



The Ripley

# Reporter

Vol. 16 Issue 3

Camp Ripley  
*"The Warrior's Choice"*



# FORCE

# on

# FORCE

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**OPFOR  
(OPPOSING FORCES)**

**TO CREATE AN OPPOSING FORCE  
WHILE ON CAMP RIPLEY,  
UTILIZE THE TRAINING SUPPORT  
CENTER (TSC) OR TRAINING AIDS,  
DEVICES, SIMULATORS AND  
SIMULATIONS (TADSS) OFFICE  
THROUGH OUR OPERATIONS CELL.**

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NORFEX: A Quick History

Article & Photos By: Mr. Tony Housey  
Camp Ripley Public Affairs

February 11, 2024 (CAMP RIPLEY, Minnesota) – One of the proudest and most culturally significant traditions within the Minnesota National Guard is the annual hosting of over 100 members of the Norwegian Home Guard as part of a reciprocal troop exchange with Norway.



This exercise is termed NOREX and although not exclusively a military exercise, the exchange which will mark its 49th consecutive year in 2022, is the longest running international exchange in the Department of Defense. Officers and Enlisted from both organizations take pride at how this event reinforces the positive working relationships between allied services as well as highlighting the strong lineage many Minnesotans share with the Scandinavian culture.

The Origin of the Exchange began in 1974 with a hand shake between two veterans of the Second World War - Norwegian Inspector General, Major General Herluf Nygaard and the U.S. Chief of the National Guard, Major General Francis S. Greenlief. Under the guidance of Maj. Gen. James Sieben, Minnesota’s upcoming Adjutant General, personnel from the Norwegian Home Guard and the U.S. National Guard were to take part in and become familiar with each other’s respective weapons, equipment, organization, operations and exercise systems.

Over the next decade leaders and selected personnel from Minnesota experienced winter operations training along with cold weather survival, tactics and weapons familiarization with their counterparts of the Norwegian Home Guard at Camp Torprmoen in Norway. Simultaneously, young members of the Home Guard’s youth conscription program ventured to Camp Ripley in Minnesota to experience American Tac-tics, Techniques and Procedures along with Minnesota culture.

In the 1990’s a formal Memorandum of Agreement was established including the participation of 100 Soldiers and Airmen from Minnesota and a like number of Norwegian Home Guard Service-members and youth for the exchange. As the methods of warfare shifted throughout the world in the 21st century, as did the training focuses of the exchange. Due to domestic terrorism events in Norway in 2011 the leaders of the exchange opted to introduce the Norwegian Soldiers to cooperative training experiences with American Military and Inter-agency partners focusing on Domestic Operations with law enforcement. This method, which was second nature to the American National Guard, was incorporated as part of several joint exercises on Camp Ripley inspiring the integration of similar operations back in Norway.



Each year a special remembrance is made honoring the Norwegian-Americans that came from the Mid-west apart of the 99th Infantry Battalion and their efforts to help liberate Norway during WWII. Additionally the exchange introduced the Norwegian contingent to American cultural events throughout Minnesota and reciprocated the exchange of culture for Americans in Norway.

Over 10,000 Soldier’s, Airmen and Home Guard personnel participate in the exchange since it conception. Many stay in contact today, creating life-long friendships and recognition as allies. Around the world whenever Norwegian Service-members see a “Red Bull” patch of the 34th Infantry Division, they know they have a connection relating to the friendships made during the United States - Norway Reciprocal Troop Exchange.



NOREX: Education of the National Guard Winter Training Site Cadre

Article & Photos By: Mr. Tony Housey  
Camp Ripley Public Affairs

February 13, 2024 (CAMP RIPLEY, Minnesota) – Over the years Camp Ripley has been utilized as not only a training site, but a mobilization site as well. Outfitting and training troops for deployment during World War II , the Korean and Vietnam Wars and several other conflict involving activation of the National Guard.

Today more than 80,000 troops train here each year, arriving by highway, rail and air, they preserve the site’s reputation as one of the best major training areas located throughout the United States. Camp Ripley occupies just over 53,000 acres of land adjacent to the Mississippi River in central Minnesota. The post is generally rectangular in shape, extending eighteen miles north to south and seven miles east to west. Ranges, maneuver and tactical training areas are used year-round during hot, humid summers and cold, freezing winters. The post has a world class biathlon range, miles of ski trails and a down hill ski area with a rope tow and warming huts. It is the premier winter warfare training site in the United States. The training schedule is intended to give the unit basic survival, ski training, and familiarization with living in mountain terrain under winter conditions.



Due to these conditions, the Minnesota Army National Guard and Camp Ripley Training Site have administered an active and comprehensive winter training program. The program, which in the early 1990s was recognized for its excellence as one of the best winter training programs in the entire U.S. Army structure, grew from a solid program roughly established in the mid-1960s.

Formally the program began in 1964 when the Guards 47th Viking Infantry Division first sent troop to a two-week winter environment training course at the U.S. Army Northern Warfare Training Center at Ft. Greely Alaska. These personnel became cadre for Minnesota Army Guard units training at Camp Ripley during annual winter training that began the same year.



Winter training was not intended to replace summer training; rather, it was initially designed to compliment and contrast summer training. It was to help teach guard members to perform their missions in a snow and cold environment as well as summer and thereby increase capabilities. Also because of Camp Ripleys geographical location it made better use of year-round training facilities.

As the winter training program expanded it became apparent the units were not obtaining the max benefits out of this annual training. Units were not attaining the required level of proficiency and unit personnel were failing in specialized winter subjects and were not qualified.

After a staff study a special one week instructors course was designed. Students for this Winter Operation Instructors Coursefirst conducted in 1968 at Camp Ripley were selected from all units scheduled to send troops to winter training. Course instructors, highly qualified volunteers from the 47th Division taught these students downhill and cross country skiing use of winter equipment, survival techniques, winter first aid and methods of operating equipment in cold weather. By the mid-1970s the 47th had developed and integrated training plan with major divisional elements scheduled for winter training once every three years. Rapidly the MNNG gained a reputation as winter operations experts.

The training will include:

- Ski instruction, ski marches
- Medical aspects under winter conditions
- Clothing in cold climates
- Use of pulks and sledges
- Use of tents and emergency bivouacs (3 evenings)
- Skijoring
- Biathlon competition
- Norwegian weapons familiarization
- Snow cave construction and overnight use (1 evening)
- Avalanche Safety

Main subjects and time:

Orientation	03 hrs
Weapon Training	11 hrs
Skiing instruction	40 hrs
Transportation	06 hrs
Bivouacs	07 hrs
Practical exercises	64 hrs
Competition	04 hrs
Demonstration of weapons and equipment	06 hrs
Equipment draw/turn-in, sightseeing, shopping	
Opening and closing addresses	11 hrs
Total	159 hrs







NOREX: Return to Force on Force

Article By: Mr. Tony Hosuey  
Camp Ripley Public Affairs



February 15, 2024 (CAMP RIPLEY, Minnesota) - What is Force on Force Training? Force on force training is a scenario-based exercise that introduces participants to the realistic emotions and stressors of a life-threatening situation using role players and simulations equipment.

Most Soldiers undergo annual firearms training and qualification as part of their units yearly training plan. These plans consist of engaging targets on a flat range with several progressive scenarios at multiple distances. While range time is critical to learn personal or crew-served weapon basics, it will not prepare the individual for the fight against an aggressive opponent.

A shooter can become a good marksman utilizing a flat range. Yet, that silhouette at 50 meters doesn't shoot back, move, or threaten them when engaged. There is often little or no stress at the range to push a Soldiers abilities. Scenarios developed by professional trainers as part of their annual training plan mimic situations a soldier may encounter. Usually at different conditions and speeds.



- civil unrest
  - Natural disasters
  - Domestic threat (terror)
  - Battlefield Conditions
- These are only some scenarios out of many.



Each scenario is designed to put the trainee in a situation that induces real-life problem solving, leadership, decision making under stress and fear and accountability. For the Soldier of trainee, the brain begins to perform at a higher level each time a stressful situation is repeated. The process of repeatedly training at increasing level of stress and adjustment to the conditions helps build confidence and experience for the trainee against poor performance.



The old adages of “train as you will fight” and “you will revert to the level of your training” are true when faced with a real-life defensive situations. The role of the ‘attacker’ is to move quickly and unpredictably as the scenario unfolds. The ‘attacker’ may be shooting at the trainee or coming at them with other types of weapons. This will reenforce to the trainee that tangent with the enemy may often occur at arm’s length. And getting their gun into action is more difficult than drawing from concealment at the range. The speed at which the attack occurs forces quick decision-making and problem-solving with a weapon or hand-to-hand.

During this year’s NOREX Force-on-Force training took place with the use of a variety of OPFOR or Opposing Forces. These personnel were decorated in “other” military uniforms and outfitted with non-specific weapons when available. This feature helps the Force-on-Force aspect of the training and is essential to the overall development of training personnel.

DNR Team on Camp Ripley Continues Great Partnership Programs

Article & Photos By: Mr. Tony Housey  
Camp Ripley Public Affairs

The Norwegian Rapid Reaction Force conducts ambush Situational Tactical Exercises with opposing forces from the 1-151st Infantry at Camp Ripley Training Center in Little Falls, Minnesota, on February 10th, 2024.

The Norwegians are in Minnesota as a part of the 51st annual Norwegian Reciprocal Troop Exchange where troops from the Minnesota National Guard and the Norwegian Home Guard send troops to the allied country to conduct winter operations training (Minnesota Army National Guard Photo by Sgt. Jorden Newbanks).





## Minnesota and Norway, Exchanging Best Practices for the 51st Time

Article & Photos By: Sgt. Jorden Newbanks

Camp Ripley Public Affairs

September 12, 2022 (CAMP RIPLEY, Minnesota) – Camp Ripley Training Center in Little Falls, Minnesota hosted the 51st annual Norwegian Reciprocal Troop Exchange (NOREX), a cultural and joint-training event between the Minnesota National Guard and the Norwegian Home Guard Rapid Reaction Force (RRF) and the Home Defense Youth, on February 1st through the 12th.

“Whatever force you train with, whether it’s inside of our own forces or on the exterior with another country, it’s very beneficial,” said Minnesota National Guard Instructor Army Staff Sgt. Patrick Haley with the 2nd Battalion 175th Regional Training Institute (RTI). “You get to see how others operate, that’s completely different from your own, and you get to take away the benefits that you see and what you want to sustain in your force. They do the same thing with us so we’re learning off each other the entire time.”

The Minnesota National Guard and the Norwegian Home Guard each send over 100 troops both to Norway and Minnesota, to conduct winter training exercises and cultural events each year for NOREX. The events in Norway consist of arctic weather and winter terrain survival training while the events in Minnesota focus on weapon, equipment, and tactics familiarization in a cold environment.

Along with cultural meals, events, and aerial tours, this year, Camp Ripley hosted multiple hands-on training events for both the Norwegian RRF and the Home Defense Youth such as weapons familiarization and live-fire ranges, medical training in the Medical Simulation Training Center (MSTC) and Simulated Tactical Exercises that put the skills that were taught to the test.

“The Norwegian Home Guard youth are learning basic soldier skills,” said youth squad leader Army Staff Sgt. Sarah Handgaard. “They’re firing weapons. All weapon systems they’re learning right now and they’re learning medical training for combat. We’ll be doing simulated grenade throwing. They’re really excited about the Blackhawk ride. They have lots of questions and they want to learn. It’s very fun to be here with them.”

“I think everyone is excited to fly in Helicopters like the Blackhawk and possibly the Chinook and see how they maneuver, holding on tight,” said Norwegian RRF Specialist Vemund Gillebo. “But I am also excited to try the Javelin and Anti-armor simulator. To see the weapons and equipment of the National Guard.”

For most of the Norwegian Home Defense Youth, the 51st exchange was the first interaction with the Minnesota National Guard and their first visit to Camp Ripley.



“What shocked me about Minnesota was how flat it was compared to Norway. Small hills, flat, and very rural,” said Norwegian Home Defense Youth, Jørgen Aarem. “It’s shocking because Minnesota as a state has more firepower than I’ve seen. When we landed, we saw several C-130s on the runway. Camp Ripley is big and there are many training areas. You don’t have to travel very far to get to a shooting range. The facilities are very nice.”

“I was also very surprised at how nice American people are,” said Norwegian Home Defense Youth, Vegard Tysland. “The Minnesota National Guard has been very welcoming. I used to watch a lot of war movies and the American Soldiers always seemed angry. But we got to meet them, and they are normal people and very friendly.”

During the 51st exchange, the troops from the Minnesota National Guard and the Norwegian Home Guard found that they have a lot in common, both in their military operations and culture.

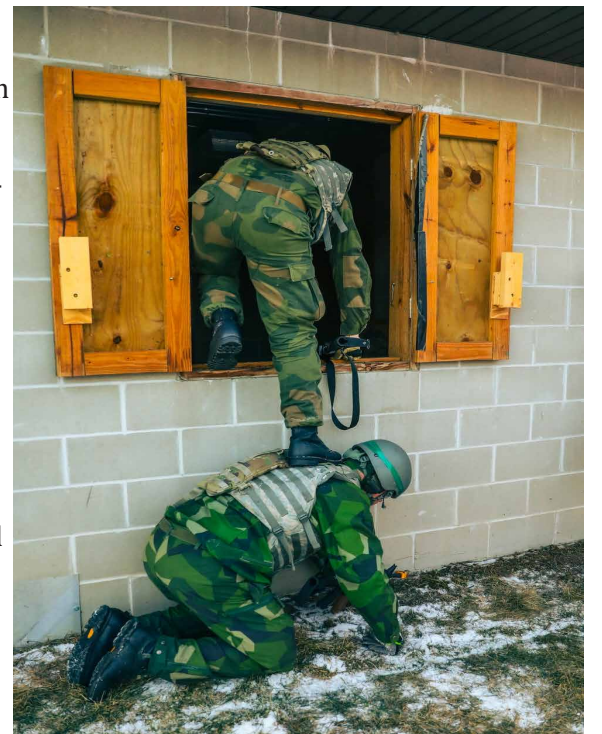
“I would say the thing I’ve noticed the most is that you have so much more resources,” said Norwegian RRF Lt. Peder Strand. “And like, this camp is bigger than my county at home. So, opportunities will be the one thing that sticks out for differences, but I see more of similarities. The similarities are the people who are here are fully engaged in what they do. They take initiative, they take care of responsibility, and they try to always find the best solution possible. And if there’s something going on, they find another solution to the problem.”

Overall, the training NOREX brought together the troops from our allied nations and created bonds that will strengthen both sides for years to come.

“Really having your instructors also stuck out for me,” said Lt. Strand. “They are so experienced, humble, have lots of knowledge and are easy to talk to and learn from. They’re very good at picking out good examples, specific examples, about what happened there, and then, and then you can learn right away and start working with those real examples in mind.”

Training culminated with a situational training exercise where Norwegian and Minnesota National Guard Service Members practiced the skills of modern tactical and urban operations, they learned throughout their two weeks at Camp Ripley.

“So far, the highlight is that the Norwegians bring a positive attitude to everything they do, and they’re willing to learn. And I think that’s rubbed off on us as well,” said Staff Sgt. Haley. “And we’re bringing that into everything that we do with them, training or evaluating. And I think going forward, this is only going to continue to get better.”





**If you or someone you know is going through a crisis the National Suicide Prevention Hotline is 988, for the Veterans Crisis line dial 988 then press 1.**

**NATIONAL**

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**LIFELINE**

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[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

**988**

Will be new number for National Suicide Prevention Lifeline

Transition will happen over 2 years

**National Suicide Prevention Lifeline**

**1-800-273-8255**

KSBN 4

**The National Suicide Prevention Lifeline utilizes the guidance of experts, as well as the voices of lived experience, to continually improve Lifeline services.**

## NOREX 2022: the 99th and RYPE

Photos & Story By: Maj. Scott Inglesbe  
Minnesota National Guard Public Affairs



SNAASA, Norway (Feb. 27, 2024) -- Airmen and Soldiers of the Minnesota National Guard participating in the 42nd American - Norwegian Reciprocal Troop Exchange, also known as NOREX, retraced the steps of U.S. and Norwegian special operators 70 years ago who, during the final months of World War II, waged a successful sabotage campaign against German forces occupying Norway.

The U.S. Service members, along with their Norwegian counterparts, completed a 12-mile trek on skis through mountainous terrain, as well as a reconnaissance of the Jorstad bridge and simulated demolition using signal flares.

The field training exercise concluded, Feb. 19, with a ceremony in honor of those who destroyed the bridge to stop the movement of German troops through Norway and a wreath-laying in memory of the 80 people who perished, Jan. 13, 1945, when a train derailed into the icy water several hours after the demolition.

"We mourn the loss of life due to war and we honor the families who survived that great and terrible loss," said U.S. Army Chaplain (Maj.) Buddy Winn. "We also remember that sacred text tells us that peacemakers are blessed. We are blessed to recommit ourselves to strong defense as a deterrent from repeating this calamity, and to strengthen our resolve to that end."

In January 1945, after nearly five years of occupation, several hundred thousand German troops were still positioned in Norway, and Allied commanders wanted to contain them there rather than allow them to be used as reinforcements in central Europe.

With the waters off the coast of Norway controlled by the Allies and with mines still lingering in many areas, rail lines connecting northern and southern parts of the country were vital to any German plans at that time, said Norwegian Col. Ebbe Deraas, commander of the Norwegian Home Guard in District 12.

Soldiers from the 99th Infantry Battalion, a unit comprised of Norwegian speaking Americans, many from Minnesota and the Dakotas, volunteered to train with the Office of Strategic Services, or OSS, the precursor to the CIA, to infiltrate into Norway and conduct unconventional warfare operations alongside Norwegian special operations forces. It was these small, OSS teams that were tasked with sabotaging the Norwegian rail lines to halt the movement of German troops.

Acts of sabotage, such as those carried out by the OSS teams and the Norwegians, were remarkable in part because they were not common during the occupation of Norway.

Norwegian 1st Lt. Liz Claperos said the movement was defined much more by peaceful acts of civil disobedience and symbols of solidarity with the exiled Norwegian royal family. A paper clip worn on the lapel - eventually banned by the Nazis - symbolized that the wearer was bound to their king. A red hat also became a symbol of unity, and when red hats were banned it became popular to wear no hat at all during cold weather. There was also a strong desire by the Norwegian government to liberate the country without destroying the infrastructure on which its future well-being depended.

The memorial at the Jorstad bridge in Snaasa was put into place in 1995 to commemorate the 50th anniversary of the bridge demolition and train derailment. In the 20 years since, it has stood as a strong symbol of reconciliation that began not only at the end of the second world war, but even in the moments after the train wreck in which two Norwegian citizens perished alongside the Germans. A third Norwegian citizen died in the rescue and recovery effort, and more than one hundred injured German troops received medical treatment from the people of Snaasa, in many cases in their homes.

The train derailment remains the deadliest railroad incident in Norwegian history.

"Peace is not something that comes easy. It takes will and hard work," Deraas said. "Reconciliation is even harder. Forgiveness, understanding and love are the keys if you are to be successful. However, standing here at this site with the German, the U.S. and the Norwegian flag hoisted together, I feel confident that peace and reconciliation are possible no matter how dark the history."

"Today I stand here - a German officer - with great respect for the strong will and dedication those men and women showed and the sacrifice they were ready to give," said German Defense Attache Lt. Col. Oerter. "I stand here with very deep and honest gratitude to the Norwegians and the Americans. Both of you were - very soon after the war - willing to accept the new German nation and give democratic Germany a chance. You were able to see the people left behind by a defeated, reckless, and brutal regime. You reached out more than hand to us, as hard as that might have been."

For the Minnesota National Guard Soldiers and Airmen in attendance, the ceremony offered an inspiring look into the relationships between the United States and its allies and the reason behind the enduring bonds built through NOREX - Partners for Peace.





## Charles Kapsner and Military Learship Art

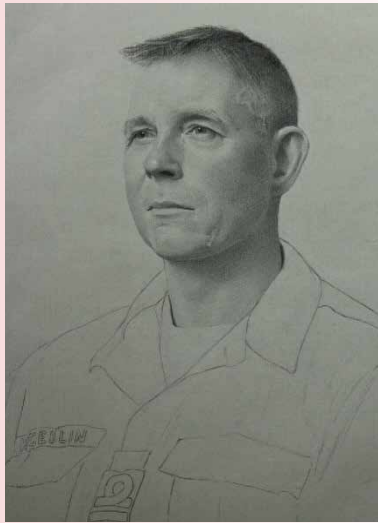
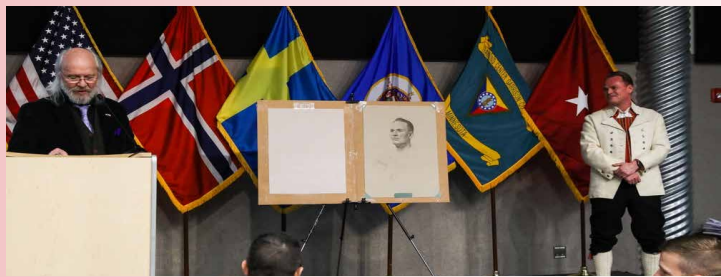
Article & Photos By: Mr. Tony Housey  
Camp Ripley Public Affairs

Wondrously bereft of distractions, it was in the studio of Signorina Nerina Simi (1890 – 1987) in Florence, Italy, where I developed my skills in the manner of the Renaissance masters. I am a contemporary painter whose roots are planted in the 15th Century. For me, perfecting the drawing is critical before ever picking up a brush.

Largely a studio painter, I prefer the “Vanitas” style of still life painting in which the various objects depicted symbolize the brevity and vanity of human existence and the transience of human pleasures and can include mirrors, timepieces, scales, human skulls, flowers, butterflies, candles and books.

No stranger to large-scale commissions, including 16 frescoes and a current commission, my aim is to ensure that both art and artist are accessible, and that the images serve as educational tools that blend artistic imagery and storytelling. A series of five 8’ X 10’ oil paintings was completed in 2018 for the Minnesota State Veterans Cemetery in Little Falls, MN which depict the stories of the men and women of each of the U.S military branches. This is one of the most impactful projects of my artistic career.

Each year, during the Annual U.S. Norway Reciprocal Troop Exchange, Charles sketches the Norwegian Senior Leader and presents it as a personal gift before ethaey depart. “The imagery I create, whether through portraiture, still lifes, florals or fresco, encourages the viewing audience to explore beyond their own immediate surroundings and invites them—through self-reflection—to more fully appreciate the beauty of the adornments of daily life while pondering the possibilities that lie ahead.”



## ABOUT THE FARM

Article & Photos Submitted

Gjefsjøen is one of four farms without road connection in the mountains of Snåsa. The trip to get there is an experience itself.

Gjefsjøen mountain farm is owned and operated today by Nils Christian Gjefsjø. The main activity has been farming with sheep, but tourism is a growing additional industry and Gjefsjøen offers both accom-  
modation, dining, boat rental and boat transport. There are also good opportunities for hunting and fishing in the area.

Just the trip to get to both Gjefsjøen and the other mountain farms in Snåsa will be able to provide great nature experiences, and when you arrive you will be able to experience how mountain farming has been run through history and is run today.

Both Gjefsjøen and Gaundalen are mountain farms that are still inhabited and that run ordinary farming and tourism. Holden Fjellgård is run as a barn in the summer and Gressåmoen Fjellgård is uninhabited, in both it is possible to rent accommodation in the farm buildings. On the Swedish side of the border is Björkede mountain farm by the river between Gjevsjøen and the neighboring lake Holderen.

The farm produces its own electricity. Today’s facilities include a diesel generator, solar cells, battery bank and a wind turbine. An expansion with the development of its own hydropower plant is also a current dream for the future.



THE

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Or learn how your cardiovascular health  
<https://www.hprc-online.org/mental-fitness/performance-psychology/psychology-heart-health>  
is related to your mental health, how mental imagery can help fight food cravings  
<https://www.hprc-online.org/mental-fitness/performance-psychology/imagery-improves-your-total-fitness> ,  
and how to encourage your kids to be more physically active.  
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838255  
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<https://www.veteranscrisisline.net/get-help/chat>



## The weight of war: marching to win means keeping ahead of injury

Photos & Story By: Veronique Hauschild,  
Army Public Health Center (Provisional)

February 26, 2024 FORT RUCKER, Ala. -- In his ancient military treatise "The Art of War," Sun Tzu notes that if you put your army on a forced march at a certain speed, you will lose one-tenth to two-thirds of your troops along the way.

While technology has progressed quite a bit in the 2,400 years since Tzu's day, the effectiveness of troops who march long distances with their equipment remains a critical factor in the success of many military operations.

During dismounted troop foot movement, Soldiers must carry heavy equipment over varying terrains with multiple environmental hazards. Heavy loads can lead to rapid fatigue, greater food and water requirements, awkward body postures, and stress and friction to body parts. The costs are well documented by both scientists and military historians. These factors reduce a Soldier's physical and mental combat performance capabilities and increase the risk of injury. The results can be fatal for individuals and detrimental to a unit's mission success.

The ability to effectively and rapidly move troops by foot is an indisputable advantage in many operational circumstances, which is why foot march training, or "ruck-ing," remains an important component of Army readiness training.

Foot march training that is too excessive or intense, however, can unnecessarily increase the risk of acute and overuse injuries. The injuries can lead to recovery periods and medical treatment that limit physical activity for days, weeks or months, and could even cause permanent disability.

Though training to fight will always be associated with some risk of injury, the Army can train smarter. Various military studies and observations echo this concern:

- Foot march training was found to be five times more hazardous in terms of injury rates than regular physical training.
- Foot marching was reported as the second-leading cause (next to running) for training-related injuries in IET trainees and a non-deployed infantry unit.
- Ruck running may increase injury risk, so speeds should not exceed 3 to 4 mph.
- Programs that don't include adequate non-marching activities to increase overall physical fitness may have higher injury rates. Some training programs have optimized performance by including a mix of loaded foot marching with non-march upper-body resistance physical training and aerobic training.
- Training programs that increase the intensity (load weights) and distance (time) too quickly can increase injury risk. A general rule is to not exceed a 10 percent increase in intensity or distance on separate days weekly.

### INJURIES OF CONCERN

Foot marching-related injuries can occur in almost any part of the body, but the vast majority occur in the back and lower-extremities, including the legs, knees, ankles and feet. Most injuries result from the repetitive stresses placed on the body's skin, bones, muscles and nerves.

Environmental conditions can also contribute to the risk of injury. Rough terrain can lead to acute sprains or fractures from slips, trips and falls. Heat stroke, heat exhaustion and heat cramps are a concern given the hydration needs of personnel wearing body armor and carrying heavy gear. Cold weather, altitude, and animals can also cause injuries.

Severe musculoskeletal injuries like ankle fractures or sprains or stress fractures can require extensive medical care and result in months of lost duty time or even a medical discharge. Stress fractures in the pelvis, which have been found more frequently among female recruits, require an especially long rehabilitation period.

Some injuries, such as ruck sack palsy, a specific shoulder nerve compression condition, are uniquely associated with ruck marching. Other overuse injuries may not be attributable to foot marching activities alone. For example, stress fractures of the hip, leg and foot and knee injuries may be exacerbated by running.

### WHAT'S THE SOLUTION?

Unfortunately, technology alone cannot solve the age-old problem of heavy loads. Over the last century, despite the weight reduction of some items and advances in individual protective equipment, munitions and communication systems have contributed to an increase in the average weight of carried loads.

Other "heavy" supplies, especially water, simply cannot be replaced. The loads carried in recent operations in the Middle East have been reported to average more than 100 pounds.

Unit leaders should consider the following suggestions to both optimize performance and minimize injuries:

- Review injury risk factors and possible prevention tactics.
- Encourage Soldiers to modify individual factors within their control.
- Plan and document the unit's foot march training program purpose, necessary distance(s), equipment and weights, speed(s), terrain and environmental factors, and progression goals and dates for each training session.
- Ensure physical training regimens avoid consecutive days of intense lower extremity training such as distance runs and foot marching.
- Be aware of the unit's injury rates and the types of injuries experienced to adjust training regimens as needed.
- Consider coordinating with master fitness trainers or physical therapists to establish and plan a training program that is best suited for a specific unit.

### TRAIN TO FIGHT SMART

The Army's primary investment is in developing and maintaining Soldiers who are physically and mentally ready to fight our wars. Rigorous physical training is a necessary and unavoidable component of this investment, and with it there will always be some risk of injury.

However, many injuries are not an acceptable part of "doing business." Nor should they be a way to "weed out the weak." Unit leaders should assess their foot march training programs and apply prevention measures to help minimize injuries.







**MN MILITARY**  
MUSEUM & LIBRARY

**Minnesota Military Museum**  
Camp Ripley  
15000 Highway 115  
Little Falls, MN 56345



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Fax: 320-632-4386  
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**Exhibit Hours**  
May through September:  
Daily 10-5 including national holidays

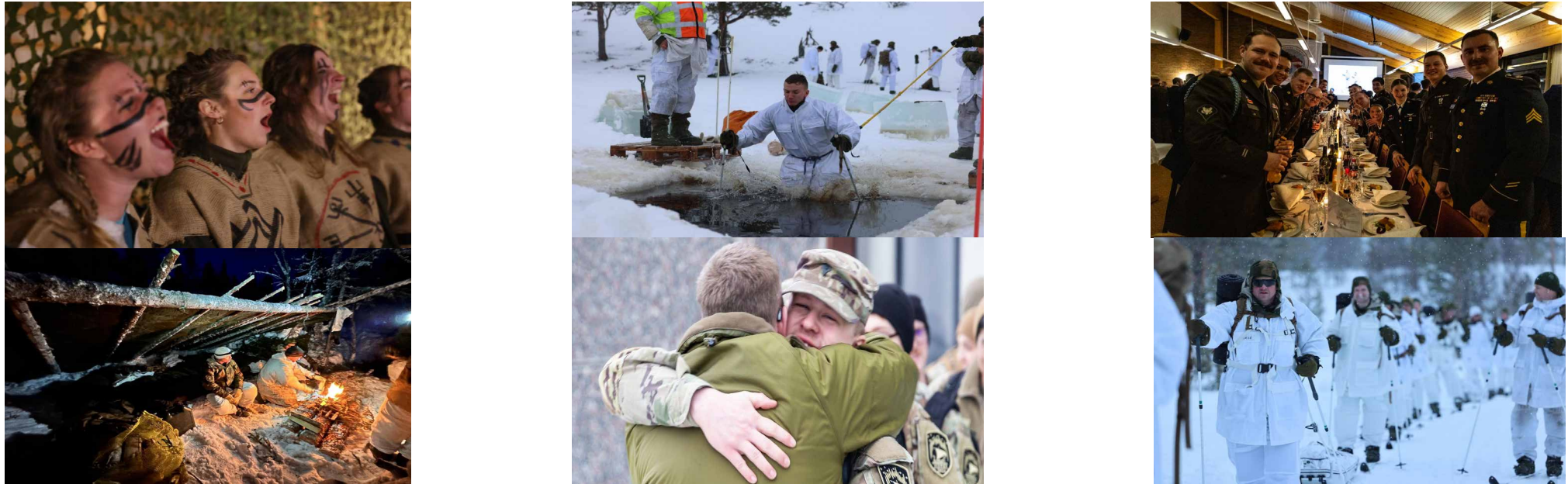
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**Archive Hours**  
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A Look at NOREX Overseas

By: Staff Sgt. Sirrina Martinez  
Minnesota National Guard Public Affairs



Minnesota National Guard Celebrates Culture with Norwegian Home Guard

Article & Photos By: Mr. Tony Housey  
Camp Ripley Public Affairs

February 8, 2024 (CAMP RIPLEY, Minnesota) – Troops from the Norwegian Home Guard present traditional Bunad outfits from their region of Norway. Each area has a traditional outfit design that represents the traditions of that district.

This presentation too place during this year’s extravagant Norwegian Meal. Each Year the Home Guard provides a traditional Norwegian meal that consists of multiple types of sea-food, reindeer, pork, duck, sauces, vegetables, and desserts.

At home as well in Norway, the Minnesota National Guard shares a part of their cultural as lumberjacks and flannel clad Minnesotas as an event during the 51st Norwegian Reciprocal Troop Exchange. at Camp Ripley Training Center in Little Falls, Minnesota on February 7th, 2024 (Minnesota Army National Guard Photo by Sgt. Jorden Newbanks).





To the Citizens of Minnesota,

Since August 2020, I have been honored to serve as the 32nd Adjutant General of the Minnesota National Guard. Each year, I am excited to share with you the story of the tremendously talented men and women of your National Guard.

Across the nation, each branch of service has felt the struggles of recruiting, but I can proudly report that with your assistance, the Minnesota National Guard met its recruiting goals in our Army and Air branches for fiscal year 2023. Why is this important to you? When you need us, we are Always Ready, Always There, to support and defend our state and nation. As we start the new year, please keep providing us with your leads - Minnesota citizens who want to give back to the community, expand their life experiences, and obtain career skills or benefits such as healthcare or funding for higher education - Minnesotans who want to be part of something bigger than themselves.

Our organizational priorities remain unchanged since the fall of 2021 and focus on People, Modernization, and Partnerships. Each priority is important, but as you read our report, please pay particular attention to how your Guard is modernizing. The 9/11 attacks and the Global War on Terror changed your Guard from a strategic to an operational reserve. This change necessitated having the same training, education, and equipment as our active-duty counterparts. Now, more than ever, we are integrated with our active-duty brothers and sisters, allies, and partners. We must keep pace with force modernization, which allows us greater interoperability with our active component military branches and our partners to face global threats.

To face these threats, we benefit from having two partners - Croatia and Norway, through the Department of Defense's State Partnership Program. We have shared a partnership with Croatia for 27 years, and this past spring, we formalized our partnership with Norway. This year, we celebrated our 50th anniversary of the Norwegian Reciprocal Troop Exchange, and the State Partnership Program provides additional means to further train with our Norwegian friends.

Today, your Guard is 13,000 Soldiers, Airmen, and civilian employees strong. When we add the service members' families and the civilian employers, we are in the tens of thousands- all part of our extended military family. Without your support, we could not accomplish our state and federal missions. Thank you for your contributions to keeping our nation safe!

Maj. Gen. Shawn P. Manke  
Minnesota National Guard  
Adjutant General



MINNESOTA NATIONAL GUARD  
2023 ANNUAL REPORT | 2024 OBJECTIVES

# 2023



## AVAILABLE ON:

[https://minnesotationalnationalguard.ng.mil/wp-content/uploads/2024/01/2023\\_Minnesota\\_National\\_Guard\\_Annual\\_Report\\_Web-1](https://minnesotationalnationalguard.ng.mil/wp-content/uploads/2024/01/2023_Minnesota_National_Guard_Annual_Report_Web-1)



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# RAVE

## MOBILE SAFETY



Monthly Themes:

Key Events:

SUN	MON	TUE	WED	THU	FRI	SAT
2pm 01	7pm 02	7pm 03	7pm 04	7pm 05	7pm 06	2pm 07
2pm 08	7pm 09	7pm 10	7pm 11	7pm 12	7pm 13	7pm 14
2pm 15	16	7pm 17	7pm 18	7pm 19	7pm 20	7pm 21
2pm 22	7pm 23	7pm 24	7pm 25	7pm 26	7pm 27	7pm 28
2pm 29	7pm 30	7pm 31	7pm	7pm	7pm	
				Noise! Training in Progress		



**PVT MURPHY'S LAW™**  
BY MARK BAK

When leadership sees you in news footage about a drunken naked brawl off post.



### Contract Dining Facility Hours & Costs

Breakfast	-	0600	to	0745	-	\$10.00
Lunch	-	1130	to	1300	-	\$10.00
Dinner	-	1630	to	1830	-	\$10.00

### Camp Ripley DEERS/Rapids ID Card Office

320-616-2728

Call and make an appointment!





GOOD FOR \$ 1.00 OFF ANY PURCHASE AT THE

## VIKING CLUB

ON CAMP RIPLEY

BUILDING 8-195 NORTHWEST ENTRANCE



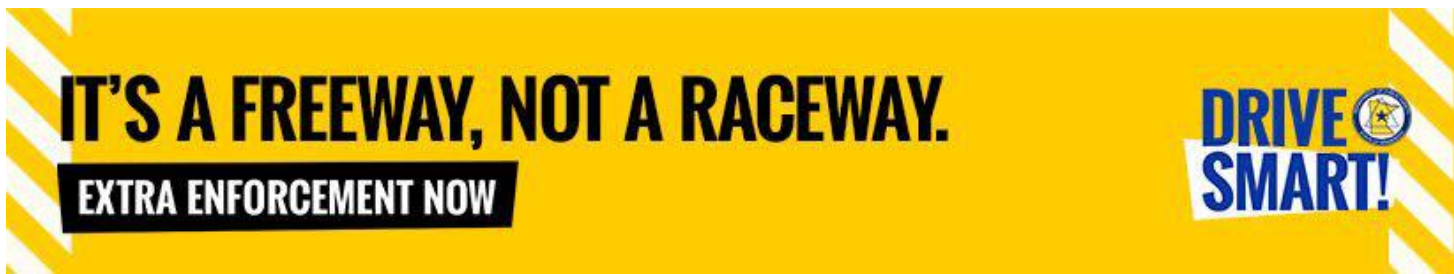
REMEMBER THE  
47TH "VIKING" DIVISION







SPEED/AGGRESSIVE DRIVING



The Dangers of Illegal and Unsafe Speeding

Each year, illegal or unsafe speed is a leading contributing factor in Minnesota fatal crashes.

Speed Consequences

- Preliminary reports show 120 motorists died in speed-related crashes in 2020, the most since 2008 (125).
- In the last five years (2016-2020), 485 people died in speed-related traffic fatalities.
- Speed contributed to 30 percent of all traffic fatalities in 2020.
- The Minnesota State Patrol issued more than 1,068 speeding tickets for speeds of 100 mph or more in 2020, compared with 533 tickets for those excessive speeds in 2019.
- Speed was a primary contributor in the jump from 364 traffic deaths on Minnesota roads in 2019 to the preliminary figure of 395 in 2020.

Higher Speeds, Bigger Problems

- Greater potential for loss of vehicle control.
- Increased stopping distance.
- Less time for driver response for crash avoidance.
- Increased crash severity leading to more severe injuries and death.

If Confronted with an Aggressive Driver:

- Get out of their way; disengage.
- Stay calm — reaching your destination safely is your goal.
- Do not challenge them.
- Avoid eye contact.
- Ignore gestures and don't return them.
- Report aggressive driving (vehicle description, license number, location).

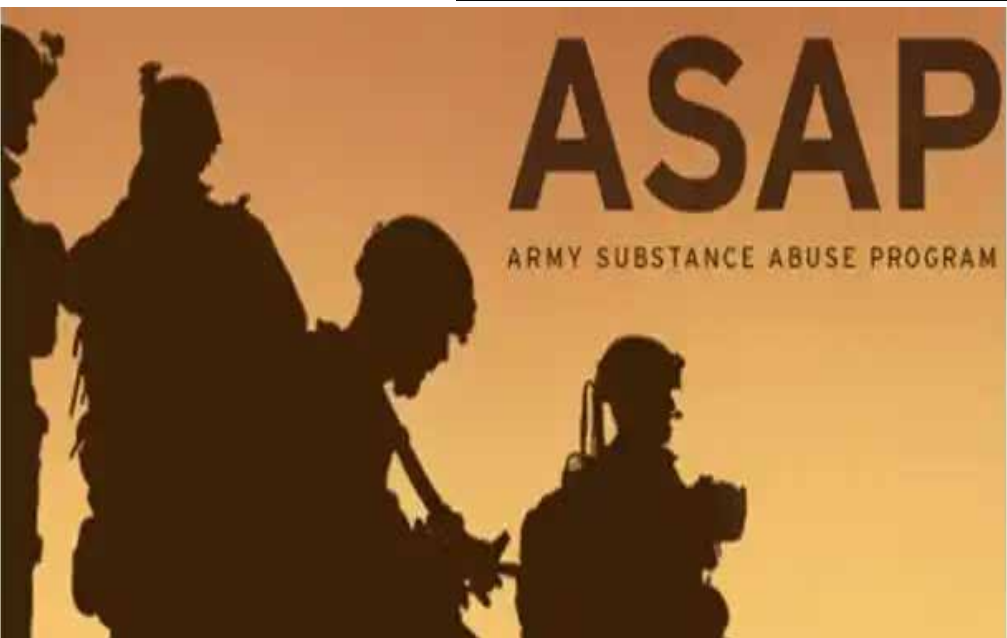
Increased stopping distance:

- At 40 mph, braking distance is 79 feet, with total stopping distance with reaction time 118 feet
- At 60 mph, braking distance is 180 feet, with total stopping distance with reaction time 240 feet
- At 80 mph, braking distance is 315 feet, with total stopping distance with reaction time 394 feet
- At 100 mph, braking distance is 499 feet, with total stopping distance with reaction time 597 feet.

If you Speed, Expect to be Stopped

A citation may affect a person's bank account, driving record or insurance rates, but the resulting change in behavior can be a lifesaver. A speed-related crash can lead to far worse consequences.

- The cost of a speeding violation will vary by county, but it will typically cost a driver more than \$110 with court fees for traveling 10 mph over the limit. Fines double for those speeding 20 mph over the limit and drivers can lose their license for six months for going 100 mph or more.



The Ripley Reporter is a publication of the Camp Ripley Public Affairs Office. The views and opinions expressed in this publication do not necessarily express or reflect the views and opinions of The Department of Defense, the State of Minnesota, the Minnesota National Guard or The Adjutant General.