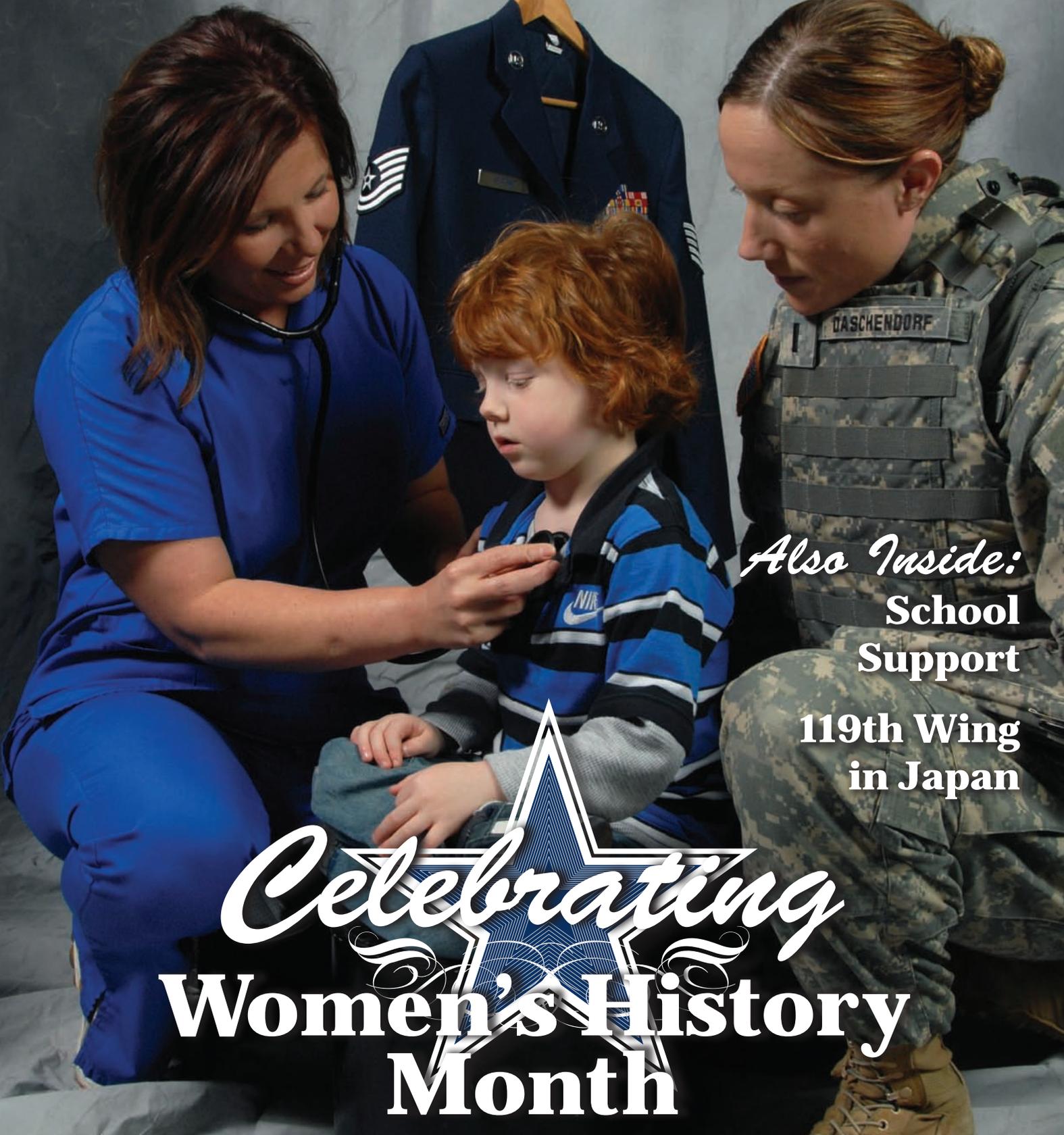




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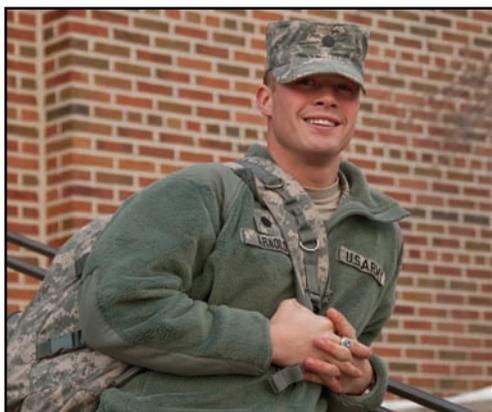
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On the Cover



Vital Roles: The nation has recognized March as Women's History Month. Women play an important role in the N.D. National Guard and in civilian professions. Tech. Sgt. Amy Strand, of the 119th Medical Group, left, and 1st Lt. Nicolette Daschendorf, of Company B, 231st Brigade Support Battalion, serve in different branches of the N.D. National Guard and have different full-time career paths, yet each has their own family to care for as they juggle their roles as women in today's military. (Photo by Senior Master Sgt. David H. Lipp)

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View From the Top

March Celebrates Women's History Month

In March, I begin a new position at the N.D. Air National Guard as the executive officer for the 119th Wing. As I prepare myself for this next step in my military career, I can't help but think of all of the opportunities that I have been given since I joined the military.

I am fortunate to have joined the military in an era where there are few to no limitations on females. When I became a Happy Hooligan in 1989, I started as an enlisted Airman in the Services Flight. Through excellent leadership, guidance and incredible role models, I was encouraged to take a commission, leading me on my own path of leadership. My predecessors have paved the way for individuals like me to enjoy a full military career without gender roadblocks.

The 2011 theme of Women's History Month is "Our History is Our Strength," and there are several fine examples of strong military women in our history, in-

cluding the stories of fellow Guardsmen that appear in this issue of the North Dakota Guardian.

The only female Medal of Honor recipient, Dr. Mary Walker, was honored for her care and treatment of the sick and wounded during the Civil War, often at the risk of her own life. She was

an accomplished doctor and patriot and successfully fought against sex discrimination in her time.

There are other heroic stories about women who fought on the battlefield, survived prisoner of war camps and died in combat, all while disguised as men in order to serve their patriotic

cause. These stories were revealed at the Women in Military Service for America Memorial dedication on Oct. 18, 1997, at Arlington National Cemetery.

It's hard for me to imagine a time before women were admitted into the service academies, allowed greater roles

“My predecessors have paved the way for individuals like me to enjoy a full military career without gender roadblocks.”



Maj. Teresa Luthi McDonough

119th Wing Executive Officer
North Dakota National Guard

in combat or could serve as pilots.

Around the year I was born, the first females were appointed to the rank of general. The year I went to Basic Training, Eileen Collins entered the NASA program and later became the first woman commander of a space shuttle mission. These women, as well as the current and recently retired female leaders in our own state, are military pioneers who significantly contributed to the struggle for women's rights.

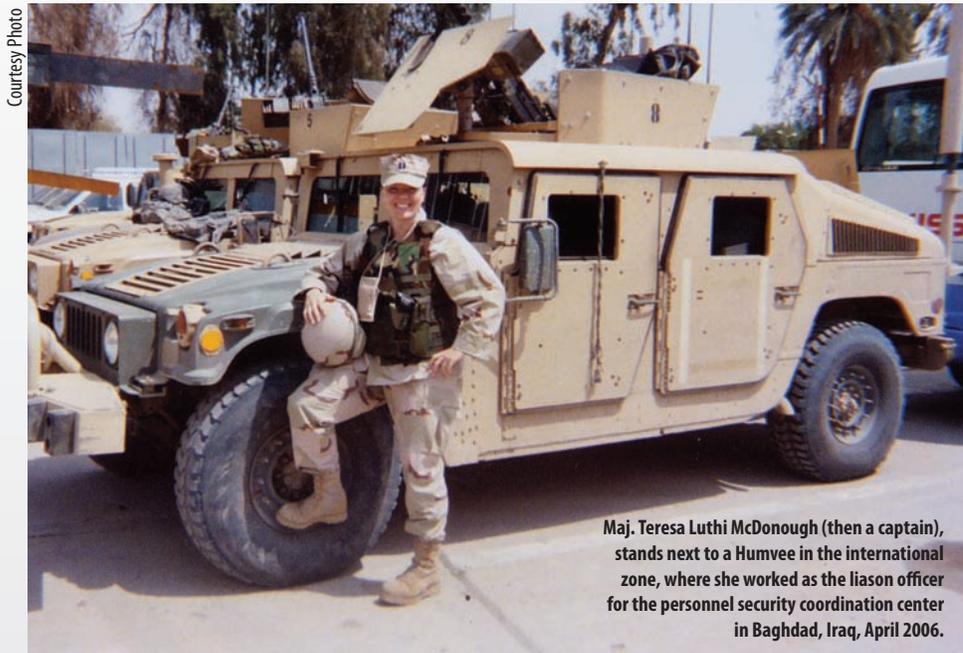
Because of our female military historical leaders, I have the privilege to serve without apprehension. I think our predecessors would have envisioned it that way, and would be proud of what we've become.

"The leadership instinct you are born with is the backbone. You develop the funny bone and the wishbone that go with it." — Elaine Agather, business woman

Sincerely,

A handwritten signature in black ink that reads "Teresa L. McDonough".

Maj. Teresa Luthi McDonough



Maj. Teresa Luthi McDonough (then a captain), stands next to a Humvee in the international zone, where she worked as the liaison officer for the personnel security coordination center in Baghdad, Iraq, April 2006.



Soldiers, Airmen & Scholars

North Dakota Universities Promote Military-Friendly Environments

Ever since President Franklin Roosevelt signed the Servicemen's Readjustment Act of 1944, American military servicemen and women have been enjoying the just perks of a college education courtesy of Uncle Sam.

By the time the original bill ended 12 years later, nearly 8 million World War II veterans had participated in an education or vocational training program. Today, the promise of that original bill lives on in the form of the Montgomery G.I. Bill, and it's as popular as ever among American Airmen, Soldiers, Sailors and Marines.

These days, some states do a lot more than others when it comes to educational benefits for veterans. Few can compete with North Dakota and its colleges and universities.

It is state law in North Dakota that all eligible active-duty servicemembers and veterans, their spouses and dependents — regardless of what state they are from — can attend North Dakota University System schools at in-state rates. Members of the N.D. National Guard have additional benefits for which they can qualify.

One need only look to North Dakota's two largest universities — North Dakota State University in Fargo and the University of North Dakota in Grand Forks — for proof of vet-friendly environments. NDSU and UND aren't the only military hot zones in North Dakota, but they educate 27,000, or 60 percent, of the 45,000 college students enrolled in North Dakota's 11-institution university system. They also have the majority of North Dakota's veteran student population and are home to successful Reserve Officer Training Corps Battalions.

At NDSU, there are about 450 students taking advantage of veteran benefits, including dependents. At UND, the number is about 540. Parsing out the UND figure even more shows there are about 150 National Guard Soldiers and Airmen enrolled at the school.

The efforts in North Dakota to cater to veteran students is partly based on the fact they have unique needs compared to traditional students, but it's also partly a way to thank these men and women for their service.

"As a particular acknowledgement of an individual's service to our country, we are committed to providing resources to veterans and military students which will assist in smooth navigation of the university environment and a successful educational experience," said Kate Haugen, associate vice president for student

affairs at NDSU.

Alice Hoffert, UND associate vice president of enrollment management, said UND's veteran-friendly ways are not the norm around the country, but it's a posture that school officials adopted early as military deployments and call-ups became more commonplace.

"They are an exceptional group of people, so we are interested in making exceptions for them," Hoffert said. "We just felt they deserved special accommodations."

As Veterans Administration "Yellow Ribbon Schools," both UND and NDSU pay additional costs beyond what the G.I. Bill does not cover for student veterans. Under an agreement, the schools and the VA split the remaining costs.

Several other schools in North Dakota hold Yellow Ribbon agreements with the VA, including Jamestown College, Rasmussen College in Fargo and Bismarck and the University of Mary.

Hoffert said UND routinely works with veteran students when it comes to tuition and fee deadlines, making sure to waive late fees when their enrollment is affected by military duty. The same goes for housing contracts, which are pro-rated based on their military duty schedule so they are not stuck paying for a university residence they can't use.

Also, if a veteran gets called away from class for any kind of military duty longer than 14 days, their tuition and fees are refunded at 100 percent.

North Dakota veteran students are eligible to take advantage of the state's "drop" policy that allows them to halt classes without penalty if they are called away for military duty.

Kaarin Remmich, VA certifying official at NDSU, said that their school already is urging those who might be needed for flood duty around the state this spring to think about the academic ramifications of a potential call-up.

"Right now, we are working on expanding email communication to students to provide dates and deadline information ... so that students can make early decisions on whether to remain registered," she said.

At UND, instructors are given the discretion to work with veteran students to register a grade as "incomplete," or, if enough progress has been made during a semester, they can issue a grade based on the students' performance to that point.

"When I was called up to assist in flood-fighting efforts in the middle of a semester, my instructors were very flexible and ac-

Sgt. Brett J. Miller



• By Sgt. 1st Class David Dodds, 141st



Far left, North Dakota State University (NDSU) Reserve Officers' Training Corps cadets, from left to right, Amity Blohm, Corey Arnold, (who is also a member of the N.D. Army National Guard's Company C, 188th Air Defense Artillery) and Anthony Hokanson visit on campus at NDSU Dec. 9.

Left, Air Force Andrew Anderson, of the University of North Dakota ROTC battalion and also a senior airman in the 119th Wing of the N.D. Air National Guard, stands in front of Twamley Hall at UND Feb. 22.

commodating," said Jesse Wolff, a UND communication major from Beulah, N.D. Wolff served in the N.D. National Guard from 2004 to 2010 and was deployed for Operation Iraqi Freedom from 2005 to 2006.

Veteran students at UND also are eligible for priority registration no matter if they are an incoming freshman or a transfer student from another school. This ensures that veterans get the classes they need sooner. Typically, UND students register based on the amount of credit hours they have accrued.

Another important component of UND's handling of veterans' needs is the "one-stop-shop" setup of its Veterans Affairs office. Carol Anson, UND's certifying official, has the power to work with students and take care of matters that, at many other schools, would be handled by multiple offices. All she needs to see is a verification of military orders. This model is especially valuable in cases where veteran students are called away to duty.

"We don't want the student using up their valuable time going from one office to the next," Hoffert said. "We want them to be able to spend that time with their Families."

Likewise, NDSU is dedicated to making its veteran students' experience as seamless and pleasant as possible. Recently, the school elevated the status of its VA certifying official to full-time and dedicated a new suite of offices for veteran affairs. The office holds a self-service computer kiosk for veteran students to fill out forms, with the advantage of being centrally located for assistance from NDSU VA personnel.

NDSU created three work-study positions to assist with walk-in traffic, incoming phone calls and to answer questions related to benefits.

NDSU also has a dedicated phone line for veteran students who want to speak directly to the NDSU VA staff, including the certifying official. Another communication upgrade is a new e-mail address for veteran students who have specific questions on VA matters.

"This has helped to send e-mail directly to the VA area without having to be routed in and through the general Registration and Records e-mail account, allowing for faster response time," Remmich said.

Hoffert said that another major UND initiative has been to offer preferential enrollment, into certain classes, for servicemembers and veterans. Initially, sections of psychology and English composition were set up.

Instructors for the courses were handpicked so that they had some level of prior military involvement or experience with servicemen and women. The courses were determined to be ones that most met the needs of returning veterans. The results were so successful that UND has decided to add sociology and speech to the list of veterans-only class sections.

"The classes were chosen so that students of similar life experiences could be together and write about their shared experiences, think about these experiences, speak about these experiences and learn about the social aspects of these experiences," Hoffert said.

Hoffert said the idea for veteran-specific classes stemmed from the school's Military

Affairs Committee, which comprises community and university members who are in the military or work closely with military organizations.

"We get a really good sense from this group about what veterans and the military would like to see from UND," Hoffert said.

At NDSU, a Veterans Reintegration Committee was formed several years ago to assess the needs and issues of returning veterans. This committee has since evolved into an advisory committee for the campus that includes The Office of Admission, Counseling Center, Disability Services, TRiO programs and Veterans Upward Bound, the VA certifying official, student representation, two faculty members and representatives of the ROTC.

Remmich said the committee meets regularly and, in addition to its veteran advocacy role, it organizes campus-wide events, such as a flag-raising ceremony on Veterans Day.

Philip Parnell, director of online enrollment at UND, said his school's efforts to serve veteran students has earned it national recognition from organizations such as G.I. Jobs, and most recently, from Military Advanced Education, which named UND a "Top Military-Friendly College for 2010-2011." G.I. Jobs also named Bismarck State College as being in the top "15 percent of military-friendly schools."

Though not the central goal of UND's military-friendly efforts, Parnell referenced a 65 percent increase in the number of veteran students from 2008 to now.

The increase also could be attributed to a ramped up nationwide effort to recruit veteran and military students to take classes from UND.

"Serving our veterans the way we do at UND is a way of giving back for all they've done for us," Parnell said. "We have been honoring our veterans one way or another for years on the UND campus. It's the right thing to do — it's in our culture."

For more information about military educational benefits, contact the Veterans Affairs office at your school. ■

Ambassador for Hope

Capt. Karin Halverson is surrounded by children living in a Port-au-Prince, Haiti, tent city after the catastrophic Jan. 12, 2010, earthquake. Halverson was a civilian medical volunteer serving with Project Hope during the three weeks immediately following the earthquake.



Courtesy Photo

After serving for 12 years in life support, Halverson took a commission and joined the 119th Wing Medical Squadron.

“At first I really didn’t want to do the same thing at the Air Guard that I was doing on the civilian side. Then, with the conversion, life support stopped deploying and the Medical Squadron was,” Halverson said.

The first time Halverson deployed as a nurse, she traveled alone to Uganda and met up with 10 Guard medics from across the United States.

“Electricity would be turned off at 11p.m. every night. We would sit by candlelight. The Marines and Soldiers would talk about Iraq and the Uganda Soldiers would talk about the Congo and Sudan. It was a surreal experience,” Halverson said.

While in Uganda, their team saw about 1,000 patients a day.

Prior to that deployment, Halverson learned that the 119th Wing Medical Squadron would be deploying to Ghana just two weeks after she returned from Uganda.

“I was trying to decide if I should go and then someone asked me, ‘Why *wouldn’t* you go; it’s Africa!’ So I went to Africa twice in four weeks,” Halverson said.

Her two teenaged children have understood, and the oldest— a freshman in college — clearly has his mom’s wanderlust bug, having taken a trip to Europe so far. Both kids want to follow in their mother’s footsteps and experience the world.

Her next big adventure was traveling to Iraq, where

Halverson Renders Care While Traveling Abroad

She’s been to Iraq, Curacao, Puerto Rico, Ecuador, Columbia, Nicaragua, Ghana, Haiti twice and Panama three times, but when asked if there was anything she would do differently, Capt. Karin Halverson’s response was, “Nothing, except I wish I would have deployed more.”

Such a response does not surprise people who know Halverson. A 20-year veteran of the N.D. Air National Guard, she has experienced more in her travels than most could ever imagine. Whether it is through the military or in her civilian career as a certified nurse practitioner, Halverson finds a way to use her skills to help others while fulfilling her passion to see the world.

She began her military career in the life support career field, a position that appealed to Halverson’s adventurous spirit.

“The training was great! They bring you out into the mountains and you live off the land for a week. We learned skills in escape and evasion as well as survival and recovery,” Halverson said. “We camped, ate bugs and dug holes to filter water.”

It was while she served in life support that she went on missions to Panama for Coronet Night-hawk, an Air National Guard counter-narcotic air patrol operation. When the mission moved to Curacao, and later Puerto Rico, she raised her hand to deploy to those locations, too.

© By Capt. Penny Ripperger, 119th Wing ©

she worked in a tent hospital for 45 days. Even though she had experience working in an intensive care unit in a civilian hospital, nothing could prepare her for what she encountered on this deployment.

"I had never witnessed trauma like that. We would have eight or nine casualties coming in at once with massive damage, but, in the face of chaos, sadness and carnage, we had a really good team. Morale was high," she said.

Halverson described how the need at the hospital was great.

"Many people from other sections would volunteer at the hospital. After working 12 hours on the flight line, they'd come and work at the hospital a couple more hours," she said. "I was there for just a moment. I would love to go back."

Iraq definitely did not subdue the travel bug for Halverson. In 2010, she volunteered to go to Haiti for three weeks as a civilian with Project Hope. Halverson boarded a Navy ship and ran immunization clinics in Ecuador, Columbia and Port-au-Prince, Haiti, on that mission.

She returned to Port-au-Prince a second time following the devastating earthquakes in 2010.

"I went to the general hospital there and all the patients were camped out in tents in the parking lots because people were scared to sleep inside the hospital. It was completely unreal," Halvorsen said, who experienced a 4.7 magnitude earthquake her first night there.

What makes a person want to work in such extreme environments? Halverson attributes much of her desire to work transculturally to her time that she worked as a Hospice nurse from 1999 to 2007.

"There is a huge similarity in end-of-life care and transcultural care. You have to make sure it's not about your own motives or twisting something to fit your own belief. Rather, you want to meet them where they are at in their own beliefs," Halverson said. "We tend to be egocentric in our country, but if you stop and ask yourself, what does this illness mean to them, in their own context, their own culture, it could be very different from what we believe."



Capt. Karin Halverson takes time to pose for a photo during her 2007 deployment at the 332nd Air Force Theater Hospital, Joint Base Balad, Iraq.

Ironically, Halverson explained that Hospice taught her a lot about living, as well as grace and mortality.

"Working with people at the end of their lives is amazing. To be able to advocate for the patient, when someone is given the options of how they want to live — not how to die — it is really beautiful and empowering to do it the way they want it done. It's better than doing CPR on someone who's never really been given the opportunity or option to decide," Halverson said.

Through her travels, particularly in Iraq and Afghanistan, Halverson hopes that end-of-life care is improving in military hospitals in warzones.

"When you watch people die, you see a kind of awareness between awake and asleep. I've seen it over and over again; people certain that they have spoken to those that went before them or people just aware of things that they were never aware of before. When someone is simply not going to survive, if you shift your focus, it can really make a difference in their last moments," Halverson said.

Halverson describes her time with her patients at Hospice a true privilege, just as it was in her other travels, such as to Iraq.

"Here are people who were willing to risk everything. It was my *privilege* to receive them, wounded, and be able to try to help them," Halverson said. ■

Halverson, of the 119th Medical Group, demonstrates the technique for applying a tourniquet to the upper arm area of Senior Airman Bradley Kohlhase, of the 119th Communications Flight, Feb. 6.



Senior Master Sgt. David H. Lipp

Leading from the Front

Eng Looks Back on Multi-Role Career



Courtesy Photo

Chief Warrant Officer Four (Ret.) Beverly Eng wouldn't be described as an imposing figure by those who know her. However, Brig. Gen. William Seekins, N.D. National Guard land component commander, remembers a time when the Mott-native and mother of three could intimidate any young Soldier going through North Dakota's Officer Candidate School (OCS) in the late 70s.

Eng was the first female training, advising and counseling (TAC) officer to guide future leaders toward commissioning in the N.D. National Guard.

Seekins recalls doing a lot of push-ups his first day at OCS; a good portion of them doled out by Eng. Specifically, he remembers spotting her "Smokey the Bear hat" and fumbling to render the proper greeting of the day.

"Before I could even snap a salute off, all I could hear were the dreaded words, 'Seekins, drop and give me 20,'" he said.

After fulfilling the order, Seekins assumed that his debt had been paid and requested permission to recover. Eng wasn't finished.

"I never really understood or even heard everything she was telling me in her very strong voice, except something about

Above, nine of the first 10 women to enlist in the N.D. Army National Guard are shown in this photo from 1974 including Chief Warrant Officer Four (Ret.) Bev Eng (sitting on right side of cannon). Eng said that female Soldiers were presented with "unique challenges" then. She said that during that time there was no housing on Camp Grafton to accommodate both men and women. Female Soldiers were housed at Lake Region State College in Devils Lake, N.D. Below, Brig. Gen. William Seekins, N.D. National Guard land component commander, visits with Eng during her retirement ceremony at Raymond J. Bohn Armory, Bismarck, Jan. 9.

Sgt. Ann Knudson



Story by Sgt. Eric W. Jensen

my boots and my inattention to detail," Seekins said. "Of course, I immediately looked down at my boots, breaking my position of attention, which again brought the dreaded, 'Seekins, drop and give me twenty!'"

Eng's version differs slightly.

"Now, I wasn't mean, but he remembers me," she said. "But I didn't get loud with my speech. My pitch got higher. Yeah, he remembers me asking him to 'give me 20.'"

In 1978, seeing a female Soldier, let alone a commissioned officer, within the N.D. Army National Guard's ranks was rare, and maybe even startling. When she joined the organization in 1974, Eng was one of only 10 women who enlisted that year.

"The guys did a lot of double takes," she said. "They cleaned up their language quite a bit. They would stumble and fall, and they didn't know how to address you."

Eng never intended to set benchmarks or be the first at anything. But that's what happened.

"I had a lot of firsts, but that wasn't really why I was there," she said. "I was doing what I wanted to do. It wasn't because I wanted to be the first female officer, I just wanted to make a difference."

Over her notable military career, Eng did make a difference and made an impression on her peers in a variety of roles. She is one of few North Dakota Guardsmen to have held three different military statuses, from enlisted to commissioned officer, and later, a warrant officer.

On Jan. 9, Eng was honored by friends, family and fellow Guardsmen with a retirement ceremony at Raymond J. Bohn Armory, the culmination of a nearly 40-year career in the military.

➤ First Impressions ➤

Eng's immersion into military service began in the Vietnam-era, when she joined the active-duty Army in 1969 as a medical corpsman. Enticed by education incentives — the Montgomery G.I. Bill, in particular — Eng entered basic training at Fort McClellan, Ala. Army regulations at the time stated that women younger than 21 could not enlist without parental consent. Her father, who had spent three years in the Army, and mother obliged and supported their daughter's decision to serve.

"I joined right out of high school. I wanted to do something with my life,"



Above, Eng, second from right, is pictured with fellow TAC officers instructing at North Dakota's Officer Candidate School in July 1979. Right, Eng was featured in the April 1978 edition of the NoDak Guardsman for being the first woman in the N.D. Army National Guard to "enter and complete the Engineer Officer Basic Course."

Eng said. "I didn't know what I wanted to do (specifically) anyway."

She had no indecision when choosing a military profession, which was straightforwardly facilitated by the Army. Female Soldiers had the choice of two military occupations, medical or clerical. Their male counterparts were separated into their own basic training platoons. Much of the curriculum and routine duties that comprise basic training remained the same, though. Eng remembers maintaining an orderly, neat locker and continually buffing and waxing "God's aisle," a term used to reference the center walkway of the Soldiers' open bay barracks.

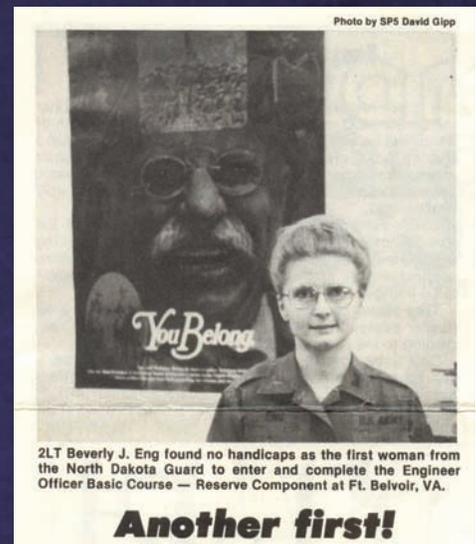
The physical training (PT) regimen was a different story altogether.

Eng describes the PT uniform at the time as "ugly." Female Soldiers' exercise wear was "very basic" and "starved to the hilt" with a short-sleeved, blue shirt and a pair of shorts accompanied by a wrap-around skirt with buttons running down the front.

"And our PT consisted of just running around in the gym three or four times," she said. "There were no 3-mile, 4-mile runs."

➤ Center of Attention ➤

After basic training, Eng packed up for her advanced individual training (AIT) in



Fort Sam Houston, San Antonio, Texas, where she received an intimate look into the Army medical field she had chosen. Her class was given a tour of Brooke Army Medical Center, a burn center that treated Soldiers returning from the Vietnam War.

"That was an experience," she said. "Those poor guys coming back from Vietnam; I mean they just groaned and it was unbelievable."

Eng, however, was comfortable with the path she was on. Her first active-duty post was at Ireland Army Hospital in Fort Knox, Ky., where she worked with Republic of Vietnam returnees, and later in the obstetrician/gynecology clinic as a nurse's aide.

As comfortable as she was, though, Eng still remembers the difficulties that accompanied wearing the uniform during her time on active duty, especially as a female Soldier.

"Vietnam was going on at the time and it was just a real negative atmosphere," she said. "You couldn't even go into a grocery store with your uniform on without all the cat calls and all the car horns honking. It was really hard to deal with."

The trade-off was significant for Eng. Upon completion of her active service, she took a two-year break. In 1974, she enlisted in the N.D. National Guard, an organization she would be a part of for the next 36 years. In addition, she attended college and graduated with a bachelor's degree in social work and a minor in psychology from the University of Mary in 1976 using the G.I. Bill she had obtained from her active service.

✦ Among Equals ✦

Eng remembers a Guard dining event in which her male colleagues among the TAC officer cadre prodded her incessantly to "cut loose." Former colleague Col. (Ret.) John Hocking, in particular, was intent on getting the young officer to "say something bad."

"You know, the Guard then was different than it is now. They wanted me to swear and stuff," she said.

Customarily, the treatment Eng received from her peers was "very lady-like." But the request for profanities became tiresome and she let them know during the dinner by asking Hocking, "OK, would you please pass the (*expletive*) peas?"

"After that, they let me alone," Eng said. "I was equal."

But she had proven that she could hang with the best of the N.D. National Guard many times and would do so again and again.

In 1977, Eng attended the Woman Officer Orientation Course, an 11-week direct commissioning program that required a four-year college degree to attend. Upon completion, she was commissioned as a second lieutenant. From there, she became the first female in the N.D. National Guard to enter and complete the Engineer Officer Basic Course in 1978. That same year, she became the first female TAC officer to work at the N.D. National Guard's Officer Candidate School.

Eng served as a commissioned officer for 14 years, acquiring the rank of captain.

"I wanted to be the best that I could be," she said. "I just thought I had something to offer."

In 1988, Eng still had much more to



Eng, is joined by her family, from left to right, fiancé Richard Breuer; granddaughter, Keeley McCory and daughters, Shayna and Kristi, during her retirement ceremony at Raymond J. Bohn Armory, Bismarck, Jan. 9.

offer the N.D. National Guard. She took an appointment as a chief warrant officer, working in a variety of capacities, including personnel technician, budget assistant, selective service officer, communications management specialist and program analyst.

She said that working as the commander of the Selective Service System, North Dakota Detachment, has been one of the highlights of her lengthy military career. The position came with multiple responsibilities. Eng was tasked with providing continuation training for county representatives and ensuring 100 percent high school registration of 17- and 18-year-old men into the Selective Service.

"It's kind of like managing your own business," she said.

For all of the experience she received during her military career, Eng is appreciative.

"I initially enlisted because I was such a wallflower. I just had to break out of that mode," she said. "So, the N.D. Army Guard was really good to me in that respect. It gave me a lot of challenges."

Eng hopes that young women enlisting in the military will embrace those challenges and recommends they pursue the opportunities available to them.

"Specialties have opened up greatly. I mean the sky's the limit," she said. "Tell people what you think and what you feel. Go after what you want." ■



Eng (second row, first on the left), is pictured with her Woman Officer Orientation Course class April 1976.

Practice Makes Perfect

By Capt. Penny Ripperger
119th Wing

119th ATO Travels for Training On New Mission Skill Sets

Forty-one North Dakota Airmen boarded a KC-135 aircraft bound for the Far East for a two-week annual training deployment to Japan Jan. 22. The mission was a monumental occasion. It was the first time that N.D. Air Guard members of the newly formed 119th Wing Air Terminal Operations (ATO) element would get hands-on experience with equipment that will be used with the upcoming C-27J Spartan mission.

“We were assigned to the 730th Air Mobility Squadron located at Yokota Air Base, Japan. The purpose of this deployment was to keep our Airmen proficient in their positions by using skills they’ve been training for in a real-world environment,” Chief Master Sgt. John Nordquist, 119th Wing ATO manager, said. “Much of the equipment that we were working on is equipment that we will eventually have here at the 119th Wing or equipment that we need to train on in the new mission. The training received in Japan was invaluable.”

Master Sgt. David Larson, 119th Wing ATO superintendent, described the trip as one of the best in regard to the training. This was his third trip to Japan. He said 119th Wing Airmen got the opportunity to work in multiple areas in the ATO career field.

“Some of our personnel were assigned to ramp service, a couple to Air Terminal Operations Control, one to load planning and a couple others were in between cargo processing and special handling,” Larson said. “Eventually, we found the Logistical Readiness Squadron at Yokota, where they had an air rigging operation, which will be the cornerstone of our future mission at the 119th

Master Sgt. Art Bakke



Tech. Sgt. Allan Garnett, of the 119th Logistics Readiness Squadron, Air Terminal Operations element, drives a K-loader in preparation for a C-5 Galaxy cargo unload/upload at Yokota Air Base, Japan.

ATO Element.”

ATO wasn’t the only squadron to experience this unique deployment. Twenty-four Airmen from the Force Support Squadron, three Airmen from the 119th Wing Medical Squadron and two first sergeants took part, as well.

The large size of the Force Support Squadron at Yokota Air Base offered many opportunities for the 119th Wing Airmen to train in their respective specialties. Some of these areas included the aerospace dining facility, fitness center, readiness, personnel and recruiting.

“Our mission was to spread the word about the Air National Guard and (its various) programs,” Tech. Sgt. Tina Sly, 119th Wing production recruiter said. She was one of three recruiters who went to Japan from the 119th Wing.

“There was a lot of interest, not too many who were willing to come to North Dakota, though,” she joked.

The deployment was one that will be remembered by all who went, not only for the training, but also because of the incredible hosts that made the visit even more enjoyable.

“The active duty, both military and DOD-civilians, were excellent hosts, very professional and accommodating. We couldn’t have been treated better,” Larson said.

“It’s about taking care of your people in a deployed atmosphere, and this trip reminded us that the military is a huge family, an extended family all over the world,” Nordquist said. ■

Tech. Sgt. Amber Rolph, Senior Airman Erin Weaver and Staff Sgt. Michelle Mahrer, all of the 119th Force Support Squadron, work alongside civilian Ruby Cawilan, of the 374th Force Support Squadron, as they check in guests at the main desk of the Kanto Lodge at Yokota Air Base.



Master Sgt. Art Bakke

From left to right, Master Sgt. Art Bakke, Master Sgt. Gary Koslofsky, Tech. Sgt. Leslie Ressler, Tech. Sgt. Allan Garnett, Staff Sgt. Terry Davis (holding Happy Hooligan flag), Staff Sgt. Earnest Trosen and Staff Sgt. Teresa Pavljuk display the Hooligan colors after recovering and field-packing a G-12 cargo parachute at the Mount Fuji drop zone in Japan.



Courtesy Photo

Sgt. 1st Class David Dodds



Madelyn Walters, left, of Fargo, gets accustomed to the fit of her night vision goggles as her mother, Sgt. Erin Walters, of the 141st Maneuver Enhancement Brigade, adjusts the head harness for Eliza Dodds, of Grand Forks. The girls were preparing for a scavenger hunt in a pitch dark room of the Fargo Armed Forces Reserve Center. They were among two dozen family members who took part in 141st MEB Family Day events Jan. 22 in Fargo. As part of the day, children of MEB Soldiers wore camouflage face paint and learned about Army weapons and safety and were able to shoot paintball rifles at targets in the armory's indoor firing range. Madelyn's father, Sgt. Dan Walters, is a member of the 188th Engineer Company. Eliza's parents are Sgt. 1st Class David Dodds, of the 141st MEB, and Jennifer Dodds, of Grand Forks.



Spc. Brandon Pulst, left, of the 3662nd Maintenance Company, pursues a fellow competitor at the World University Games in Erzurum, Turkey, Jan. 29. Pulst was one of only four National Guardsmen across the country chosen to participate in the biathlon portion of the World University Games sporting event. Read more on page 14 in this issue of the North Dakota Guardian.

Sgt. 1st Class Steve Urflacher



1st Sgt. Richard Marschner, of Joint Force Headquarters, enjoys a chilly day ice fishing with his daughter, Rachel, at the N.D. Game and Fish Department pond in Bismarck Feb. 19. The N.D. National Guard's Child and Youth Program, N.D. Game and Fish Department and Lincoln Sportsman's Club sponsored the event to give military parents a chance to spend quality time with their children by teaching them the basics of ice fishing.



GUARDIAN

Snapshots



Senior Master Sgt. David H. Lipp

Senior Airman Theta Olson, of the 119th Civil Engineer Squadron, gives instructions on post attack reconnaissance team procedures following a simulated chemical agent attack at the N.D. Air National Guard during a unit training assembly Feb. 6.



Spc. Cassandra Simonton

Above, Staff Sgt. Trevor Derosier plays catch with his son, Bristen, at the Alerus Center in Grand Forks before the 1st Battalion, 188th Air Defense Artillery Regiment's Freedom Salute Feb. 13. The event recognized about 75 N.D. Army National Guard Soldiers who returned from Afghanistan and Iraq in December after a yearlong mobilization.



Staff Sgt. Kellynn Johnston, right, and Senior Master Sgt. Robert Schultz, both of the 119th Security Forces Squadron, simulate CPR on a mannequin during a training exercise Feb. 18 at the N.D. Air National Guard.

Senior Master Sgt. David H. Lipp



N.D. Guard Exercises Flood Response Plan

The N.D. National Guard further refined its flood-fighting operations in support of civil authorities during a flood response exercise at Fraine Barracks, Bismarck, Feb. 12-13. The exercise was the culmination of the Guard's planning process that began last November.

The exercise scenario simulated a week of warm temperatures leading to a rapid melt, which was complicated by steady rainfall. Rising floodwaters created the need for flood barriers, generators, dike security patrols, traffic control, sandbagging, quick reaction forces and evacuation assistance.

"The purpose of the exercise is to fine tune everyone's thinking on what they need to do in the event we are ordered to respond to flooding," said Col. Mike Wobbema, the director of Joint Staff, N.D. National Guard. "One of the lessons we have learned is that we are not in this alone. During the 2009 flood fight, we were assisted by Guardsmen from several states."

Although not directly participating in the flood response exercise, representatives from South Dakota, Minnesota, Missouri, Nebraska and Iowa were present to discuss their potential flood situations and how each state might assist each other, if necessary.

The National Guard is the first military responder to emergencies or disasters and always as a supporting agency rather than a lead agency. The biggest difference between this year's potential Guard response

as compared to previous years' response is the number of Soldiers and Airmen available if needed. Currently, only a dozen Guardsmen are mobilized, far fewer than during the response efforts during 2009 and 2010 spring flooding.

Scholarships Available to Military Members, Families

The city of Fargo recently honored its military members by donating to a new scholarship fund created for military families. The city donated \$1,000 to the North Dakota Dollars for Scholars (NDDFS) Military Scholarship Fund, with funds being reserved for full-time students who are dependents of N.D. military members.

"In recent years, North Dakota military members have been activated at one of the highest rates per capita in the nation," said retired Col. Tom Kenville, of West Fargo. "These members and their families have made significant sacrifices for the good of our state and country, and this fund has been developed to honor our dedicated servicemen and women and their families."

For 2011, the fund will provide a minimum of 10 \$1,000 scholarships. The criteria for selection for the award include:

- Applicant must have a 2.5 GPA or higher and be a full-time student
- Applicant must be the dependent of a member of a North Dakota military unit/installation
- Applicant must be a graduate of or live in a Dollars for Scholars community

General military awards will be given in 2011 and additional awards will

be created as donations allow for special preference to be given to those dependents who have parents that have been deployed overseas, injured or killed in action.

To apply for a scholarship, visit: <http://bit.ly/eLBgu9>.

N.D. Guardsmen Take Biathlon Skills Across Ocean

The success of Soldiers and Airmen on the N.D. National Guard Biathlon Team recently led to further opportunities to compete and coach internationally through the USA Guard team.

Spc. Brandon Pulst took part in the World University Games in Erzurum, Turkey, from Jan. 25 through Feb. 6. The games, which also are called "Universiade" — a combination of "university" and "Olympiad," are billed as "second only in importance to the Olympic Games." Every other year, both winter and summer World University Games take place and collegiate athletes travel to the host country to compete.

This is believed to be the first year National Guardsmen have taken part in the games, and only four were selected nationwide: Pulst, two Soldiers from Oregon and one from Utah.

In the meantime, Spc. Jordan Becker, the N.D. National Guard's Biathlon Team coach, took his talents to Dobbiacco, Italy, where Ca.STA, the Alpini Corps Ski Championships were Jan. 30 through Feb. 4. Military athletes from a dozen nations competed in ski-related events, includ-

ing biathlon. Becker both coached and competed before heading to Germany to lend his coaching expertise at IDSME (Internationale Divisionsskimeisterschaften).

As February ended, Pulst and Becker joined up with Lt. Col. David Skalicky and Sgt. 1st Class Kent Pulst for the Spanish National Ski Championships, or CNME, in Spain. ■



Senior Master Sgt. David H. Lipp

Sgt. Ann Knudson

Above, North Dakota Guardsmen Capt. Jerod Tufte and Capt. Matthew Headley participate in the N.D. National Guard's annual flood response exercise Feb. 12-13 at Fraine Barracks, Bismarck, N.D. The purpose of the exercise was to familiarize Guardmembers with standard procedures, share lessons learned from previous response efforts and rehearse responsibilities. Left, floodwaters engulf areas of southeast Fargo March 22, 2010.



Chaplain (Maj.) James Cheney renders religious services to Guardsmen in attendance at the Professional Development Weekend in Fargo March 14, 2010.

Senior Master Sgt. David H. Lipp

Chaplain's Corner

One Simple Truth

By Chaplain (Maj.) James Cheney
119th Wing

Whether it's a walk through Arlington Cemetery, a visit to the local VFW or working with Families that have a loved one deployed, there is one common denominator: deployments are hard on everybody. One often wonders whether people truly understand how much our service members sacrifice when they are deployed. I've often witnessed that sacrifice in the eyes of a father who misses out on a year of his child's life and the tensions that are wrought by maintaining a

marriage halfway across the globe. Wonder sets my heart on fire when I witness the tremendous generosity Americans demonstrate when faced with challenges, either in building peace or challenges that arise from discord. Americans are quick to build bridges, often without giving a second thought to the sacrifices involved.

Most of us would agree that sacrifice involves suffering. Great minds and thinkers throughout the centuries have tried to explain the meaning of suffering. Is there

some good derived from suffering? Is there a reason for personal suffering, or the suffering soul of a nation that continues to make sacrifices for basic liberties and freedoms? Many often wonder what it all means or what have we gained from costs, often very dear, spent and given away. What secret does sacrifice and suffering hold? How do we unlock its door and find understanding or what it means to understand?

The experience of life often brings moments of epiphany for all of us where we receive an insight, a grace or a better way to understand how we can relate with one another. After returning from a recent deployment, I spent some time praying and thinking about all of the different pieces and how, if at all, they might come together to form a complete puzzle. I reflected on the many faces of our service men and women with whom I was privileged to serve. I reflected on the many different faces of a land and country far away from my home. I reflected on different cultures, forms of governance and the importance of family structures, faces facing me with hearts yearning to live, dream and pursue happiness. The manifold of these experiences spoke one simple truth to the dictates of my conscience: everybody's got something to give ... everybody. ■

Be Prepared for Potential Flood Ops

By Lt. Col. Robert Schulte
119th Wing Medical Group

Spring in North Dakota brings anticipation for reprieve from cold and snow accumulation to a climate that is more amiable. However, it also brings some apprehension due to the potential for flooding. As a Guardsman and healthcare provider supporting the flood operations in 2009 and 2010 with the N.D. Air National Guard's 119th Medical Group, I observed numerous repetitive strain injuries — by far the most common ailment — from those sandbagging.

The highest rates were related to wrist and hand injuries from De Quervain's tendonitis. De Quervain's (pardon my French) is actually a tenosynovitis, involving the first extensor compartment of the hand and wrist. It usually causes soreness or a burning sensation between the wrist and thumb that is often accompanied by swelling. The repetitive nature of sandbagging can increase the likelihood of developing this injury, especially in Soldiers and Airmen who are not conditioned specifically to the tasks and



Senior Master Sgt. David H. Lipp

Master Sgt. David Larson, right, catches a sandbag from Master Sgt. Kyle Kemmet, both of the 119th Logistics Readiness Squadron, as they participate in a human sandbagging chain March 16, 2010, in the Red River Valley area of Fargo, N.D.

demands associated with sandbagging.

Specific stretching and strengthening exercise can decrease the rates for De Quervain's, as can braces and gloves. Being conscientious in how sandbags are lifted, carried and tossed also will help.

For a pre-sandbagging exercise plan and more tips for avoiding injuries, check out <http://bit.ly/NDGuardian>. ■



Senior Master Sgt. David H. Lipp

Master Sgt. Tim McDowell, of the 119th Civil Engineer Squadron, right, and N.D. Air National Guard state employee Kevin Tranby service and prepare a sandbagging machine for use prior to delivering it to Cass County personnel for a potential 2011 spring flood fight.