

# THUNDERBUMPER

*South Dakota*

AIR NATIONAL GUARD



Spring 2011



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Assistant Adjutant General for Air

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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](mailto:PA.114FW@ang.af.mil).

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*On the cover...*



FILE PHOTO

Maj. Gen. (S.D.) Timothy Reisch was appointed the 21st adjutant general and secretary of the Department of Military for South Dakota on April 2, 2011.

# A word from the Commander

BY COL. RUSS A. WALZ

The Block 40 conversion continues to go very well. I know we have an unprecedented level of maintenance occurring on this new fleet of aircraft. I want you to know how greatly it's appreciated. Snowbird was also a huge success deploying 10 aircraft in February dropping over 122,000 pounds of ordnance in the two-week deployment. Continue to stay focused as we go forward with the M5+ modification upgrade.

I'm certain we are all looking forward to a nice spring and summer as we've endured a long South Dakota winter. A winter with large amounts of snowfall in a previously saturated Eastern half of the state has created plenty of flooding concerns and challenges. This year we've assumed the task

force command for southeast South Dakota for flood response. I'd like to thank the entire wing, especially task force commander, Col Steve Warren, for all the extra work and planning that took place making sure we are ready to respond to any tasking as well as the protection of base facilities and equipment.

Spring and summer is also the time of year that we have activities which increase our risk of injury. It is also an extremely risky time for our teens with proms and graduations. Statistics show that more South Dakota teens are killed in May than any other time of the year. Take the time to talk with your children, brothers and sisters, relatives and friends. Let's be Wingmen for each and our families!

## First Air Force Command Chief Visits Joe Foss Field

STORY AND PHOTOS BY MASTER SGT. CHRIS STEWART

The South Dakota Air National Guard had the pleasure to welcome Command Chief Master Sgt. Joe Thornell home for a visit. Although still attached to the South Dakota Air National Guard, Chief Thornell has spent the last 10 years on Title 10 status. Chief Thornell has been assigned a few different tours for the Air Force. This included time as the first enlisted commandant of the enlisted PME school at McGee-Tyson Air National Guard Base, Tenn. Chief Thornell was later assigned to the Community College of the Air Force as the superintendent and later as the vice commandant.

He is currently the Command Chief Master Sergeant for First Air Force and is stationed at Tyndal Air Force Base, Fla. His experience in education is driving his advice in the decision-making at a national level. Chief Thornell is pushing hard for new education requirements for today's enlisted force.

"We are falling behind our active duty brethren in the area of PME," Chief Thornell stated at the 2011 Enlisted Dining Out.

He would like to see a new requirement for an associate's degrees before Airmen would be eligible for promotion to senior master sergeant or chief master sergeant.

Chief Thornell has been an influence in many Airmen's lives, including many of the Airmen at the 114th.

"His influence has been such that I am now a facilitator for the satellite NCO

Academy here at Joe Foss Field," stated Master Sgt. Terrance Brick, from the 114th Fighter Wing. "Chief Thornell's dedication and service to the Air National Guard shines through to set us all in awe of the attainment of such a position."

Chief Thornell expects to retire in late 2012 and plans to move with his wife back to their farm in South Dakota.

"The South is great," Chief Thornell says, "but we are ready to be back home."

Chief Thornell and his wife were looking forward to being closer to their children, but he did admit that his first winter back home would be spent inside being thankful that he did not have to go to work.



# Final Thoughts

## General Doohen's Farewell

As I get ready to clean out my desk and take the pictures off my office walls before I retire, I cannot help but reflect back on my career in the South Dakota Air National Guard. I grew up the oldest of 8 boys on the Southeast part of Sioux Falls. I remember watching the guard planes fly over our house back in the 50's and thinking how much fun it would be to be able to fly them. Never in my wildest dreams though, did I ever think that I would actually get to do that!

As a member of the Air National Guard for a little over 40 years, Gloria and I have so many people to thank for their help and guidance over the years. From my supervisors early on that mentored and gave me good council. To all of the great maintainers that always gave me the best maintained airplanes in the Air Force to fly. And to all of the unit members that helped make our unit one of the best if not the best fighter unit in the world today.

I can honestly say that the guard has been the best thing that has

ever happened to me in my life besides my family. I have had the opportunity to work with some

**"I can honestly say that the guard has been the best thing that has ever happened to me in my life besides my family."**

of the finest people on earth. I have gotten to travel all over the world and experience things that few people in the civilian world get to experience. And I have made friendships that will last a life time.

Gloria and I are looking forward to our retirement. We are planning on doing some traveling, spending some time at our lake cabin and enjoying our grandchildren.

As I head out the door, I feel that I am leaving the South Dakota Air National Guard in very good hands. The wing has a very bright future and I will be following it with eager anticipation. I want to thank everyone for your service to our state and country and wish all of you the very best of luck in the future. *Steve and Gloria Doohen*



# The Adjutant General

BY MAJ. GEN. (S.D.) TIMOTHY REISCH

On April 2, 2011 I took the reins as Adjutant General of the South Dakota National Guard and Cabinet Secretary of the Department of the Military. Since its founding by Medal of Honor recipient Joseph J. Foss on September 20, 1946, the South Dakota Air National Guard has served with great distinction, and I look forward to learning a great deal more about this organization in the days ahead.

Never in the history of this great nation has the National Guard been better trained, better equipped or more heavily relied upon than it is today. Assuming the overall responsibility for the S.D. National Guard during time of war is very serious business. In spite of the fact that the U.S. will withdraw from Iraq in the months ahead, the continual cycle of deployments are likely to continue for years to come.

My top priority as Adjutant General is to take the best possible care of our Soldiers and Airmen and of their families. Readiness has been an absolute necessity since the National Guard's initial muster in 1636. But during this period of continual mobilizations and deployments we need to pay especially close attention to the needs of our service

members and their families. The quality of men and women serving in our ranks today is unprecedented. Every one of them has volunteered to serve, and thousands of them have at least one combat tour under their belt. We have a duty to support our Guardsmen and women before, during and after deployments, and we must provide high-quality support for the family members on a continual basis as well.

My other priorities include embracing diversity, enhancing the way we communicate internally and externally, and ensuring the viability of the S.D. National Guard for generations to come. I also want to identify ways that the Air and Army Guard can work together more closely in the future, and I will host a joint strategic planning conference this summer to set the stage for that.

This truly is our finest hour! Every member of the South Dakota National Guard should take great pride in the fact that they are serving in uniform during

a time of such tremendous reliance on the Guard. I am honored to serve as your Adjutant General during these historical times and I look forward to chartering an even brighter future in the days ahead.



PHOTO BY OC CHAD CARLSON

*Gov. Dennis Daugaard passes the guidon to the new Adjutant General, Maj. Gen. Timothy Reisch, of Howard, during the change of command ceremony for the South Dakota National Guard.*

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# Making Connections

## Mobile Emergency Operations Center Now Available



*Colonel Steve Warren, commander of the South Dakota Air National Guard's 114th Mission Support Group, responds to media questions about the newly assigned Mobile Emergency Operations Center at Joe Foss Field on March 24, 2011. The South Dakota Air National Guard is the first unit in the nation to receive this state of the art piece of equipment that provides tremendous command and control capabilities during natural disasters and civil emergencies.*



*The South Dakota Air National Guard's Mobile Emergency Operation Center is staged in Sioux Falls and ready for immediate dispatch if needed in response to potential record flooding throughout Eastern South Dakota. The South Dakota Army and Air National Guard possess a diverse inventory of equipment that is available for activation by Governor Daugaard during state emergencies.*

BY STAFF SGT. QUINTON YOUNG  
PHOTOS BY LT. COL. REID CHRISTOPHERSON

One of the biggest problems when you are dealing with several emergency entities is that not everyone has the same communications equipment. The 114th Fighter Wing recently acquired the Mobile Emergency Operations Center, one of the most advanced mobile communications and operations centers available. The MOEC is equipped with an ACU2000 which now enables everyone to communicate through one connection.

“The ACU2000 is capable of taking several different devices and making it possible for them to communicate with each other on a virtual network via Radio Over Internet Protocol technology,” said Senior Master Sgt. Rick Larson.

The MOEC's ACU2000 device allows all of those communication devices to interconnect through ROIP or radio over internet protocol. This builds a virtual network and allows the devices to



communicate with each other.

Senior Master Sgt. Rick Larson, 114th Fighter Wing Emergency manager, helped develop this vehicle with the National Guard Bureau. They are now making seven new MEOC trailers for other units in the United States.

“I believe having seven more trailers being built right now and several more in the plans is a great asset to our nation,” added Sgt. Larson.

This is a project that has been in the works for over five years now, following the introduction of Homeland Security Presidential Directive 5.

The MEOC sports a very impressive list of equipment. It has a 3-800 MHz communications bandwidth, self-acquiring satellite dish, both interior and exterior Wi-Fi hotspots, an internal computer network, the ACU2000 interoperable communications system, full motion video and teleconferencing, six workstations, private conference room and more.

The MEOC is available for regional response to neighboring states in support of Emergency Management Assistance Compacts and it is also available to the governor as a state asset to assist local governments during significant disaster response.

# SDANG Hosts Incident Command System Training

SUBMITTED BY 114TH FIGHTER WING EMERGENCY MANAGEMENT

The new Civil Engineer Complex played host to over 80 local, state and region responders this past week as attendees focused on the tenants of the National Incident Management System. Among the main components, the Incident Command System 300 and 400 level training will give the responders and leaders a defined terminology and method for handling incidents of increasing complexity and those that will require multiple agency involvement. The classes are required for South Dakota National Guard NCOs and Officers with response duties, civilian first responders in departments that utilize Federal grant dollars, and volunteer assistance agencies that interoperate when called.

"This training would not have been possible without the support of both the Minnehaha County and the State Office of Emergency Management," said Senior Master Sgt. Rick Larson, 114th Fighter Wing Emergency manager.

"The training accomplished this weekend better prepares our responders to work together," added Lead ICS 400 Instructor Dennis Anderson of EM Logic,

Incorporated, a Minnesota-based emergency management consultancy. "The core competencies applied in actual responses will ensure that everyone is on the same page."

Members of the South Dakota and Iowa Air and Army National Guard, Army Reserve, Sioux Falls, Egan and Pukwana, S.D. Fire Rescue Departments, Civil Air Patrol, Delta Airlines, Department of Health and Human Services, Minnehaha and Lincoln County Sheriff's Office, and local 911 Dispatch organizations worked in groups for developing tactics, techniques and procedures in order to respond to various scenarios.

"This is the most interactive group we've worked with over the years," commented Allan Miller, a South Dakota certified emergency manager and co-instructor for the ICS-300 level sessions.

"It's great to have a facility to use for hosting this type of collaborative training environment," said Lt. Col. Al Punt, 114th Civil Engineer squadron commander. "Full audio-visual support, comfortable seating, and a flexible space make this the ideal location," added Punt.

The 114th Civil Engineer Squadron

Emergency Management Flight provides training in all aspects of Command and Control, hazardous materials response, Expeditionary Skills and Disaster Response. The eight-member flight is comprised of fully qualified emergency responders, and a complete equipment package designed for all hazards.



PHOTO BY SENIOR MASTER SGT. RICK LARSON  
*Students check references as ICS-400 level instructor Mr. Dennis Anderson of EM Logic, Inc. presents class projects during Sunday's training.*

## Prayer Breakfast > > > > > > > > >

BY MASTER SGT. BOB HUYSER

This is my reflection on the prayer breakfast since this is my last one before I retire. It's always been fun as an office to organize and set up a prayer breakfast.

The Chaplains take turns getting the speaker and musician, while the Chaplain Assistants organize the menu and help the services staff in the kitchen.

When we go out to buy the food, we figure every little detail out so we spend as little as possible because "I'm the NCOIC and I'm Dutch" and so we can save as much money for a local charity.

This year the money went to the St.

Francis house. Senior Master Sgt. Tim Wenzel and Staff Sgt. Kenzie Huyser have been so helpful along with the other services people. They allow us to get the food ready to cook by breaking eggs and making pancakes. We try to set up the tables so everybody has a good view of the speaker and are able to socialize with the people at their table.

One of the things that come up in our follow-up meeting is do we serve the people breakfast as an office or do we get other people involved from our unit. We like to welcome and get to know everyone and

that's a good way to do it but we also like to involve other people, too.

I really enjoy speakers that tell it like it is so I want to thank Deacon Harold Pardew for his words. Our musician, Tom Wingert, was very talented and we also thank him.

In conclusion, I want to thank the people in my office for the wonderful times I had with them. It's the best group of people I ever worked with. I want to thank everybody that comes to the prayer breakfast because that's what makes it a success. The more people we get the better, so let's start recruiting for next year.



< *Deacon Harold Pardew provided a wonderful opportunity for personal reflection during his inspirational keynote message at the South Dakota Air National Guard's annual Prayer Breakfast on April 2, 2011.*

> *Master Sgt. Regina Staufer, Chaplain (Lt. Col.) Harrison Lippert, Master Sgt. Bob Huyser and Tech. Sgt. Jenna Hoff paused for a quick team huddle prior to serving the hungry Airmen attending the South Dakota Air National Guard's annual Prayer Breakfast on April 2, 2011.*



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Lt. Col. Andy "Cruiser" Kruse steps out of the F-16 Fighting Falcon for the last time on March 24, 2011 at Joe Foss Field in Sioux Falls, S.D., following his "Fini Flight" ending a long and distinguished career as a military fighter pilot.

# SNAPSHOT AROUND THE

Right, former South Dakota Air National Guard F-100 pilots (left to right) Steve Doohen, Carl Koch, Denny Clauson, Roger Root and Brian Bade posed for a group photo at Joe Foss Field on March 24, 2011 at the Retirement Party for Maj. Gen. Steve Doohen, The Adjutant General for the South Dakota National Guard.



Below, Col. (retired) Brian "Boo" Bade (left) and Chief Master Sgt. (retired) Duane "DK" Koller pose next to a 1960's era photo of themselves at an earlier time in their careers with the South Dakota Air National Guard. The Airmen gathered together at Joe Foss Field on March 24, 2011 to commemorate the retirement of Major General Steve Doohen as The Adjutant General of the South Dakota National Guard.



Chaplain (Maj.) Bill Te... to depart for service in... March 24, 2011 and w... at the Transit Center a...

# PHOTOS FROM THE UNIT

Right, Col. Russ Walz, 114th Fighter Wing commander, welcomes home Master Sgt. Nancy Ausland, 114th Fighter Wing Public Affairs NCOIC, following her six month deployment to Bagram Air Base, Afghanistan.



Below, Master Sgt. Bob Huyser returned from Germany to Joe Foss Field at Sioux Falls, S.D. on March 4, 2011. A chaplain's assistant with the South Dakota Air National Guard, Sgt. Huyser served with the Clinical Pastoral Division at the Landstuhl Regional Medical Center providing direct support to service members wounded while serving in Afghanistan and Iraq.



Chaplain Tesch became the latest Airman from the South Dakota Air National Guard to be deployed to Southwest Asia. Chaplain Tesch out-processed from Joe Foss Field and will serve as the Protestant Chaplain for the 376th Air Expeditionary Wing based at Manas, Kyrgyzstan.



# REPEAL OF DON'T ASK, DON'T TELL

BY LT. COL. WADE DRUIN

As the repeal of the "Don't ask, don't tell" policy approaches, be aware of the following.

## What has changed:

Gay, lesbian or bisexual orientation is no longer a disqualifying factor for entering or remaining in military service. Service members are no longer subject to administrative separation on the basis of lawful gay, lesbian or bisexual conduct or statements.

Service members will not be subject to administrative separation for otherwise lawful homosexual acts, statements or marriage. The Military Services do not tolerate harassment or violence against any Service member, for any reason. No one has the right to refuse duty or duty assignments based on a moral objection to another's sexual orientation.

## What hasn't changed:

It remains the policy of the Department

of Defense to evaluate all Service members on the basis of their individual merit, fitness and capability.

Sexual misconduct, regardless of sexual orientation, that violates a Service standard, rule, regulation, policy or law, will still be considered grounds for administrative or legal action, to include possible discharge. Violations of standards of conduct pertinent to professional relationships and public displays of affection may be punished as violations of lawful regulations, orders or derelictions of duty, as the case may be, under the UCMJ.

You can continue to freely practice your religion, consistent with military standards of conduct. You are not expected to change your personal, religious or moral beliefs; however, you are expected to treat all others with dignity and respect, consistent with

the core values that already exist within your Service. You may, in appropriate circumstances and within the limitations of law and policy, express your moral or religious beliefs regarding sexual orientation. However, you may not make statements detrimental to good order and discipline and must obey lawful orders.

As a result, Service members are held to high standards of conduct, which are ultimately enforced through the Uniform Code of Military Justice. The Manual for Courts-Martial regarding a Service member's obligation to obey orders states, "the dictates of a person's conscience, religion or personal philosophy cannot justify or excuse the disobedience of an otherwise lawful order."

If you have any questions concerning this policy you may contact the 114th Fighter Wing Legal office at 988-5640.

# April is Sexual Assault Awareness Month

BY NATIONAL SEXUAL VIOLENCE RESOURCE CENTER (WWW.NSVRC.ORG)

PHOTOS BY LT. COL. REID CHRISTOPHERSON

The month of April has been designated Sexual Assault Awareness Month in the United States. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence.

Each day, people witness a continuum of behaviors that range from being respectful and safe, to sexually abusive and violent.

The 2011 national Sexual Assault Awareness Month campaign explores common, everyday behaviors and offers individuals viable, responsible ways to intervene. This primary prevention approach helps to create environments where people are safe in their relationships, families, neighborhoods, schools, work places and communities. This year's SAAM brings together resources

and information, thus offering everyone the opportunity to address behaviors before sexual violence occurs.

This year's campaign, "It's time ... to get involved," incorporates a bystander approach to sexual violence prevention. A bystander, or witness, is anyone who sees a situation but may or may not know what to do, may think others will act or may be afraid to do something. Research shows that engaging bystanders is a promising way to help prevent the widespread problem of sexual violence in communities.

By working together and pooling our resources during the month of April, we can highlight sexual violence as a major public health, human rights and social justice issue and reinforce the need for prevention efforts.

## DoD Safe Helpline

Sexual Assault Support for the DoD Community

CLICK: [www.SafeHelpline.org](http://www.SafeHelpline.org)

CALL: 877-995-5247

TEXT: 55-247 (inside U.S.)

202-470-5546 (outside U.S.)



*Teresa Forbes, Sexual Assault Response coordinator for the Joint Forces Headquarters of the South Dakota National Guard, emphasizes the impact of domestic violence upon military families and units during the annual joint Army and Air National Guard Sexual Assault Prevention and Response training conference in Sioux Falls, S.D. on April 6, 2011.*



*Claudia Bayliff, project attorney for the National Judicial Education Program, elicits reaction during her opening comments from the participants of the annual Sexual Assault Prevention and Response training conference in Sioux Falls, S.D. on April 6, 2011.*

# Officer

STORY BY: CAPT. CATHY BUCHHEIM  
PHOTOS BY: MAJ. SCOTT RUST

The 114th Fighter Wing Officer Dining Out was held March 5, 2011 at the Best Western Ramkota Hotel in Sioux Falls. Nearly 100 people attended the event.

Capt. Joe Hardin, Sergeant of Arms, escorted the head tables in followed by the SDANG Honor Guard's presentation of colors. Capt. Anthony Siemonsma sang the National Anthem to kick off the event.

In the front of the room, in a place of honor, was the Fallen Soldier Table to symbolize the absence of a soldier who made the ultimate sacrifice. Next was a reading of the history of the Dining Out, formal toasts and fellowship.



Lt. Col. Brian Vognild, President of the Mess, and 1st Lt. Ariel Keating, Madam Vice, mixed the formal events of the evening with comedy and theatrics. The Grog Ceremony was conducted by Capt. Kelly Petterson and Cpt. Pat Schnieder as they mixed the anecdote for a perfect blend... and for an additional effect, a pair of socks right off of Cpt. Petterson's feet were combined in! Staying true to tradition, the mixture is required to be tested. Who better to test the concoction than the most expendable of



the group, the lowest ranking individual, newly commission 2nd Lt. Elizabeth Ross.

Dr. Joseph M. Dondelinger from Augustana College Government and International Affairs Department was the guest speaker. The evening

concluded with entertainment and

camaraderie.

Thank you to members of the Maintenance Group who were on the Dining Out Planning Committee: Lt. Col. Joel DeGroot, Lt. Col. Ed VanderWolde, Lt. Col. Greg Anderson, Lt. Col. Kristin Baur, Maj. Scott Rust, Capt. Cathy Buchheim, Capt. Kelly Petterson, Capt. Pat Schnieder, 1st Lt. Ariel Keating, and 1st Lt. Scott Backus.



# D I N I N G

# Enlisted

Over 200 enlisted personnel gathered for fellowship and festivity at the Enlisted dining out held in the Holiday Inn City Centre in Sioux Falls. Head table consisted of Chief Master Sgt. Joel Thornell, his wife Cari, Col. Jamison, his wife Dawn, Chief Master Sgt. Kevin Uthe, his wife Barb, President

of the Mess Master Sgt. Chad Rydberg, his girlfriend Debroah Mcisaac. Distinguished guests included Col. Mark Malmburg, Col. Mike Myers, Col. Joel Degroot. Staff Sgt.

closed after the entire security police delegation partook. They essentially dirtied all of the cups and drained



the contents of the bowl. Dinner was served with a choice of chicken or pot roast. After a short intermission Chief Master Sgt. Joel Thornell spoke on his views for the coming years. Upon his closing remarks, the honor guard,



Kati McGuire was Madame Vice for the evening. Commencement was given by Tech. Sgt. Jenna Hoff.

Social began at 6 pm, dining room was opened at 6:30 pm. The Grog bowl, prepared by members of the Junior Enlisted Committee, was established and opened. Retired Chief Master Sgts. of the mess were the first to partake in the bowl. As the evening proceeded the bowl was finally

based in Offutt Air Force Base, Neb., retired the colors. The dining out officially adjourned at 8:45 pm. The staff closed the dining room and opened the dance floor. Music provided by Night Wings, an active duty band based at Offutt Air Force Base, Neb.

# O U T

# Honors from the National Guard Bureau

BY MASTER SGT. AARON LEVISAY



PHOTO BY STAFF SGT. QUINTON YOUNG

Tech. Sgt. Luke DeBoer, the Financial Management Military Pay technician for the 114th Fighter Wing, has been recently named as the Air National Guard Financial Management noncommissioned officer of the Year for 2010 by the National Guard Bureau.

Tech. Sgt. DeBoer, joined the Air National Guard in October of 2007, and started full-time in FM in the Military Pay section in December of 2008, receives the award at the Financial Management Comptroller's conference in June of 2011.

"It's an honor and a privilege to represent not only the 114th Fighter Wing, but also the Comptroller Flight for the South Dakota Air National Guard,"

said Sgt. DeBoer. "Being selected against 90 other Air National Guard units is a real honor for the unit."

"Tech Sgt. DeBoer is a hard worker and I'm happy for this recognition for him," said Senior Master Sgt. Matthew Geraets, Financial Management superintendent.

LtCol Kevin Callies, Financial

Management comptroller and Flight commander, added "I'm pleased that he received this recognition from the National Guard Bureau and that he'll be the first award winner of our Comptroller Flight."

**"Being selected against 90 other Air National Guard Units is a real honor for the unit."**

Tech. Sgt. DeBoer, a native of Wilmot, S.D., began his military career in the South Dakota Army National Guard in 1996. He later enlisted in the active Army as an Infantryman in 1998 where he served with

the 10th Mountain Division in Fort Drum, N.Y., followed by duty at Schofield Barracks, Hawaii.

His overseas deployments include tours in Bosnia in 2001-2002, and in Iraq during Operation Iraqi Freedom combat operations in 2004-2005. Tech. Sgt. DeBoer lives in Brookings, S.D., with his wife and two boys.

## SUCCESS IN THE SOUTH

### *Snowbird Wraps Up*

BY 1ST LT. JERRY "POPS" GROTIJOHN

Snowbird 2011 was a tremendous triumph and success for the 114th Fighter Wing as 167 personnel deployed to the warmth of Davis-Monthan Air Force Base in Tucson, Ariz. Time there was dedicated to hone skills handling and dropping full scale air-to-ground ordnance from the block 40 aircraft. It marked the first deployment for some newer members of the unit including the aircraft themselves. The aircraft and personnel were put through the rigors of producing 135 sorties and 200 flying hours over a two week span in February.

Davis-Monthan Air Force Base provides world class facilities and support from which units can stage operations and have a myriad of tactical ranges and airspace at their disposal. Combined with terrific winter weather, it created an optimal place to train at a high rate tempo. It was a great time to cut teeth on the new aircraft and procedures

used to perform the mission safely and effectively.

The numbers speak for themselves: 120,000 lbs of weapons were dropped and over 18,000 20mm rounds delivered. Plus, there was a rare opportunity to fire three live Maverick missiles and dispense two CBU-103 munitions. Half of the weapons were live with explosive. Handling this much fire power required special consideration and attention and cannot be duplicated in Sioux Falls due to airport restrictions and proximity to live-fire bombing areas.

This could not have been done without the hard work and dedication of each group working closely together to accomplish a single purpose. All said and done, Snowbird provided needed training on many levels while giving us the chance to thaw from the harsh winter and band together as a unit.



PHOTO BY MASTER SGT. CHRISTOPHER STEWART

**ARIZONA** – An F-16 from the 114th Fighter Wing, South Dakota Air National Guard, Sioux Falls, S.D., connects with the boom of a KC135 Stratotanker, 185th Air Refueling Wing, Iowa Air National Guard, Sioux City, Iowa, during an Employer Support of the Guard and Reserve Bosslift February 15-16. The ESGR Bosslift transports employers from their work place to military training sites where they observe the type and quality of training their employees receive.

# Commander's Motorcycle Safety Briefing

BY SENIOR MASTER SGT. SCOTT BENSON

The 114th Fighter Wing kicked off their Spring Motorcycle Safety Campaign with a pre-season briefing from Col. Matthew Jamison. Just like bases all over the world, the unit is following new guidance from the Air Force and Dept of Defense. The safety of our Airman motorcyclist has become a top priority and a larger emphasis has been placed on commander involvement.

One of the new tools available to commanders to provide visibility of the riding population in their organizations is a program called Motorcycle Unit Safety Tracking Tool this is an Air Force-wide data base that will track motorcycle training, experience level, and motorcycle type of military and civilian personnel.

While the actual reasoning behind the data collection has been met with hesitation, I have to believe that the Air Force has the greater good in mind. In the past motorcycle rider training has been monitored at the unit level and really only amounted to the accountability of unit members eligible to ride their motorcycles on base as well as any DoD installation.

While there are always growing pains whenever you roll out something new, the MUSTT program will provide greater visibility to Air Force staff members who can tailor training requirements to real world numbers instead of mandating blanket training programs that

can be overwhelming to manage, especially at the Air National Guard unit levels.

The Air Force is also encouraging motorcycle riding clubs. While your first thought may be, "Huh?" What they're really encouraging is mentorship. The 114th Fighter Wing doesn't have a motorcycle riding club but it does have an active group of riders who get together for weekend fun runs, and one day dinner rides. If you have an interest in joining the fun ask any of the recruiters or give base safety a call. Either group can put you in touch with one of the many ride organizers.

I'd like to remind all personnel of the requirements to ride a motorcycle on a DoD installation. You must have completed a Motorcycle Safety Foundation rider course and keep your MSF completion card on your person when riding. You must also wear the proper riding gear; a Department of Transportation-approved helmet, protective eyewear, a long sleeved shirt or a riding jacket with reflective qualities, long pants, sturdy foot wear, and full fingered gloves. The Air Force has recognized that quality riding gear appropriate for a mishap is important for your riding safety tool box.

Enjoy the riding season and remember motor vehicle drivers are just getting used to seeing motorcycles again!

## NEW travel card program: \$ \$ \$

### Controlled Spend Account

FROM AIR FORCE PUBLIC WEB

By now you've heard the buzz. The new Controlled Spend Account card is replacing the traditional government travel card. But what does it all mean? And more importantly, how will it impact you?

Over the next few months, the Air Force will be converting to the Controlled Spend Account. The CSA is uniquely different from the government travel card and provides the traveler with increased flexibility to meet their travel needs. Fueled by "mission-driven" spending limits and unprecedented worldwide merchant acceptance, the new program allows the traveler to fulfill mission requirements while also minimizing the risk of delinquency. An extensive pilot program validated the tremendous benefits to the Air Force, automating processes to reap huge manpower savings without negatively impacting the traveler. Most importantly, the Controlled Spend Account delivers a higher level of card excellence, so travelers can perform their missions with confidence while making travel related purchases with ease.

*New Standards in Operational Excellence*

Using the card is simple and travelers no longer have to worry about using the card for the wrong purchase. Once travel orders are approved, the CSA's spending limit automatically adjusts based on the estimated dollar amount for that particular mission. In addition, the unprecedented merchant acceptance allows the card's use for all reimbursable travel expenses such as TDY, PCS and deployments. Making purchases from any location around the world has never been easier, through Citi's global network and with an expanded number of merchants allowed, the CSA cards are accepted at over 30 million merchant locations worldwide. Access to ATMs further simplifies the process for getting cash in local currencies.

*Enhancing Security with Greater Flexibility*

Increased access to more merchants however, does not pose more risks.

"The cards only have value when the traveler has an approved travel order. Spend limits adjust automatically when orders are issued, amended, or canceled," said Mike Bilbrey, Air Force Banking Officer. "Once the mission is complete, travelers simply submit their travel vouchers for processing

and the payment updates the spend limit to reflect the actual cost of the trip. Any residual funds remaining on the CSA are available for use by the cardholder or can be transferred to another personal account."

Additionally, cardholders have the same protection and dispute capabilities that exist in the traditional government program.

*Premier Support, Wherever The Mission Takes You!*

At the foundation of the Controlled Spend Account is Citi's 24/7/365 customer service network providing cardholders with support from anywhere in the world. Immediate service is now at the cardholder's fingertips as they can call Citi directly when they need assistance or manage their accounts on-line. Additional coverage for insurance, travel, medical and emergency assistance combines to deliver the most comprehensive coverage in the card industry.

Look for announcements and training updates to stay abreast of the latest news. For more information, please email [afcsa.travelcard@pentagon.af.mil](mailto:afcsa.travelcard@pentagon.af.mil) or visit "virtual Finance" on the Air Force Portal (Life and Career: Money – Welcome to virtual Finance!)

# BOSS LIFT



*ARIZONA – Boom Operator, Senior Master Sgt. Al Mast aboard a KC135 Stratotanker, 185th Air Refueling Wing, Iowa Air National Guard, Sioux City, IA, explains refueling procedures to employer, Doug Pederson, Rise Inc., Harrisburg, SD, during an Employer Support of the Guard and Reserve Bosslift February 15-16. The ESGR Bosslift transports employers from their work place to military training sites where they observe the type and quality of training their employees receive.*

Employers had the opportunity to observe an engine run-up in the hush house. The hush house is a facility where service members can test running aircraft engines in a controlled environment. Employers also tested their flying skills with the F-16 Simulator. This system

displays a wrap around virtual world for the pilots to hone their skills without having to climb into an actual aircraft.

“I didn’t realize how important a boss was to the success of the Airmen,” said Doug Pederson, who works at Rise Inc.

“The ESGR Boss lift is an excellent way to show the importance that is placed on every employer and the support they provide to the military,” said Capt. Christensen. “We appreciate all the sacrifices the employers make,” added Capt. Christensen. “Employers are inextricably linked to our nation’s defense by sharing their most precious asset, their employee.”

“It was an amazing trip all the way around,” said Matt Yost, principal in the Avon School District. “The service members were extremely cordial to us. I wish that more people would get the opportunity, because it gave me a new found respect for the military.”

As part of the Boss lift, employers also signed a Statement of Support for the Guard and Reserve as a public proclamation of their support for their employees’ military service.

“The boss lift is one of the best things we do at ESGR,” said Don Kelpin, South Dakota ESGR state chairman. “It’s a win-

## *Employers participate in military training*

Story and photos by Master Sgt. Christopher Stewart, 114th Fighter Wing Public Affairs

DAVIS-MONTHAN AIR FORCE BASE, ARIZONA – Employers of South Dakota Air National Guard Airmen had the rare opportunity to participate in and observe where their citizen-Airmen employees are training.

The 24 employers participated in an Employer Support of the Guard and Reserve Boss Lift February 15-16, taking them from Sioux Falls, S.D. to Davis-Monthan Air Force Base, Texas to meet with Airmen from the 114th Fighter Wing.

“The ESGR Boss lift transports employers from their workplace to military training sites where they observe the type and quality of training their employees receive,” said Capt. Lona Christensen, South Dakota ESGR executive director.

Employers began their day by boarding a KC-135 Stratotanker military aircraft. On the way to Davis-Monthan, they experienced a refueling mission and had the opportunity to watch the KC-135 boom operator transfer gas in mid-air to a South Dakota Air National Guard F-16 Fighting Falcon multi-role fighter aircraft.

“I have more respect for what my employee does,” said Jody Smith, State of South Dakota Human Services agency. “It was an awesome and wonderful experience,” referring to the refueling mission.

Smith, who was able to meet with her service member, said the chance to ride in a F-16 simulator was her favorite part of the trip.

Many of the employers said the trip was an eye-opening experience, and that they had a new respect for the National Guard and what they do.

win situation for the Guardsmen, their employers and ESGR.”

Kelpin added that the employers gain a greater appreciation for what the Citizen-Soldier does, and service members are reassured knowing their employers are supporting them.

The ESGR program has a logo stating, “We all serve”

“Whether it’s the service member, family member, employer, or even fellow employees who have to pick up the extra hours at work to fill in for the citizen-Soldier at war,” added Kelpin. “In reality we all serve.”

The following employers participated in the South Dakota ESGR Boss lift February 15-16 to Davis-Monthan Air Force Base, Arizona.

Deb Muller, Avera Health Plans, Sioux Falls

Thomas Snyder, CAN Surety Company, Sioux Falls

Richard Sandvold, Daktronics, Brookings

Larry Menning, Dr. L.L. Menning, OD, Chamberlain

Larry McMillen, Midwest Alarm Co., Sioux Falls

Andrew Topel, Omnitech Inc., Sioux Falls

Greg Baete, Sanford USD Medical Center, Sioux Falls

Lee Axdahl, SD Department of Public Safety, Pierre

Jody Smith, State of South Dakota Human Services Agency, Yankton

Brad Maddox, City of Sioux Falls, Sioux Falls

Kathleen Finnegan, The Ev. Lutheran Good Samaritan Society, Sioux Falls

Curt Merkel, Curt’s Motorsports, Aberdeen

Jason Janousek, Wells Fargo Education Financial Services, Sioux Falls

Rick Hoogendoorn, YRC, Sioux Falls

Doug Pederson, Rise, Inc., Harrisburg

Matt Yost, Avon School District, Avon

Mike Hoffman, A & G Diesel, Mitchell

Scott Collision, Edward Jones, Brandon



*TUCSON, AZ – Pete Jensen, University of South Dakota, signs a statement of support for the guard and reserve, in front of an F-16 from the 114th Fighter Wing as part of an Employer Support of the Guard and Reserve Bosslift February 15-16. The ESGR Bosslift transports employers from their state to military training sites where they observe the type and quality of training their employees receive.*

Pete Jensen, University of South Dakota, Vermillion

Gordy Jensen, Minnehaha County Sheriff’s Office, Sioux Falls

Daniel E. Little, DairyNet Inc., Brookings

Darrin Garry, Garry painting, Hartford

Sarah Bierman, DOL, Aberdeen

Thomas J. Monnin, Friessen Construction Co., Sioux Falls



*SIoux FALLS, SOUTH DAKOTA – Senior Master Sgt. Steve Abraham, 114th Fighter Wing, South Dakota Air National Guard, speaks with Matt Yost, Avon School District, Avon, S.D., about the Air National Guard and their federal, state and local missions, during an Employer Support of the Guard and Reserve Bosslift February 15-16. The ESGR Bosslift transports employers from their work place to military training sites where they observe the type and quality of training their employees receive.*

# Tips for improving Air Force Fitness Score

BY LT. COL. RUTH A. SIEM

With spring around the corner most of us will be due to take our fitness test again. If you have been participating in the “couch potato syndrome” during the winter months, now is the time to make fitness a priority and a part of your daily routine. The following are tips to help get you started and improve your overall fitness score.

## Running:

You must run to improve your score, don't think you can go and gut it out and do well. If you are a beginning runner needing to work on distance and endurance try a walk run program to avoid injury and frustration. One I personally have tried is Couch Potato to 5K in six weeks, found on [www.coolrunning.com](http://www.coolrunning.com).

If you have been running and are doing well at distance add in some interval training to increase your speed and shave off some time on your run. This can also help prevent boredom from setting in. Some ideas to try:

30 -60 or 60 – 120 sprints---Sprint for 30 seconds, walk for 60 or sprint for a minute and walk for two minutes. Repeat 10 times and do this at least once a week.

Another option as recommended at [military.com](http://military.com) in their fitness section is to time yourself in your PFT 1.5 mile run then determine a reasonable goal for your PFT run. Divide your goal to figure out the mile pace then divide your mile goal pace into 1/8-mile, 1/4-mile, 1/2-mile distances. For example if you want to decrease your time to a 7 minute mile your 1/2 mile time should be run in 3 minutes, 30 seconds, 1/4 mile time should be run in 1 minute, 45 seconds, and 1/8 mile time should be run in 53 seconds.

Put it together by choosing one or a combination of the following for an interesting interval work out:

Run 1/2-mile at goal pace followed by walking or jogging for 1/4 mile. Repeat this three to five times in each workout session.

Run 1/4-mile at goal pace followed by walking or jogging for 1/8 mile. Repeat this four to six times in each workout session.

Run 1/8-mile at goal pace followed by walking or jogging for 100 yards. Repeat this four to six times in each workout session.

If you can, practice on your testing run surface several times.

## Sit-ups

Practice is also key to improving sit-ups. The full Air Force-style sit-up should be done every other day or three to four times a week. The sit-up utilizes not only your abs, but your hip flexors and rest is needed between work outs that include full sit-ups. However you may work your abs everyday by doing abdominal crunches to aid in your sit-up goal.

Know your goal and work toward it.

Don't just practice how many you can do in a minute. Do three or four small sets of 10 or 20 depending on your fitness level and gradually increase the number you do per set. Once you have mastered the amount of sit-ups you want to do, then work on the speed and time you can do them in 1-2 times a week.

When you do your fit test, do as many as you can right away and know what your maximum number is. Pushing beyond your maximum number will not gain you any additional points; I recommend that you stop there and conserve your remaining energy for the run. Have your partner hold your feet snug for added support. Some find it helpful to stick their elbows out as far as they can with still keeping fingers on the shoulder, this can take a little less work out of the core muscles.

## Pushups

I know I am sounding like a broken record, but practice, practice, practice. Know your goal and work toward it. Push-ups should not be done daily, the muscles need time to repair and recover, so they should be done every other day. Hands should be shoulder width apart. Feet together or no more than 12 inches apart. If you need to build endurance and strength, start on your knees while practicing the pushups and progress to your toes as you get stronger. Just like the sit-ups, practice three to four sets of 10 or 20 depending on your fitness level. If you can only do five, start with that and gradually work up. Once you have gained strength and can do your goal number, work

on speed and timing. It is good to confuse the muscles and to do that you can increase resistance by doing pushups with your feet on a step, chair or exercise ball. You can also work different parts of your chest muscles by slightly changing the position of your hands. Only strengthening your chest muscles can lead to a strength imbalance in our upper body, so we should also incorporate some rowing type exercises and other upper back exercises to maintain the muscle balance. When your chest muscles get tired, change the position of your hands to a narrower or wider position and try and do a few more pushups. Practice staying in the up position.

## Abdominal Circumference

Doing abdominal crunches daily will help whittle away fat and strengthen the abdominal muscles underneath. Make sure you are doing the crunches correctly for maximum effect. Shedding some pounds will decrease your abdominal circumference, often dramatically. Watch your weight, gaining even a small amount of weight can affect your circumference and dramatically affect your score. Cutting out soda, other high calorie drinks and the junk food and replacing that with nutrient-dense foods, such as fruits and vegetables and whole grain foods, can dramatically impact the waist line for the better. Poor choices in food and drinks can also affect your overall fitness level.

## General Tips

It seems like common sense, but come prepared, well rested and hydrated. Don't go out and party the night before. Also avoid caffeine that morning. Have a good nutritious, higher carbohydrate meal the night before. Warm up and stretch before you begin your fitness test. Maintain a positive attitude. Study your age/fitness charts so you know not only your max, but what it takes to reach the next point level so you don't waste your energy to do a few more sit-ups or push-ups and not gain any additional points. Get to know the course and surface you have to run. Maintain your health and fitness levels year round. If you smoke or chew tobacco, quit or cut back.



## Moving Up

2nd Lt. Elizabeth Ross, 114th OG  
Chief Master Sgt. Dana Storm, 114th LRS  
Senior Master Sgt. Kurtis Lunstra, 114th MSG  
Senior Master Sgt. Donald Wenzel, 114th FSS  
Master Sgt. Michael Peterson, 114th AMXS  
Master Sgt. Brent Schaeffer, 114th FSS  
Master Sgt. Edward Ness, 114th CES  
Master Sgt. Mark Herbst, 114th AMXS  
Master Sgt. Michael Marron, 114th LRS  
Master Sgt. Joyce Vanliere, 175th FS  
Master Sgt. Daren Heidebrink, 114th MXG  
Master Sgt. Mabelle Kocer, HQ  
Tech. Sgt. Luke DeBoer, 114th CPTF  
Tech. Sgt. Thomas Tomko, 114th SFS  
Staff Sgt. Daniel Johnson, 175th FS  
Staff Sgt. Stephanie Hill, 114th HQ  
Staff Sgt. Chad Carlson, 114th SFS  
SrA Emma Coyle, 114th AMXS  
SrA Matthew Hill, 114th AMXS  
SrA Nathan Kerkvliet, 114th AMXS  
SrA Jordan Robertson, 114th AMXS  
SrA Brandon Deweerdt, 114th MXS  
SrA Johnathon Dorale, 114th MXS  
SrA Jamie Kremppes, 114th MXS  
SrA Nathan Kroon, 114th MXS  
SrA Aaron Lloyd, 114th MXS  
Airman Rachael Bjerke, 114th MDG

## Moving In

Maj. Andrew Miller, 114th OG  
Tech. Sgt. Michael Whitmore, 114th LRS  
Staff Sgt. Timothy Lewis, 114th LRS  
Staff Sgt. Dena Leonard, 114th FSS  
Airman Basic Nicholas Karber, 114th STUF  
Airman Basic Nicholas Boone, 114th STUF  
Airman Basic Trevor Dietrich, 114th STUF

## Moving On

Col. Mark Bauer, HQ  
Lt. Col. Lori Menke, 114th MDG  
Lt. Col. Richard Reid, HQ  
Senior Master Sgt. Michael Hakinson, 175th FS  
Senior Master Sgt. Dorian Gatchell, 114th AMXS  
Senior Master Sgt. Donald Zwart, HQ  
Senior Master Sgt. Donald Zwart, HQ  
Master Sgt. Terry Jones, 114th SFS  
Master Sgt. Clarence Fjallanger, 114th CES  
Master Sgt. Markell Gnadt, 114th CES  
Master Sgt. Lee Thedens, 114th SFS  
Master Sgt. Robert Melton III, 114th AMXS  
Master Sgt. Wendy Barse, 114th MDG  
Staff Sgt. Megan Stark, 114th LRS  
SrA Mark Sorensen Jr., 114th LRS  
SrA Mark Sorensen Jr., 114th LRS

## Milton Donald Tendler

Milton Donald Tendler was born at Dalesburg, S.D. on Jan. 29, 1932 and passed away on Feb. 6, 2011 at Oro Valley Hospital at the age of 79 from complications of pneumonia.

Milt received his education at Beresford, S.D. He was a member of the South Dakota Air National Guard and activated in 1950 during the Korean War. He was joined in marriage to Bernice (Bea) Aalberg on Sept. 14, 1952. He attended the University of South Dakota. In January 1954 he rejoined the South Dakota Air National Guard and retired as a Chief Master Sergeant after 36 years of service.

He had participated in many activities with his son, Terry. He served as a leader in Boy's Scouts and was his coach on the Gray-Y Basketball team. He enjoyed all the sports, bantam baseball, football and basketball and rarely missed one of Terry's games. This continued when his grandchildren, Dustin and Nicole played football and basketball. He would fly back to Sioux Falls for their games. He was looking forward to watching his great granddaughter play basketball. He enjoyed the many golf games with all his family.

Milt had been a member of Our Saviors Lutheran Church in Sioux Falls from 1954 until moving to Hartford, S.D. in 1994 where he joined Christ Lutheran Church. When they moved to Arizona in 1998 they joined Resurrection Lutheran Church in Oro Valley, Arizona where he was a communion assistant.

After retiring Milt and Bea enjoyed ski trips especially their trip to Austria and ski trips with friends. He was an avid golfer and as a hobby enjoyed making golf clubs. He and Bea participated in many golf tournaments together, enjoying each one. He was a member of the El Conquistador Country Club in Oro Valley. He loved his family dearly and treasured the time spent with family and friends.

## *Joe Foss Field Moves Closer to Its Role in a Historical Transformation*

BY LT. COL. ED VANDERWOLDE

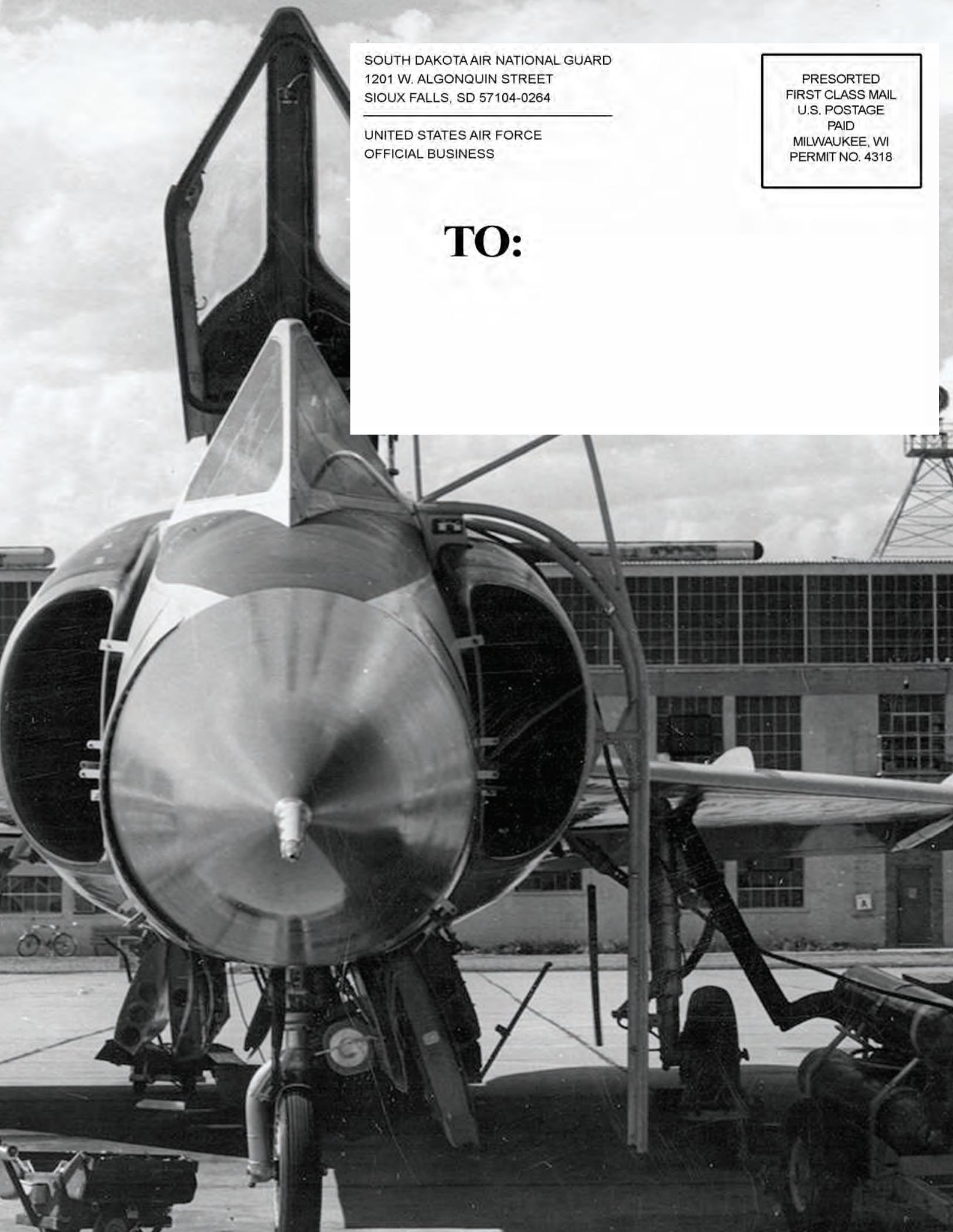
Approximately 130 Air Force Logistics personnel at several Air Force locations took part in the Expeditionary Combat Support System Release 1 Pilot this past December. ECSS is the Air Force's logistics Enterprise Resource Planning program, and when fully deployed is expected to totally transform how the Air Force manages its global supply chain.

The IOT&E will assess system effectiveness and performance by observing selected users performing their normal jobs using ECSS. In conjunction with the IOT&E assessment sites, several other locations not participating in the assessment will field ECSS during this phase. These include, Joe Foss Field, S.D., Col. Bud Day Field at Sioux Gateway Airport, Iowa, and Luis Muñoz Airport, Puerto Rico. Following IOT&E, Release 1 is scheduled to begin Air Force-wide fielding in 2012, affecting approximately

40,000 users at more than 180 fielding locations, or over 600 affected organizations.

ECSS will integrate all key supply chain stakeholders, including other military services, industry trading partners, DoD, and various federal agencies. This integration will provide global logistics access and the capability to optimize asset management worldwide. Logisticians will be able to see near real-time data and more easily share information, regardless of location or function. To enable a single logistics solution, ECSS ultimately will replace hundreds of disparate and increasingly costly legacy information systems. It will enable the Air Force to reduce costs, largely by reducing spare parts inventory, and also enable compliance with federal accounting requirements.

More information at <https://www.ecss.wpafb.af.mil>.



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