



NORTH DAKOTA GUARDIAN

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NORTH DAKOTA GUARDIAN

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North Dakota Governor
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Digital photos should be at least 300 dpi.

On the Cover



Open House: From left to right, Gov. John Hoeven, Congressman Earl Pomeroy, Maj. Gen. David Sprynczynatyk, N.D. National Guard adjutant general, Col. Steve Tabor, 164th Regiment commander, and Mr. Jim Hand, representative of Senator Kent Conrad's office, cut a ceremonial ribbon as they celebrate the completion of a 185,000-square-foot training facility for the 164th Regiment Regional Training Institute Aug. 7, 2010, Camp Grafton Training Center, N.D. (Photo by Sgt. Jonathan Haugen, Joint Force Headquarters)

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VIEW FROM THE TOP

Comments from North Dakota National Guard Leadership

Explore Your Options; Share Your Experience

On Aug. 7, the N.D. National Guard officially dedicated Phase I of the 164th Regiment Regional Training Institute (RTI) at Camp Grafton Training Center near Devils Lake.

The design process began January 2005 and leveraged the RTI's considerable experience training Soldiers and future leaders to develop a state-of-the-art facility that will serve to maintain the Regiment's nationally recognized reputation of providing our students excellent training opportunities.

As a team, we pooled our collective experience and efforts to design and construct this \$30.67 million first phase of a \$55 million project. This process provided a unique look at the operational aspects of the 164th RTI, prompting me to request the opportunity to command the regiment. Pursuing that option exposed me to several interesting challenges associated with commanding at that level and resulted in a truly rewarding experience and excellent opportunity to grow as a leader.

It also provided an opportunity to leverage and share our individual experience collectively to grow as leaders and expand the Regiment's capability to accomplish its mission. RTI Soldiers willingly shared their experience with an entirely new

command cell that included a new commander, noncommissioned officer commandant and officer-in-charge.

Their experience provided the necessary input and education to help us understand the complexities associated with a full-time schoolhouse that is scheduled to train more than 2,600 students in fiscal year 2011.

It became apparent that keeping the Regiment on track required a lot of interaction and dialogue with multiple entities at the state and national level. This provided me the opportunity to share experience gained by working at the local, state and national levels in the facilities engineering arena, which helped the staff engage and interact at the various levels necessary to assist in accomplishing our current mission and acquiring future missions.

So, what do we have to show for all of this teamwork, combined experience and effort other than a big new building?

In September, the 164th RTI will be hosting the Engineer Regiment Command Council, which represents the Active Component, National Guard and Army Reserve senior engineer leaders and their staff. This will be a great opportunity to showcase our capability and capacity to



Col. Steve Tabor
164th Regiment Commander
North Dakota National Guard

train more active and reserve component engineer Soldiers.

We are working with the Army Engineer School at Fort Leonard Wood, Mo., the National Guard Bureau and the Army Reserve to conduct the vertical construction portion of a Utility and Power Generation Warrant Officer Course (Specialty 210A). Our experience, and a significant amount of effort, also has provided the opportunity to conduct two Food Service Specialist courses (MOS 92G) starting in March 2011, with 12 courses conducted each subsequent year. We also are discussing a Water Purification Course (MOS 92W) in 2012 with the National Guard Bureau.

Had we not explored our options, built relationships and engaged opportunity at multiple levels, we would have missed several great training opportunities as well as the chance to expand the RTI's mission.

One of the constant messages I see on course after-action reviews is the value gained from real world experience that our deployed instructors bring back and share with the students. Everyone in our organization has knowledge and experience that can be shared. Exploring your options and pursuing challenges is a great way to accomplish this and also an effective way to grow as a leader and improve our organization.

Sincerely,

Col. Steve Tabor



Attendees gather at the 164th Regiment Regional Training Institute to observe the ribbon cutting ceremony that dedicated Phase 1 of a \$55 million training facility project at the Camp Grafton Training Center near Devils Lake, N.D., Aug. 7.

Sgt. Eric W. Jensen



Senior Master Sgt. David H. Lipp

Maj. Jaime Stephan sits in a C-21 aircraft as German exchange officer Capt. Michael Kettl looks on during a June 24 base tour at the N.D. Air National Guard, Fargo, N.D. Middle, Soldiers with the N.D. Army National Guard's 817th Engineer Company pose for a photo at Fort Totten, N.D., after touring the historical site with Sgt. Robert Strong (far right), who was training in North Dakota as part of a United Kingdom soldier exchange program. Right, Sgt. Dave Severinson, of the 191st Military Police Company, instructs visiting Ghanaian officials on how to use training weapons during a drill exercise for the unit.



Courtesy Photo



Sgt. Kayla Staub

and valued in the American society," Kettl said. "Germany society, unfortunately, doesn't really know yet the true value of its forces and the fact that the Soldiers are risking their lives every day down range."

While Kettl has not deployed, he has served in locations across Germany and Austria. He was able to visit with his host, Maj. Jaime Stephan, about North Dakota's overseas missions. Stephan deployed to Iraq in 2003-05 with the 141st Engineer Combat Battalion and now serves with Headquarters and Headquarters Company of the 141st Maneuver Enhancement Brigade.

"The trip was as educational for me as it was for him," Stephan said. "The biggest part of these exchanges is getting to know the person, the country, their military capabilities, cultural differences and communication needs. It has been an excellent opportunity for me to learn how in the future to work with the German Army. It gives me the communication skills to ask or convey an order or operation and how to ensure they understand it. The language barriers we face with other countries is sometimes not understood; we may say something and they will understand something totally different, so these exchanges give us a big advantage on communication. Plus, it is also a huge bonus for the U.S. on foreign relations."

While called an exchange, a North Dakota Soldier won't actually visit Germany in return. Rather, an active-duty

U.S. Soldier will train in Germany as part of the program. Nonetheless, the relationships built won't soon be forgotten.

UNITED KINGDOM

A true exchange will take place between North Dakota and the United Kingdom, however. This summer brought Sgt. Robert Strong from the United Kingdom to North Dakota. This month, North Dakota will in turn send a Soldier — Staff Sgt. Chad P. Finck — to England.

"I hope to learn some techniques they use in training and some of their TTPs (tactics, techniques and procedures) for the battlefield," Finck said. "It would be beneficial to us in case we someday are fighting side-by-side on the battlefield. Hopefully, with the knowledge that I gain from being in the UK, I can share that knowledge with North Dakota Soldiers, whether it being communication or different techniques to use in our training."

Finck served as Strong's sponsor during his two weeks in North Dakota. Strong, who hails from Bournemouth, England, has an engineer background which proved to be a good match with Finck, of Bismarck, who serves in the 817th Engineer Company out of Jamestown.

Together, they trained at Camp Graf-ton on marksmanship, rollover recovery, convoy operations, rappelling, military operations in urban terrain, drivers training and demolitions.

Strong appreciated the training and

site-seeing, listing numerous things he considered memorable from his trip: "the warm reception, hospitality, tight-knit unit, camaraderie, high morale, and work together as a cohesive unit. (They're) very professional."

"Because of the camaraderie and moral professionalism," Strong continued, "I would find it an honor to work with this unit anytime, anyplace, anywhere and in any operation. The 817th boys, I would go anywhere in the world with them."

GHANA

Ghana exchanges remain commonplace for North Dakota after the Guard was paired with the African country in 2004. It's part of the Department of Defense-sponsored State Partnership Program, and hundreds of Guardsmen, Ghanaians and civilians have taken part in the six years since.

One exchange this summer brought Ghana Air Force leadership to the 119th Wing to discuss something specific they have in common: transformation.

When the last F-16 left the Wing in 2007, ending a 60-year fighter mission, major changes followed as the Happy Hooligans successfully took on two new flying missions: the C-21A Lear Jet and the MQ-1 Predator. Now their expertise can be used by their Ghanaian counterparts, who recently received four Chinese-Pakistani K8 Fighters as they replace their aging Fokker fleet.

"They are looking at developing a pilot transition program, but have little experience in how to accomplish this," said Maj. Greg McDonald, North Dakota's State Partnership Program coordinator. "They would like to visit with the Happy Hooligans because of their experience in developing and managing such a program."

During the mission, two pilots from Ghana's Air Force, Lt. Felix Kattah and Flying Officer Peter Attah-Obeng, spent a week with mentors in Fargo. The visit included an in-depth overview of the 119th Wing conversion plan, instruction on how to upgrade flying lesson plans, instruction books and manuals, a summary of the flight operations and standards program and how to implement an effective evaluation, records management and safety program.

The mission was one of numerous exchanges between the partners. For example, last month brought two groups of North Dakota Soldiers and Airmen to Ghana for a joint exercise called African Endeavour and a strategic communications workshop, the latest in the ever-growing partnership.

Beyond the foreign service members who came to North Dakota this summer, other missions this year will give Guardsmen an opportunity to further improve international relations. Among those are a trip this month for 814th Medical Detachment Soldiers to the Democratic Republic of the Congo. ■

"Train as you fight" is a common military mantra. When deployed, North Dakota Guardsmen often find themselves working alongside soldiers from numerous NATO countries; it only makes sense to train with them, too.

So, mixed between Soldiers and Airmen in ACUs and ABUs this summer were some less familiar uniforms. As training peaked with the warm weather, so did visits from service members from Germany, the United Kingdom and Ghana. The training gave North Dakota Guardsmen an opportunity to practice working with their counterparts from overseas while enhancing techniques and military knowledge for those on both sides of the ocean.

GERMANY

Michael Kettl — whose rank of Hauptmann der Reserve is comparable to captain rank in the National Guard — spent two weeks this summer training in North Dakota, primarily at Camp Grafton Training Center. The personal relationships he made and situations he experienced will return to Germany with him, he said.

"The biggest thing to take back with me to Germany is how you Soldiers are accepted

By Staff Sgt.
Amy Wieser Willson,
Capt. Penny Ripperger &
Sgt. Jessica Geiger

A Global Exchange

The CLOTHESLINE Project

Military Survivors of Sexual Assault Let Their Voices be Heard

By Capt. Penny Ripperger
119th Wing

“We are waiting to hear your voice, so we can heal together.” A message prominently displayed on a T-shirt at the Clothesline Project accurately described the goal of the event that took place at the Fargo Veterans Administration Hospital July 27-29. This inspirational message was one of many that were displayed on T-shirts created by military survivors of sexual assault. The shirts hung side-by-side in an effort to “break the silence” and bear witness to sexual violence in the military.

“The Clothesline Project is a visual display that allows survivors to share their stories about the impact of sexual violence on their lives by decorating a shirt in a way that reflects their experience,” Heather Prigge said. Prigge, who was one of the

coordinators of the event, is a military sexual trauma (MST) program intern at the Fargo VA and also is a member of the N.D. Air National Guard.

The Clothesline Project is an international effort to bring awareness about sexual violence. This was the first year the event was hosted by the Fargo VA, focusing on MST.

“Hopefully this year we will pave the way and have more events in the future. It’s a way to get people to start talking about their experiences. If just one Veteran feels empowered to tell their story, it makes this event worthwhile,” Prigge said.

“I raised my hand to protect my country. I shouldn’t have to protect myself.”

It was an emotionally packed couple of days for the organizers. In addition to Prigge, 1st Lt. Rachael Walters, the Joint Forces Headquarters sexual assault response coordinator, and Susan Thompson, the Fargo VA MST program coordinator, took part in the three-day event.

“I didn’t expect it to be so emotionally draining, but draining in a good way. It’s an incredible healing process, and to watch survivors take that first step is very powerful. I was proud to be a part of that,” Walters said.

She explained that National Guard survivors also came to the exhibit to participate.

“There is definitely a National Guard voice here,” Walters said as she gestured toward the exhibit that displayed more than 70 decorated T-shirts.

In addition to current military members, Veterans — many of whom were

coming to the VA for medical appointments and happened to see the exhibit — took part in the event.

“One Veteran came over with his significant other just to see what was going on and as he walked through, he was so moved by the messages on the T-shirts that he was inspired to make a shirt of his own,” said Prigge.

Prigge explained that as he began creating a message on his shirt, for the first time in his life he openly talked about a traumatic sexual experience that happened to him more than 40 years ago.

The shirt displayed the message:
1967 — I was an honorable sailor, until one day my honor was stripped from me!

Two sailors held me down.



From left to right, Master Sgt. Karen Erickson, Senior Master Sgt. Susan Schroeder, Staff Sgt. Heather Prigge, all three of the 119th Wing, and 1st Lt. Rachel Walters, of Joint Force Headquarters, hang a T-shirt at the Clothesline Project display.



Photos by Senior Master Sgt. David H. Lipp

In my bunk, I was raped by a third sailor. I was threatened to B... QUIET: Decades have passed, but the memory is still haunting.

Prigge described that as he was processing his traumatic experience, his initial feelings were of embarrassment.

“But after he found the words and told his story, he was no longer embarrassed. **He was proud.** He even asked to have a picture taken holding the shirt,” Prigge said.

Most importantly, the man told Prigge that he plans to make an appointment at the VA to get the counseling he needs and move on with his life.

“As his shirt implies, it happened in 1967 and the memories still haunt him. Now he is finally getting help. That’s what this event is all about,” Prigge said.

Observers from the N.D. National Guard also took part in the event. Senior Master Sgt. Susan Schroeder and Master Sgt. Karen Erickson, both from the 119th Wing, decided to walk through the exhibit during their lunch hour. Like many of the visitors, they were moved by the messages they read.

“It’s just such an eye-opener to see that MST is so prevalent, it touches so many people. We need to take advantage of opportunities like these, make sure people are aware of what is happening. This could be a co-worker sitting next to you who is

going through this,” Schroeder said.

The Airmen decided to decorate T-shirts in honor of survivors that they know who have faced a traumatic sexual assault.

Schroeder’s shirt displayed the powerful message, *‘I raised my hand to protect my country. I shouldn’t have to protect myself.’*

Erickson wanted her shirt to relay a message to survivors, reminding them that their feelings are important and need to be heard. Her shirt read, *‘No means stop. Please Listen. I have a voice.’*

“This exhibit is powerful in many ways. Once someone sees that they’re not alone by reading these messages, they will be more willing to open up and talk about their own experiences and get support from people around them,” Erickson said.

Thompson, who also is a licensed clinical social worker with professional experience in the field of sexual trauma, agreed with Erickson’s remark.

“Research shows that social support is the most consistent and best predictor of recovery after trauma. This event not only allows survivors to tell their stories, but hopefully helps us all to wrap around and support them so their

Capt. Penny Ripperger, the 119th Wing sexual assault response coordinator (SARC), reads a poem written on a T-shirt at the Veteran’s Administration Hospital grounds. The Clothesline Project display is a collection of T-shirts created by victims of military sexual trauma (MST), and people who have a message about it, as well as to bear witness to sexual violence.

healing can begin,” Thompson said.

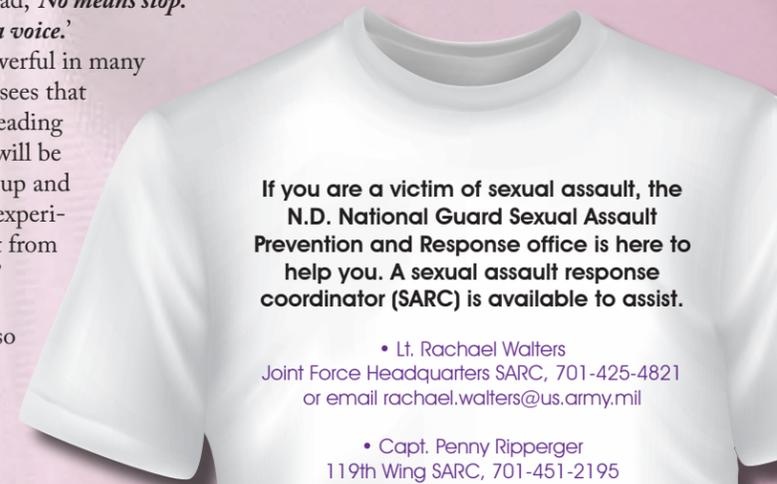
The creativity of the shirts and the variety of ways the survivors communicated their stories was a poignant message to everyone who went through the exhibit.

“The purpose of this event is to give survivors a voice. To let them know that now there are so many resources available to them and they don’t need to suffer in silence anymore,” Prigge said.

The underlying message of the Clothesline Project is the phrase, “Break the Silence.” Although the message is simple, its meaning was anything but for the individuals

who walked through the exhibit and the survivors who took the courageous steps to come forward and tell their story.

“People think they can push this to the side, but they can’t. Just like how PTSD is more accepted now, my hope is that MST will be less taboo in the future and survivors will be able to come forward and be able to heal,” Prigge said. ■



If you are a victim of sexual assault, the N.D. National Guard Sexual Assault Prevention and Response office is here to help you. A sexual assault response coordinator (SARC) is available to assist.

• Lt. Rachael Walters
Joint Force Headquarters SARC, 701-425-4821
or email rachael.walters@us.army.mil

• Capt. Penny Ripperger
119th Wing SARC, 701-451-2195

• 1st Lt. Shaun Carlson
119th Wing Alternate SARC, 701-446-8898

If you’re interested in creating a shirt or donating shirts for future events to help spread awareness about sexual assault in the military, or if you would like to become a victim advocate, contact Lt. Walters.

Plotting the Course

Guardsmen Refine Career Paths through Mentorship Program

By Sgt. Eric W. Jensen
Joint Force Headquarters

A decades-long career in any organization can't be appraised in dollars and cents. The knowledge, experience and professional relationships acquired in the working world are invaluable. Take Command Sgt. Maj. Dan Job, for instance. His service in the National Guard reaches back to the mid-1970s. Since then, he has compiled an exhaustive résumé. He began as a combat engineer, progressing through the enlisted ranks from squad leader to platoon sergeant to the command sergeant major of three different battalions — including a deployment to Iraq with the 142nd Engineer Battalion in 2003.

Sgt. 1st Class Jesse Handegard, an operations noncommissioned officer with the State Medical Detachment, has been fortunate to gain personal insight into Job's distinguished career and find out how the command sergeant major has been successful as a leader in an accomplished organization.

"I've been able to acquire an appreciation for what he's done and what he's accomplished," Handegard said. "And hopefully, it's something I can acquire and aspire to in the future, as well."

The two initiated a professional relationship through the Developing Leaders Joint Mentorship program in 2007 — a unique process facilitated for N.D. National Guard members through Bismarck State College (BSC). In January 2011, the program will enter its fourth year of partnering Guardsmen as mentors and mentees to enhance the development of both participants.

Jeanne Masseth, training manager at BSC, consults with Guardsmen and assists with the program planning. She said that the Joint Mentorship process is designed for those wishing to gain an understanding

of their organization to cultivate success and explore new opportunities.

"It is a mentee-driven model. The goal is for the mentee to glean from the mentor's expertise or the experts that the mentor knows," she said. "The mentor's role is to open doors."

Mentoring is not a new concept for the N.D. National Guard, but it's a more formalized process through this program, which Masseth said hinges on the Guard's vision statement — a dynamic, relevant force where everyone is a trained, mentored and empowered leader.

Maj. Gen. David Sprynczynatyk, N.D. National Guard adjutant general, is an advocate of the mentoring concept and has lent his expertise as a mentor to the N.D. National Guard's Developing Leaders program pairing with Capt. Penny Ripperger, public information officer for the 119th Wing. He also implemented the same type

of program through BSC while serving as the director of the N.D. Department of Transportation eight years ago.

"Mentoring is the cornerstone to building an organization's foundation for the future," Sprynczynatyk said. "This program supplements our force's vision statement and is a benchmark for future leaders within the N.D. National Guard."

Masseth said that there are a number of reasons that an organization will look to a mentorship program. Most importantly is the transfer of knowledge between the mentors and mentees. While mentees have much to gain by absorbing the wisdom of their mentors, mentors gain new awareness as well.

"Mentors have the opportunity to work closely with high potential employees. Most mentors are pleased to see first-hand the values and innovative solutions the up-and-coming workforce has to offer,"



Courtesy Photo

From left to right, Brig. Gen. Cecil "Bud" Hensel, Command Chief Master Sgt. (Ret.) Brad Childs, Maj. Teresa McDonough and Sgt. 1st Class Diane Wald work through a team-building exercise during a Developing Leaders Joint Mentorship program meeting in 2008. The program is open to any N.D. National Guard member and allows participants to grow personally and professionally and enhance their career development by gaining knowledge and developing skills in a mentoring relationship.

Masseth said.

Additionally, the program provides recruitment and retention clout for organizations by positioning leaders for future development. Also, the professional relationships developed benefit all involved and the mentorship program encourages the sustainment of those relationships.

Masseth said that while the focus lies on developing professional relationships, mentors and mentees also get to know each other on a personal level by sharing stories about their careers and families. The aim is develop a relationship of trust. Mentors and mentees are asked to meet for three to four hours each month outside of the four training meetings throughout the year at BSC.

Handegard and Job were able to go a step further in their discussions. They traveled together to Washington to attend an award ceremony recognizing N.D. National Guard recruiters for their achievements as the winners of the annual Lewis and Clark Recruiting challenge. Handegard, who often aided recruiters by helping conduct physical exams for prior service Soldiers coming into the Guard, was invited by Job to attend the ceremony where the two had a chance to build upon their mentoring relationship. Handegard said he appreciated being invited on the trip as he was not only given more face-to-face time with Job, but also spent time with Job's senior leader counterparts.

"You're made aware of aspects of the Guard that you might not have been aware of or that you just didn't have access to," he said.

Col. Michael Wobbema, N.D. National Guard deputy director joint staff, and Maj. Shannon Horton, plans, operations and training officer, used the 2009 statewide epic flood fight as a platform to bolster their mentoring relationship. While both were located in the Joint Operations Center in Bismarck, Horton took advantage of being co-located with his mentor by soliciting advice throughout the mission.

He said the process was extremely helpful.

"It's a form of education, much the same as college and professional development schools for the military," he said. "It's invaluable to listen and receive guidance from someone that knowledgeable within the organization."

"Joint" has been the improved way of doing business in the N.D. National Guard for a few years now, and

Horton said he did not see a breakdown in communication by being an Army major paired with an Air Force colonel.

"To be honest, I've never seen a distinction," he said. "I just look at Col. Wobbema as a senior officer and a good mentor. I've never even considered that he's wearing a different uniform."

Job said that joint relationships can yield even more results.

"It allows folks in those relationships to get a glimpse into the different components of the organization. A leader in the Army or the Air Guard is just that ... a leader," he said.

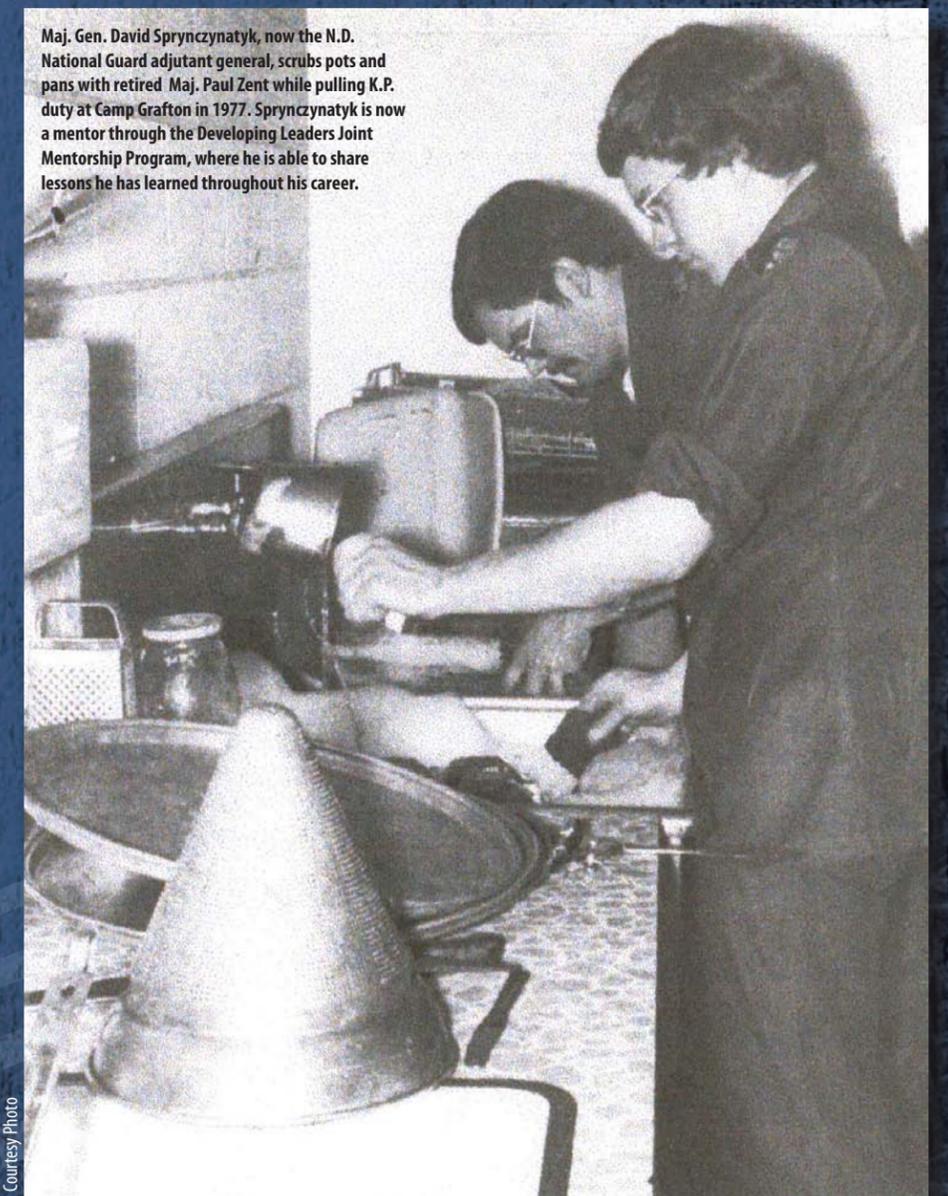
Wobbema said that the Joint Mentorship program is a common sense way for future leaders to gain insight and plot their career paths.

"There's no sense in reinventing the

wheel in career development," he said. "Why not take advantage of their (senior leaders') expertise, experience and advice?"

But mentoring is not just crucial to development in the N.D. National Guard. BSC facilitates mentoring programs for other agencies and businesses, including Bank of North Dakota, N.D. Department of Corrections and Rehabilitation and the N.D. Department of Transportation. The skills and experience nurtured through the mentorship program can enhance Guardsmen's abilities for any type of working environment.

"We see television commercials all the time about Guardsmen being beneficial to employers because of their leadership skills they develop," Wobbema said. "That is not unique to wearing the uniform. That's unique to being a human being." ■



Courtesy Photo

Children attending the N.D. National Guard-supported Military Youth Camp at the 4-H Western Camp in Washburn, N.D., stand in front of a UH-60 Black Hawk helicopter with North Dakota Guardsmen — including Maj. Gen. David Sprynczynatyk, N.D. National Guard adjutant general (third from left) — July 12. One of two events offered this summer, the camp is funded by Operation: Military Kids; the U.S. Army's collaborative effort with America's communities to support children impacted by deployment.



Lt. Col. Rick Smith



Staff Sgt. Amy Wieser Willson

Staff Sgt. Nathanael Baardson, of the N.D. Air National Guard's 119th Wing, demonstrates the functions of a Canon XL1 video camera to Sgt. George Obeng Fianko, with the Ghana Army. Baardson is one of three N.D. National Guard members, including Capt. Penny Ripperger, of Glyndon, Minn., and Staff Sgt. Amy Wieser Willson, of West Fargo, N.D., who traveled to Accra, Ghana, Africa providing a Strategic Communications Workshop to members of the Ghana Armed Forces.

Sgt. 1st Class Richard Haugen and his wife, Tess, along with their children — Courtney, Dane and Trey — accept the award for Army Guard Family of the Year during the Family Program Volunteer Workshop in New Orleans. At right is Maj. Gen. David Sprynczynatyk, North Dakota adjutant general.



Sgt. Barron Salzer

Brig. Gen. Pat Martin, deputy adjutant general, gets some riding tips from retired U.S. Air Force Master Sgt. Joe Grotjohn during a motorcycle safety course provided by American Bikers Aiming Toward Education (ABATE) of North Dakota in Fargo, July 19. Grotjohn is a rider coach with ABATE. ABATE partners with the N.D. National Guard to offer motorcycle safety training at no cost to Guard members. For more information go to www.ndmsp.com.



Senior Master Sgt. David H. Lipp



An AN/TWQ-1 Avenger Air Defense System belonging to the 188th Air Defense Artillery fires a stinger missile at a training drone during a live-fire exercise in Fort Bliss, Texas, Aug. 14.

Spc. Cade Henson

GUARDIAN Snapshots



By Capt. Penny Ripperger
119th Wing

As the widow of the 11th N.D. National Guard member killed in action since the Global War on Terrorism began in 2001, Eileen Goodiron knows the grieving process all too well.

Final in a three-part series on the Tragedy Assistance Program for Survivors

Cpl. Nathan Goodiron, 25, lost his life in Afghanistan on Nov. 23, 2006, from injuries sustained when his unit came in contact with enemy forces using small-arms fire and rocket propelled grenades. He was a member of the North Dakota Guard's 1st Battalion, 188th Air Defense Artillery Regiment.

"Nathan was a funny guy who liked to live life. I knew him my entire life; we even went to Head Start together when we were kids," Eileen said.

In addition to Eileen, he left behind their two children, Joely

◀ Alexander Goodiron enjoys some time with his TAPS mentor at the organization's national seminar in Washington, D.C., over Memorial Day weekend 2010.

and Alexander, who are now 8 and 6.

"I realized that I wasn't doing enough for my children when my daughter told me that she thought Nathan was the only Soldier that had died in Afghanistan. She thought she was completely alone," Eileen said.

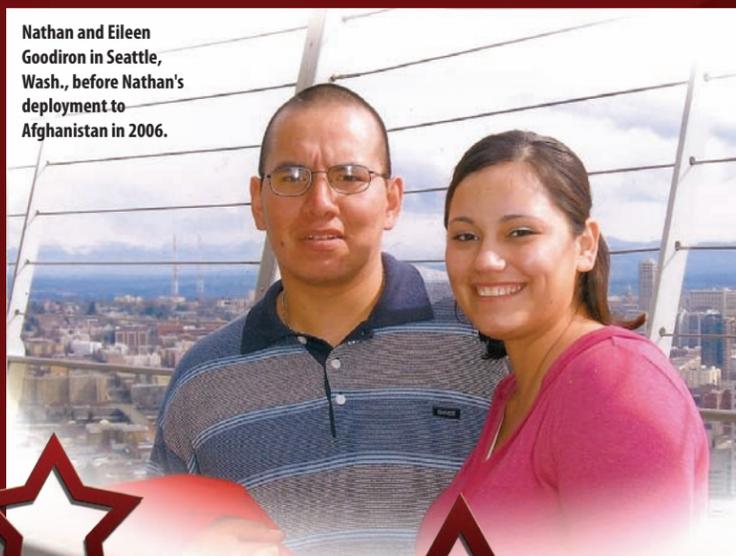
This prompted Eileen to attend TAPS for the first time in 2007, and she has come back every year since.

"It's a different experience every year. I have found friends who are going through the same thing that I am going through. I have connected with these women. We're moving on and now learning how to give back and celebrate the good times together," Eileen said.

TAPS also has had profound impacts on Joely and Alexander. Eileen explained how the event gives her children the chance to feel normal again because they get the opportunity to be around other children in similar situations.

"You don't know what is going through the mind of an 8-year-old. You don't know what is a big deal to them if they don't share it with you," Eileen said as she explained how Joely had concerns at daycare when she noticed that other dads were picking up her playmates after work and she had no father to come get her.

Although healing from such a loss is a lifelong process, Eileen



Nathan and Eileen Goodiron in Seattle, Wash., before Nathan's deployment to Afghanistan in 2006.

is ready to take the next step. She is in the process of becoming a trained mentor with TAPS.

"After Nathan was killed, I didn't know about TAPS. I remember searching the Internet, looking for someone to talk to. I ended up talking to a woman who lost her husband to cancer. Now I know I'm going to be OK and I can focus on helping others. I want to be there for someone else who is going through what I went through," Eileen said.

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Once Eileen is a trained mentor she will be connected with widowed women throughout the year to help counsel and support. In addition to Eileen, there are four North Dakota family members who are trained mentors through TAPS. The trained mentors serve a special role at the TAPS National Conference, as well.

"At the conference, if someone walks out of a room, a mentor will follow. If someone is having a difficult time, a mentor will comfort. Everyone at the TAPS National Conference comforts each other, but the mentors wear a special T-shirt that mark them as someone a person can talk to if they are struggling," Johnson said.

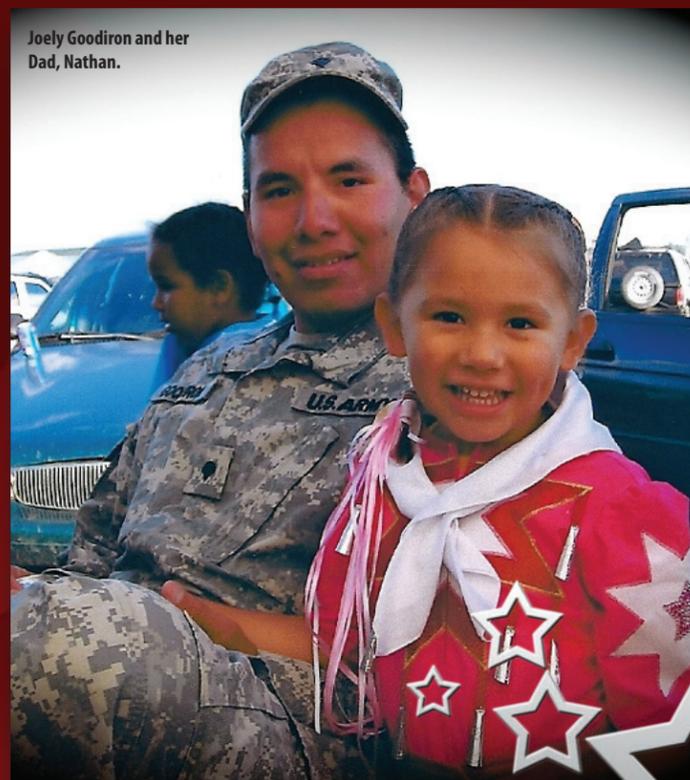
Eileen will continue to be a part of TAPS for a variety of reasons. Her participation continues to give her perspective,

Eileen Goodiron, second from left, visits with friends at the TAPS National Conference in Washington, D.C. Goodiron is in the process of becoming a trained mentor with TAPS to connect and provide support to widowed women of military members.



gives her the opportunity to give back and most importantly, it gives her and her children a chance to talk about Nathan.

"Nathan would be happy with where we are at today and how the N.D. National Guard has treated us. He loved the military; in fact, he re-enlisted right before he was killed. He wanted to do his part and serve his country and still be a civilian. The Guard let him do that," Eileen said. ■



Joely Goodiron and her Dad, Nathan.

Photos Courtesy of Eileen Goodiron



TAPS

North Dakota Families of fallen service members are able to attend the TAPS National Convention in Washington, D.C., through donations made through the N.D. National Guard Foundation.

To learn more, visit:

<http://bit.ly/NDNGFoundation>

TAPS is partially funded by the generosity of others. Those who would like to learn more can go to:

<http://bit.ly/TAPSinfo>
or call 701-333-2012

For a memorial poster of the North Dakota National Guard Soldiers who have been killed in the Global War on Terrorism, go to:

<http://bit.ly/NDNGFallenSoldiers>

A Time for Healing



Retiree Breakfast to be Held at 119th Wing

The annual N.D. Air National Guard Retirees' Breakfast will be in the 119th Wing dining facility Oct. 6.

The doors will open at 7 a.m. with breakfast being served at 7:30. Following breakfast, Col. Rick Gibney will give a 119th Wing update brief.

Attendees will not need a vehicle decal for entry onto base. Entry will be permitted by displaying a current military ID.

Online Personnel Services Available to Airmen

Airmen can now perform personnel actions from their homes using a variety of online services.

The virtual Personnel Center—Guard and Reserve, the virtual Military Personnel Flight and the Personnel Record Display Application (PRDA) are online services available all day, every day to N.D. Air National Guard members.

All services can be accessed from the Air Force portal at www.my.af.mil under the Top Portal Links section.

For a view of what services are available, refer to the Online Personnel Services brochure. A copy can be obtained from your Military Personnel office or you can view or print a copy from the Air Force Portal through the Life and Career tab, on the Air National Guard page.

The Total Force Service Center is available for customer support and provides processing for online services. Contact the Total Force Service Center at 1-800-525-0102 for assistance.

N.D. Army Guard Recruiters Top in Region

For the sixth time this decade and 10th time since 1980, the N.D. Army National Guard's Recruiting and Retention team achieved top place among their regional peers. The annual Lewis & Clark Challenge pits states against one another in an effort to bolster summer recruiting, which is typically a slower time of the year for gaining new members.

North Dakota came out on top once again, scoring five points for new accessions and eight points for Soldiers shipping to training between May 1 and July 31. That put them ahead of Montana, Alaska, Idaho, South Dakota, Washington,



Senior Airman Jason Dewar, of the 119th Civil Engineer Squadron, holds his son and daughter upon his return to Hector International Airport, Fargo, N.D., Aug. 17, after a deployment to Iraq. Dewar was one of seven Airmen who worked with their Iraqi counterparts at Baghdad International Airport providing fire suppression support to flight operations.

Senior Master Sgt. David H. Lipp

Oregon and Wyoming. The award was presented during a conference last week in Washington.

“North Dakota’s continued success in this challenge speaks not only to the zeal our recruiters have for the N.D. National Guard, but also to the quality and mentality of our young people in North Dakota,” said Lt. Col. Daryl Roerick, N.D. Army National Guard Recruiting and Retention commander. “While the numerous education benefits and regular paycheck are great incentives for joining, many new Soldiers cite a call to serve others as one of their main reasons for wanting to put on

a uniform.”

North Dakota continues to out-pace other states in the percentage of citizens who choose to serve. Nationally, nearly 12 of every 10,000 citizens serve in the Army National Guard; in North Dakota, that number climbs to 52 of every 10,000 residents.

The N.D. Army National Guard’s strength for enlisted members as of this month is ahead of the goal for August as well as ahead of the goal for the end of the fiscal year, which concludes Sept. 30. The strength of the officer corps is 5 percent ahead of this year’s goal. ■

Air Recruiters Receive Honors

Master Sgt. Tanya Augdahl (left) and Tech Sgt. Tina Sly (right) were recently awarded the National Guard Bureau’s Century Mark award during a commander’s call for reaching more than 100 accessions throughout their recruiting careers.

Augdahl has been a member of the N.D. Air Guard since April 1994 and works as a recruiter assigned to Minot.

Sly has been a member of the N.D. Air Guard since October 1997 and works as a recruiter assigned to Fargo.

Both have been recruiters since November 2004. ■



Nutrition Wisdom Gained from Reading Labels

By Lt. Col. Lyn Arntson
119th Wing Health Promotions Officer

According to a recent U.S. Food and Drug Administration survey, more than half of all Americans check food labels. At first, the label speak is confusing, but with a little research the “label language” can be easily deciphered.

Start with the “Serving Size,” and note how many servings are in the bottle, bag, etc. The “Calories” listed are for ONE serving and generally based on a 2000 calorie diet. If the serving size is one cup and you can eat two cups, you’re getting twice as many calories and twice as much fat (and everything else) as the label says.

Next note the “% of Daily Value” column. In this column, the product is given a percent value based on healthy levels of each nutrient. Knowing these values can help you make healthy choices. The higher the fiber values the better. The lower the saturated fat, cholesterol and sodium, the better (aim for less than 5 percent). Also, aim low for total fat (less than 30 percent) except for foods rich in the good fats such as peanut butter, olive oil and fish.

What’s the difference between unhealthy fats (trans fats and saturated fats) and the good-for-you fats (the monounsaturated and polyunsaturated fats)? The trans and saturated fats raise heart disease risk. Keep your servings to no more than

two grams per day of the trans fat and a maximum of 20 grams per day of the saturated fats.

Next look at the “Cholesterol” level. The recommended limit is 300 milligrams per day. If your low-density lipoprotein (LDL) cholesterol is high, eat less than 200 milligrams per day. But also keep in mind saturated fat raises your cholesterol level more than cholesterol from food.

Be careful with the “Sodium” (salt). We do need it for regulating our body’s fluid balance, but many of us use more than the 2300 milligram limit (this is about 1 teaspoon). Cut down on sodium by choosing low-sodium foods, rinse the canned foods before eating or buy plain frozen vegetables, which contain very little added sodium.

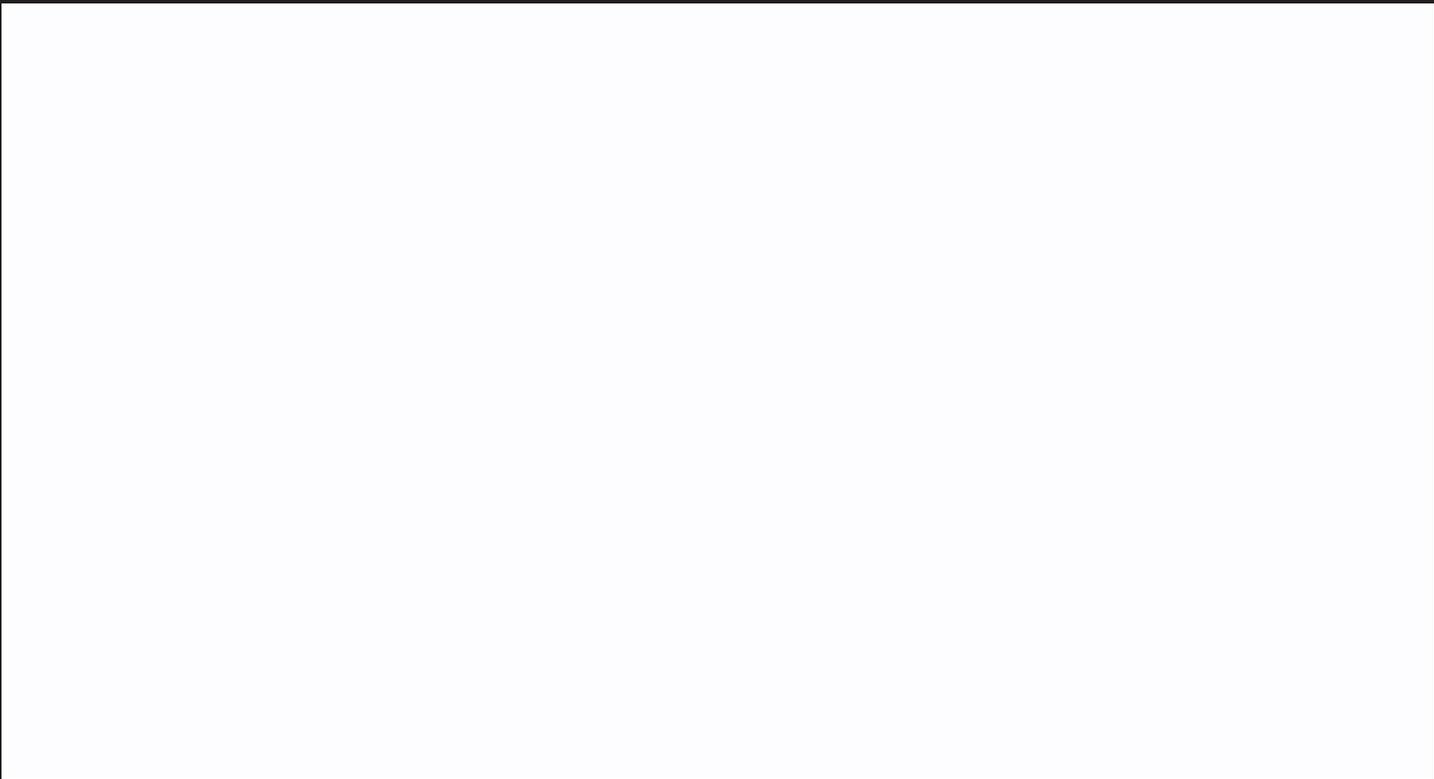
Tracking the “Dietary Fiber” and the “Sugar” separately will help you make smart choices as well. Fiber is needed to help with digestion and to help you feel full after a meal. Get 20 to 35 grams per day of fiber. We need sugar and starches for energy. Look at the ingredient list. If one of these sugars is among the first three ingredients, there is a pretty good chance the food product is high in added sugar; high-fructose corn syrup, corn sweetener, dextrose, sucrose, cane crystals or evaporated cane juices.

Typically, the last item is “Protein.” This is a building block nutrient and we need eight grams for every 20 pounds of

body weight. So, if you weigh 160 pounds you’ll need 64 grams a day of protein. That amounts to a 3 ½ ounces chicken breast, eight ounces of skim milk, two eggs, and two tablespoons of peanut butter. Choose lean cut meats, or high fiber beans, skinless chicken or salmon.

Eating right or eating healthy isn’t all that difficult. It’s all in the choices we make. By reading the label, and just knowing how much trans fat or how much sugar is in the food you’re about to ingest, well, I would say it’s the beginning of nutrition wisdom. ■

Nutrition Facts	
Serving Size 1 cup (85g) (3 oz.)	
Servings per container 2.5	
Amount per serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55 mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 1g	
Vitamin A 360% • Vitamin C 8% • Calcium 2% • Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300mg 375mg
Dietary Fiber	Less than 25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Senior Master Sgt. David H. Lipp

1st Lt. Lee Teigen, of the 177th Airlift Squadron, right, takes an imaginary flight in the cockpit of a C-21 aircraft with pilot for the day Sean Clementich, of Devils Lake, N.D., Aug. 20, at the N.D. Air National Guard, Fargo, N.D. Clementich's C-21 control panel experience is part of his special day as an honorary general officer at the N.D. Air National Guard Wing. The Pilot for a Day event is a chance for a child to forget about recent medical troubles and procedures and to get some special treatment by the men and women of the 119th Wing while having some fun touring various areas of the military base with some friends and family.