

# THUNDERBUMPER

*South Dakota*

AIR NATIONAL GUARD



VOLUME THIRTY EIGHT NUMBER 2

April- June 2011



## Working Together

Fighting the Flood Along the Missouri River

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The editorial content is edited, prepared, and provided by the Public Affairs Office of the 114 Fighter Wing. All photographs are Air Force photographs unless otherwise indicated.

**The Thunderbumper Material:** Articles and photography are welcome and should be submitted prior to the **deadline of 12 p.m. Saturday, June UTA.**

Contact the Public Affairs Office at (605)988-5946 or DSN 798-7946.

Send submissions to 114 FW/PA or e-mail to PA.114FW@ang.af.mil.

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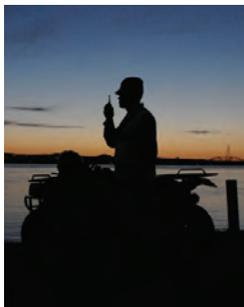
**On the cover...**

PHOTO BY MASTER SGT. CHRISTOPHER STEWART

Airman 1st Class Jeremy Nelson, 114th Fighter Wing Security Forces, radios in a status report on the causeway connecting Pierre and Laframboise Island while searching for degradation in the structure and any unauthorized visitors June 3, 2011.

# A word from the commander

BY COL. RUSS A. WALZ

I can't express my thanks enough for the outstanding efforts by all our personnel who have been directly or indirectly involved with our mobilization to State Active Duty. Contacting all our personnel, and deploying several hundred personnel over a holiday weekend with 24 hours notice was truly remarkable. The citizens of South Dakota asked for our help and you responded immediately. The communities of Pierre, Fort Pierre, Yankton, Dakota Dunes and others could not

*"I'm very proud of all of you that deployed on short notice and all that have since deployed."*

have protected themselves in the short time they had without your help. You certainly saved many homes and businesses from destruction and likely many lives with your efforts. There has been an outpouring of praise recognizing your hard work and professionalism throughout the state. You should all be extremely proud of yourselves for what you have accomplished for our friends and neighbors.

I can't properly express the pride I feel as your commander, thanks so much!



< Col. Russ Walz, 114th Fighter Wing commander, visits with Airmen who have been state activated to assist with flood relief efforts along the Missouri River June 4. (Photo by Tech. Sgt. Quinton Young)

## From the desk of the State Command Chief

BY STATE COMMAND CHIEF MASTER SGT. JAMES WELCH

"The Guard is always ready." This is the National Guard slogan and on Memorial Day weekend, we were put to the test. With very little notice several hundred Airmen had their weekend plans changed and headed for Pierre and Fort Pierre for flood relief. All total more than 350 Airmen deployed to Pierre, Rapid City, and Dakota Dunes all on short notice and all doing a fantastic job.

I made a site visit to the Dakota Dunes area and talked with citizens who have expressed their gratitude and are thankful for all the hard work the Guard has done and will do in the coming weeks. I'm very proud of all of you that deployed on short notice and all that have since deployed.

Thanks to the base personnel that spent long hours on the phones doing the

processing required for deploying these Airmen.

To the families that have deployed Airmen, I thank you for your many sacrifices and we are all appreciative of your support. You can be very proud of the job your Airmen are doing.

The 114th wants to invite all the families out for "Family Day" on Sunday of August unit training assembly, come out and enjoy the day with your Airmen.

Thanks for all you have done and will continue to do in the future to make this a better and safer state and country to live in.



# Don't be overwhelmed by events

BY CHAPLAIN (LT. COL.) HARRISON LIPPERT

The recent challenges of managing the flows of water and the stressed reservoirs in our Missouri River system has brought some ideas of family systems to mind. Every system, whether nuclear family, extended family, or organizations like churches or guard units that sometimes behave like families, are like reservoirs with regards to their ability to handle stressors. There is a capacity that if exceeded will result in system breakdown.

The basic premise behind any system is that everything is connected and a change in one part of the system changes the whole system. This is especially true in family systems with regards to anxiety. Anxiety is contagious and as it spreads it puts more pressure on the reservoir. Systems have norms for how they deal with challenges and how communication flows throughout the system. Some of these are helpful, some are dysfunctional but they are there. The more anxiety in the system the more that healthy communication tends to erode.

So, what helps a family system under stress is one person maintaining an unanxious presence. Every person that keeps their head, holds their calm, and engages with others in the system helps to mitigate anxiety and restore health. They are able to confront issues and get parties in conflict talking to each other so that the system holds together.

Be that presence, especially if you are a commander or supervisor. Take the time needed to analyze how stressed your people are and what is causing the stress as well as how stressed you are.

Deal with your own stress first and then calmly draw people's attention to the areas needing change. If you are not a commander or supervisor, your unanxious presence still makes a difference and may dissipate some of their anxiety.

*Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast, because they trust in you.*

# Joint Health Tips

BY CAPT. PATRICK HEISER

The season for fitness testing has come once again and for most of us it's too soon. Many of us struggle with knee pain when training for the fitness test. Whether walking or running, these common knee conditions can hinder training: Iliotibial Band Tendonitis, Patellofemoral Pain Syndrome, Bursitis and Arthritis.

For the most part acute knee pain may be due to an injury or overuse. Most of us are at risk mainly because we are deconditioned, obese, or have poor nutrition. When starting your training program it is essential to have a well rounded diet, but simple stretching may also keep you from injury that will curb your training. Over the counter supplements are well advertised for joint health, but is not always the best solution for joint maintenance.

Iliotibial band tendonitis is outer, or lateral knee pain caused by the IT band as it rubs against the femur. This condition also known as runners knee can be quite debilitating. Repetitive flexion and extension can cause inflammation. Also poor stretching and flat feet can add to discomfort. The pain can be managed usually with NSAIDS, or Ibuprofen, ice, stretching, shoes with good support, and injections for those who fail other modalities. IT band syndrome is usually self limiting.

Patellofemoral pain syndrome is another condition that can be managed with simple daily regimen of stretching. Symptoms are typically anterior knee pain that increases with activities like running, going up and down stairs, kneeling and squatting. Many people do not have a mechanism of injury that starts the symptoms. The most common cause is tight hamstrings. A judicious stretching program, ice and NSAIDS can help you get back to training.

Bursitis and arthritis are syndromes of inflammation about the knee. Bursa are sacs between the skin and bony prominences or between tendons, ligaments and bone. They are designed to reduce friction in an area. Although this is usually an inflammatory process it can also be an infectious process as well. Arthritis is usually due to overuse of a joint. It is described as loss of cartilage in a joint. This can be due to injury, increase weight, genetic, or infection. Both these are typically treated symptomatically ice, NSAIDS, weight loss, and activity modification.

Stretching prior to any training can help maintain fitness, but also prevent injury. For the knee stretching the upper and lower legs and back can be beneficial. Quadriceps, hamstrings and gastroc are areas to focus on stretching.

Joint health not only in the knee but for the rest the joints can be integral part of your success in the fitness test. Ideal body weight, a well rounded diet and hydration are key ingredients to success. Dietary supplements are well advertised to decrease joint pain. Glucosamine/Chondroitin, SAME, ginger, and turmeric may be beneficial and help symptoms of arthritis. These supplements may only have a placebo effect and may take months to notice any relief.



# HITTING THE MARK

## *Combat Pistol and Rifle Teams win championships*

STORY AND PHOTOS  
BY MASTER SGT. NANCY AUSLAND

The annual State Command Sergeant Major's Combat Rifle and Pistol Matches were held in Rapid City, S.D. on May 21-22 and the Air National Guard walked away winners.

The combat pistol team took first place and the combat rifle team won second place in each respective championship. This was an outstanding showing for the Air Guard teams especially considering that only six members of the 114th Fighter Wing participated. Teams were made up of the top four shooters from each unit.

Members of the winning pistol team were Tech. Sgt. Michael Witte, Staff Sgt. Joshua Nelson, Staff Sgt. Jason Williamson, all members of the 114th Maintenance Squadron, and Tech. Sgt. Jeremy Wajer, 114th Security Forces Squadron.

Members of the winning rifle team were Tech. Sgt.

Jeremy Wajer, Tech. Sgt. Michael Witte, Staff Sgt. Jason Williamson, and Staff Sgt. Adam Witte, 114th Maintenance Squadron.

"We would love to have 20 or more shooters attend these matches," said Master Sgt. Chad Rydberg, 114th Security Forces Squadron, NCOIC of Combat Arms and team member. "We're definitely proud of how we've done, but more participants would certainly increase our chances of placing and going onto regional and national competitions."

To that end, the team plans to hold a recruitment meeting during the upcoming September unit training assembly. Tentative meeting is set for Sunday, September 11 at 1230 hours. Check your unit training assembly bulletin for updates and changes.



PHOTO BY MASTER SGT. NANCY AUSLAND

Members of the South Dakota Air National Guard Combat Pistol and Rifle Team are; back row, left to right, Staff Sgt. Joshua Nelson, Tech. Sgt. Jeremy Wajer, Staff Sgt. Adam Witte. Front row, left to right, Tech. Sgt. Michael Witte, Staff Sgt. Jason Williamson, and Master Sgt. Chad Rydberg.

# Morale remains high during National Guard flood activation

STORY AND PHOTO

BY MASTER SGT. CHRISTOPHER STEWART

PIERRE, S.D. – Kids from the Children's Castle and East Side Day Care in Pierre took a field trip Friday, June 3, 2011, to deliver treat bags to the Soldiers of the South Dakota National Guard assigned to filling sandbags at the Georgia Morse Middle School.

"I think it is really important, especially for younger children, to learn to help others and we talked about what everybody is doing and how Soldiers are coming from all over to help," said Lisa Blake, director of Children's Castle and East Side Day Care.

"We need to do that random act of kindness to help others," said Blake. By providing the treat bags to the Soldiers, Blake said it made the children very excited.

"The community has played a large part in maintaining high morale among South Dakota National Guard Soldiers and Airmen during a state activation to assist with flood relief," said Master Sgt. Jason Stevens from the 114th Fighter Wing in Sioux Falls.

"The community is really doing a great job supporting us," said Stevens. "There is a never-

ending supply of food, and having an opportunity to work beside the residents really has a positive impact in the lives of our Guardsmen."

"One thing that helps with morale is the camaraderie of the units," said Command Sgt. Maj. George Arends with Task Force 147, located in Pierre. "Being in the service, you get this bond, and we become like family, joking and laughing once in a while."

Airmen are happy to see and hear about the end results of their work in the community. The fact that community members take the extra time to bring homemade baked goods to show their appreciation for the work of the National Guard and volunteers has been greatly appreciated.

"I think that one thing that the Airmen have learned is that the resiliency and the pouring out of support with the hugs, food and the thanks has been just overwhelming," said Capt.



*Children from the Children's Castle and East Side Day Care delivered bags of treats to Soldiers of the South Dakota National Guard filling sandbags at the Georgia Morse Middle School in Pierre, Friday, June 3, 2011. The children wanted to do something for the troops who have worked side-by-side with the Pierre community. More than 1,150 Soldiers and Airmen of the South Dakota National Guard are currently on duty to help South Dakota citizens during this historic flood event occurring along the Missouri River.*

Joe Hardin, Officer in Charge of the security and sandbagging efforts of the 114th Fighter Wing detached to Pierre. "The work is hard and long, but the appreciation from the citizens has been great. The people who are truly in need have thanked us tenfold and we are thrilled to be here to help the people of South Dakota."

## Cooperation guides levee transition

BY SPC. MANDA WALTERS, 129TH MOBILE PUBLIC AFFAIRS DETACHMENT

FORT PIERRE, S.D. – The South Dakota National Guard is transitioning its flood response focus to cooperative oversight with civilian authorities while private contractors finished up levee construction on the Fort Pierre Missouri riverbank on June 5.

Some of the SDNG Soldiers and Airmen are being reassigned to tasks that better serve this shifting flood remediation effort.

Now tasked to the South Dakota Highway Patrol, the efficient movement of trucks that haul dirt to sandbagging sites in the community had been a primary task of S.D. Air National Guard's 114th Fighter Wing.

"The logistics of efficiently moving over 150 trucks, from fill sites on the northeast side of Fort Pierre to sandbagging sites around the communities - some transporting more than 3,000 loads of dirt daily - was a huge task," said Nancy Ronnings, co-owner of Morris, Inc. in Fort Pierre. "The South Dakota National Guard made it happen so the sandbagging could beat the rising water levels."

Most of the SDNG's Airmen in the Pierre communities now walk

the levees to identify breaches of integrity in the barrier.

In addition to maintaining levee security, S.D. Army National Guard's 147th Field Artillery personnel and equipment are in place to provide quick reaction forces for levee reinforcement, if needed.

"When our Quick Reaction Forces are called upon, we will have civilian authorities providing direction on how to repair the levees," said Maj. Martin Yost, the SDNG's Task Force 147 Operations Officer. "The National Guard is here to provide the manpower and equipment to perform those repairs throughout the Pierre and Fort Pierre communities."

Civilian contractors have crews working late into the night to complete their task of levee completion as the Missouri River continues to rise from record-level releases from the Oahe Dam in Pierre.

In spite of the transition to levee security and quick response force preparedness, sandbagging efforts continue as the water release from the Oahe Dam reaches 150 thousand cubic feet per second.



*Tech. Sgt. Kodi Ingle, a weather technician with the 114th Fighter Wing, monitors the Fort Pierre berm with Airmen 1st Class Spencer Daniels, a hydraulics technician with the 114th FW June 6, 2011.*



*More than 1  
from the Sou  
have been c  
fighting effort*

< PIERRE, S.D. -- Col. Russ Limke, director of staff for the South Dakota Air National Guard, Joint Force Headquarters, visited with Airmen at the Pierre Indian Learning Center prior to shift change on June 4, 2011. Airmen from the 114th Fighter Wing were activated to assist with sandbagging, levee patrol and other security operations. (Photo by Capt. Michael Frye)

> FORT PIERRE, S.D. -- Capt. Kevin Miller, 114th Financial Management Flight, worked with Donna Brown-Glow, a Fort Pierre resident, to fill sandbags late into the evening May 31. Brown-Glow's home had not been threatened by the flooding, but she felt it important to help others in the flooding efforts throughout the state. (Photo by Capt. Michael Frye)



< FORT PIERRE, S.D. -- Tech. Sgt. Sean Gilsdorf, 114th Maintenance Squadron, completed his first day of levee patrol after four days of sandbagging in Fort Pierre, June 4. Although Soldiers and Airmen were re-tasked for different missions, sandbagging efforts still continued in the Pierre, Fort Pierre and Dakota Dunes. (Photo by Master Sgt. Christopher Stewart)

*3,300 Soldiers and Airmen  
with Dakota National Guard  
called to support the flood  
efforts along the Missouri River*



^ DAKOTA DUNES, S.D. - - Senior Airman Zach Blindert, 114th Fighter Wing, hauled a load of sand to awaiting Airmen who filled sandbags at Dakota Valley High School June 4. Crews of Airmen provided much needed support filling sandbags and constructing levees as the Missouri River water levels continued to threaten residents in the area. (Photo by Sgt. Charlie Jacobson)

v DAKOTA DUNES, S.D. - A crew of Airmen from the 114th Fighter Wing carefully placed sandbags along a retaining wall where heavy equipment could not be used to reinforce the levee June 5. The Airmen worked alongside Army National Guard Soldiers to provide critical support to flood prevention operations as the Missouri River levels continued to rise. (Photo by Sgt. Charlie Jacobson)



< DAKOTA DUNES, S.D. - Airmen from the 114th Fighter Wing finished a section of levee in the Bay Hill area of Dakota Dunes June 5. The levees that Soldiers and Airmen built with the joint effort of civilian contractors, civilian volunteers and several local, state and federal agencies, required security and patrolling efforts. The 114th Fighter Wing was tasked with levee patrol and to perform 24/7 patrols of the 3.8 mile stretch of levee along the shores of the Missouri River. (Photo by Tech. Sgt. Quinton Young)

# Armed Forces Day

STORY AND PHOTOS  
BY MASTER SGT. NANCY AUSLAND

The annual Armed Forces Day event at the Sioux Falls Veterans Administration Health Care system was held on May 21 with more than 50 members of the 114th Fighter Wing participating.

Each year, the unit has supported this event with members who serve both on the Honor Guard and in the Avenue of Flags. This year was no different with the unit providing more than 40 members on the Avenue of Flags and two members of the Honor Guard who presented and retired the colors.

The Avenue of Flags is an impressive showing of men and women of today's Armed Forces presenting 100 American flags along the road leading to the Veterans Administration Hospital. Members post the flags along the avenue where they remain throughout the ceremony.

"I'm always impressed by the avenue of flags no matter how many times I see it", said Chief Master Sgt. Kevin Uthe, Command Chief for the 114th Fighter Wing and Co-chair for the Armed Forces Day Committee. "It gives you chills to see the flags being carried by the men and women of our armed forces and is a great honor that we bestow on all members past and present of the military.

One of those past military members is

Vietnam Veteran Jack Gill. Jack is a life member of the Military Order of the Purple Heart and served as a Spc. 4th Class in the Army during the Vietnam War.

"I come to this ceremony to honor all members of the military, but my heroes are the veterans of World War II, they are the ones who really inspired me to be in the military" said Jack Gill.

Jack lives in Sioux Falls and has family members that also serve in the military with one nephew in the active duty Army and another nephew in the Army National Guard.

Also a part of the event is the presentation by the Sioux Falls Area Chamber of Commerce Military & Veterans Affairs Committee of their outstanding achievement awards. These are presented to four reservists or guardsmen from the Sioux Falls area for outstanding service to their country and community. This year's recipient for the South Dakota Air National Guard was Master Sgt. Terry Jones, 114th Security Forces Squadron Flight sergeant. You can read more about Master Sgt. Jones' career in the article on the next page.

The annual event also included a Sioux Falls Municipal Band concert and a speech by South Dakota National Guard Adjutant General, Maj. Gen. Tim Reisch.



*Tech. Sgt. Nicole Ryan, 114th Medical Group, salutes the U.S. flag after posting it along the Avenue of Flags during the Armed Forces Day ceremony held in Sioux Falls, S.D. May 21. This is Sgt. Ryan's second year participating in the event and she commented she would do it again if asked.*



*Jack Gill, Vietnam Veteran and Sioux Falls resident, watches as the U.S. flags are posted along the Avenue of Flags at the Veterans Administration Hospital in Sioux Falls, S.D. May 21.*



*Members of all branches of the Armed Forces, including the 114th Fighter Wing, South Dakota Air National Guard, carried the 100 American flags that were posted along the Avenue of Flags as a part of the Armed Forces Day ceremony at the Sioux Falls Veterans Administration May 21.*

# Retirees total over 117 years of service

STORY BY MASTER SGT. NANCY AUSLAND

This is a year of loss for the 114th Security Forces Squadron. They will see the retirement of some of the unit's most senior members as they retire Master Sgt.'s Terry Jones, Lee Thedens, and Deb Tunge.

All total, these three members have 117 years and 6 months of military service. Master Sgt. Terry Jones will retire on July 31 with 41 years and 9 months of service, Master Sgt. Lee Thedens will retire on June 30 with 40 years of service and Master Sgt. Deb Tunge will retire in December with over 35 years of service.

Master Sgt. Terry Jones, Flight Sergeant for the 114th Security Forces Squadron, ended his career on a high note this year when he was selected as the South Dakota Air National Guard Reservist of the Year for the Armed Forces Day events held at the Sioux Falls Veterans Administration Health Care System on May 21. Master Sgt. Jones joined the Army National Guard in Redfield, S.D. on October 15, 1969. After serving with the 147th Field Artillery, Charlie Company for five years, Jones transferred to the Weapon Systems Security Flight (WSSF) in the South Dakota Air National Guard in 1974. With no breaks in service since

joining in 1969, Master Sgt. Jones has seen a lot of different duties. Most memorable to him were his state activation for the Rapid City floods in 1974 and his federal mobilization to Kuwait in 2003.

"One of the best decisions I made in my life was to join the guards", says Jones. "The second best decision was to stay in. If I can leave any of the young troops with some advice it would be to stick it out and stay in."

Master Sgt. Terry Jones and his wife of 39 years, Julia live in Lennox, S.D. and have two sons, Jacob and John.

Master Sgt. Lee Thedens began his distinguished career with the active duty Air Force in June 1971. After two and a half years on active duty Sgt. Thedens palace chased into the 114th WSSF in 1974.

"I'm really going to miss working the main gate and getting the chance to see all the great people of this unit come through each day." said Thedens.

Master Sgt. Thedens and his wife of 16 years, Amanda, have four children and live in Sioux Falls, S.D.

Master Sgt. Deb Tunge joined the 114th



PHOTO BY MASTER SGT. NANCY AUSLAND

Master Sgt. Terry Jones received the South Dakota Air National Guard Reservist of the Year award at the Armed Forces Day ceremony held in Sioux Falls, S.D. May 21. Presenting the award was Capt. Joseph Hardin, 114th Security Forces Squadron commander.

WSSF in March 1976 and has been Active Guard Reserve (AGR) with the unit since 1994. She has served in several positions within the unit but is best known both locally and nationally for her expertise on security clearances.

Master Sgt. Tunge and her husband Terry live in Sioux Falls, S.D. and have two children.



PHOTO BY LT. COL. REID CHRISTOPHERSON

Master Sgt. Terry Jones worked his last day at the main gate of Joe Foss Field June 3. Always sharing a wave and a fond "hello" to the members of the unit as they arrived each day, Sgt. Jones will be greatly missed.



PHOTO BY MASTER SGT. NANCY AUSLAND

Master Sgt. Lee Thedens celebrated his retirement with family and co-workers June 4. His friends in the Security Forces Squadron presented him with a retirement memento to commemorate his distinguished career as shift supervisor for the squadron.



PHOTO BY LT. COL. REID CHRISTOPHERSON

Master Sgt. Deb Tunge is photographed with her husband Terry and daughter Angela after being recognized as the 2009 South Dakota Air National Guard employee of the year. Sgt. Tunge will retire in December with over 35 years of service.

# Thoughtfulness comes from tiny hands

BY STAFF SGT. TRISHA SMEENK

A group of preschoolers from Open Arms Christian Child Center in Sioux Falls took a field trip to present care packages to Airmen of the 114th Fighter Wing on June 7.

Stacy Meyer, Open Arms Director, requested that the care packages be presented to service members by the children. Meyer explained how the experience would specifically tie into their lesson plan that featured Memorial Day.

“This really helps them to be better citizens,” said Meyer. “I think for them, it just puts a nice bow on a whole lesson package.”

Meyer felt that the ‘visual’ of the children giving the crafts and thank yous to uniformed members would be a great teaching moment and have a meaningful affect on her students.

“At this age they need those concrete concepts,” explained Meyer. “Every time the planes fly over our daycare, they will remember being in the hangar, meeting the Airmen and handing them the packages.”

Teresa Dennis accompanied her daughter to the base. “We have family in the Guard and my daughter has been looking forward to this all week, said Meyer. “It is better for the children to deliver the boxes personally rather than sending them in the mail. They learn a lot.”

The children got a tour of an F-16 and finished their day at the base with a look inside the cockpit.

> *Members of the South Dakota Air National Guard are photographed with children from the Open Arms Christian Child Care Center at Joe Foss Field June 7. The children visited the base to distribute care package they put together for the deployed members of the unit.*



< *Master Sgt. Thomas Mitchell, 114th Maintenance Squadron, receives a care package from Rowan Alberts at Joe Foss Field, S.D. June 7. Rowan and other children from the Open Arms Christian Child Center visited the base to distribute care packages they put together for deployed members.*

PHOTOS BY MASTER SGT. NANCY AUSLAND



PIERRE, S.D. – Five Airmen of the South Dakota National Guard’s 114th Fighter Wing gather for photo on a levee overlooking the Missouri River in Pierre during flood operations June 7, 2011 after being administered the Oath of Enlistment. Pictured (back row, left to right): Col. Russ Walz, 114th Fighter Wing Commander for the S.D. Air National Guard, Sioux Falls, Staff Sgt. Emily Wallum, Sioux Falls, Tech. Sgt. Matt Hendrickson, Dell Rapids, Brig. Gen. Wayne Shanks, Assistant Adjutant General for the S.D. Air National Guard, Colton. Front row (left to right): Master Sgt. Angela Pesicka, Parker, Master Sgt. Rochelle Prickett, Sioux Falls, and Tech. Sgt. Marne Haggert, Pierre. The five Airmen were called to state active duty to help with Missouri River flooding.

PHOTO BY MASTER SGT. CHRISTOPHER STEWART



## Moving In

A1C Tyler Vanderzee, 114 STUF  
SrA Joshua Nyenhuis, 114 CF

## Moving Up

Amn Caleb Buysse, 114 MDG  
SrA Alex Albrecht, 114 AMXS  
SrA Brandon Bak 114 AMXS  
SrA Isaac Druin, 114 MXG  
SrA Patrick Elker, 114 AMXS  
SrA Whitnee Fester, 114 AMXS  
SrA Ethan Gacke, 114 AMXS  
SrA Danielle Glaser, 114 MXG  
SrA Benjamin Hammer, 114 AMXS  
SrA Austin Havlik, 114 MXG  
SrA Stratton Havlik, 114 MXG  
SrA Jessi Johnson, 114 AMXS  
SrA Robert Kurtenbach, 114 AMXS  
SrA Ethan May, 114 MXG  
SrA Brandon Muhs, 114 AMXS  
SrA Kayla Raddle, 114 LRS  
SrA Devin Richters, 114 AMXS  
SrA Peter Rosberg, 114 AMXS  
SrA Chad Swier, 114 AMXS

SrA Joshua Ullring, 114 CES  
SrA Dustin Welbig, 114 AMXS  
Staff Sgt. Garret Gibbs, 114 CES  
Staff Sgt. Branden Junker, 114 LRS  
Staff Sgt. Thomas Kaffar, 114 MXG  
Staff Sgt. Clayton Kuipers, 114 MXG  
Staff Sgt. Jonathan Leffring, 114 MXG  
Staff Sgt. Alexander Lohr, 114 MXG  
Staff Sgt. Adam Schwiesow, 114 CES  
Staff Sgt. Bryce Snyder, 114 MXG  
Tech Sgt. James Anderson, 114 MXG  
Tech. Sgt. Marcus Brandenburg, 114 MXG  
Tech. Sgt. Erin Bobeldyk, 114 FW  
Tech. Sgt. Kristy Loen, 114 FW  
Tech. Sgt. Kristy Loen, 114 FW  
Tech. Sgt. Scott Middleden, 114 MXG  
Tech. Sgt. Nicole Ryan, 114 MDG  
Tech. Sgt. Quinton Young, 114 FW  
Master Sgt. Juan Harrington, 114 AMXS

## Moving On

Master Sgt. Patricia A. Quinlivan, 114 FSS, retired July 2 with over 24 years of service.



PHOTO PROVIDED BY STAFF SGT. ROGINA WATKINS  
*Senior Master Sgt. Wendy Edwards presents a medal to a participant at the 2011 South Dakota Special Olympics held at Washington High School in Sioux Falls, S.D. May 21. Edwards volunteered to present the awards in uniform, which the recipients thought was "super cool". "This was the best volunteer opportunity I've ever been able to participate in." said Edwards. "There were other unit members there, some with their children and others just to help out. It was very moving."*



PHOTO BY MASTER SGT. NANCY AUSLAND

*Newly pinned Colonels, Col. Joel DeGroot (left) and Col. Russell Limke (right), are congratulated on their promotions by unit members after their pinning ceremony held at Joe Foss Field June 3. Col. DeGroot is the 114th Maintenance Group commander and Col. Russell Limke is the director of staff for air, Joint Force Headquarters South Dakota National Guard.*



*New* for Air National Guard (ANG) and Air Force Reserve (AFR) members...**The "vPC-GR Basics" electronic Learning Tool (eLT).** The first in a planned series of web-based interactive courses being developed for transformed personnel processes, this course gives you an overview of the virtual Personnel Center – Guard & Reserve (vPC-GR). It shows, through guided simulations, how to establish an account, use the dashboard, and manage action requests/work. vPC-GR provides the ANG and AFR online services for submitting personnel action requests, coordinating requests, and managing cases.

The eLT is available via the Advanced Distributed Learning Service (ADLS) website (<https://golearn.csd.disa.mil>). View it by going to the "Course List" page, where it's found under the "Miscellaneous" category.

Any questions or comments on the course should be directed to NGB/A1XT, Mrs Alison Dougherty, email: [alison.dougherty@ang.af.mil](mailto:alison.dougherty@ang.af.mil)

*Tech. Sgt. Jeff DeNotter, 114th Maintenance Squadron, shows children from the Open Arms Christian Daycare Center the intake of an F-16 aircraft during a base tour at Joe Foss Field June 7. The children came to the base to present care packages they put together to members of the unit as a part of a Memorial Day lesson they were participating in at the daycare center. (Photo by Master Sgt. Nancy Ausland)*

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