

# UTAH MINUTEMAN 2019 Volume 2

**Strengthen Family:  
New "Life Encouraged"  
section inside**



**Feature: "Finding George" Part 1**

**Are you ready for the new Fitness Test?**

**SEE INSIDE FOR NEW  
CONTENT & DESIGN**



## Major General Jeff Burton The Adjutant General

As I write these words, we celebrate the first day of spring! I'll be the first to admit that I get spring fever. The world seems renewed, and it feels like a chance for a fresh start.

Spring also reminds me that being a Guardsmen carries with it significant responsibilities on behalf of our local communities, our state and our nation. In many cases, Guardsmen are the first line of defense in the event of disaster. We experienced a tough fire season in the summer of 2018 that has left significant burn scars across several locations in the Wasatch Mountains. Unfortunately, most of the damage is located in areas where significant population is also present. This coupled with record setting precipitation this past winter creates a situation where flooding could be possible. As Guardsmen, we are pre-planning our response and pre-positioning heavy equipment so that we can answer any call for support in an expeditious and efficient manner.

But it is difficult for us to answer the call if our own families are not prepared. Right now would be a great time for each one of us to review our own family emergency plans. Ensure that you have a 72-hour kit, and have established rally points and communication plans in the event that cell phones and internet services are not available. Talk to your children about how they should react in an emergency to alleviate fear and build resiliency. In an effort to build family readiness and stronger and more resilient teams, we will be changing the focus and content of the Minuteman Magazine going forward. Our publication will be more family oriented, and will focus on things that matter most to our families. Please read it cover

to cover, and then provide us with feedback on the changes. If you like them, let us know! If you have suggestions for improvement, let us know that too. We value your opinion!

After some long deployments in Central Command, we are welcoming back the 65th Fires Brigade, the 145th Field Artillery Battalion, elements of the 300th Military Intelligence Brigade, the 2-211th General Support Aviation Battalion, elements of the 151st Air Refueling Wing, and the 109th Air Control Squadron. These deployments can have detrimental effects on individual service members and their families. But it does NOT have to be that way. I know that many of you have experienced personal and family growth as a result of a deployment. If we learn how to do it right, separation can actually make us stronger and build family and personal resilience. One way to weather the storm a little bit better is to recognize that you are human, and everyone has limitations. Every one of us has a personal "bandwidth," and we need to learn to recognize when we are pushing things too far. Simplify your personal life, and learn to prioritize what really matters. Learn to say no to taking on more than you can handle. Learning to say no will help you to maintain balance in your life and keep you grounded for those that depend on you the most.

Military service is a team sport. It is a family calling. It takes an entire family to build an effective service member. Value those around you, and take the time to express gratitude to them for their sacrifices. Prepare yourself as an individual and tend to the needs of each one of your family members. I am convinced that as we work together, there is nothing that we cannot accomplish! Serving with each one of you is an absolute honor. Wear the uniform with pride and be ready to respond with precision when crisis comes. 🇺🇸



## Command Sergeant Major Eric Anderson Senior Enlisted Leader

The Utah National Guard continues to go to war, facing our current threat and preparing for war against a future threat. This year we have mobilized roughly 15-16

percent of combined Army and Air National Guard. This is significant considering the current political discussions

about ending combat operations throughout the Central Command Area of Responsibility. One of the great benefits we have as a military organization, is that our job is relatively simple. We prepare for the absolute worst day our state and nation may face. We know without a doubt we will be called to help in that desperate hour. It is incumbent on us to prepare during every drill weekend, annual training event, and additional training opportunity to diligently work

## TRICARE: What do I need to know?

As a member of the Utah National Guard, you and your family may be eligible for TRICARE, the Department of Defense's premier healthcare program. Eligibility for TRICARE is shown in the Defense Enrollment Eligibility Reporting System (DEERS). Therefore, it is vital to routinely update and verify your DEERS information. Your sponsor's status determines the health care options that are available to you and your family.

### TRICARE RESERVE SELECT

(Most common option for "Weekend Warriors.")

TRICARE Reserve Select (TRS) may be purchased by qualified members of the Utah National Guard who are not in an activated status. This status includes qualified service members on inactive duty for training, yearly training or on active service for 30 days or less. National Guard members who are eligible for or enrolled in Federal Employees Health Benefits (FEHB) Program do not qualify to purchase TRS. National Guard members who are called or ordered to active service for more than 30 days are covered as active duty and have different options.

TRS is a premium-based health plan that offers coverage for members and families only. With TRS, you can get care from any TRICARE-authorized provider (network or non-network) or get care at a military hospital or clinic on a space-available basis. There are no referrals required, however some services do require prior authorization. TRS requires an initial two-month premium payment that is due with enrollment.



Marcy Sanchez

towards our personal and military readiness. The next war quite possibly could shift from fighting a primitive, poorly armed, and technologically challenged enemy to an emerging superpower with almost peer-competitive capabilities in conventional, technological, land, sea, air, space, and cyber-battle spaces. This enemy most likely will have the ability to pick and choose where they strike and how; most likely not facing our strengths. One of our most fundamental areas of readiness is maintaining accurate leader books at the section/squad level. Leader books are the ultimate tool in accountability of our service members. They track welfare of service members, leadership, field operations, mission-

### TRS Monthly Premiums

Single: \$42.83 / \$85.66 to enroll  
Family: \$218.01 / \$436.02 to enroll

### Recent TRICARE Changes:

The current TRICARE West contractor is HealthNet and here are a few important changes and updates that all TRICARE beneficiaries need to know:

- TRICARE reads from DEERS: routinely update and verify your information and ensure all orders have been added to DEERS; missing orders are the number one reason for problems with TRICARE coverage.
- Orders changes: every time your orders change it is considered a new eligibility and resets your TRICARE coverage. You can log into your MilConnect account to elect which TRICARE plan you would like to participate in (verify each family member) or call TRICARE at 844-866-9378.
- TRICARE is going paperless: all correspondence will be going through Tricare-West accounts; sign up for a secure account at [www.tricare-west.com](http://www.tricare-west.com).
- TRICARE Prime Remote (TPR): if you were previously on TPR and received correspondence that you no longer qualify for you will need to complete a Determination of Eligibility Request to for exception to policy.

For more information regarding TRS and all TRICARE plans, please contact:

**Courtney Thornsby**  
Utah National Guard Health Benefits Advisor  
801-432-4922  
email: [Courtney.l.thornsby.ctr@mail.mil](mailto:Courtney.l.thornsby.ctr@mail.mil) 📧

support maintenance, transportation, and medical support. They track hand receipts, training/planning/resourcing/scheduling including training meetings and maintenance update training calendars. They assist in the conduct of after-action reviews, maintain counseling statements, driver/RTO requirements, draw and account for comsec material and even track awards. They protect service member's/family time, and document the readiness of the unit. I strongly encourage you to take the time now to use this tool to prepare you and your troops to respond to our nation's call. 📧





## Major D.J. Gibb Public Affairs Officer

A few months ago, my wife handed me an un-opened copy of the Utah Minuteman.

“What do you want to do with your magazine?” she asked.

I told her I had written a couple articles and thought she might want to read them. She wasn’t interested, and I couldn’t blame her.

For years, the Utah Minuteman, has been a staple of news and happenings for Utah National Guard members and their families. Over time, with advances in news/social media and reporting immediacy, our magazine became more of a history report than something our audience (you) could relate

to. We sent out a survey and listened to your feedback. Not surprisingly, a majority of responses came from the families of service members and their loved ones.

As the editorial board, we hope this edition shows an immediate difference. There is something here for families, Airmen, and Soldiers alike.

Please take the time to peruse each page and let us know what you think. We are committed to making this your magazine, and promise to listen as you help us make each edition better.

If you have any ideas you would like to share, send us an email or call me directly: [ng.ut.utarng.list.pao@mail.mil](mailto:ng.ut.utarng.list.pao@mail.mil); 801-432-4407.

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Cover photo by Ashley Bridgewater :

Zach Jackson reunites with his daughter after a 10-month deployment to the Middle East with the 65th Field Artillery Brigade, January 31, 2019.

### Editorial Board

Commanding General, The Adjutant General **Maj. Gen. Jeff Burton**  
 Editor in Chief, Public Affairs Officer **Maj. D.J. Gibb**  
 Managing Director, Public Information Officer **Ms. Ileen Kennedy**  
 Editorial Staff, Public Affairs Specialist **Sgt. Nathaniel Free**

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Email submissions to: [ng.ut.utarng.list.pao@mail.mil](mailto:ng.ut.utarng.list.pao@mail.mil)

**Coverage:** For significant statewide events contact: [ng.ut.utarng.list.pao@mail.mil](mailto:ng.ut.utarng.list.pao@mail.mil)

Maj. D.J. Gibb (801) 432-4407 or Ileen Kennedy (801) 432-4229.

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**Current Updates:** Facebook and Instagram: @utahnationalguard /  
 Twitter: @UTNationalGuard

## "Trust Me!"

We live in a world of tweets and twits, “insta-worthy” fun, fake news, and Facebook “friends.” What is real anymore? Who can we trust?

It is human nature to want intimate human connection. But if we don’t trust others, or ourselves, building deep and meaningful relationships may seem impossible.

Here are four steps you can take to begin building deeper, healthier, and more intimate relationships with yourself, spouse, partner, children, in-laws, or coworkers.

### Step One: Make a Promise

Pinky-promise? I’m not exactly sure the origins of that saying, however, we all know it means, “you can count on me to fulfill whatever obligation we hooked pinky’s on.”

A promise can be a huge commitment like “I do” at a wedding ceremony or signing a promissory note to buy a car. Big promises made to others are contemplated and discussed. The daily promises we make to ourselves and others are done without much thinking or planning:

- I’ll call my mom tomorrow.
- I’ll pay the bills after work.
- I will go to the gym before work.
- I will stick to my budget starting tomorrow.
- I will be home for dinner.
- I will play with you after this work call.
- I will not omit details so I don’t look bad.
- I’ll let you know when I’m there and safe.
- I’ll take the garbage out in the morning.
- I will be on time to work tomorrow.

Making a promise is easy. We do it all the time without even considering what message we send if we don’t keep it.

### Step Two: Keeping a Promise

Making promises and not keeping them (big or small) is like death by a thousand paper cuts.

Results if I don’t make good on my promises:

- Decreased trust.
- Loss of respect for yourself.
- Loss of other people’s respect for you.
- Increased anxiety.
- Increased disappointment.
- Inability to trust or rely on others.
- Conflict in our relationships at work or at home.
- Resentment and anger towards yourself or others.



Staff Sgt. Ruben F. Fernandez, Adriana Fernandez and their seven-year-old son Adrian build trust by conquering the slopes.

PHOTO BY Sgt. Raquel Villalona

Results when we keep our promises:

- Increase in self-worth.
- Inner strength to conquer other challenges.
- Improved relationships with self and others.
- Increased respect by our family and our peers.
- Healthy relationships.
- Peace.

### Step Three: Trust Begins to Develop

Once you and others begin to believe that you WILL keep promises, you begin to develop TRUST. Not a “fake news” trust, but a real trust based on past actions, not just words.

Our teenagers are masters at arguing that if we love them then we should trust them. In reality however, a deep abiding love can only occur inside a healthy, trustworthy relationship. And how do we get that solid foundation? Make a promise and keep it. Then a solid foundation can be formed.

### Step Four: Intimate, deep relationships result

With a solid foundation in which you can trust yourself, and others can trust you, then and only then is the coast clear for other pieces of a relationship to be added like vulnerability, increased generosity, and all those sought after Instagram-worthy moments!

**This is Life Encouraged.**

“Life Encouraged” is a quarterly article written by Andrea Phillips, LCSW Program Manager for the Utah Military Family Life Consultant program. Utah MFLCs provides no-cost counseling services to service members and their families in the Utah National Guard. Please contact one the Utah MFLCs for more information:

Jake Vickery: 801-476-3853 / CJ Gibbs: 435-590-1185  
Bruce Jenkins: 801-878-5480 / Andrea Phillips: 801-432-4622

## PHOTOS FROM THE FIELD

### **Exercise Desert Ice**

A UH-72 Lakota takes off from the helipads of the Wells Fargo building in Salt Lake City, Feb. 10, 2019.

Working with multiple agencies, the Utah National Guard conducted several passes and landings with two UH-60 Black Hawks and a UH-72 Lakota on the North and South helipads of the Wells Fargo building.

Exercise Desert Ice began in 2005 and was developed into a multi-service, multinational training event designed to fortify the nation's security against chemical, biological, radiological and nuclear threats.

PHOTO BY Staff Sgt. Nicholas Cloward















## PHOTOS FROM THE FIELD

### **Refueling a B-1B Lancer**

A Utah Air National Guard KC-135R Stratotanker assigned to the 151st Air Refueling Wing, Salt Lake City, Utah prepares to refuel a B-1B Lancer assigned to the 28th Bomb Wing, Ellsworth Air Force Base, South Dakota January 9, 2019.

The KC-135 was first introduced into the Air Force inventory June 1957. It serves multiple roles including air refueling, medical evacuation, personnel transportation and is capable of carrying up to 83,000 pounds of cargo.

The Utah Air National Guard provides air refueling to various Air Force, Joint Service and Multi-national services throughout the world.

PHOTO BY Tech. Sgt. Brad Harris



# SAVE THE DATE

Please Join Utah Military in Supporting the  
*2019*  
U.S. Army's 244th Birthday Celebration and

## *Military Ball*



**Saturday, June 8, 2019**

at 6:00 o'clock in the evening

**The Grand America Hotel**

555 Main Street, Salt Lake City

Register: <https://utahmilitaryball2019.eventbrite.com>  
Information on Facebook @UtahMilitaryBall

### **Event Point of Contact:**

U.S. Army Reserve  
76th Operational Response Command  
Mr. Gilbert Soliven  
Office: 719-366-1296  
Cell: 719-366-1421  
[gilbert.g.soliven.civ@mail.mil](mailto:gilbert.g.soliven.civ@mail.mil)

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U.S. Army Reserve  
807th Medical Command (Deployment Support)  
First Lieutenant Alyssa Aey  
Office: 719-366-1603

AUSA Representative  
Mr. Don Johnson  
801-560.3233  
[dajohnson26@comcast.net](mailto:dajohnson26@comcast.net)

## **Nominate a Veteran**

*Submit Nominations Online  
Deadline July 31, 2018*

[www.veteransday.utah.edu](http://www.veteransday.utah.edu)  
or call 801-587-7722

Since 1998 the University of Utah Veterans Day Committee has selected Utah veterans to be honored in a special military service at a November commemoration ceremony. The day of the commemoration offers a full schedule of activities that are free and open to the public, including a medallion ceremony, cannon salute, and a morning panel discussion with military and civilian experts.

**Carl J. Workman**  
U.S. Army, World War II  
2018 Honoree



## MARK THE CALENDAR



### Summer Camp at Camp Williams Ages 9-13 June 24-28, 2019

(Sign up begins April 27)

Questions about all UTNG Kids summer programs contact  
Kelly Barnes or Connie Packer

**jon.k.barnes.nfg@mail.mil** or 801-878-5796  
**conniegene.packer.nfg@mail.mil** or 801-878-5331

Summer classes include: Leadership, Stem, and Life Skills

#### UPCOMING YELLOW RIBBON EVENTS

DATES	TYPE	UNIT(S)
May 4	Pre/Post Deployment	Utah Air Guard
May 18	Post Deployment	141 MI and 142 MI
June 8	Post Deployment	145 FA
July 13	Post Deployment	2-211th AV

#### SURVIVOR OUTREACH SERVICES (SOS) Utah's Fallen Service Member Combat Boot Display

May 23, 2019	7:00 pm - 9:00 pm
May 24, 2019	2:00 pm - 8:00 pm
May 25, 2019	12:00 pm - 8:00 pm
May 26, 2019	12:00 pm - 6:00 pm
May 27, 2019	12:00 p - 6:00 pm

**Open to the Public / Located at Station Park in Farmington, Utah**

If you are interested in decorating a combat boot for the display  
(one per fallen hero). Contact Antionette Stapley at  
**operationheros@gmail.com** or 801-940-6852.

#### AIR GUARD

**WINGMAN DAY:** At Rolland R. Wright Air Base with activities, food and military displays for the whole family.

**June 8, 2019 from 8:00 a.m. to 2:00 p.m.**

#### ARMY GUARD

**SUICIDE PREVENTION ASSIST COURSES:** Utah Army National Guard Soldiers and spouses are invited to Sunrise Hall, Camp Williams on **May 11-12, 2019 or July 13-14, 2019.**

RSVP: [robert.g.spencer20.ctr@mail.mil](mailto:robert.g.spencer20.ctr@mail.mil) or call 801-432-4533.

#### PARENTING COURSES

Date	Location	Counselor	Class	Time
4/1/19	St. George	CJ	123 Magic	Evening
4/16/19	Ogden	Jake	Love & Logic	Evening
6/5/19	Camp Williams	Bruce	Love & Logic	6:00 pm
6/6/19	Ogden	Jake	123 Magic	Morning
9/17/19	St. George	CJ	123 Magic	Morning
9/19/19	Ogden	Jake	Love & Logic	Evening
10/16/19	Camp Williams	Bruce	123 Magic	6:00 pm

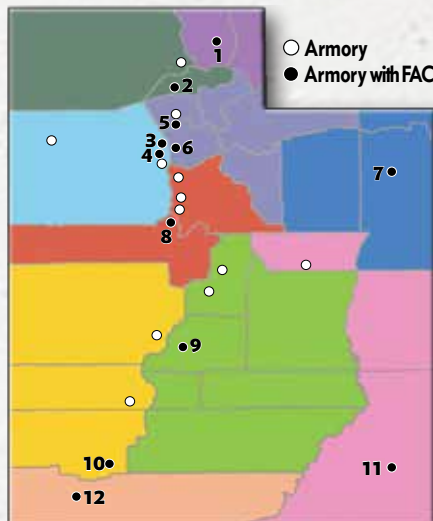
Register by email: [bruce.h.jenkins4.nfg@mail.mil](mailto:bruce.h.jenkins4.nfg@mail.mil)

**DISCOUNT TICKETS: [utahmwr.com](http://utahmwr.com)**

## FAMILY ASSISTANCE CENTERS

#### Regional FAC and Armory Locations

<b>1. Logan</b>	<b>801-476-3811</b>
<b>2. Ogden</b>	<b>801-476-3811</b>
<b>3. West Jordan</b>	<b>801-816-3577</b>
<b>4. Bluffdale</b>	<b>801-878-5037</b>
<b>5. SLC (Air Base)</b>	<b>801-245-2524</b>
<b>6. Draper</b>	<b>801-432-4522</b>
<b>7. Vernal</b>	<b>435-789-3691</b>
<b>8. Spanish Fork</b>	<b>801-794-6011</b>
<b>9. Richfield</b>	<b>435-896-6442</b>
<b>10. Cedar City</b>	<b>435-867-6513</b>
<b>11. Blanding</b>	<b>435-678-2008</b>
<b>12. St. George</b>	<b>435-986-6705</b>



**Veterans and Retirees 866-456-4507**

Regardless of location, FACs services include:

- TRICARE/TRICARE dental assistance
- Financial assistance/counseling • Legal and pay issues • ID-card referral • Emergency-assistance coordination • Counseling support/referral
- Community support • Family/household emergencies • Family Care Plan information
- Family communication • Defense Enrollment and Eligibility System information.

We are here to serve you!

Contact your local FAC for any questions you have.

Visit us at [www.ut.ng.mil/family](http://www.ut.ng.mil/family)

Utah Family Assistance Centers (FAC) assist service members and their families and are open to all military branches: Army Guard, Air Guard, active-duty Army, Air Force, Coast Guard, Marines, Navy and all Reserve components.

# EVERY SOLDIER A PHOTOGRAPHER

Apps like Instagram, Snapchat, Facebook, and Twitter forever changed the photography industry, drastically increasing the need for instant, engaging images. Whether you've been assigned as your unit's public affairs representative, or you just want to up your Instagram game, this is a good place to start.

**The Smartphone:** When something exciting happens, most of us reach for a smartphone. A lot can be done with the little device in your pocket, and in most cases, the automatic camera settings are sufficient for point-and-shoot. Some smartphones even have manual options to control exposure and focus, usually found under a "Pro" mode. But keep in mind, your smartphone is a multitasking device. What it lacks in picture-taking, it more than makes up for in immediacy and portability.

*ProTip: The photos on your favorite Instagram feed were not taken with a phone.*

**Sustain:** Your smartphone is the fastest way to get a barracks selfie to social media.

**Improve:** You won't have the best image quality, shooting speed, or control over your image.

Breaking into the photography industry can be daunting. There's a lot of equipment and gear in the market right now. Where to begin? If you're serious about getting behind a camera, the first step is to request to be your unit's public affairs representative. As a UPAR, your job is to be the unit's photographer, as well as manage their public presence through social media or press releases. UPARs come from a diverse background and always have another job while in uniform. As a UPAR you will also have access to great photography opportunities and professional equipment. So, before you buy that fancy new camera or extremely long, must-have lens, check out what the Visual Information office at Draper Headquarters has to offer.

**Photo taken with a Smart Phone** at Bagram Air Field, Afghanistan 2019.

PHOTO BY Sgt. James Dansie



**Nikon Coolpix P900:** The P900 is part the "UPAR kit" available through the VI Office. This is your smartphone camera on steroids. It's fairly inexpensive, easy to use, produces high-quality images, and packs an impressive zoom. The P900 comes with a built-in lens capable of 83x optical zoom, which is

equivalent to a 2000mm lens. Put simply, you can take pictures of craters on the moon. Seriously. It's also a workhorse, capable of capturing almost 400 photos before the rechargeable Li-ion battery dies, leaving your phone fully-charged for long conversations with mom. This is the ultimate camera to start your professional photography career. If you're still not ready to let go of your smartphone, the P900 also comes with a Wi-Fi feature for sending photos instantly to your smartphone.

*ProTip: Don't be afraid to tinker with the Nikon P900's manual settings.*



**Nikon CoolPix P900:** Check out cameras from the Visual Information Office in Draper for military events.  
**VI Office: 801-432-4079**

**Sustain:** Powerful, easy-to-use, and gets the job done.

**Improve:** You're stuck with one lens.

If the Nikon P900 is a basic issued rifle, then this next camera is the infantryman's M4—a specialized piece of gear that can be outfitted to meet any photographer's mission. Take a look at what our Utah National Guard public affairs Soldiers are issued.



**Canon EOS 7D Mark II:** Camera currently used by the 128th Mobile Public Affairs Detachment.





**Photo taken with the Nikon CoolPix P900** in Afghanistan in 2009.

Aperture F/5.3 with a fixed lens.

PHOTO COURTESY OF 19th Special Forces Group (Airborne)

**Canon EOS 7D Mark II:** This is the weapon of choice for many professional photographers, featuring a rugged magnesium alloy body, 18-megapixel sensor capable of handling ISO 12800 for low-light shots, multiple image processors, and up to 8.0 frames per second when shooting stills. On burst mode, it can fire continuously for 130 shots without stopping to breathe. The EOS 7D can also capture Full HD video at 25, 30, or 60 frames per second. The 7D is a digital single-lens reflex or DSLR camera, which basically means it's better than other cameras. Also, what you see in the viewfinder is what you get when the shutter snaps (as opposed to the old-timey non-digital twin-lens reflex cameras).

**Sustain:** Limitless possibilities. The only thing holding you back is your own skill level.

**Improve:** The cameras of the future will be “mirrorless.”



**Photo taken with the Canon EOS 7D Mark II** at Guernsey, Wyoming 2016.

Aperture F/2.8 using a 70-200mm lens. Shutter speed 1/6400.

PHOTO BY Sgt. Nathaniel Free

**A Word on Lenses:** Along with the camera body, you'll also need to consider which lenses to use. Each lens produces different effects. Public affairs Soldiers in the Utah Army National Guard are issued three types of lenses for photographing almost anything imaginable: 16-35mm for wide angle, 24-105mm for mid-range, and 70-200mm for telephoto (shooting from a distance). A telephoto lens can also be used to isolate your subject and create depth, while a wide-angle lens can make your subject look large and powerful by shrinking everything in the background.

***ProTip:** lenses more than 50mm will compress the visual size of things in the frame, while lenses less than 50mm will expand them.*

Focal length and aperture are the two biggest factors that will affect your photograph. Aperture defines your depth of field and how much light is entering your camera. A low f/stop number like f/2.5 or f/3.5 means low light-blockage, meaning your aperture is wide open, creating a shallow depth of field. This is perfect for blurring out the background of a subject. If you need everything in focus in a sweeping mountainous shot, close your aperture to a pinhole, using f/22, but you'll need to compensate for this in your other settings.

***ProTip:** Go out and take 10 photos a day with whatever you have.*

“The most important thing is to take photos with whatever you have. No great photographer picked up a camera and was magically the best, and no camera ever made anyone into a great photographer. The more control you have over your camera (the more manual settings you know how to use) the better your photos will look.” 📷

—Sgt. Ariel Solomon

# Joseph Green: Fully Committed



Col. Joseph Green, 300th Military Intelligence Battalion commander

**F**riday, December 15, 1989: Panama names Gen. Manuel Antonio Noriega the “maximum leader of the struggle for national liberation,” and declares the country “to be in a state of war.” A thousand miles away, in the Dominican Republic, a terrorist group sent a threat to the United States Embassy, stating “if the U.S. invades Panama, we will kill an American.”

Nine-thousand U.S. military forces invaded Panama in the early morning of Wednesday, December 20, under the codename Operation Just Cause. Bolstering the ranks of some 12,000 U.S. troops already in place, they launched a coordinated attack on dozens of targets, overwhelming Panamanian Defense Forces.

The next day in the Dominican Republic, two American missionaries for the Church of Jesus Christ of Latter-day Saints were riding their bikes home from a church event. It was late, and the road was dark. They rode in single-file behind a motorcycle, using the glow of the taillight as a guide in the darkness. It was quiet, except for the two-stroke whine of the motorcycle’s engine. The more senior of the two missionaries was just 19 years old and had been in the country for only a few months. They were both still struggling to learn Spanish. As they came to an intersection, one of the two passengers on the motorcycle leveled a gun on the missionaries and opened fire. Bullets ripped through the air, hitting one of the boys and knocking him off his bike. As the motorcycle accelerated into the night, the senior companion rushed to his fallen friend.

“He’s on the road, and can’t speak to me,” the senior missionary later recalled. “He’s injured, but it’s too dark to see where he’s injured. He’s going into shock.”

U.S. Army Col. Joseph Green, commander of the Utah Army National Guard 300th Military Intelligence Brigade, remembers this life-changing event in shocking detail. “I’m a nineteen-year-old kid, alone in a foreign country, unable to speak the language, and I didn’t know what to do.”

This was his first experience as a leader in a crisis.

“I ended up carrying him across the street to some houses and started knocking on every door, trying to find someone who could take us to the hospital.”

Everyone had heard the gunshots, so no one would answer. At last, the fourth door opened and Green struggled to explain what had happened. The man drove them to a local clinic in a pickup truck. The Embassy was notified, and an American doctor was sent to perform emergency surgery.

Miraculously, Green had been unscathed.

His companion, David Hadley Read, from San Francisco, was also fortunate. He had been grazed by two bullets, leaving holes in his shirt and the

cuff of his trousers, but a third bullet had struck him in the knee, fragmenting into shards. He lived, and in later years, would go on to get a law degree at the University of California, Berkeley. Green would also go to school, earning a degree in Spanish Translation and Interpretation with a minor in Jazz Guitar, but his life was headed in an altogether different direction. He had learned something about himself that night in the Dominican Republic which would ultimately inspire him to join the U.S. military.

“People usually have experiences that push them towards military intelligence,” he said.

The military intelligence field was about to change forever, and unknown to Green at the time, his childhood experiences uniquely qualified him to play a leading role in this transition.

Green’s father earned his P.h.D at the University of California, Los Angeles, in Middle Eastern history. A few months after Green was born, his father moved the family to the Middle East.

“I didn’t leave for the next sixteen years.”



Joseph Green on the steps of his home with his mother and sisters in Zahra, Tunisia around 1971.



They moved to a small mountain village near Taiz, which was then part of the Mutawakkilite Kingdom of Yemen, colloquially referred to as “North Yemen.” At the time, South Yemen, or the People’s Democratic Republic of Yemen, was a communist state supported by the Soviet Union.

“I have strong memories of Taiz,” Green recalled. “I was the kid who was not like everyone else. I was a blond-haired, blue-eyed boy in a school of Arabs.”

He began each day learning the Arabic alphabet, a second language that would prove invaluable later in life.

In October 1972, war erupted between the two countries, with southern Yemenis forces pushing as far north as Taiz. Westerners were being targeted in the conflict.

A member of the British consulate showed up on the doorstep of Green’s childhood home with a dire warning: “Go to the airport right now. Don’t take anything with you. Don’t stop to pack. Just get there right now. If planes are still leaving, get on the first plane out.”

The British government had already evacuated their people from the area. Green and his family were among the last Americans in the country. The family of five—Green with his two older sisters and parents—piled onto a Honda motorcycle and raced to the airport. They were able to secure an emergency flight to Egypt on an unpressurized Douglas DC-6 piston-powered transport plane. Green vividly recalled the chaos of that flight—the wooden benches, the turbulence, the Yemenis farmers, fleeing the country with their livestock of molting chickens and bleating goats.

Once the plane landed, his father went to the American University in Cairo to use a phone. He was essentially a war refugee and hoped to call family in the United States for help. Instead, he found an opening for a professorship at the university and they lived in Cairo for the next 12 years. Green attended school at American Cairo College, which taught pre-kindergarten through 12th grade. The school had a 12-acre campus with a large open playground, brand new gymnasium, and 15 Egyptian-styled buildings enclosed by sparse vegetation and a low decorative wall. Green joined the basketball team and played on the new court with his friend, Steve Kerr. The boys had a lot in common. They were both American, both raised in the Middle East, and they both had ties to Los Angeles. Their fathers were also best friends and professors of Middle Eastern studies.

Steve’s father, Malcolm Kerr, served as a “visiting distinguished professor” at the American University in Cairo until 1982, when he was appointed president of the American University of Beirut. Malcolm and his wife arrived in Lebanon in the midst of a civil war, leaving their children in the care of their eldest son back in Egypt.

On the morning of January 18, 1984, Malcolm was walking

through the main building of the American University of Beirut toward his office when a man shot him twice in the back of the head with a revolver.

At the time, the Green family was one of the few households in Cairo with a working telephone. When it rang that day, Malcolm’s wife, Ann Zwicker Kerr, was on the other end of the line. It had fallen to Green’s father to break the news to her children. Their father had been assassinated by Islamic Jihadists, known today as Hezbollah.

“I still remember that,” Green says, voice momentarily breaking. “That was a pretty big moment in my life.”

With the Beirut Marine Barracks Bombing and the assassination of Malcolm Kerr, Green’s father decided it was time to leave the Middle East. He took a position at Brigham Young University and moved the family to Utah.

Green went from an extremely diverse international K-12 school of no more than 350 students, to Mountain View High School in Orem, Utah, with 1,200 kids in his graduating class alone.

“It was overwhelming,” he said.

While in high school, he was actively pursued by the military recruiters. “I didn’t want anything to do with them. The military’s mission did not appeal to me.”

But all that was about to change.

After graduation, Green accepted a call to serve a mission in the Dominican Republic, where he would learn a third language, and experience his second brush with war. As he walked the same blood-soaked road where his companion had been shot, now with embassy security

personnel, he had a moment of profound reflection.

“It kind of made me think, what am I doing here? And is this something I really want?”

The answer surprised him.

“I liked the fact that I was learning to live outside of my comfort zone and serving something larger than myself. I was learning leadership skills and how to serve others.”

But more importantly, he had discovered something profound about his inherent character.

“No matter the danger I was in, I was still fully committed.”

After his mission, he studied music at BYU, minoring in several languages such as Arabic, Spanish, German, and Biblical Hebrew. He met a girl and realized that he needed a way to support a family. He began to reassess his life by asking, “Is music the right track?”

Realizing what it would take to provide for a family with a career in music alone, he considered a different path, exploring what he could do with his languages and his love for culture.

“Suddenly, I was interested in the military, where before I didn’t want anything to do with them.”

It was the experiences of his mission—the discipline, the

**"I grew up overseas in a different culture, speaking a different language. I knew how different cultures work, and I wanted to use that skillset in a larger context."**

**—Col. Joseph Green**



Elder Joseph Green, right, while serving as a missionary for the Church of Jesus Christ of Latter-day Saints in the Dominican Republic in 1989 where his companion was shot and he had to find medical help.

leadership, being part of something larger than himself—combined with his childhood introduction to different cultures and languages that ultimately pushed him in the direction of military intelligence.

“I grew up overseas in a different culture, speaking a different language. I knew how different cultures work, and I wanted to use that skillset in a larger context.”

Green happened to be living in a hotbed for military intelligence. Not only does Utah boast the highest foreign-language speakers per capita in the nation, it’s also home to the 300th Military Intelligence Brigade, which is the only organization of its kind in the world. Today, the brigade has more than a thousand linguists fluent in 50 different languages. Many of these linguists are returned missionaries like Green, recruited right out of BYU.

He joined the Utah National Guard in 1993 through the Simultaneous Membership Program which allowed him to train each month with the 300th MI while also completing his university studies. He received his commission in 1996, majoring in language and minoring in music and military science.

On the morning of September 11, 2001, Green had just stepped out of a meeting at the National Security Agency in Washington D.C., when someone

announced that a plane had hit the World Trade Center. The news was playing live on a small TV outside the meeting room.

“All of us were gathered around, watching footage of the smoke coming out of the tower. Then we saw the second plane hit.”

Green described it as “chaos.”

“We were under attack.”

A lot changed for the military in that moment. Up until then, the focus of the intelligence field was largely on tanks, recognizing the order of battle, and the tactics of a near-peer enemy. It was a Cold War strategy. The focus shifted that day to counter insurgency, which was a completely different fight. The military intelligence field suddenly needed soldiers who could understand different cultures to a degree that they could peel back the various layers of a population and identify potential threats acting within the population.

Green’s background and leadership would prove vital in this new fight.

The 300th MI followed the initial invasion into Iraq in 2003. On his first deployment, Green worked out of a small resort villa on the shores of a manmade lake southeast of the airport formerly known as Saddam International Airport, in Baghdad. For the next seven years, the airport and surrounding villas would serve as a central command post for American intelligence in Iraq. Inside these extravagant marble structures, military intelligence specialists had set up card tables and folding chairs for work stations, divided into cubicles using hanging bedsheets. It had fallen to Green and the other intelligence soldiers on the ground to use their knowledge of the Arabic language and culture to find “High Value Target Number One” Saddam Hussein. The leaders of the deposed regime had disappeared during the invasion of Iraq. Their faces were printed on a deck of military playing cards, with Hussein representing the coveted “Ace of Spades.”

The three basic disciplines of the 300th MI evolved during this time.

Signals intelligence, or “SigInt” is a way of using knowledge of language and culture to understand intercepted enemy communications. To do this effectively, a military intelligence soldier must know when the enemy is using sarcasm, satire, or even code words. When the Taliban talk about transporting mortar tubes up a mountain, they won’t call them mortar tubes, but “logs.” And when the Taliban targets a convoy of Humvees, they won’t call them Humvees, instead using a codewords like “spiked pigs.” With Green’s cultural background, he excelled at deciphering these kinds of messages.



Lt. Col. Joseph Green, center, in Iraq during his deployment in 2003.



“I know when they are joking, I know when they are serious, I know when they are using codewords, and I can figure out what they’re doing,” he said.

Human Intelligence or “HumInt,” is all about interacting with people to gather intelligence. Sometimes this involves interrogating captured prisoners, but most of the time it means developing sources or spies by talking to people in a crowded marketplace, for example.

“If there’s extremist activities in a neighborhood of Kabul, you want eyes and ears everywhere. So, you find someone local to recruit as a credible source of information, who can report back to you on what’s happening in the neighborhood.”

In Iraq, two Utah soldiers with the 141st Military Intelligence Battalion, 300th MI, were gathering clues and developing sources that led U.S. forces to a farm on the rural outskirts of the city of Tikrit, north of Baghdad. They thought they were on the trail of a man named Izat Ibrahim Al-Duri, the “King of Clubs.” The farm had a small shack with a bed and table inside. On the table, there was a pair of black leather boots. Next to the shack, under a slab of concrete, soldiers found a camouflaged spider hole. The shoulder-width entrance led to the 3-foot-by-6-foot underground hideout of Hussein.

Early on the morning of December 14, 2003, cheers broke out in the villas near the airport where Green worked.

“The source that divulged the location of Saddam Hussein was developed by our guys,” he said.

As a reward for their efforts, the 300th MI was allowed to keep Hussein’s black leather boots, recovered from the scene of the spider hole. Today, Hussein’s boots are on display in a glass case at the Utah National Guard headquarters building in Draper.

“My drive to use language and culture was immensely satisfied in the military intelligence field,” Green said of his experiences.

In 2008, he deployed again, this time to Afghanistan as part of Operation Enduring Freedom. Within the intelligence community, he has served as a platoon leader, executive officer,



**"My drive to use language and culture was immensely satisfied in the military intelligence field."**

—Col. Joseph Green

Left: Hussein's boots that were found with him at the time of his capture now are in a display case at the Utah National Guard's Draper headquarters. Right: Iraq most wanted playing cards are on display at the Utah National Guard's Draper headquarters.



Col. Joseph Green uses Star Wars as an analogy to describe the emerging era of the strategic linguist during the 2019 Military Intelligence Language Conference March 2, 2019.

operations officer, company commander, battalion commander, and now brigade commander. It’s been Green’s legacy to adapt the framework of the 300th MI from the Cold War-mentality of a near-peer—or decisive action fight—to a counterinsurgency fight. The focus has since shifted back to a hybrid of both

warfighting tactics. As commander of the 300th MI, Green now turns his attention to the future, where a new battlefield has reared its head: the cyber war.

Green painted a picture of the future, where Humvees and aircrafts are remotely piloted drones, and each one will have cameras and sensors picking up video and communications, operating deep in urban sprawls populated by millions of people. This future warfare will generate immense amount of data for military intelligence soldiers to rapidly comb through, to provide commanders with accurate and timely information to make split-second decisions.

“That’s the way military intelligence is evolving now. As we develop the intel-warfighting function, we’ve had to come up with tactics, techniques, and procedures with automation,” he explained.

No matter the danger, no matter the challenges ahead, he remains “fully committed.”

—Sgt. Nathaniel Free



# Finding George Part 1

Shot down over occupied France: How a Utah Guardsmen searches for answers to his family's World War II legacy



Lt. George Wilson

It was around 8 a.m. when they began their approach. Shortly before getting to their target, anti-aircraft fire ripped between the number one and two engines. Badly damaged, the crippled bomber had to leave the formation.

Along with the aircraft, B-17 pilot 1st. Lt. George "Frankie" Wilson, Jr., was also badly injured. With on-board communications down, co-pilot Lt. Vernon C. Atkinson, went to tell the crew that they would have to bail out. As the crew began jumping out, Wilson quickly realized that he was too injured to jump from the incapacitated plane. Wilson went down with the plane, ensuring the crew had ample time to jump, while avoiding significant landmarks on the ground. On July 8, 1944, the heavily armed bomber exploded into an empty field in northern France.

In June of 1944, World War II had come to a head. Allied Forces had just landed at Normandy and the German Luftwaffe had successfully launched its first V-1 rockets from coastal France to England. Rudimentary in their design and with a crude form of a guidance system, the flying bombs exploded indiscriminately.

Less than a month after the first V-1's were launched, Lt. George "Frankie" Wilson, Jr., of the 398th Bomb Group along with his nine-man crew boarded one of 23 B-17s on a mission to destroy a V-1 rocket site near Humières, France. This would be the crew's fourth flying mission together in the European front to push Hitler's forces off the northern coast of France and to stop the barrage of rocket attacks on London.



Above: Photo taken around 1944 of 1st Lt. George "Frankie" Wilson, Jr., 398th Bomb Group.

Left: Bottom left corner: Pilot 1st Lt. George "Frankie" Wilson, Jr., with members of the 398th Bomb Group. Wilson perished when his B-17 aircraft went down in or near Monchy-Cayeux, France, on July 8, 1944, ensuring time for the entire nine-member crew to jump to safety. Most crew members were captured by German soldiers.

PHOTOS COURTESY OF  
Eric Bornemeier



The details of the crews departure from the aircraft and subsequent capture by German soldiers was relatively unknown. Along with limited knowledge of those that were captured, was the rescue of one crew by members of the French resistance until Sonni Bornemeier and her husband Eric, a member of the Utah Air National Guard's 151st Medical Group, Detachment 1, began digging deeper into the events that transpired that morning.

In May 2018, while the Bornemeier family was celebrating Memorial Day the way they typically do, watching Band of Brothers and other war films, they collectively decided this was a story they wanted to know more about. "Right then and there we started this quest," said Eric Bornemeier "Lucky for us, we live in an age of technology and the internet that we just typed his name in and just started searching on the internet to see what we could find."

To the Bornemeier's amazement, details that would become the catalyst of this larger than life story of "Uncle George" and his fateful crash began to emerge. Through the discovery of a Missing Crew Report, they were able to discover more of the specifics of the mission. The MCR included certain aspects of the mission, location and personnel involved. They also acquired a KU report, the German equivalent of an event log which noted the location of the crash as well as the capture of several of the crew members.

"There were no details of where the crash was...and what happened to George," said Eric Bornemeier. "At the end of the war...they did a really good job trying to find where these soldiers had been buried, but in Georges case, there were things that didn't get done in full detail."

Bornemeier contacted local French journalist Pierre Vion, who also goes by the pseudonym "Le Gobel du Tenwar," with the hope that he could get the word out about his quest for answers. That night, Vion wrote a story and put it out on social media. To his amazement, several people who were able to recount that day came forward, including a local farmer who recalled stories his father had told about a plane crashing into their field during the war.

"He gave great details about how every time he farmed, he'd pull up metal and pieces," said Bornemeier "not only had he been told stories about the crash, but he'd seen actual physical remain of a crash."

With a strong belief that the plane had crashed somewhere near the town of Monchy-Cayeux, France, Tech. Sgt. Eric Bornemeier decided to make plans to travel to France to attempt to locate the crash site.

Bornemeier would soon be traveling to Morocco for a two-week humanitarian exercise, part of a joint state partnership program where the Utah National Guard and Kingdom of Morocco conduct military-to-military training. Bornemeiers leadership approved the travel request to take leave en-route before returning home to Utah.

The trip to France would potentially be the closest anyone from Bornemeier's family had been to George since his disappearance during the war.

*"This story is the first part of an ongoing series"*

—Tech. Sgt. John Winn

**LE GOBELIN DU TERNOIS**

**A la recherche du pilote George Wilson, disparu à Monchy-Cayeux le 8 juillet 1944**

3 JUL 2018 | Pierre Vion

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Erik Bornemeier est membre de l'US Air Force. Il a découvert que son grand-oncle, le lieutenant George Wilson, s'était écrasé avec son avion à Monchy-Cayeux le 8 juillet 1944. De passage en France à la date anniversaire de cet événement, il s'est mis en tête de rechercher des traces du crash et la sépulture de son aïeul. Il espère trouver de l'aide et des informations auprès des habitants du Ternois. Voici le courriel qu'il nous a envoyé.

« L'année 1944 a vu se dérouler quelques-uns des combats les plus acharnés de la guerre. Au mois de juin, les alliés avaient débarqué en Normandie et l'Allemagne se battait pour maintenir leur position. Des avions espions anglais avaient confirmé la production allemande de missiles V1 et localisé des usines et des bases de lancement au nord-ouest de la France. L'opération

Photo from a French newspaper clipping from Le Gobelin with the caption of:

Erik Bornemeier is a member of the U.S. Air Force. He discovered that his Great-Uncle, Lieutenant George Wilson, crashed his airplane in or near Monchy-Cayeux on 8 July 1944. Visiting France on the Anniversary of the event, he has taken the lead in the search for traces of the crash, and burial site of his Uncle. He hopes to find new leads from people in the area. Below is the message he sent us:

"1944 saw some of the fiercest fighting of the war. During the month of June, the allies landed in Normandy and German forces continued to fight to maintain their positions. English spy planes had confirmed the German production of the V1 Missiles, to include locations of factories and launch locations in the North-Western part of France...."

PHOTO COURTESY OF Eric Bornemeier

## The New Army Combat Fitness Test: The Answer To “Fitter, Deadlier Soldiers”

The Army is conducting necessary movements to roll out its new physical fitness test and is currently fielding millions of dollars in necessary equipment Army-wide. With the establishment of this new test comes a myriad of logistical challenges and other obstacles, however, this new program is necessary to build “fitter, deadlier soldiers” as April 9, 2018 Army Times article stated. For the Army to remain the most lethal force in the world, advancements in the medical, health and fitness fields must be incorporated into training similar to that of elite athletic programs.

**Army Combat Fitness Test: ACFT 101:** The test is implemented in three phases. Phase I, the Initial Operating Capability phase, takes place in select units across the Army beginning immediately. By Fiscal Year 2021, the Army Combat Fitness Test will be the test of record. The current events of the ACFT are (in testing order, top to bottom):



**Deadlift (Three Rep Maximum):** Soldiers have a maximum of two attempts to perform three continuous repetitions using a hexagon bar without “D” handles. The weight can be increased for the second attempt if desired. The heaviest weight successfully lifted three times is recorded.

*Hint:* Train for strength.

*Exercises:* Dumbbell Deadlift, Squat, Kettlebell Swing, Tire Flip.

*Focus:* Form, hip hinge, lift the weight up rapidly.

**Standing Power Throw:** Soldiers take one unrecorded practice throw and two recorded throws with a 10-pound medicine ball. The farthest throw is recorded.



*Hint:* Train for explosiveness.

*Exercises:* Kettlebell Swing, Medicine Ball underhand wall toss, Box Jump, Lunge.

*Focus:* Form, explode up as the weight is lifted or tossed.



### Hand Release Push up:

Two protocols are used in the IOC phase—the Arm Extended and the Hand Lifted methods. Soldiers are timed for two minutes, either lifting the hands or

extending the arms between each repetition. The highest number of repetitions performed is recorded.

*Hint:* Train for upper body endurance.

*Exercises:* Push up, Bench Press, Dumbbell Bench Press, Burpee with Push up.

*Focus:* Form, perform the movement rapidly.



### Sprint, Drag, Carry:

Soldier sprint 25m, touch the line with their foot and hand, then sprint back to the starting line. They then drag a 90-pound sled backwards across the 25m line, turnaround and pull it back across the starting line. Then shuffle laterally facing the same direction across the 25m line and

back across the starting line. Next, they run, carrying two 40-pound kettlebells across the 25m line and back across the starting line. Finally they sprint across the 25m line and back across the starting line to finish. The time lapsed from start to finish is recorded.

*Hint:* Train for endurance and grip strength.

*Exercises:* Sled Pull, Kettlebell Carry, Sprint Intervals, Standing Dumbbell Row, Pull up Bar Hang.

*Focus:* Form, superset multiple exercises to gain endurance and strength.



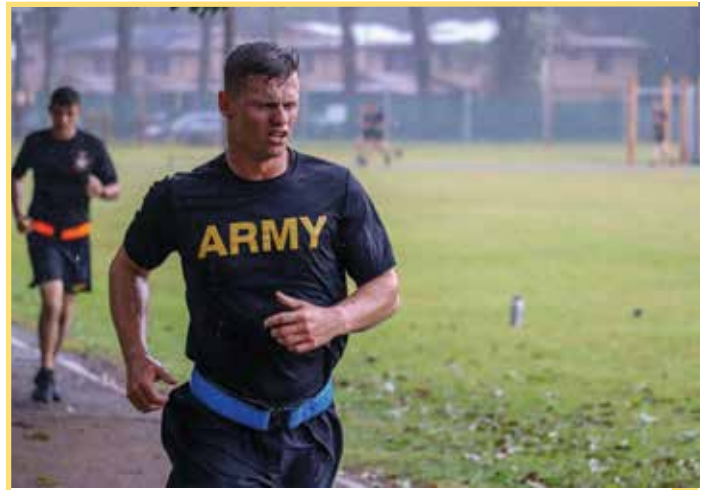


**Leg Tuck:** Soldiers grab the bar and hang with straight arms. On the command “GO” they raise their knees to touch their elbows and then return to the straight-arm hang and repeat. The highest number of repetitions completed is recorded.

*Hint:* Train core, shoulders and hip flexors.

*Exercises:* Leg Raise, V-up, Bridge, Walking and Marching Bridge, Lunge, Pull up.

*Focus:* Form, squeeze muscles at end of each repetition.



**Two-Mile Run:** Tests aerobic endurance. Soldiers complete the two-mile run in the allotted time.

*Hint:* Train with added weight.

*Exercises:* Running, Hill Run, Run intervals with weight vest, Cycling, Assault Bike Sprint.

*Focus:* Raise heart rate and maintain in the aerobic heart-rate zone (70-80 percent of max heart rate\*) as much as possible. \*Max HR formula: 220-age.

## What's changed? A comparison of the Army's new and old PT test

The chart below is a basic comparison of the Army's current Army Physical Fitness Test, which has been used for nearly four decades, and the new Army Combat Fitness Test, which will be implemented by October 2020.

	Current Test	New Test
<b>Name</b>	Army Physical Fitness Test	Army Combat Fitness Test
<b>Number of events</b>	Three	Six
<b>Events</b>	Push ups, sit ups, two-mile run	Strength deadlift; standing power throw; hand-release push up; sprint, drag, carry; leg tuck; two-mile run
<b>Standards</b>	Based on gender and age	Based on job and/or unit Age and gender neutral
<b>Rest time between events</b>	10-20 minutes	Two minutes between first five events and five minutes before two-mile run
<b>Maximum time to complete test</b>	Two hours	50 minutes
<b>Maximum score</b>	300 (100 points per event)	600 (100 points per event)
<b>Minimum score to pass</b>	180 (60 on each test)	To be determined

**Training for the ACFT**

There are many ways to prepare for success on the ACFT. Here are a few tips to guide you as you train.

**Build a progressive plan.** Don't expect to succeed on the test without training prior to the event. This is dangerous and ineffective. Start by building a sound fitness base for at least four to six weeks. Progress to basic compound exercises (multi-joint movements such as squats) that mimic movements performed during the events on the test. Practice these movements with proper form using lighter weight (up to 50 percent of assumed 1RM) to begin with. As form is mastered and strength is gained, progress by gradually increasing the weight.

**Seek knowledge and advice.** Doing your homework when it comes to training is crucial. Put your search engine to work to learn exercises, terms, and training methods so you will be better prepared. Regardless of your lifting experience, a coach can give you direction, correct form and will motivate and encourage you.

**Be persistent and consistent.** Be dedicated to your plan and stay motivated. Find your reason for exercising and set times each day for your workouts. Remember, this is not a quick process, it will take many weeks of consistent work, but it will be worth the effort. After all, it's your health and your career. Good luck!

**NOTE:**

Typically, endurance is trained using lower weight and performing four to six sets of 12-20 repetitions each with minimal rest between sets. Strength is trained in the opposite manner using higher weight and performing one to three sets of one to eight repetitions with longer rest periods. 📌

—By Staff Sgt. Daron Hill

*About the Author: Daron Hill, BS, USAW, CSAC, received his BS in Exercise and Sport Science (Kinesiology) with a minor in Nutrition from the University of Utah. He is currently a graduate student and working on his Certified Strength and Conditioning Specialist and Tactical Strength and Conditioning Facilitator certifications. He has trained athletes between the ages of 5 to 85 ranging from youth to professional levels for more than 12 years.*



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- 1 Avocado**
- 2/3 Cup Fat Free Cottage Cheese**
- 1 Tbls Lime Juice**
- Salt and Pepper to taste**

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RECIPE AND PHOTO BY Master Sgt. Tina Semanoff

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\*\* OR MIN. COMPONENT NOT MET

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## Yellow Ribbon: You have Questions, We have Answers

“I am never going to another Yellow Ribbon event, ever!” said an unidentified spouse of a deploying Soldier. She was surrounded by three children and a military husband desperate to make her happy. She was tired, angry, afraid, and felt alone in a sea

of families preparing to say goodbye to their loved ones. Why do we do Yellow Ribbon events? Why put ourselves through more briefings and information that takes time away from us as a family?

These are valid questions that deserve answers.

The Yellow Ribbon Reintegration Program or YRRP, is a government program intended to promote the well-being of National Guard and Reserve members and their families. Before we can appreciate the existence of YRRP, it’s important to know, since Sept. 11, 2001, until the beginning of the Yellow Ribbon program in 2008, families of deployed service members had limited access to helpful information and resources. They were truly alone. YRRP bridges that gap.

Attending a Yellow Ribbon event helps to answer the following questions: When a service member leaves for several months at a time, who is left to continue on, and what does it look like? What happens after you say goodbye? How does a spouse cope when all the well-wishes and “call if you need anything” are done? What do you do when the kids are driving you crazy, the washing machine floods, and the car doesn’t start? When the loneliness kicks in and no one gets it, where can you turn for understanding and comfort?

The questions are as endless as the deployment. The Yellow Ribbon program helps to provide the answers with information, resources and support at the onset of deployment so loved ones will know where to turn for a variety of potential

issues. After deployment, more information, support and benefits are provided.

So why does a program that is set up to assist and support the wellbeing of families and service members have such a bad reputation? The answer is more due to the situation, than the program. Families simply don’t like to be separated, and the Yellow Ribbon event is a reminder of a painful deployment on the horizon, or a recent one just completed. Understanding the positive benefits associated with YRRP is like adding a spoonful of sugar to bitter medicine. Instructions and information providing legal aid, job security, financial assistance, investment planning, healthcare questions, and who to call in an emergency are just a few topics covered at YRRP events.

Another deployment coming up? That means another Yellow Ribbon event—but information changes over time, and our memory is not always the best when it comes to stressful and painful memories. The repetition provided by YRRP is good, and re-kindling those valuable relationships is therapeutic to a family preparing for deployment.

As a seasoned spouse of a military veteran, what have I learned from this program? You never know when the information you get will save you in a time of need. While my husband was deployed, our adult daughter desperately needed support for substance abuse. I searched through our information from the Yellow Ribbon event and found a lifesaving program available to her. Without the YRRP I would have never found it.

Information is power, and for a family living through a deployment, that power is readily available through the YRRP. My hope is that all families who deploy will find one or two things from the Yellow Ribbon Program that will help them not just survive, but thrive through the deployment.

For more information or questions about the YRRP, please contact Yellow Ribbon Program Manager Vickie DeNovellis, Yellow Ribbon Program Manager, 801-432-4324, [Vickie.l.denovellis.nfg@mail.mil](mailto:Vickie.l.denovellis.nfg@mail.mil), Army National Guard; or Elizabeth Bryant, [elizabeth.c.bryant11.ctr@mail.mil](mailto:elizabeth.c.bryant11.ctr@mail.mil), 801-245-2860, Air National Guard. 🇺🇸

— Vickie DeNovellis

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room 209. Available to Airmen and Dependents.

**Airmen & Family Readiness Program Manager,**  
**Ms. Jill Lukes,** [jill.s.lukes.civ@mail.mil](mailto:jill.s.lukes.civ@mail.mil) or 801-245-2524.  
Building 210, room 216.

**Sexual Assault Response Coordinator, Mr. Nathan Reid,**  
[nathaniel.g.reid.civ@mail.mil](mailto:nathaniel.g.reid.civ@mail.mil) or 801-245-2617.  
Building 210, 2nd floor, room 222.

Deploying soon and need a Power of Attorney or Will?  
**Staff Judge Advocate Office, Major Jeffery Waddell,**  
801-245-2255, [jeffery.b.waddell.mil@mail.mil](mailto:jeffery.b.waddell.mil@mail.mil). Air Force Legal  
Assistance: <https://aflegalassistance.law.af.mil/lass/lass.html>

## The Online Battle

### 174th Cyber Protection Team Deploys

**D**RAPER, Utah — It was a call to action, 18 Utah Army National Guard Soldiers from the 174th Cyber Protection Team departed from the Utah National Guard headquarters in Draper, to Fort George G. Meade, Maryland, to join the online battle Jan. 2, 2019. They are part of Task Force Echo III.

The task force consists of 12 states working together under the 126th Cyber Battalion, based out of Massachusetts. The team will be defending the continuity and stability of U.S. infrastructure during its 400-day deployment.

“We live in an increasingly complex world,” said Maj. Gen. Jeff Burton, adjutant general of the Utah National Guard, in an opening statement at the team’s departure ceremony. “This nation is much more difficult to defend than it was a couple years ago.”

He went on to say that while Fort Meade might not be the deserts of the Middle East, the cyber domain is equally important, if not more so.

“There’s vulnerabilities in any system,” said Capt. Brandon Morris, commander of the 174th Cyber Protection Team. “We’re mitigating the enemy’s ability to affect operations in the cyber domain—both military systems and civilian systems.”



Eighteen Soldiers from the 174th Cyber Protection Team stand on the stage of the Utah National Guard's Draper headquarters during their departure ceremony Jan. 2, 2019.

ARMY GUARD PHOTO BY Ileen Kennedy

Put simply, the 174th Cyber Protection Team will be defending the American people at home and fighting to keep the lights on and the water flowing.

From the deserts of the Middle East, to the shifting sands of the cyber domain, Utah National Guard Soldiers stand ready to deploy, engage, and destroy the enemies of the United States, no matter the cost. 🇺🇸

— Sgt. Nathaniel Free  
<https://flic.kr/s/aHsm9hfKJP>

## Utah Air National Guard Fire Department assists local firefighters

**S**ALT LAKE CITY—Around 1:30 a.m. on February 22, Firefighter Russell Pressley, a driver/operator with the Roland R. Wright Fire Department was dispatched to Salt Lake City when the station received a call that a tanker truck loaded with fuel had been involved in an accident along I-15 southbound.

Pressley took one of the department’s three Oshkosh “Striker” fire trucks, which is specifically designed to respond to spray a compressed water/foam mix onto various fire types. The truck, which resembles something out of the movie Armageddon, sprays the water/foam mix that when applied to a fire, smothers the fire, and suppresses oxygen from reaching the flames.

“We use an AFFF, which is an Aqueous Film-Forming Foam. It’s mixed with water at a three percent solution. We have a 1,000 gallon water tank, and a 100 gallon tank of foam,” said Pressley. “We refilled three times on scene with water so that we could continue to add product (to the fire).”

The Fire Department has a mutual aid agreement with Salt Lake City whose jurisdiction includes the Salt Lake City Airport. While the airport maintains its own fleet of foam-mix trucks, they aren’t always able to leave site.



Firefighter Russell Pressley, a driver/operator with the Roland R. Wright Fire Department stands beside a Oshkosk “Striker” Fire Fighting truck March 11, 2019

at Roland R. Wright Air National Guard Base. Pressley responded to a tanker-truck fire on I-15 Feb. 22, 2019 and was able to assist local fire fighters with the specialized truck.

AIR GUARD PHOTO BY Tech. Sgt John Winn

“They do have these vehicles, but they need to maintain them at the airport to keep the airport operational,” said Pressley “If they take one of the vehicles out of service to go on one of the incidents, they would have to shut the airport down.”

Pressley said on average they get two to three calls a year to support local fire fighting efforts in the community. He also said, in addition to the trucks ability to carry the unique fire fighting mixture, it is capable of being operated by a single driver/operator, as was the case on this call.

According to the Utah Highway Patrol, the drivers of the vehicles involved in the incident suffered only minor injuries.

🇺🇸 — By Tech. Sgt John Winn





Members of the 65th Field Artillery greet the awaiting crowd upon their return from a Middle East deployment Jan 31 to the Rolland R. Wright Air Base, Salt Lake City.

ARMY GUARD PHOTO BY Tech. Sgt. John Wrinn

## 65th Field Artillery Brigade Home from Middle East

**S**ALT LAKE CITY— More than 100 Soldiers from the Utah Army National Guard’s 65th Field Artillery Brigade, ‘America’s Thunder,’ returned from a Middle East deployment on Jan. 31, 2019, at the Utah Air National Guard’s Wright Air Base, Salt Lake City.

“The Soldiers of this unit have completed, with honor, the mission assigned them in the U.S. Central Command area of responsibility,” said Col. Adam Robinson, commander of the 65th FAB. “Their efforts are in keeping with the finest traditions of the United States Army and the Utah National Guard. They represented well the citizens of the great state of Utah.”

The 65th FAB deployed in support of Operation Spartan Shield assisting CENTCOM in maintaining its military posture in Southwest Asia by strengthening defensive relationships, building partner capacity, and when necessary, exercising contingency plans. They served on this deployment for more than 10 months after leaving from the same air base, March 26, 2018.

“It is with great pride that I can say I am a member of the 65th FAB,” said Command, Sgt. Maj. Ryan Josie. “Soldiers in all locations performed above expectations and completed the mission. I truly believe that our soldiers are the best team you could pick.”

—Sgt. Nathaniel Free

<https://flic.kr/s/aHskN1x1jZ>

## Annual Scouting for Food Drive Brings Communities Together

**O**REM, Utah — Hundreds of Utah National Guardsmen, Boy Scouts and community leaders participated in the annual Scouting for Food March 16.

Truckloads of food were collected by local Scouts of Boy Scouts of America (Scouts BSA), who were assisted by civilian and military volunteers. The Soldiers and Airmen of the Utah National Guard then hauled the food to collection points located in several counties across the state.

“The programs of Community Action Services and Food Bank (in Orem) are designed to help the local community and lift people up,” said Dave Smith, the Orem site manager.

Guardsmen and civilians took up the call to serve in several areas, including gathering donations into the sorting bins, loading the bins onto the trucks, and hauling the goods to local warehouses.

In Salt Lake County, Lt. Col. David Cerchio, UTNG officer-in-charge at the Utah Food Bank, kept his team busy by helping employees unload the incoming trucks and organize the food throughout the warehouse. The hectic atmosphere required a lot of coordination, with forklift operators busy unloading pallets and rushing to get the next load.

Brenda Cockerham, Warehouse Manager at the Utah Food Bank, said that the annual drive brings many different varieties of food, which isn’t always the case with other donations. This variety allows them to meet the specific needs of food banks around the state. By meeting those needs, it allows the food banks to broaden their reach.

There are many families in Utah that live below the poverty line and have relied on these generous donations throughout the years. The collective efforts of the Scouts BSA and the UTNG has helped increase the number of people Utah food banks are able to assist every year.

— Capt. Lauren MacGregor and Sgt. Jordan Hack



Boy Scouts and volunteers unload food at the Community Action Services and Food Bank in Orem, March 16, 2019 during Scouting for Food.

ARMY GUARD PHOTO BY Capt. Lauren MacGregor



Team members with the 85th Weapons of Mass Destruction--Civil Support Team work alongside local and federal law enforcement to process an illegal large-scale clandestine laboratory in Paonia, Colorado Jan 8, 2019.

ARMY GUARD PHOTO BY Lt. Col. Chris Caldwell



A CST Soldier enters confined space in full gear to collect samples for Layton City Feb. 27, 2019.

ARMY GUARD PHOTO Courtesy of 85th Civil Support Team

## Large Drug Synthesis Operation Disrupted

**P**AONIA, Colorado — The 85th Weapons of Mass Destruction—Civil Support Team responded to a clandestine drug lab located in Paonia, Colorado after receiving a request for assistance from Salt Lake City Drug Enforcement Administration and Colorado’s 9th WMD-CST, Jan. 8, 2019.

The DEA was the lead federal agency on scene. The 85th CST worked with the DEA to systematically process the large volume of drug precursors and laboratory equipment. Hundreds of items were identified as evidence at the scene.

"It was initially thought that the items in this laboratory could be used to make drugs and possibly even homemade explosives," said Lt. Col. Chris Caldwell, 85th CST commander.

The 85th CST assisted in collecting and testing samples to help establish a presumptive analysis of the hazardous materials. The team’s Analytical Laboratory System and many other monitoring devices were used in the response. The response required multiple entries and concluded late into the evening.

"It was a great opportunity to work alongside law enforcement officers from the DEA, Delta County, and Mesa County," said Caldwell. "Due to previously established relationships, the CST was able to quickly establish operations and begin working at the incident."

It was apparent, given the large volumes of drug precursors identified on scene and positive testing of substances that a large drug synthesis operation was disrupted. 🇺🇸

— Lt. Col. Chris Caldwell

## CST Identifies Gas Odor in Layton

**L**AYTON, Utah — Just a couple of weeks after a contaminate was identified in drinking water in Sandy, Utah, some Layton City residents began complaining of a noticeable gas smell in their homes and water.

"We received a request on Feb. 27, 2019, for assistance from Layton City for two vehicles and nine Soldiers to assist in identifying an unknown chemical smell some residents were noticing in their homes," said Lt. Col. Chris Caldwell, commander of the Utah National Guard 85th Civil Support Team. "The local fire department was getting a reading for some volatile compounds, but needed our assistance in identifying what is was."

After determining it could possibly be a hydrocarbon (gas) leak into the ground water, the 85th CST made a confined-space entry using Self-Contained Breathing Apparatus on two Soldiers to take the water and air samples needed. This was critical assistance using highly trained National Guardsmen with sophisticated equipment unavailable to the city of Layton.

The samples attained had high levels of hydrocarbons and were given to local authorities to develop a plan going forward with residents. The 85th also assisted the Layton FD with inspection of the homes located in the area to check the levels of fumes still in their homes.

"This is what we train for," said Caldwell. "Working side by side with local agencies to help out our own neighbors. It doesn't get much better than this." 🇺🇸

—Maj. D.J. Gibb

<https://flic.kr/s/aHskN1x1jZ>



## Nuclear Operational Readiness Exercise

**R**OLLAND R. WRIGHT AIR NATIONAL GUARD BASE, Utah—The 151st Air Refueling Wing's commitment to full spectrum readiness is a true force enabler which ensures its Airmen are prepared to win any conflict, anywhere, anytime. The concept of full-spectrum readiness ensures consistent maintenance and training of personnel, platforms, systems and partnerships.

“Starting 2019 marks the beginning of an aggressive exercise road map,” said Lt. Col. Nathanael Jones, of the 151st Air Inspector General's Inspections team. “The 151st Air Refueling Wing will execute 18 different exercises this year alone.”

Exercise length is scenario dependent and could be from a few hours to several days. Scenarios will include samples from each wing functional area, spanning operations, maintenance, aerial port, aeromedical and agile combat support forces.

“Robust, realistic and relevant wing training and exercise programs are the essential tools we use to validate the quality of the wing's combat readiness,” said Jones. “High standards and realistic training ensure the wings ability to maintain an effective level or readiness.”

The upcoming exercises will test KC-135 aircrews, bomber training flights, maintainers, command and control elements and leadership in maintaining a strong strategic deterrent while restoring military readiness in a nuclear environment.

“This exercise provides valuable annual training for all Utah ANG members in supporting our nation's top mission priority of Strategic Nuclear Deterrence,” said 151st ARW commander Col. Kurt Davis.

The public can expect to hear multiple alarms from this base throughout the year. These alarms are intended to alert aircrew to report to aircraft in an expeditious manner.

“America is building a more lethal and ready Air Force. Restoring the readiness of the force is the top priority,” said Chief of Staff of the U.S. Air Force, Gen. David L. Goldfein.

—Maj. Janine Smith

## The 30th Annual Military Intelligence Language Conference

**D**RAPER, Utah—What started in 1989 as a small gathering of individuals in the language and intelligence communities has grown into a massive platform for networking and discussion attended by more than 700 professionals from government, academic and private sectors around the world. Attendees came from 37 state and four foreign countries to this year's event, titled “The Language-Intelligence Enterprise.”

“This is the largest event of its kind,” said Mr. Gralyn Harris, from Fort Gordon, Georgia. “The Army language community plans its entire year around this weekend.”

This year didn't just set new records in terms of attendance, but representation from each of the Armed Services were present for the proceedings.

The event was headlined by Lt. Gen. Timothy Kadavy, Director of the Army National Guard, as well as Sgt. Maj. Dennis Eger, the Department of the Army Sgt. Major for Intelligence Operations. Experts from policy centers and think tanks were also on hand to provide insight and answer questions during a special panel titled “The Future of the Intelligence Enterprise.”

But the biggest draw of the weekend was by far the 2019 Polyglot Games, a language-skill competition that pitted teams from every service against one another in a grueling test of functional language skill, cultural competency and regional expertise in seven different languages.



Sgt. Maj. Dennis Eger, Department of the Army, answers a Soldier's question during his keynote presentation “The Value of a Trained, Ready Intelliguist.” ARMY GUARD PHOTO BY Rebecca Paez

In the end it was a 300th Military Intelligence Brigade team that stood triumphant. However, all participants finished with a better understanding of language enhancement and cultural proficiency.

“That's the goal,” said Capt. Charles Beckmann, lead planner for the conference and the Polyglot Games. “The whole point is to make sure everyone attending this event walks away with a new appreciation for the important role language plays in the Intelligence Enterprise. No language, no intelligence.”

The next Conference will be held March 7-8, 2020, and will be titled “Proficiency with a Purpose.”

—2nd Lt. Corinne Galland



Lt. Gen. Scott Rice, Director of the Air National Guard; Maj. Gen. Jefferson Burton, adjutant general; Brig. Gen. Christine Burckle, assistant adjutant general-Air; and Command Chief Master Sgt. Ronald Anderson, Air National Guard, present challenge coins to selected Airmen at the All Airmen briefing Jan. 12, 2019, held at the Roland R. Wright Air National Guard Base.

AIR GUARD PHOTO BY Tech. Sgt. Joe Davis

## Director of the Air National Guard visits Utah

**S**ALT LAKE CITY — Lt. Gen. Scott Rice, director of the Air National Guard, and Command Chief Master Sgt. Ronald Anderson, Command Chief Master Sgt. of the Air National Guard, visited the Roland R. Wright Air National Guard Base, Jan. 11-12, 2019.

As part of their trip, Rice and Anderson met with Airmen of the 151st Air Refueling Wing, toured the facilities, and met with squadron and senior leadership. Rice and Anderson also took questions from the Airmen, stressing the need to take care of themselves, their families and each other.

“I want to thank you for one, doing the mission,” Rice said. “How we balance that in our life is the heart of what I want to

thank you for. Staying physically fit, being mentally challenged, completing your education, being thoughtful, faithful, and most importantly, your respect for others.”

“We have a real challenge in our society now,” Rice added. “Sexual assault, badgering and disrespect towards each other is unacceptable in our organization. Being disrespectful towards where someone comes from, their background, their color, their religion, or their sexual orientation is unacceptable in our organization. So I thank you for being respectful to the people within our organization. We have a long way to go.”

Rice and Anderson explained the reason for their visit was to express gratitude for the work Utah’s Airmen do on behalf of the nation, and to learn how they can better.

“Gen. Rice and I walk through your organization, we speak to your Airmen to better understand what it is that you need,” Anderson explained. “It is important to me to learn how can we continue to motivate you, and give you what you need to give you the best opportunity to succeed.”

“There is a reason why there is an insatiable appetite for our air tanker community, and what we bring to the fight,” Anderson added. “We haven’t always had the credibility we have in the Air National Guard right now, and there’s only one reason why that is: that’s every one of you; it’s what you bring to the fight.”

That evening, Lt. Gen. Rice, his wife Nancy, Command Chief Master Sgt. Anderson, Maj. Gen. Jeff Burton and Utah Army and Air senior leadership participated in the Airman of the Year Banquet held at the Utah Cultural Celebration Center.

“We had a great day today sharing the Utah Air National Guard’s story with Lt. Gen. Rice and Command Chief Master Sgt. Anderson,” said Brig. Gen. Christine Burckle, commander of the Utah Air National Guard. “Today has been a special opportunity to share our story, and to hear from the senior-most leadership in the Air National Guard.”

— Maj. Ryan Sutherland

## Utah Men and Women take GOLD at the National Biathlon Championship

**C**AMP ETHAN ALLEN TRAINING SITE, Vermont— For the first time ever both men and women for Utah’s Biathlon Team took gold in the 2019 Chief, National Guard Bureau Biathlon Championship, Feb. 24 to Mar. 1, 2019.

The UTNG Biathlon Team sent two women and eight men to the competition. Utah won three Gold, four Silver and three Bronze individual medals. In the team events the Utah men took first place in the Relay Race, beating the second place team by more than three minutes, and second place in the Patrol Race.

While Utah did not have enough women to qualify for the team events, it did not hinder their overall result. Utah was able to do what no other state has ever done; capture both the overall women’s and men’s first place trophies.

— Sgt. First Class Shawn Robison



Staff Sgt. Derek Whitney competes in the Sprint Race, Feb. 24. ARMY GUARD PHOTO BY Officer Candidate Nathan Rivard

This year’s team consisted of Col. Larry Henry (19th SF); Col. Robert Douglas, Silver & Bronze Medals (19th SF); Maj. Daniel Morken (JFHQ); Maj. Barbara Blanke, two Gold Medals (640th RTI); Capt. Rebecca Doucette, Silver & Bronze Medals (65th FA); 1st Lt. Jeff Sonderegger (1-211th ARB); Sgt. Maj. Shawn Blanke (19th SF); Staff Sgt. Jeremy Teela, Gold & Silver Medals (489th BSB) also served as Coach; Staff Sgt. Derek Whitney, Silver & Bronze Medals (141st MI BN); and Spc. Tadhg Nakada (489th BSB).



# Utah's HRF Trains for the Worst

**C**AMP WILLIAMS, Utah — Utah National Guard Homeland Response Force members donned full chemical suits to respond to simulated fallout from a 10-kiloton nuclear explosion, March 22-24, 2019.

With approximately 580 Soldiers in its ranks, the HRF is designed to respond to landscape-altering events such as chemical, biological, radiological, nuclear and explosive (CBRNE) attacks, in addition to natural disasters such as earthquakes or wildfires. Ultimately, these men and women are in the business of saving lives.

“My emphasis is we’ve just got to be prepared,” said Col. Steven Brenchley, HRF commanding officer. “We are one of 10 units in the country with this capability. If something were to happen on the west coast, we would be the ones to respond.”

Around 270 HRF troops gathered at Camp Williams to complete an annual external evaluation. Soldiers searched rubble piles for victims, took necessary steps to decontaminate nuclear particles from their bodies, and then provide medical assistance.

“It’s important to get (training) down to the smallest details,” said Col. Ryan Robinson, deputy commanding officer of the exercise. “We’re dealing with human lives—saving lives. We have to mitigate suffering.”

Those human lives were portrayed by real people. Role players took part in the training and even dressed in full triage. They gave the Soldiers a run for their money with a malady of ailments ranging from illness to complete dismemberment and even death.

“We received a mass email that went out to everyone in EMT Utah,” said Nicholas Carico, a Utah Valley University student and emergency medical technician trainee and one of the simulated injured role players. “We get the experience here of seeing how to handle a mass casualty, and that helps us know how to act—both here in this exercise and on the other side when we are the responders.”

“They’re taking it really seriously,” said Mallory Langford, a University of Utah medical student who got the honor of playing an amputee trapped in a fallen structure. “We are given our injuries and ailments ahead of time, and we play the role and keep in character.”

Having actors in the triage role adds the element of human emotion to the training and creates real scenarios, such as patients not immediately complying with instruction. Soldiers learn coping skills and how to de-escalate situations. Human emotion adds a degree of reality simply not found using training dummies and aids.

HRF Soldiers train in situations like these so they can be ready to deploy rapidly to areas of need. Designed to deploy within 6-12 hours, Soldiers spend the year honing their techniques and then test their capabilities at external evaluations such as this one. They train in simulated situations so they can respond and react to real situations.

While a 10-kiloton nuclear blast creates a bold headline, HRF Soldiers also train for the more likely events to occur in the Utah, such as earthquakes, flooding, wildfires and significant weather events.

“We do train for those more likely events, such as storms and earthquakes,” Brenchley said. “Last fall we (HRF) were involved in responding to the devastating burns in Utah County. We deployed and did some flood mitigation. We have the manpower, vehicles and equipment to help and support requests both locally and distant. That’s really why we’re here. Saving lives and helping those in need.”

## AIR PROMOTIONS

### MAJOR

Castillo Wilmer R  
McDowell Andrew R

### MAJOR

Gines Steven B

### FIRST LIEUTENANT

Alexander Richard Houston  
Reed Sydney B

### SECOND LIEUTENANT

Anderson Jacob D  
Call Jesse Charles

### CHIEF MASTER SERGEANT

Decker Scott V

### SENIOR MASTER SERGEANT

Dale Ronnie L

### MASTER SERGEANT

Christie Trevor N  
Hewitt Paul Charles  
Margallo Dennis  
McBride Maurice S  
McWhorter Spencer Alexander  
Thain David Scott

### TECHNICAL SERGEANT

Baca Anthony G  
Bell Zachary J  
Bowling Emerson Tory  
Burt Ryan M  
Church Kenneth G  
Dodson James Bennett Iv  
Forbes Brandon R  
Guymon Brendon K  
Hardman Matthew W  
Hughes Justin M  
Itliong Brian Malala  
Kaldhusdal Sean C  
Leakehe Talon M  
Lister Randall C  
Moeller Stephanie Michelle  
Rodriguez Jeremy R

Ruiz Kiele Lynn  
Vasquez Egusquiza  
Joseph Benjamin  
Vigo Marie F

### STAFF SERGEANT

Garcia Victor A  
Hamilton Colton B  
Jacobs Caleb Russell  
King Kaden C  
Moray Kyle J  
Northrup Joshua D  
Reed Bradley A  
Schneider William H  
Slagowski Sam K  
Spires Alyssa M  
Stignani Kyle N  
Tanner Seth Michael  
Watt Jordan D

### SENIOR AIRMAN

Arnold Daxton D  
Bohman Haakan K  
Brown Andrew Jacob  
Clay Kaden G  
Cooper Kyle J  
Ehlert Cason Drew  
Kadleck Amanda Carroll  
Ligeza Nicole K  
Negrete Ernesto  
Ockey Jordan C  
Squire James S

### AIRMAN 1ST CLASS

Alofipo Centennial V  
Barnhart Carson D  
Billings Joziah L  
Davis Kiera L  
Fjeldsted Ryan J  
Lane Michael T

### AIRMAN

Bowthorpe Shane P  
Nielson Donovan C



A Utah National Guard HRF Soldier treats a role player during nuclear fallout scenario exercise at Camp Williams, March 23, 2019. PHOTO BY Ileen Kennedy

# ARMY PROMOTIONS

## COLONEL

Parsons Robert Meade

## LIEUTENANT COLONEL

Brown Patricia Anne  
Eissinger Che Charles  
Lawson Kimberly Kaye

## MAJOR

Fuller Paul Steven  
Jones Eric Lynn  
Luu Jonathan Jungleung  
Marden Chad Dewayne  
Munns Rylee Boyd  
Newman Kyle Daniel  
Pierce Sterling Preston  
Thompson Michael Allen  
Vandenbrink Stephanie N  
Worthen Keisha Lyn

## CAPTAIN

Anderson Brian James  
Arvig Andrew Allen  
Barnes Gregory Allen  
Brenchley Jeffrey Taylor  
Bybee John Matthew  
Cox Benjamin Wayne  
Jackson Paul Elias  
Meinhardt Breanne  
Miller Trenton Dee  
Peterson Dallin David  
Scott Samuel Carl  
Walker Zackary Earl  
Wright Adam Garrett

## FIRST LIEUTENANT

Ashford Andrew David

## SECOND LIEUTENANT

Groesbeck Gregory William  
McNeil Skyler Mitchell  
Minkler Andrew Garrett  
Moomey Mark Thomas  
Nyland Paige Elizabeth  
Rathke Nicholas Steven  
Selee Taylor Ryan

## CHIEF WARRANT 5

Harris Travis Laverl

## CHIEF WARRANT 4

Ahlborn Evan Scott  
Allmon Kenneth Lynn  
Brusik Richard Michael  
Hansen Bradley Allen  
Robertson Brent Russell

## CHIEF WARRANT 3

Berry David W  
Christianson Shane Wright  
Curtis Bryce Stuart  
Merrill Gary Paul

Mitchell Daniel Thomas  
Young Jeremy Craig

## CHIEF WARRANT 2

Coons Preston Brozell

## CHIEF WARRANT OFFICER

Armantrout Danielle Gale  
Bowman Tycen Edward  
Christensen Trent Phillip  
Justet Tyler Kimble  
Lopez Angel

## SERGEANT MAJOR

Austin Wayne Given Jr  
Hicks Frank Jason  
Whatcott Garrett H

## FIRST SERGEANT

Day Chevonne Aimee  
Knight Samuel Roman

## MASTER SERGEANT

Brown Daniel Kent  
Christensen Cole R  
Markland Clint Ray  
Obannon Skyler Drake  
Roper Weston John  
Semanoff Tina Noell  
Sudler Brian Samuel  
Tippetts Chase  
Trujillo Desiree Lee

## SERGEANT FIRST CLASS

Ashworth Brady William  
Barney Trent M  
Bishop Levi Del  
Boren Jason Frederick  
Brady Jennifer Leah  
Brewer Joshua K  
Burt Steven Noel  
Cahoon Shawn Erwin  
Engberg Patrick Levi  
Grant Marty Allen  
Hammond Bradley Robert  
Hinderman Jonathan Michael  
Johnson Justin Howard  
Johnson Michele Brook  
Lee Jennifer Ann  
Liessmann Robert Joseph  
Meryhew Kurt W  
Morrison Raymond Patrick  
Skougard Jacqueline Taylor  
Spalding Matthew John  
Tucker Micheal Anthony  
Vaughan Glen Andrew  
White Zachary Benjamin  
Whitman Jason Allen  
Yates Michael  
Young Bradley Darrell  
Young Corina Dawn

## STAFF SERGEANT

Adamson Joel David Jr  
Aitken Robert Travis  
Atkinson Sean Kyle  
Calton Lyndsey Michelle  
Carter Kegan James  
Chavez Dante Enrico  
Christensen Derrick V  
Combe Chase Kim  
Crowther Mark Spencer  
Davis Alex Jeffrey  
Dietz Michael Daniel  
Ek Riley Alan  
Evans Cody James  
Fawcett Joshua Michael  
Garrett Jaryd Arnold  
Gomes Jubal James  
Gressmen Donald Jaidon  
Halliday Jeffrey Michael  
Hankins Joshua David  
Heise Julio Estuardo  
Henry Major Titan  
Holden Jacob Thomas  
Homer Charles Scott  
Hughes Sarah Kathleen  
Huish Scott Andersen Jr  
Jackson Christopher Scott  
Johns Justin Vernal  
Kaldor Matthew Warren  
Manning William Madison  
Mason Jonathan Douglas  
Meacham Justin Jonathon  
Mull Addison Fynn  
Naylor Daniel James  
Nielson David Eric  
Parker Brendon John  
Parker Scott Bryce  
Pentico Richard Alan  
Peterson James Albert  
Quichocho Gerome Pauldebil  
Ralphs Joseph Edward  
Reeder Anthony David  
Reedy Cora Ann  
Rico Neiro Fernely  
Saenz Carmen  
Saybolt Shawn Thomas  
Shelley Joseph Erick  
Sillitoe Derek Phillip  
Spinhirne Aaron Joseph  
Tangren Nathan Michael  
Thomas Wayne Richard  
Thronson Tyler James  
Topham Jerney Sheldon  
Vigil Dominic Aaron  
Wallingford Stephen Mac  
Williams Jerry Rick

## SERGEANT

Adams Brian Williams  
Alford Colton Jake  
Antonich Brayden Robert

Arencibia Antonio Ramon  
Bagley Benjamin Merle  
Baird Andrew Peter  
Barranco Adrian Ike  
Black Michael David II  
Blankenship Kevin Daniel  
Branch Hayden Joseph  
Burton David William  
Carter Matthew James  
Caruso Adam Joseph  
Cather Dakota Paul  
Christensen Joseph Dix  
Christensen Luke Steven  
Christensen Nathan Victor  
Christiansen Tyler Klinton  
Churchill Trevor Mackenzie  
Cooper Tayler  
Dahl Tyler Jay  
Davis Jeffrey Glenn Jr  
Davis Samantha Peatross  
Eagar Ross Calma  
Elkins Christopher Scott  
Elliott Paris Anderson  
Englestead Jarom David  
Erdene Austen B  
Erickson Jordan Michael  
Fillmore Landon Jeremy  
Flores Karen Lizbeth  
Fotheringham Austin J  
Garita Jose Ernesto  
Gifford Joshua Greg  
Gleason Collin Anthony  
Gleason Jordan Thomas  
Gonzalez Davian  
Graham Shea Michael  
Green Jordan Scot  
Haines Matthew William  
Hall Travis Christopher  
Hansen Dustin James  
Hansen Otto Travis  
Harris Parker Scott  
Harrison John Edward  
Henrie David Earl  
Horan Elizabeth  
Horrocks Brock Kohler  
Iluzada Benjamin Juliuskua  
Isaia Latwer Kekoolani  
Jackson Adrian Dale  
Jensen Taylor Andrew  
Jensen Taylor Michael  
John Marcus  
Kauffman Jacob George  
Kawai Joshua Reeveshideo  
Kibler Erin Melissa  
Knuth Samuel Thomas  
Kroll Alyssa Louise  
Kuhnen Scott David  
Kunzler Matthew Crosby  
Larsen Mitchell Todd  
Lawrence Kaitlyn Claire  
Lobato Gino Lorenzo

Marchant Brandon Michael  
McCathrin Erik Lee  
McElroy Mark Anthony II  
McFadden Brianna Kelsey  
Memmott Jacob Remington  
Mendezcorona Noe  
Monson Kristopher Jorge  
Montoya Monica Rose  
Mulitalo Raymond  
Munford Scott Robert  
Munoz Jesus Cruz  
Ostler Austin Lee  
Palmer Kyle Steven  
Pope Dalton Lance  
Pratt Christopher Corbin  
Prisbrey Tristan Chad  
Prounh Pang  
Pullan Kyle Kevin  
Pyle Michael Alan  
Ramirez Ismael Bedolla  
Rasor Garrett Allan  
Reed Jason Cheney  
Reed Ty Jordan  
Reich Connor Leigh  
Roberts Carson Reece  
Scrivner Shane Michael  
Shirra Colton Dean  
Sirriner Tanner J  
Slagowski Benjamin Leo  
Sorensen Dustin Tyler  
Sorenson Jacob Samuel  
Spilman Tanner Chase  
Stephens Anthony Wade  
Stocks Joshua Jack  
Swann Christopher David  
Swartz Benjamin Bruce  
Thompson Brandon Reece  
Thompson Joseph Robert  
Thompson Sara Elizabeth  
Tsiibu Samuel Nana  
Walker Jacob William  
Wallace Spencer Bennion  
Westover Jacob Taylor  
Wilson Bradin Grant  
Winward Robert Michael  
Wolfley Benjamin David  
Worsham Cameron Alan  
Wright Zachary Clint  
Zimmermann Colby Justin

## SPECIALIST

Alarcon Maria A  
Avery Brenan Tyler  
Baires Ismael Enrique  
Batt Jayden Robert  
Bayardo Andy Abel  
Bear Tyler James  
Benally Tori Alonda  
Bennett Shawn Dale  
Berry Preston Wayne  
Best Justin Eldon



Biggs Austin David  
Brode Bronson William  
Burnside Trevor McKay  
Castillo Sebastian Jose  
Christensen Mandee  
Combe Scott Keith  
Conte Robert Nicholas  
Coyle Tarl James  
Davis Christian Carter  
Dunwoody Michael Edward  
Enongene Gerard Belle  
Floyd Mattingly Benjamin  
Freeman Cory James  
Garner Carson Matthew  
Grierson Sumner Alexander  
Gustafson Gabriela M  
Hall McGregor Ira  
Hardman Taylor Reese  
Harris Cameron Michael  
Harris Landin Jd  
Holdaway Cash David  
Holdaway Christopher Alan  
Hollowell Montana Paul  
Jessop Jordan Taylor  
Larsen Taylor Richard  
Lee Nikki Christopher  
Leprich Brody Aron  
Lund Daniel Karl  
Macguire Vincent Michael  
McDonald Colten Isaac  
Merchant Dakota Cheyenne  
Meservy Craig Hatch  
Moore Robert Josephlige  
Myers Dawson Rand  
Newburn Jonathan Lee  
Nolan Jacob William  
Nowels John Morgan  
Opdahl Jerod Jerome  
Parry Robert Allen  
Penagamez Angel Eduardo  
Peterson Jenifer Lynn  
Peterson Kevin Scott  
Peterson Travin Scott  
Pili Derrick Dean  
Poe Tanner Mavrik  
Reed Kip Waldon  
Rex Ryker Rees  
Roberts Joshua J  
Roberts Terron Kevin  
Robinson Jerry Tyrel  
Romerorodriguez Josedejesus  
Scotland Ryan William  
Sewell Anna Malialuna  
Sierra Johngregory  
Smith Zachery John  
Stott Payton Cache  
Thomas Jeffrey Daniel  
Thomson Gregory Alexander  
Tidwell Christopher Cole  
Tomisin Brock Thomas  
Trevino Alexandria Marie  
Trowbridge Kade Kalen  
Vogl Nathaniel Thomas

Wall Dillon Nicholas  
Warr Michael Dean  
Webber Justin Chase  
Wilkin Tiara Marie  
Wilson Tyler C  
Winn Andrew  
Zamorajimenez Gustavo

### **CORPORAL**

Averett Jason Wyatt  
Bird Braxton Stanley  
Carter Derik  
Deveraux Braxton Corey  
Downward Shadrick Shawn  
Hall Jesse Legrande  
Hammond Zackary Oberon  
Harris Kirby Leroy II  
Kitchens Brett Lee  
Knuckles Tyler Robert  
Larson Chad Alan  
Lavallee Michael Joseph Jr  
Malcolm Ethen Richard  
McCarthy Jasmine Marie  
McDonough Casey Obrien  
Miller Michael John  
Miyamoto Brady A  
Morgan Luke Young  
Robinson Christopher J  
Rollins Braeden Rance  
Schwinghammer Danny James  
Silva Alexandra Najone  
Stumph Cody David  
Young Sydnee Erin

### **PRIVATE FIRST CLASS**

Aiuto Devin Lee  
Anderson Breonah Marie  
Anderson James Tucker  
Andrews Adam Leo  
Barlow Charles Allen  
Barranon Alberto Axel  
Barton Justin R  
Bell Brianna Rene  
Bettridge Megyn Rae  
Bisk Carter Stuart  
Black Patten David  
Borders Braxton Keith  
Bruderer Brayden Lane  
Bukuru Marcel  
Bunting Dallin Willard  
Cabero Jose Enrique III  
Campbell Brandon Curtis  
Carlson Emily Michelle  
Castro Ayslin Delora  
Christensen Kelton James  
Clancy Tyler James  
Copeland Preston Scott  
Cordova Marcelino Maurice  
Crane Jaden Lance  
Dalling Luke James  
Davis Tanner Jay  
Dayton Christopher Richard  
Draper Esther Elaine

Duran Luis Antonio  
Ewart Jared Micah  
Garbett John Erikeugene  
Grondel Bradon Richard  
Hansen Anthony Sean  
Hansen Stockton J  
Henze Jacob Emil  
Hernandezalmazan Brandon R  
Horman Kambree Rayel  
Ika Loketi F  
Jespersion Jacob Reed  
Jessop Marvin  
Johnson Jace Parker  
Johnson Jacob Daniel  
Johnson Trevor Jacob  
Kammerman Jared Calton  
Larsen Collin Archie  
Laureano Isaiah Emmanuel  
Leo Garrett Robert  
Louder Jaxon Boyd  
Mafoa Filivalea  
McCord Alexander Ivins  
McCulley Corbin L  
McEwen Stephanie Ann  
Mercier Wesley Gerrard  
Miller Dyllen Samuel  
Miner Jared Dotson  
Mismash Mason Bracken  
Morley Kyle Aaron  
Nelson Katie Anne  
Nielsen Rebecca  
Oltehua Francisco Jeremy  
Osguthorpe Colton Avaron  
Pai Mailelalui Kanehe  
Price Joshua Hunter  
Salisbury Spencer Gary  
Sharum Payton William  
Shearer Bradley Austin  
Sinon Kevin Scott  
Smith Sidnee Malynn  
Smithchecketts Micheal W  
Snyder Zachery Vincent  
Sorensen Nathan Kendell  
Soto Jorge Alberto  
Tanner Holden Daniel  
Taylor Bradley William  
Vaughan Jesse Hunter  
Washingtonflorez Joseph A  
Wells Austin Lee  
Woodard Daniel Wyatt  
Zimmerman Katie Heather

### **PRIVATE (PV2)**

Abelhouzen Chandler Ridge  
Alba Chaz  
Alleman Garrett Andrew  
Alvarenga Zachary Tyler  
Anderson Cole Thomas  
Bedell Kalani Edward  
Black Parker Jens  
Burt Kade Matt  
Callahan Tallon Kip  
Carter Spencer Perry

Cebrowski Benjamin B  
Chavez Mario Manuel  
Cox Adam Christopher  
Dalto Blake Joseph  
Davey Gavin Zachary  
Dees Richard Wade  
Duval Jared Daniel  
Farrell Drew Scott  
Ferrin Riley Trent  
Fraughton Dallan Curtis  
Frost Sam Pietermalietoa  
Fullerton Shaiden Russell  
Furniss Holbrook Alan  
Gerhardt Caleb Matthew  
Gilmore Maurine  
Glatz Sarah  
Good Jasper Robert  
Gorringer Braxton Keith  
Hall Christian Duran  
Hansen Michael Brooks  
Harter Kellen Luke  
Hernandez Miguel Gaspar  
Hillyard Claye Michael  
Hopkins Kareem Abdule Jr  
Iverson Marcus David  
Ivie Makenzie Hendrika  
Jarnagin Eli Tyler  
Johnson Starla Shawnon  
Jones Taylor Robert  
Justice James Luke  
Kitchen William Anders  
Krashowetz Michael Kailen  
Laney Sheldon Scott  
Leon Kaden Humberto  
Liau Gordon Jamescaw  
Lobatoyanez Angel  
Loerabustos Isis  
Love Jeremy Robert  
Marsh Mickle  
McGiven Austin Grant  
Medsker Justin Michael  
Meier McKay Craig  
Mockbee Richard McKay  
Moeai Nofoaigaapua S  
Mohler Michael Gary  
Monroe Dalton McKinley  
Nelson Cobe Lowman  
Nielsen Grayden Glenn  
Pantaleon Geronimo Medel  
Pantojavarela Anthony  
Pentz Summer Breeze  
Russell Jaden Cole  
Salazarcastillo Jesse J  
Shiner Cade Eugene  
Taylor Keith Scott  
Taylor Noah John  
Tippets Dalton Scott  
Wells Thomas Bruce  
Wiseman Colby Guy  
Wolfe Dylan Edward  
Yoshikawa Jeremiah Vance

### **PRIVATE (PVI)**

Allan Tate  
Branin Jaeden Michael  
Burlison Kasey Craig  
Carter Dexton Shane  
Choi Brandon  
Christensen Stetson Adam  
Clark Brenden Spencer  
Cly Christian Jimmy  
Cooper Cenedra Lee  
Corona Eunice  
Cox Casey Edward  
Cummins Jonathan Randall  
Doman Collin Matthew  
Ekker Jaden Riter  
Emfield Jenet Lori  
Fields Lance Owen  
Filoso Noah Spencer  
Fordham Braycen Lowell  
Frampton Taylor Rodney  
Goldtooth Ruben Garrett  
Grace Kenneth Arthur  
Hattaway Tj Allen  
Heath Ian Clifford  
Higdon Ryan Christopher  
Howard Isaac Lawrence  
Jacobsen Dakota Chavez  
Jewkes Jacob Allen  
Johnson Braxtin D  
Judd Austin Nicholashehn  
Julian Taylor Creed  
Karren Gage Michael  
Kime Catherine Rose  
Leavitt Ethan Punter  
Lee Jack Michael  
Lewis Colton Cade  
Loomis Benjamin Sawyer  
Lunt Hunter Chad  
Manns Maurice Mondrae II  
Miller Christopher Sean  
Miller Nathan Elijah  
Murphy Joshua Austin  
Ogden Riley Jean  
Oldham Alexis Nicole  
Ownsbey Samantha Lynn  
Penrod Jaden Richard  
Phillips Thomas Wayne  
Pia Justin Todd  
Pierce Preston Dahle  
Rodriguez Carson Steven  
Roundy Darrin Paul  
Sawyer Dylan James  
Schick Talon Washington  
Terry Toren Christopher  
Thomas Derek Lawrenceshade  
Valdiviezobalderrama Jesus  
Wilcock Micah James  
Wilcox Joseph Coombs  
Williams Joshua Michael  
Willson Tyler Curtis  
Wilson Ryan Randy  
Wolf Ryan Alexander  
Wolfe Darby Lyle  
Yoder Cameron Jade

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Draper, Utah 84020

## MARKSMANSHIP

Sgt. Eric Armijo, assigned to the Small Arms Readiness Training Section, prepares for the 2019 Utah National Guard TAG Marksmanship Training Sustainment Exercise (A.K.A. "TAG Match"), a state-wide shooting competition held on March 21, 2019. The competition focused on M16 and M9 competencies. The 23rd Army Band took the top honor, winning the TAG cup for the second time in four years.

PHOTO BY Sgt.  
Nathaniel Free

