so many different nations have assembled to celebrate this great bird as we welcome the UH-72A Lakota helicopter to our fleet."

Sen. John Hoeven, Congressman Rick Berg and Dr. David Gipp, president of

United Tribes Technical College, and representatives of N.D. Indian nations — Sisseton Wahpeton Oyate, Spirit Lake Tribe, Standing Rock Sioux Tribe, Three Affiliated Tribes and the Turtle Mountain Band of Chippewa — also rendered remarks during the 2-hour ceremony. The event also included veteran honor guards and performances by the Youngbear/White Lodge Drum Group of Mandereee, N.D., and Native American dance groups.

As part of the dedication ceremony, two Lakota helicopters were blessed by Native American spiritual leader and elder George Ironshield, of Standing Rock, and officially named "Eagle" and "Turtle" respectively. The Eagle symbolizes spirituality and hope while the Turtle is honored as a protector and healer. These names reflect the life-saving and emergency response missions of the Lakota helicopter and symbolize the respect and partnership between the Native American warriors honored by the aircraft and the Soldiers of the N.D. National Guard that will operate the aircraft.

The N.D. Army National Guard is expected to have four Lakota helicopters in the inventory by the end of 2013. The aircraft will be stationed at the Army Aviation Support Facility in Bismarck. ■



Photos by Bill Prokopyk, N.D. National Guard

As part of the UH-72A Lakota helicopter dedication ceremony on Sept. 4, two Lakota helicopters were blessed by Native American spiritual leader and elder George Ironshield, of Standing Rock. One red-tailed hawk feather and one eagle feather were affixed to the dash of each helicopter during the ceremony to symbolize, among other things, power, truth, freedom, age and experience.

 **Interact With Us!**
View photos from this event at
<http://bit.ly/LakotaDedication>.



Military Police Company Receives Mobilization Order

The N.D. Army National Guard's 191st Military Police Company received an alert for mobilization order last month. Only a portion of the company, which is based in Fargo with detachments in Mayville and Bismarck, will deploy.

Nearly 30 members of the unit will serve alongside more than 100 U.S. Army Reserve Soldiers as part of the 1,000-strong force assigned to Joint Task Force Guantanamo in Cuba. The yearlong mission is expected to begin later this month.

Lt. Col. Mark Tibor will command the mission and Maj. William Nels will serve as the deputy commander. The senior enlisted leader will be



Photo by Sgt. Mark Longanilla

Spc. John Stautz, with the N.D. National Guard's 191st Military Police Company, conducts force protection observation from the rooftop of the entry control point guard shack at the Task Force Bon Voizen Reception, Staging, Onward Movement and Integration site in Port-au-Prince, Haiti, April 8, 2011. Nearly 30 members of the 191st Military Police Company, including Stautz, who is now a sergeant, will deploy to Cuba this year to support Joint Task Force Guantanamo.

Master Sgt. Dean Richter.

The 191st provides police, detainment and stability operations in order to enhance security and enable mobility. The unit most recently deployed to Baghdad, Iraq, from January 2008 to January 2009.

Tibor says the unit will receive in-depth training at the mobilization station in Fort Bliss, Texas, on detention facility operations as well as extensive on-the-job training with the unit it will replace upon its arrival in Cuba. ■

141st Maneuver Enhancement Brigade Leadership Changes

The leadership of the N.D. Army National Guard's largest unit has changed. After leading the Fargo-based 141st Maneuver Enhancement Brigade since 2010, Col. Lannie Runck will prepare for retirement, allowing Col. Giselle Wilz to take the helm.

Runck joined the N.D. Army National Guard in 1976 and was commissioned as an

officer in 1984. He served in several North Dakota units as both an engineer and air defense artillery officer. In March 2007, he deployed to Iraq, where he was assigned by the Gulf Region Division of the U.S. Army Corps of Engineers as the director of the Joint Reconstruction Operations Center until returning home in March 2008. Runck deployed again in August 2009, serving as the chief of staff for Task Force Falcon, Multi-National Battle Group-East in Kosovo.

Wilz joined the National Guard in 1983

and is the first woman in the history of the N.D. Army National Guard to rise from enlisted all the way through the ranks to "full bird" colonel. She was commissioned an officer in 1986 and serves full-time as the N.D. Army National Guard's deputy chief of staff for operations. She has served in several North Dakota units as both a quartermaster and engineer officer. She deployed to the Middle East for Operation Desert Storm in 1990 and also served in Kosovo from 2009-10 as the operations officer (G3) for the 141st Maneuver Enhancement Brigade. ■

Hundreds of Happy Hooligans Honored for Active-Duty Service

The N.D. Air National Guard's "Happy Hooligans" were among the first called into service following the terrorist attacks on Sept. 11, 2001, when the unit's F-16 fighter jets were scrambled from an alert detachment at Langley Air Force Base, Va. That service has continued with a bevy of active-duty missions ever since. Last month, hundreds of N.D. Airmen who have served on active-duty orders were honored at the Fargo base during a Hometown Heroes ceremony.

The first Hometown Heroes event took place in 2010 and honored those who had served during the first eight years of the Global War on Terrorism. September's ceremony, the second ever, thanked the Airmen who have served on more than 30

consecutive days of active duty between Jan. 1, 2009, and Dec. 31, 2010.

More than 250 Airmen received one or more awards dependent upon their service time: Those who served on active-duty orders for 30-179 days, those who served 180-365 days and those who served more than 365 consecutive days. Their families were recognized with awards, as well. ■

Guard Members Shoot Straight, Collect Awards at Marksmanship Competition

A group of N.D. National Guard Soldiers and Airmen recently competed in the Marksmanship Advisory Committee Region VI Combat Marksmanship Training Sustainment Exercise in Camp Guernsey, Wyo. North Dakota's "Alpha Team" won, while "Bravo Team" took

third. Several individuals came home with awards, as well. Two Soldiers and two Airmen comprise the Alpha Team, which will now compete in the All-Army Marksmanship Match in March at Fort Benning, Ga. It's the first time a joint Army-Air team from North Dakota has qualified for the match. The team includes Master Sgt. Brian Rook, of Harwood, with the 119th Wing; Tech. Sgt. Josh Von Bank, of Fargo, with the 119th Maintenance Squadron; Sgt. Robert Mahoney, of Fargo, with the 817th Engineer Company (Sapper); and Spc. Tyrel Hoppe, of Horace, also with the 817th.

Among the N.D. Guardsmen honored with individual awards are Sgt. 1st Class Russ Gerhardt, of Devils Lake, who serves at Camp Grafton Training Center, Devils Lake; Spc. Evan Messer, of Fargo, with the 817th; Mahoney and Hoppe. ■

Chaplain's Corner: People of Integrity

By Chaplain (Lt. Col.) David L. Johnson
Joint Force Headquarters

"Your word I have treasured in my heart, that I may not sin against You." Psalm 119:11

One sunny day, four high school boys couldn't resist the temptation to skip classes. The next morning they explained to their teacher that they had missed her class because their car had a flat tire.

To their relief, she smiled and said, "Well, you missed a quiz yesterday so take your seats and get out a pencil and paper." She waited as they sat down and got ready for the quiz. Then she said, "First question: Which tire was flat?"

Smart teacher, huh?

Now, INTEGRITY is defined as doing what is right, legally and morally — even when no one is looking. Both the Army and Air National Guard lift this up as one of the highest (if not the highest) of their core values. We all have a "moral compass" or "inner voice" that calls us to do the right thing...calling us to be people of integrity.

So, why do I talk about this?

In all of life, we have choices and decisions to make. Some are rather easy, but some make us churn inside! This is our inner voice, or our moral compass, calling us to "do the right thing."

Ever been bothered by a choice that you've made or a decision you are facing? We all have. So what is it that troubles us? Discomfort produced by our moral compass, of course!

And where do our moral compasses get information? From all kinds of places, but, to begin with, we learn to be people of integrity (and be directed by this compass) from our life of faith. We also learn about the importance of integrity from family, culture and our military values and training.

As people of faith, it's important for us to know who we are and what we believe, so that when the tough decisions come (and they will), our inner voice will be ready to remind us which choices are good and true and right.

If you think about it, the "inner voice" is truly a gift that keeps on giving. ■



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

Chaplain (Lt. Col.) David Johnson, of Joint Force Headquarters, closes a commemorative ceremony at the N.D. Memorial to the Fallen in the Global War on Terrorism, in Bismarck, Sept. 11.

MEET YOUR SEXUAL ASSAULT VICTIM ADVOCATES **ASK. ACT. INTERVENE.**

In order to assist in the fight against sexual violence, the Air Force has developed the Sexual Assault Prevention and Response (SAPR) program. The purpose of this program is two-fold. First, and most importantly, the focus of the program is to ensure victims of sexual assault are protected, treated with dignity and respect, and provided support, advocacy and care. Second is education and awareness; a vital component of the SAPR program

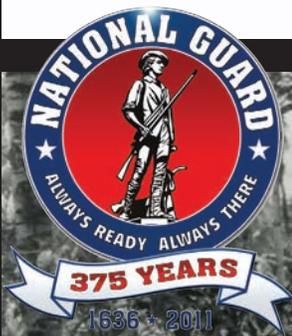
is administering training and awareness programs designed to prevent such attacks from occurring in the first place.

To assist senior leaders in promoting a positive command climate, bystander intervention and victim support, a team of Airmen have been selected to become part of the 119th Wing's SAPR Team. This team consists of three victim advocates and a Wing and Alternate Wing Sexual Assault Response Coordinator. All members of this

team have received training to prepare them to respond to incidents of sexual violence, but preventing sexual assault is everyone's duty.

For more information on the 119th Wing's SAPR Program, or to speak to the Wing Sexual Assault Response Coordinator, Maj Teresa McDonough, call 701-451-2105.

If you or someone you know has been sexually assaulted, please call the SARC helpline 701-425-4821. ■



MOVING CAUTIOUSLY

Soldiers of the N.D. National Guard's 164th Infantry Regiment pass a destroyed Japanese armored truck during combat operations in Dumaguete, Negros Island, Philippine Islands, April 29, 1945. During World War II, the 164th Infantry served with distinction in the Pacific, starting at Guadalcanal as part of the Solomons Campaign and ending the war on occupation duty in Japan.