

# THUNDERBUMPER

*South Dakota* AIR NATIONAL GUARD



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Assistant Adjutant General for Air

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

[www.114fw.ang.af.mil](http://www.114fw.ang.af.mil)

*On the cover...*



PHOTO BY LT. COL. REID CHRISTOPHERSON  
The sun rises behind F-16C 86-0225 as Master Sgt. Randy Nelson prepares it for departure from Joe Foss Field on October 7, 2010 as the last of the South Dakota Air National Guard's Block 30 aircraft to be retired to the Aerospace Maintenance and Regeneration Group in Tucson, Ariz.

## A word from the commander

BY COL. RUSS A. WALZ

The wing kicked off 2010 with nearly 300 unit members returning from Iraq in support of Operation Iraqi Freedom. Your professionalism resulted in 475 missions flying over 1,600 hours and was the second deployment to Iraq since 2007.

Simultaneously, the wing continued to provide aircraft and pilots for a deployed Air Sovereignty Alert mission with around the clock coverage protecting the skies of our homeland. We concluded this extremely important mission in February after two years of seamless coverage providing 100 percent of ATO Tasking.

Spring was met with excitement as we were selected to receive 22 newer Block 40 F-16s. It also created a bit of sadness to see the best fleet of Block 30 aircraft throughout the Air National Guard retire or transfer. These were F-16s that had seen combat eight times in the 18 years they've been flown under our flag. They performed superbly primarily due to the outstanding care they received. Soon our new fleet will have the

"South Dakota Certified" stamp on them which will carry us into the future with a great weapon system for any mission tasked.

This summer we were hosts to Air Force Assessment Inspection Teams. The Wing was subject to an Air Force Vulnerability Assessment; Environmental, Safety and Occupational Health Compliance Assessment and Management Program; and a Health Services Inspection. These outside agencies gave a comprehensive look in their respective areas of expertise and validated how a professional organization operates.

2010 also brought deserving recognition to the Air National Guard's finest Airmen. Two John L. Levitow award winners, numerous distinguished graduates, and the Air Force Association's Winston P. Wilson award for the top fighter and reconnaissance ANG unit, culminated a great year.

I want to thank you for everything you do for this wing, state and nation and I look forward to an even better 2011.

## From the desk of the Wing Command Chief

BY COMMAND CHIEF MASTER SGT. KEVIN UTHE

Congratulations to this year's Outstanding Airmen of the Year selectees for the 114th Fighter Wing! We had a record of 32 submissions.

Thanks to all of the supervisors or individuals who took the time and effort to submit packages for your Airmen. Thank you also to the individuals who had the task of putting the final polish on those selected packages before being forwarded on to the National Guard Bureau

for national competition. Good luck to all.

This program would not have been possible without those members who took time out of their busy schedules to put together the selection panels.

I looked at all of the submissions and I know that from reading them, it was no easy task choosing the final selectees. Again, thank you to everyone. Those selected were:



**Outstanding Airmen of the Year**

Senior Airman Blaine Reynolds, from the 114th Maintenance Squadron, Munitions Storage



**Outstanding NCO of the Year**

Tech. Sgt. Jason Mark, 114th Logistics Readiness Squadron, POL



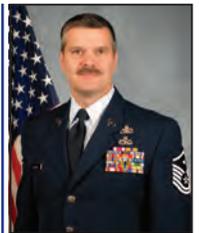
**Outstanding Senior NCO of the Year**

Master Sgt. Jonathon Goehring, Recruiting



**Outstanding Honor Guard Member of the Year**

Tech. Sgt. Tom Dummermuth, 114th Maintenance Squadron, Phase Docks



**Outstanding First Sergeant of the Year**

Master Sgt. Scott Leebens, 114th Aircraft Maintenance Squadron

# HEADQUARTERS

## SOUTH DAKOTA AIR NATIONAL GUARD

The Headquarters for the South Dakota Air National Guard is located on the edge of Joe Foss Field in Sioux Falls and is a critical element for the governor and the adjutant general for ensuring all units of the 114th Fighter Wing are poised to respond to both national and state emergencies. With nearly 30 assigned members, the main focus of HQ SDANG is to represent and support the approximately 1,050 members of the SDANG and to prepare plans, policies and programs for its assigned units.

With both a federal and state mission, the SDANG can provide combat-capable aircraft, aircrew, support personnel and equipment to augment existing active duty forces during times of national emergency or war. Additionally, the unit provides medical, engineering, security, transportation, communication and other support resources to protect life and restore essential services during natural disasters, civil disturbances and other significant emergencies.

The Joint Forces HQ for the state of South Dakota is made up of Airmen

from the HQ SDANG and Soldiers from the Headquarters, South Dakota Army National Guard. During this past year, the JFHQ has worked together to improve their ability to provide joint command and control of state National Guard resources in response to state emergencies. This included conducting a training visit to Headquarters United States Northern Command for homeland defense operations. Additionally, a joint SDANG and SDARNG communications exercise was conducted. This exercise successfully tested the capabilities of the SDANG and SDARNG video, voice and data communications equipment



PHOTO BY STAFF SGT. QUINTON YOUNG

Brig. Gen. Wayne Shanks is "pinned on" by family members during the Headquarters Change of Command ceremony.



PHOTO BY CAPT. MICHAEL FRYE

State Command Sgt. Maj. Larry Zimmer, center, and State Command Chief Master Sgt. Jim Welch visit with Col. Ernst Mercuur, Commander of Suriname Armed Forces, during a reception held at the home of U.S. Ambassador John Nay in Suriname in November.

and platforms ensuring geographically separated command elements could exchange vital information regardless of conditions. JFHQ personnel also worked with their counterparts in North Dakota to participate in flood response planning so both states may be able to provide rapid response to potential flood disasters

that have recently plagued the region.

To further develop the joint operations of the state's Army and Air resources, a new Joint Forces Readiness Center will open in July 2011 at Camp Rapid, Rapid City, S.D. The facility offers the JFHQ a significantly improved working environment ensuring the South Dakota National Guard provides the necessary military forces in response to both federal and state emergencies.

ASSISTANT ADJUTANT  
GENERAL FOR AIR  
Brig. Gen Wayne Shanks

CHIEF OF STAFF  
Col. Brian Vognild

COMMAND CHIEF MASTER  
SERGEANT  
Chief Master Sgt. James Welch

# Fighter Wing

The 114th Fighter Wing is one of the premier Air National Guard units in the country, validated by its selection as the 2010 recipient of the National Guard Bureau's Winston P. Wilson trophy.

Named for Maj. Gen. Winston P. Wilson, former Chief of the National Guard Bureau, the award annually recognizes the most outstanding Air National Guard unit equipped with fighter or reconnaissance aircraft. 2010 was the fourth time that the 114th FW has been awarded this prestigious recognition!

Located on Joe Foss Field in Sioux Falls, the 114th FW is made up of four groups: 114th Operations Group, 114th Maintenance Group, 114th Mission Support Group, and the 114th Medical Group. Together the units include over 1,000 Airmen. Each of the groups provides vital contributions to ensure that the wing achieves its mission to deploy worldwide and execute directed tactical fighter sorties to destroy enemy forces, supplies, equipment, communication systems and installations with conventional weapons.

Equipped with the F-16 Fighting Falcon, the members of the 114th FW can mobilize within days to deploy this battlefield asset to a theater of war. The 114th FW brings a variety of military occupational

and technical specialties to support the warfighter. These include essential services in administration, intelligence, training, logistics, aircraft and vehicle maintenance, communications, security, engineering, medical and many other support functions. Many of these skills and services also provide a valuable capability to the state in times of domestic emergencies or natural disasters.

The 114th FW accomplished Air Sovereignty Alert and Air Expeditionary Force mission-focused training through both day and night training. During 2010 the Wing deployed 371 Airmen to 16 countries including: Iraq, United Arab Emirates, Qatar, Kuwait, Afghanistan, Jordan, Horn of Africa, Turkey, Italy, Spain, Germany, South Korea, Panama, Honduras, Suriname and Haiti.

The unit also accomplished ongoing briefings for the Air Combat Command's integrated staff, National Guard Bureau A8, and the Deputy Director of the Air National Guard on potential associations and future missions that will continue to ensure the relevancy of the South Dakota Air National Guard at the local, state and national levels. A goal for the 114th FW is to position the unit for a community-based active associate unit with assignment of advanced fighter aircraft to follow.

COMMANDER  
Col. Russ Walz

VICE COMMANDER  
Col. Matthew Jamison

COMMAND CHIEF MASTER  
SERGEANT

Chief Master Master Sgt. Kevin Uthe

FIRST SERGEANT  
Senior Master Sgt. Randy Wingen



*Tech. Sgt. Jared Hinsch interviews 1st Lt. Lance Niewenhus about the new CE building.*



*Major Stacy Kooistra discusses legal terminology with Lt. Cols. Rickey Ramstad and Wade Druin.*



*Chaplain's Assistants Master Sgt. Regina Stauer and Tech. Sgt. Jenna Hoff visit with Master Sgt. Jennifer Decou and Master Sgt. Julie Johnson over lunch.*

# Operations Group

The 114th Operations Group ended a great year executing the mission while also professionally developing outstanding Airmen for future leadership positions. The year started with a high operations tempo as most of the Group was deployed in conjunction with our Air Expeditionary Force rotation to Joint Base Balad, Iraq, while the remaining participated in closing out our Air Sovereignty Alert mission at Langley Air Force Base, Va. Both missions were executed flawlessly with the following highlights:

AEF - Joint Base Balad, Iraq

- Provided 52 days of continuous Air Tasking Order coverage with no sorties lost for either maintenance or operations factors

- Flew 460 combat sorties totaling 1,500 flying hours

- Supported 94 convoys, 439 Counter Improvised Explosive Device missions and 30 raids

ASA - Langley Air Force Base, Va.

- Provided 75 percent of the 24 hour alert pilot tasking for the entire 26 month period

- Successfully completed two Alert Force Evaluations, ensuring this “no fail” mission was properly manned and prepared

Original 2010 goals were significantly adjusted when news arrived that the 114th Fighter Wing would convert from the venerable Block 30 F-16 to the newer

and more capable Block 40 model. Flying was curtailed as maintenance personnel performed a Herculean effort in swapping out the entire fleet over a very short time period. To cope with reduced flying, over 50 percent of the pilots went on weeklong high fidelity simulator training detachments. This provided significant training with difficult to replicate scenarios while also maintaining proficiency as sortie levels fell flat.

The budget year was also a success with execution at 100 percent and emphasis on personnel investment. Significant accomplishments included:

- Over 60 percent of 114th Operations Group personnel attended off-station schools, conferences, or training, additive to AEF

- Chief Master Sgt. Bruce Lee and Senior Master Sgt. Curt Schmahl both attained 9-Level Air Force Specialty Code qualifications in Airfield Management

- Master Sgt. Charissa Lehman is near completion of the impressive Black Belt qualification after attending numerous Continuous Process Improvement training sessions.

- Lt. Col. Brandon Eskam became Instructor Pilot-qualified after completing the demanding course at Tucson, Ariz.

- Master Sgt. Casey Bullis completed resident Senior Non-Commissioned Officer Academy and earned the coveted John L. Levitow Award

- Tech. Sgt. Kristi Niedert

completed resident Non-Commissioned Officer Academy

- 114th Operations Group took advantage of extra Leadership Challenge Course slots by sending ten people to this significant leadership grooming experience

Other noteworthy accomplishments included Aircrew Flight Equipment providing its third one-week Aircrew Flight Equipment Compliance class. This class, which trained 14 people from across the Air National Guard, was the brainchild of Chief Master Sgt. Jim Bradshaw four years ago. It is one-of-a-kind as it prepares AFE supervisors and future NCOICs in performing their duties and maintaining inspection-ready status. The 114th OG also successfully staffed a 120-day Theatre Airborne Reconnaissance System detachment with eight pilots, in addition to our original AEF commitment. This effort provided a unique and highly sought after reconnaissance capability in support of Operation Iraqi Freedom.

The 114th Operations Group looks forward to another challenging year as they further immerse themselves in the capability of the Block 40 while preparing all Airmen for future Theater Security Package deployments. They look forward to furthering their vision of “tactically sound preparation and execution at the individual and organizational levels to positively position strategic success.”



Senior Master Sgt. Michael Hakinson reviews supplies used to start fires.

114TH OPERATIONS GROUP  
COMMANDER  
Col. Michael Meyers

175TH FIGHTER SQUADRON  
COMMANDER  
Lt. Col. Nathan Alholinna

114TH OPERATIONS SUPPORT  
FLIGHT  
COMMANDER  
Lt. Col. Russ Limke



Col. Michael A Meyers climbs into F-16 466 for its 7000th hour flight

# Maintenance Group

The mission of the 114th Maintenance Group is to ensure that aircraft and equipment are safe, serviceable, and properly configured to achieve mission requirements.

The 114th MXG is comprised of approximately 481 members and is organized into three assigned units: 114th Maintenance Squadron, 114th Aircraft Maintenance Squadron, and the 114th Maintenance Operations Flight.

The professionals in the 114th MXG are tasked to inspect, repair, overhaul, modify, test, and analyze the assigned aircraft and equipment and to ensure air worthiness and serviceability.

The beginning of 2010 found the 114th MXG with 151 personnel deployed in support of Operation Iraqi Freedom during December 2009 to February 2010.

The past year also brought an aircraft conversion from Block 30 F-16s to Block 40 F-16s. The departure of our Block 30 aircraft consisted of reassigning all 20 fighter jets. Three were transferred to other Air National Guard units and the remaining 17 aircraft were prepared for reassignment to the Aerospace Maintenance and Regeneration Group at Davis-Monthan Air Force Base in Tucson, Ariz. AMARG is more commonly known as "The Bone Yard." There was an extensive amount of hours invested in preparing each jet for its departure while retaining their serviceability. Some of the decommissioned aircraft will be made available for foreign sales, some will be used for drones, and others will simply be used for parts.

Our first aircraft left Joe Foss Field in April, with the last tail number leaving in October. At the same time, the 114th MXG focused upon accepting 22 Block 40 F-16s from Hill Air Force Base, Utah. The acceptance of these aircraft began in April as

well and the 114th MXG accepted the aircraft in groups of six, six, and ten aircraft. The final acceptance of aircraft occurred in September. The jets were thoroughly inspected upon their arrival at Joe Foss Field providing unit pilots with the safest aircraft available.

Fiscal Year 2010 was a very productive year for the 114th Fighter Wing flying program. In addition to the AEF statistics previously mentioned, 1,786 local sorties were flown for a total of 2,481 flying hours. The 114th MXG achieved a Mission Capable rate of 74.47 percent for Fiscal Year 2010, exceeding the 114th FW goal of 72 percent, and surpassing the Air National Guard goal of 69 percent. In addition, the unit incurred a 3.35 percent Abort Rate, exceeding the 114th FW goal of 4 percent.

The 114th MXG experienced personnel changes as well throughout the course of the year. In April, they said goodbye to Col. Wayne Shanks, who was reassigned as the Assistant Adjutant General for Air and promoted to the rank of brigadier general. Lt. Col. Joel DeGroot vacated the Deputy Maintenance Group commander office to replace him. The Deputy Commander office was, in turn, filled by Lt. Col. Ed Vander Wolde who came from the 114th LRS.

The conversion from Block 30 to Block 40 aircraft also brought a new manning document for the 114th MXG. This conversion resulted in 51 fewer military positions, with the 114th MXG ending 2010 with 481 military personnel. The knowledge of the maintenance personnel continued to be recognized and valued Air Force-wide as many of Airmen were tasked to augment inspection teams, evaluate Operational Readiness Exercises, and perform Staff Assistance visits.

114TH MAINTENANCE GROUP  
COMMANDER

Lt. Col. Joel De Groot  
DEPUTY COMMANDER  
Lt. Col. ED Vander Wolde

114TH MAINTENANCE SQUADRON  
COMMANDER

Lt. Col. Kevin Curley  
FIRST SERGEANT  
Senior Master Sgt. Jeffery Vanderwoude

114TH AIRCRAFT MAINTENANCE  
SQUADRON  
COMMANDER

Lt. Col. Greg Anderson  
FIRST SERGEANT  
Master Sgt. Scott Leebens

114TH MAINTENANCE  
OPERATIONS FLIGHT  
COMMANDER  
Maj. Scott Rust



PHOTO BY LT. COL. REID CHRISTOPHERSON

*Master Sgt. Murhl Fredrikson focuses on the very fine details of inspecting one of the Block 40 F-16 fighters recently assigned to the South Dakota Air National Guard.*

# Mission Support Group

The mission of the 114th Mission Support Group is to direct the activities of the 114th Civil Engineering Squadron, 114th Logistics Readiness Squadron, 114th Security Forces Squadron, 114th Force Support Squadron, and the 114th Communications Flight toward the overall missions and objectives of the 114th Fighter Wing.

The MSG and its associated flights and squadrons consist of 328 personnel that provide the support structure for the Wing's day-to-day operations as well as training for their individual war time taskings. In addition, the 114th MSG maintains many of the required skill sets to provide assistance to the State of South Dakota when tasked by the Governor in times of disaster or emergency.

A specific function within the 114th MSG is Base Contracting and it supported the 114th FW in 2010 through the flawless execution of a multi-million dollar Operations and Maintenance budget. Senior Master Sgt. Ramon Brende was also mobilized for deployment to Afghanistan for 179 days in support of Operation Enduring Freedom.

The 114th Civil Engineer Squadron provides facility, utility, crash-fire-rescue and emergency management support for the 114th Fighter Wing. The 114th Civil Engineers deployed to Tyndall Air Force Base, Fla. for Silver Flag training to hone their war readiness skills. The Emergency Management Section deployed to the Nevada Test Site to attend a Nuclear Emergency Radiation Training course and joined the South Dakota Army Guard Golden Coyote exercise to foster joint training and operations capabilities.

The 114th Logistics Readiness Squadron provides and directs supply, fuels, procurement, motor vehicle, military and commercial transportation support for the Wing. The 114th LRS met numerous challenges in 2010 with great success. The Block 40 aircraft conversion resulted in a \$10 million increase of warehouse assets, with over 4,000 new line items added to the existing inventory. The 114th LRS and 114th Force Support Squadron continued the nearly flawless support of the Air Expeditionary Force and Expeditionary Contingency Support Operations, ensuring 371 personnel and assets were deployed or redeployed to 16 different countries around the world.

The 114th Security Forces Squadron continued their tradition of excellence by

deploying and supporting operations in Panama, Iraq, Jordan and Tucson, Ariz., as well as training at the Gulfport Combat Readiness Training Center, Miss., Ft. Bliss, Texas and the Volk Field CRTC, Wis. The most recent operation in Jordan was in support of the Falcon Air Meet, an F-16 operational exercise that included aircraft from Shaw Air Force Base, Va., the U.S. Navy and several allied countries. The 114th SFS provided security to all personnel and aircraft participating in the exercise working alongside the host nation Army and Air Force. A unique experience for all who served in Jordan, the Airmen of the 114th SFS were great ambassadors for the Air National Guard. Security Forces personnel provided weapons and tactical training to the Ready Augmentee Team at Camp Rapid, ensuring their readiness on short notice to support Security Forces and the 114th FW. 114th SFS Airmen at Joe Foss Field continue to provide outstanding security in their day to day mission and remain ready to deploy anytime, anywhere. Staff Sgt. Tim Smith and Tech. Sgt. Greg Peterson were recognized as Distinguished Graduates from the Combat Arms Apprentice Course and the Non-Commissioned Officer Academy.

The 114th Force Support Squadron continues to refine the 2010 merger of the former Mission Support Flight and Services Flight. The newly-formed Squadron provides cradle-to-grave support for Airmen throughout their entire career to include enlistment, training, development, promotions, deployment, family assistance, retirement, food service, fitness, and lodging. The 114th FSS recruiting team continues to exceed a 100 percent manning level with exceptional recruits and prior service personnel.

The 114th Communications Flight provided communications and computer support for the SDANG. Significant accomplishments for the 114th CF in 2010 included completion of the allied support for the planned Combat Information Transport System network fiber optic upgrade, deployment of multi-function printers in accordance with the Digital Print Initiative, upgrade to the Windows Vista® operating system for networked computers, submission of the Certification and Accreditation package to AFNIC for the Authority to Operate for the SIPR Net and completion of the certification for the Video Teleconferencing System.

## 114TH MISSION SUPPORT GROUP COMMANDER

Col. Steve Warren  
FIRST SERGEANT

Master Sgt. Ken Grundewaldt

## 114TH CIVIL ENGINEERING SQUADRON

COMMANDER  
Lt. Col. Al Punt

FIRST SERGEANT

Master Sgt. Michael Clauson

## 114TH LOGISTICS READINESS SQUADRON

COMMANDER  
Maj. Lonny Reese

FIRST SERGEANT

Master Sgt. Shawn Greer

## 114TH SECURITY FORCES SQUADRON

COMMANDER  
Capt. Joe Hardin

FIRST SERGEANT

Master Sgt. Chad Oxender

## 114TH FORCE SUPPORT SQUADRON

COMMANDER  
Lt. Col. Tamara Mielke

## 114th COMMUNICATIONS FLIGHT

COMMANDER  
Maj. Brent Post



# Medical Group

The 114th Medical Group has some of the finest military medical professionals assigned to its roster. With 47 members, the 114th Medical Group has a mission to provide limited health services to the 1,100 members of the 114th Fighter Wing.

With physicians, nurses, medics, lab technicians, dental, optometry, Bio, Public Health, and other medical professionals, the Medical Group assures that our Airmen are ready to deploy anytime, anywhere.

During this last year we accomplished 242 physicals, 59 occupational health exams, 630 dental exams, 250 eye exams, delivered 335 pairs of glasses and inserts, 170 hearing tests, 1,816 immunizations, 862 lab draws, 33 shop visits done by Bio and Public Health, and 1,014 annual personal health assessments.

The Medical Group was directly involved with worldwide deployments of 92 Airmen deploying to multiple

diverse areas. This equates out to 184 pre- and post-deployment assessments, multiple reporting instructions compliance, and unique immunization regimens.

Bio accounted for 22 routine industrial surveys, 103 quantitative fit tests on industrial respirators, 120 quantitative fit tests on military gas masks, 50 ventilation surveys were accomplished quarterly, and 21 special surveys for noise dosimetry, air sampling, and x-ray surveys.

We also underwent an ESHOCAMP with positive scores, accomplished a Toxic Industrial Chemical/Toxic Industrial Material survey for the base that was recognized as a "positive" for the wing during our Air Force Vulnerability Assessment in June.

The Medical Group immunized 98.7 percent of the personnel, exceeding the goal of 95 percent. Dental went above and beyond their goal of 90 percent of dental readiness by reaching 98.6 percent of the force.

In October 2010, the 114th Medical Group received a Satisfactory on our Health Services Inspection. Six members attended Medical Readiness training in Alpena, Mich.

I am so impressed with the quality and caliber of Airmen we have working in the 114th Medical Group. They are hard working, have a great work ethic, are conscientious, dependable, loyal, and take pride in their work.

I would like to thank each and everyone for their outstanding efforts this past year. I am extremely proud of your professionalism and dedication to duty. It took a lot of hard work, dedication, sacrifice, and teamwork to accomplish our mission. Thanks for your commitment to making the 114th Medical Group one of the best.

You truly represent the Core Values of the Air Force: Integrity First, Service Before Self, and Excellence in all we do!

> *Master Sgt. Angela Pesicka hands Master Sgt. Shawn Greer some medical documents while Staff Sgt. Ryan Nimick reviews data on the computer.*



**114th MEDICAL GROUP  
COMMANDER**  
Col. Mark Malmberg

**FIRST SERGEANT**  
Master Sgt. Timothy Stark



< *Maj. Murray Thompson performs a dental check up on Lt. Col. Greg Anderson.*

> *Airmen First Class Katrina Vanmoer administers a hearing test to Master Sgt. Tim Tiahr.*



# Around the Wing



Staff Sgt. Erin Bobeldyk, Comptroller deployed to the 380th Air Expeditionary Wing, shakes hands with the Honorable Dr. Jamie M. Morin, Assistant Secretary of the Air Force for Financial Management and Comptroller.



PHOTO BY LT. COL. REID CHRISTOPHERSON  
Lt. Col. Joel Degroot presents Senior Airman Karl Vanderlugt the Airman's Creed plaque after being selected the Maintenance Airman of the Quarter in December.



PHOTO BY LT. COL. REID CHRISTOPHERSON

Reagen Brown assists her father, Staff Sgt. Jason Brown, as he completes final degprocessing for deployment of Airmen from the 114th Security Forces Squadron to the Middle East on Oct. 8, 2010.



PHOTO BY MASTER SGT. VINCENT DEGROOT, 185TH ARW

Tail 463, one of the new Block 40 aircraft assigned to the 114th Fighter Wing, receives the new tail flash at the 185th Air Refueling Wing, Sioux City, Iowa.

# Local school highlights Air National Guard during Veterans Day project

BY: TECH. SGT. JESSICA BAK & MASTER SGT. ERIC TIDEMANN

As members of the Armed Forces, many of us are asked to participate in Veterans Day programs throughout our surrounding communities. The majority of these requests involve area high school and community programs.

One particular request received this year was very unique. It was headed by Brady Olson and Nick Skibsted, 7th grade teachers at Brandon Middle School. The project was designed around a poem written for Veterans.

On November 4th, the recruiting office facilitated a visit for Mr. Olson, Mr. Skibsted and a group of 7th grade students. The students asked to have volunteers around base portray family members, neighbors

and friends mentioned in the poem.

The 7th grade students held up signs, took pictures, and recorded video clips with the unit members.

The final project was compiled into a video for the Veterans Day ceremony held at the Brandon Middle School. The poem accurately depicted the veterans of the South Dakota Air National Guard. As a predominately part-time force, the Air Guard is strongly rooted in the surrounding communities.

They are our veterans, but many of us know them as a family member, friend, or neighbor.

The video can be viewed on youtube.com under the title Today, A Veterans Day Tribute.

## Today

Today is the day we honor America's Veterans.  
Not because we have to, but because we choose to.

Today is the day we honor America's Veterans,  
Because of their....

- Patriotism.
- Sacrifice.
- Bravery.
- Dedication.
- Honor.
- Willingness.
- Leadership.
- Perseverance.
- And Heroism.

Today is the day we honor America's Veterans,  
Because of what they fight for...

- Freedom.
- Protection.
- Justice.
- A future.

Today is the day we honor America's Veterans,  
Because they are...

- Our Grandfathers and Grandmothers
- Fathers and Mothers.
- Brothers and Sisters.
- Uncles and Aunts.
- Cousins.
- Neighbors.
- And Friends.

Today is the day we honor America's Veterans,  
Because it is the right thing to do,  
Because freedom is not free.

Today is the day we honor America's Veterans,  
Just as we did yesterday,  
As we will tomorrow,  
And every day to come.

Today and each day we honor America's Veterans,  
Because without them,  
We would have no tomorrow.

To you I say Thank you...



Students from the Brandon Valley Middle School pose with their signs with Airmen from the South Dakota Air National Guard. These signs were used as part of a Veterans Day program video produced by the school.

# SDANG member, grandfather take flight

BY STAFF SGT. ABBEY ROTTER

On Nov. 11th, Veterans Day, Air National Guard Staff Sgt. Josh Nelson attended the send-off ceremony for South Dakota's 10th Honor Flight, but Sgt. Nelson was not just attending the ceremony; he took the flight with his grandfather, Marvin Nelson. Sgt. Nelson and Marvin would be joining 178 other veterans as they left for Washington, D.C. Sgt. Nelson was given a last minute opportunity on Wednesday night to join the group as a guardian and volunteer.

The group would visit well-known monuments upon arrival, attend a banquet on Thursday evening, and conclude the trip with a visit to the World War II Memorial on Friday morning before their return home.

The Honor Flight trip is quick but very memorable for those who are able to take part.

Sgt. Nelson said, "The best part was

being able to hear all the stories and history."

With Marvin being 87 years old, it is important these stories are told and heard. Sgt. Nelson will have the opportunity to pass these war stories on to family members, other grandchildren, and great-grandchildren. Sgt. Nelson, a veteran himself, will also have a different perspective to share with the family: stories from the current war versus stories from a past war.

On Friday night when the 10th Honor Flight returned home, these World War II veterans were received with a homecoming they were never given.

The experience was emotional for both veterans and bystanders. When asked about

the experience, an exhausted grandson and grandpa replied, "Fast-paced, but worth it."



Staff Sgt. Josh Nelson takes a moment to pose with his grandfather, Marvin, while both took part in the latest Honor Flight from South Dakota.

# Services Sustainment Flight promotes first female to master sergeant

BY STAFF SGT. ABBEY ROTTER

The 114th Services Sustainment Flight is proud to announce that Master Sgt. Jessie Rasmussen is the first female to achieve the rank of Master Sergeant in the South Dakota Air National Guard Service's Flight history.

Master Sgt. Rasmussen appeared in front of the board during drill on Saturday, Nov. 6th.

Sgt. Rasmussen has been enlisted for 18 years and served with the Army National Guard for three years prior to joining the Services Flight in the Air National Guard. Within the flight, she holds the title of Dining Facility Manager. Her main tasks are to make sure the kitchen is running smoothly and food is presented with few flaws and in a timely manner. In her position, she is constantly brainstorming new ideas and concepts to help make the work area better. Her leadership skills are truly beneficial for everyone.

While enlisted Sgt. Rasmussen has had many great opportunities, but says the most memorable and rewarding would be her time helping at the youth camp in Rapid City. Her ability to mentor is apparent in the Air National Guard and civilian life, where she is an elementary teacher in the Tea Area School District.

Master Sgt. Rasmussen has not only achieved a personal goal, but a goal for the flight, as well.

Master Sgt. Tim Wenzel stated, "We, as a flight, hope to see this trend continue."

When asked what would you still like

to accomplish, Sgt. Rasmussen replied, "Everything my sister has accomplished within her Air National Guard career."



PHOTO BY: STAFF SGT. QUINTON YOUNG

Master Sgt. Jessie Rasmussen checks food prior to the lunch service during January's UTA.

## SDANG sisters ride in National Finals Rodeo

BY: MILO DAILEY, BUTTE COUNTY POST STAFF

Rodeo queen competition helped get sisters Jenna and Trisha Smeenk onto the National Finals Rodeo flag team in Las Vegas, and the two young Butte County women said they're planning their own runs for Miss Rodeo South Dakota and Miss Rodeo America.

The two are daughters of Greg and Sherry Smeenk of Belle Fourche.

Jenna, 22, is a junior at South Dakota State University majoring in advertising and political science. Trisha, 23, is a senior at SDSU majoring in broadcast journalism and sociology/human relations.

The two were recently featured on MSNBC with a photo and story on the web site.

"It was a tremendous honor," said Jenna from her cell phone in the closing days of the NFR. "They chose my sister and I to lead the opening ceremony out of 20 girls."

It wasn't their first year on the team.

"We have been in it, Trisha for five years and me for four," Jenna said.

The two were referred to the team

through the queen circuit in South Dakota.

When it comes to queen competition, the two plan to get into the Miss Rodeo South Dakota competition held in Belle Fourche as part of the annual roundup.

"Trisha plans to run this year," Jenna said. "If everything works out this year, I may run next year."

One way or another, Jenna said she loves rodeo queen competition but sometimes wishes she were barrel racing. Both are on the equestrian team at SDSU, too.

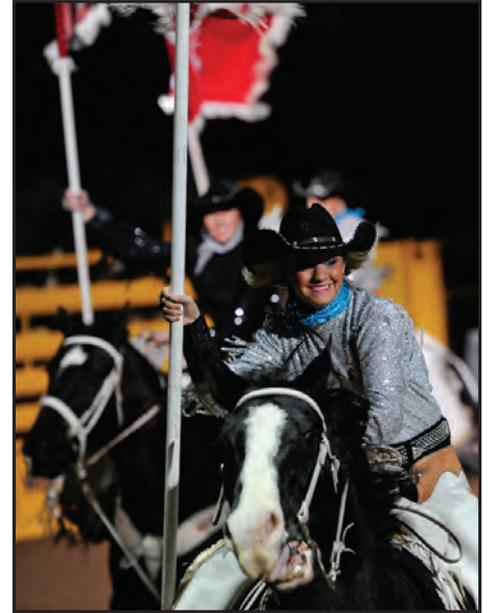
She said she thinks she has the ability to make it to the NFR in barrels as well as in queen competition: "I think anything you're determined to do, you can."

They do have another special duty, too.

Both are members of the South Dakota Air National Guard in Sioux Falls. Jenna is in an intelligence section and Trisha is doing work in public relations and weather.

"This is my third year in the Guard,"

Jenna said. "They're willing to work with us because it's such a huge honor."



Senior Airman Jenna Smeenk carries an opening ceremony flag on the 5th night of the 10 day rodeo performance.

## Guard leaders, Public Affairs delegation, experience Suriname

PHOTO AND STORY BY CAPT. MICHAEL FRYE

Brig. Generals Wayne Shanks and Tim Reisch from the South Dakota National Guard, along with other senior leaders from both the Army and Air National Guard, traveled to Suriname in late November as part of South Dakota's state partnership program.

During the visit, Generals Shanks and Reisch, along with State Command Chief Master Sgt. Jim Welch and State Sgt. Maj. Larry Zimmerman, met with military and embassy officials to discuss the ongoing relationship and long term objectives between South Dakota and Suriname as part of the State Partnership Program, which began in 2006.

"It was an honor to have the opportunity represent the South Dakota National Guard and the United States to reinforce our relationship and in celebrating their independence day," Brig. Gen. Shanks said. "I believe by sending top leadership team, it showed the value the SDANG and U.S. place on our relationship with their country. Hopefully we can continue to share ideas and provide necessary help for their critical requirements.

Public Affairs staff, led by Lt. Col. Reid Christopherson, the 114th Fighter Wing executive officer, spent time briefing counterparts from various Suriname ministries and local media. The three hour sit-down also gave Suriname guests an opportunity to ask the Public Affairs delegation questions about best practices, which focused heavily on web-based media and responding to reader responses. The experience also offered a different perspective for the Public Affairs team.

"There are so many things that we take for granted in our constitutional rights regarding freedom of speech and the press," said Lt. Col. Christopherson. "Consequently it was a tremendous opportunity to participate in the interaction of the press and governmental agencies on the international stage."

Nov. 25 provided yet another unique experience. While friends and family celebrated Thanksgiving at home, the Soldiers and Airmen

from South Dakota helped Suriname celebrate their National Day. Thousands of Suriname citizens lined the streets for a military parade and Airshow. Senior leaders from around the world attended the 35th National Day celebration while hundreds of soldiers from Suriname and other countries marched onto the parade grounds for a pass-in-review by Suriname President Dési Bouterse.

As the Airshow came to a close the South Dakota delegation was invited to the Presidential home for a meet and greet with the Suriname president.

"The personnel involved with the State Partnership Program have done an outstanding job of building a trusting close relationship with the leadership and people of Suriname," Gen. Shanks added. "However, because of the recent election and several changes in key leadership positions we will need to use lessons learned from the past and solidify the same level of relationships we worked so hard for in the past."

The next scheduled event between the two countries is a visit by Suriname delegates to South Dakota to see first hand military operations training during Golden Coyote held later this year.



Suriname children display their patriotism during their National Day parade held in the capital city of Paramaribo on Nov. 25.

# Whole grains vs. refined grains

## *Making the right choice for your health*

BY: LT. COL. RUTH SIEM, PA-C

Our fast-paced convenience-driven lifestyle increases the chance that we are consuming too many refined grains in our diet. Refined grains include white flour, white rice, white and some brown varieties of crackers, breads and cereals.

Refined grains or white varieties are processed in such a way to make them devoid of fiber and other vital nutrients. During the processing of the grain, the outer layer, called the bran is removed as well as the inner nutrient rich “germ.” Only the middle portion of the grain called the endosperm is left after the processing. Without the important fiber they move slowly and sluggishly throughout our colon, causing digestive issues as well as constipation.

In contrast, consuming whole grains provides many health benefits to improve digestion as well as nutrition. Whole grains are more filling, thus helping with weight loss goals or maintaining weight. Whole grains contain the whole grain including the bran, germ and endosperm.

Examples of whole grains include: whole wheat, barley, brown rice, bulgur, oat grouts, quinoa, rye, amaranth, buckwheat, millet, and spelt. Study after study has shown eating at least three servings of whole grains daily will lower your risk for bowel disorders, type two diabetes, heart disease, high cholesterol, stroke, obesity and high blood pressure.

Learn to read food labels and don't let them trick you. Do not trust the front of the package that claims whole wheat or whole grain, read the ingredients. If the ingredients list

white flour, refined white flour or unbleached flour it is a refined grain. Beware of words like 100 percent whole wheat, multi-grain, stone ground or pumpernickel, they are refined grains and should be avoided. Also, brown breads or dark breads can be simply from added food coloring, so read the label. The first ingredient should list a “whole grain” product.

Look for the words “whole wheat” or “whole rye.” If it doesn't list whole, it is refined. If purchasing rice, it must say brown or it is a refined product. Basmati rice is refined, brown basmati is a whole nutritious grain.

There are delicious whole grain pastas that can be substituted for the refined counterpart. They do take a few minutes more time to cook, so factor that into your meal prep. DeBoles, Barilla, Eden, and Vita Spelt are just a few companies making whole grain pastas.

Making brown rice is a snap as well, but it again takes longer to cook and more liquid. You can also cook and freeze portions of brown rice so it is ready to throw into casserole, soups, stir fries or just add some seasoning to it, warm and eat.

Ideally the product you choose should also be free of high fructose corn syrup and hydrogenated or trans fats to be the most beneficial to your health. You can improve your health one step at a time; a simple step is switching to whole grains.

Start reaping the benefits shown by multiple studies by consuming at least three servings of whole grains a day and try some new varieties like buckwheat, quinoa or amaranth.



### How to cook brown rice:

#### **Ingredients**

1 cup brown rice  
2 1/4 cups water

#### **Instructions**

1. Measure out 1 cup of brown rice, short-grain or medium-grain brown rice or brown basmati rice. Long-grain may need a little extra water. Read the label on the package!
2. Rinse the rice thoroughly in a sieve or strainer until the water runs clear.
3. Add 2 1/4 cups water and stir just once.
4. Bring to a boil and turn to low to simmer for 45 minutes.
5. Cover tightly.
6. Remove the lid and stir once to make sure there is no more liquid water at the bottom of the pan. If liquid remains, cook slightly longer. Don't continually stir your rice while it is cooking or it will be sticky. Serve immediately, or let cool for half an hour and then refrigerate for future lunches.

# Dining-outs scheduled for February, March, April

SUBMITTED BY: SENIOR MASTER SGT. BLAKE PARKE

What do you know about Enlisted Dining-out? Well, the traditional term is Dining-in. The Dining-In is a formal military dinner for members of a wing, unit or organization; the only difference with the Dining-out is that it includes spouses and guests. Regardless of what format is used, this event is for all enlisted personnel to attend, not just graduates of Airman Leadership School, NCO Academy, or Senior NCOA.

What to wear? This is formal dinner, so mess dress is preferred, however, enlisted members can also wear the semi-formal dress uniform. Officers are required to wear the mess dress uniform. Male civilians should wear appropriate black tie dinner dress and females need to wear long dinner dresses or evening clothes.

What about the grog bowl? The contents of the grog bowl are a mystery, but will be non-alcoholic. Members may be sent to the grog bowl as "punishment" for violating rules of the mess, but this is all in good humor. Here are some examples of common infractions that warrant a trip to the grog bowl:

Carrying drinks into the dining room. *(Drink fast!)*

Wearing the cummerbund inverted. *("Pleats up" - You can use it to catch crumbs.)*

Wearing non-issue suspenders. *(Not the time to be Larry King)*

Loud and obtrusive remarks in a foreign language or in English. *(Is sign language okay?)*

Discussing business, referred to as "opening the hangar doors." *(Make sure the barn door is closed too)*

Leaving the dining area without permission from the President. *(Just go to the bathroom! Peeing your pants will still put you at the grog bowl.)*

Haggling over date of rank. *(If this is all you have to talk about, you deserve to go to the grog bowl.)*

No one really knows the origin of the dining-in, but formal military dinners have been a tradition in all branches of the military for years. Formal dinners, in general, are rooted in antiquity. It is thought that the dining-in tradition began with pre-Christian Roman Legions and Viking war lords who had great banquets to celebrate victories. Their custom was somehow

adopted by ancient England where King Arthur's Knights of the Round Table practiced a form of dining-in in the sixth century. The practice spread to non-military groups, such as medieval monasteries, academies and universities. The tradition eventually made it back to the military, where the United States dining-in tradition was borrowed from the British by George Washington's Continental Army. The Air Force dining-in custom probably began in 1933 with the late General H. "Hap" Arnold's "wing-dings" but over time has evolved to what it is today.

The dining-out is a wonderful opportunity to meet socially with other members of our unit in an atmosphere of camaraderie and fellowship. Please be sure to join us at our next social event of the year on Saturday, April 2, at the Downtown Holiday Inn. The social hour starts at 6 p.m. and dinner begins promptly at 6:30. Please bring your spouse, significant other, or guest. The more the merrier.



Tech. Sgt. Theron Liggons places the rose at the POW MIA table during the Enlisted Dining Out held in 2007.

## Dining-out schedule

### Legislative Dining Out

When: February 10

Cost: \$30 per person

Purchase by: Jan. 21

Location: Ramkota River Center, Pierre, S.D.

Registration forms are located on SharePoint.

### Officer Dining Out

When: March 5

Cost: \$40 per person

Purchase by: March 1

Location: Best Western Ramkota

Contact any Maintenance officer for more information.

### Enlisted Dining Out

When: April 2

Cost: \$25 per person by Feb. 28,

\$30 per person in March

Location: Holiday Inn Sioux Falls City Centre, Sioux Falls, S.D.

Contact your Orderly Room for more information

## Retirees Coffee

Feb. 8, 2011

March 8, 2011

April 12, 2011

May 10, 2011

June 14, 2011

July 12, 2011

Aug. 9, 2011

Sept. 13, 2011

Oct. 18, 2011

Nov. 8, 2011

Dec. 13, 2011



## Moving In

### Staff Sergeant

Jason J. Mundt, 175 FS

## Moving Up

### To Technical Sergeant

Alan R. Tuschen, 114 HQ  
 Anne C. Williams, 114 MS  
 Jodie L. Wheeler, 114 LRS  
 Robert W. Kamstra, 114 MS  
 Troy R. Mergen, 114 MS  
 Jon G. Meyer, 114 MS  
 Matthew R. Huyser, 114 MS  
 Jessica A. Meyers, 114 MS  
 Corey C. Thorpe, 114 AMS  
 Jesse G. Ekeren, 114 AMS  
 Justin D. Kelm, 114 AMS  
 Andrew J. Ries, 114 AMS

### To Staff Sergeant

Anne C. Williams, 114 MS  
 Bret J. Werning, 114 AMS  
 Cassandra A. Schultheiss, 114 FSS  
 Adam J. Witte, 114 MS  
 David C. Sullivan, 114 LRS  
 Adam C. Crow, 114 SF  
 Steven T. Fox, 114 SF  
 Leigh A. Terveen, 114 FSS  
 Brianna M. Schroeder, 114 MOF  
 Joshua J. McGuire, 114 MS  
 Jeffrey S. Satrang, 114 AMS  
 Christopher D. McDaniel, 114 MS

### To Senior Airman

Jared S. Mengershausen, 114 LRS  
 Kevin A. Berg, 114 AMS  
 Chase M. Ofarrell, 114 AMS  
 Quinten A. Johnson, 114 AMS  
 Matthew J. Ivers, 114 MS  
 Joni L. Neuharth, 114 MS  
 David L. Glover, 114 SFS  
 Adellia R. Castillo, 114 AMS  
 Kyle P. Schulz, 114 SFS  
 Jessica D. Martinmaas, 114 AMS  
 Derek K. Gulbrandson, 114 MS  
 Tyler C. Kludt, 114 AMS  
 Nicholas S. Syhre, 114 AMS  
 Tyler J. Phelps, 114 SFS  
 Cole B. Bruscher, 114 AMS  
 Gerard T. McCarthy, 114 AMS

## Moving On

Chief Master Sgt. Roger L. Simunek, 114 CF retired 2 Jan. 2011 with over 40 years of service.

Tech. Sgt. Douglas M. Isakson, 114 CES retired 10 Jan. 2011 with over 33 years of service.

Master Sgt. Spencer O. Schipper, 114 MXS retired 16 Jan. 2011 with over 40 years of service.

Master Sgt. Terry L. Coon, 114 SFS retired 16 Jan. 2011 with over 23 years of service.

Chief Master Sgt. Lamar J. Nance, HQ SDANG retired 30 Jan. 2011 with over 35 years of service.

Tech. Sgt. James A. Welch, 114 MXS retired 3 Feb. 2011 with over 21 years of service.

## Farewell Deborah Cook

Deborah J. Cook, 51, Pipestone, died Saturday, Dec. 25, 2010.

Funeral services were held Tuesday, Jan. 4 at 2 p.m. at Peace United Methodist Church, Pipestone.

Deborah Jo Cook was born to LeRoy "Dyke" and Bernice "Dolly" (Etherington) Dykstra on Aug. 4, 1959 in Pipestone.

In 1994, Debbie Jo entered the U.S. Naval Reserves and trained in Wisconsin. In 1995 she completed her basic training in New Orleans, La., where she met Petty Officer First Class Charles "CJ" Cook, Jr.

They were married June 1, 1996 at St. Charles Plantation House in Baton Rouge, La.

In May 2000, CJ transferred to NRC Duluth and the family moved to Spooner, Wisc. While there she served in the Military Honor Guard at the Wisconsin Veteran Memorial Cemetery.

During Operation Iraqi Freedom Debbie Jo was selected to serve as ombudsman to COMCARGRU 7 aboard the U.S.S. Kitty Hawk, relaying information from the families of several bases to their respective serving members aboard the U.S.S. Kitty Hawk (and vice versa).

Following her husband's retirement from the Navy in August 2004, Debbie Jo and her family moved back to Pipestone.

In May of 2008 she enlisted in the South Dakota Air National Guard as a Staff Sergeant. She was assigned to the ammunition department of the F-16 weapon system.

On Feb. 17, 2010 she was diagnosed with leukemia and was admitted to Avera McKennan Hospital, Sioux Falls, where she underwent various treatments and received a bone marrow transplant. After seven weeks of treatments she passed away.

She is survived by her husband CJ Cook, Pipestone; six children: Trey Cook and his fiancée, Jennifer Wilber, Brookings; Moiria (Nicholas) Curry, Brookings; Taylor Cook, Brookings; Trevor Cook, Pipestone; Shannon and Amanda Cook, Orange Park, Fla.; five grandchildren; mother, Bernice "Dolly" Dykstra, Pipestone, and three brothers, Danny (Cheryl) Dykstra, Hookstown, Penn.; Johnny (Darla) Dykstra, Sioux Falls, S.D. and Wayne (Deb) Dykstra, Pipestone.

## WARNING:

### Veterans Affairs Services

Warning - An organization called Veterans Affairs Services (VAS) is providing benefit and general information on the VA and gathering personal information on veterans. The VA warns that this organization is NOT affiliated with the VA in any way. (<http://www.vaservices.org/us/index.html>)

VAS may be gaining access to military personnel through their close resemblance to the VA name and seal. The VA's legal counsel has recommended that the VA and DOD coordinate their efforts to inform military installations, particularly mobilization sites, of this group and their lack of affiliation or endorsement by VA to provide any services.

In addition, VA general counsel requests that if you have any examples of VAS acts that violate chapter 59 of Title 38 United States Code, such as VAS employees assisting veterans in the preparation and presentation of claims for benefits, please pass any additional information to Mr. Daugherty at the following address - Michael G. Daugherty, Staff Attorney, U.S. Department of Veterans Affairs, Office of General Counsel (022G2), 810 Vermont Ave, NW, Washington, DC 20420

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