

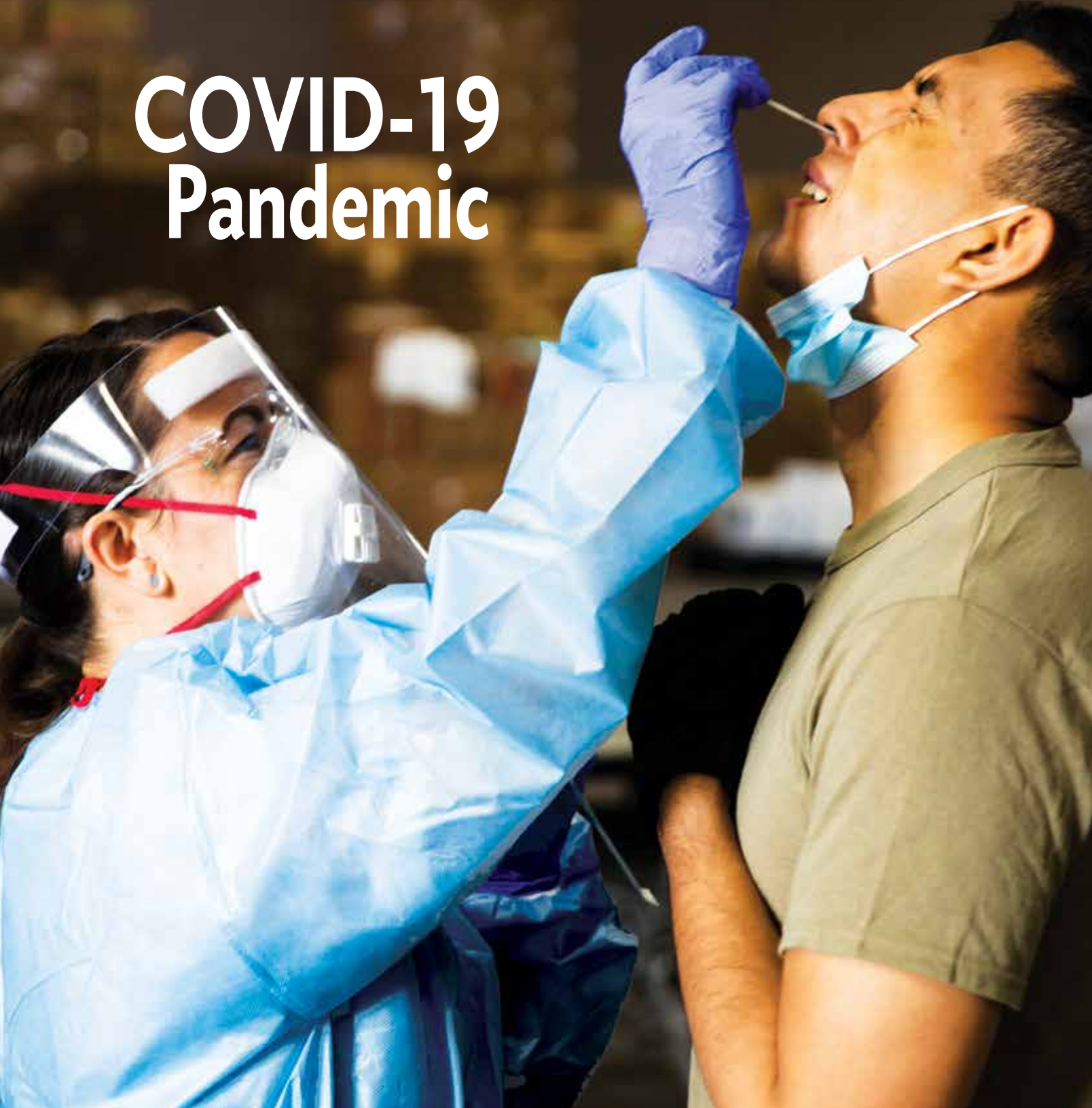
UTAH

MINUTEMAN

2020 Volume 3

SPECIAL EDITION

COVID-19 Pandemic





Brigadier General Michael J. Turley The Adjutant General

Soldiers and Airmen of the Utah National Guard, the novel coronavirus, COVID-19 pandemic has created a complex environment that presents risk to our force, our state, but also presents opportunities to serve. I know that each unit and service member in our Guard is ready and willing to

serve and that makes me proud to be counted among you.

Preserving our force for the future is paramount. We have affected several processes to preserve our people and capabilities, both for federal, as well as state service. We have maximized “social distancing” to include virtual drill/training, teleconference/video conferencing for meetings, teleworking where feasible, stopped movement to and from schools, and required the use of masks while in group settings where social distancing is not effective. All of these efforts are in line with state and federal recommendations, but are really only effective when you and I are disciplined in execution. That discipline has been displayed in the recent deployment of the 1st Attack Reconnaissance Battalion, 211th Aviation. Their discipline and careful planning have allowed this unit to deploy on time, with all required personnel, and with all required aircraft! While we are starting to see an opening of the economy, and some less restrictive measures in the general public, we will take a slow approach to loosening our safety measure to ensure we continue to preserve the force. I know I can count on each of you!

The state of Utah continues to show great resiliency in its response to the COVID-19 outbreak. Our state implemented an aggressive testing stance early in the process. Our citizens have been fairly compliant with health department recommendations, and we have a healthy population. The volume of testing per capita in Utah continues to rank extraordinarily high on the national scene, while cases continue to rise, our numbers of hospitalizations compared to the number of cases is lower than normal. Within the Joint Forces Headquarters, we have a robust intelligence team working every day to provide us with information to predict the impacts to our state, our vulnerable populations, and secondary effects such as economic and security that we may be asked to support. Our ability to posture our force properly improves every day, but we always look for impacts that we didn't expect by exercising our collective imagination.

Throughout the COVID-19 response, Utah Air and Army Guardsmen have been utilized to answer our state's call. We have provided support to humanitarian organizations, COVID-19 mapping, language support, logistics support, planning support, and sewing masks for personal protection for our Soldiers and Airmen. As we look forward, we will be supporting increased testing capabilities in conjunction with the Department of Health, and continue to anticipate and fill gaps generated in the state response. I'm proud of our Guard's response.

As we respond to this challenge together, I am energized every day by your willingness to serve, humbled by your professionalism, and encouraged by your resiliency. Hang-in, I look forward to improvement every day! 🇺🇸

Command Sergeant Major Eric Anderson Senior Enlisted Leader



As the COVID-19 pandemic continues to course throughout our nation, the Utah National Guard is concurrently providing widespread support to our state, supporting federal warfighter missions, all the while fighting

to maintain individual and collective readiness. As we look across the globe, the opportunity to use the Guard is ever present. Between the pandemic, increasing economic degradation, global governance confusion, and lack of cooperation between large world powers; the world is exciting to say the least. During this time of chaos, we are also seeing signs of positive changes throughout the force. Technological advances have made it very easy to stay in contact with our Soldiers and Airmen and conduct training in a much simpler fashion, via online discussions and forums. In recent past, we wasted time traveling for face to face meetings that have actually been more productive via virtual contact. This has also highlighted the requirement to be extremely diligent with our digital contact points, ensuring good internet security protocols are always in place. With the increase in telework, the individual readiness requirements have never been more significant. Self-assessments, physical fitness, learning and understanding creative ways to accomplish our mission are more important now than ever. I have been pleasantly surprised at the creative, efficient, and effective way our Soldiers and Airmen are accomplishing the mission. I hope that we can all take a pause and look at the lessons we are learning right now and implementing them to make ourselves and our organizations stronger. The complexity of the world requires our nation's fighting men and women to achieve more now than in the past. Moving forward, I need you to make the most out of the time we do spend together to maximize our lethality on the battlefield. This is a new way of doing business, but very doable. I am confident that you are up for the task. Finally, the Guard in Utah is a growth industry and we are hiring! Continue to look for opportunities to tell your story and bring like-minded people into this great organization. Thanks for all you do! 🇺🇸



STATE PARTNERSHIP PROGRAM

The United States delivers specialized vehicles to Moroccan Special Operations Forces. The U.S. transferred ownership of 21 modified Toyota pickup trucks to the Moroccan Forces Armées Royale Special Operations Company valued at more than \$1 million on May 6, 2020. The transfer culminates three years of close cooperation to train and equip the MSOF company through an \$18 million grant.

PHOTO COURTESY OF U.S. EMBASSY MOROCCO





Maj. Jaime Thomas Public Affairs Officer

As we have all worked together to get through a national crisis during these unprecedented times, communication, is more important than ever. The Utah National Guard's Public Affairs Office is committed to ensuring timely and relevant information is available for our service members, their families, employers, and our local communities.

The Utah National Guard's public website, ut.ng.mil, has quickly become a one-stop online resource. During the past quarter, we added a significant amount of information, videos, workouts, and many other resources. We remain committed to getting you the most important and relevant information.

This past month, we opened up another channel to provide you information. Utah National Guard's very own podcast, "Battle Buzz." Our first episode aired April 27, 2020, and is titled "Healthcare Hero." This

episode features a Guard family member who deployed to New York City as a nurse to support the fight against COVID-19. The podcast can be found at our website: ut.ng.mil/BattleBuzz or on Spotify. Listen to this episode. What do you want to hear from future episodes? We encourage your feedback or recommendations for the podcast.

The Utah National Guard is a premiere organization with amazing Soldiers, Airmen and families. We look for creative ways of telling the Guard's story and are here to support you.

Please feel free to contact our office at ng.ut.utarnng.list.pao@mail.mil; or 801-432-4407. 📧

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A timeline of the Utah Guard's support to Utah during the COVID-19 Pandemic.

COVER PHOTO

Utah National Guard Soldiers and Airmen are trained on COVID-19 testing procedures at the Salt Palace in Salt Lake City, Utah, May 14, 2020. The Utah National Guard members will conduct COVID-19 testing at various locations across the state of Utah.

— PHOTO BY Spc. Jacob Jespersen

[See additional content and download](#)

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Email submissions to: ng.ut.utarnng.list.pao@mail.mil

Coverage: For significant statewide events contact:

ng.ut.utarnng.list.pao@mail.mil
 Maj. Jaime Thomas (801) 432-4407 or
 Ileen Kennedy (801) 432-4229

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Website: ut.ng.mil



Chief Warrant Officer Preston Coon with his wife Mandeé kiss in front of an Apache helicopter prior to his deployment with Utah National Guard's 1st Battalion, 211th Attack Reconnaissance Battalion, Aviation Regiment, depart during the COVID-19 pandemic from the Army Aviation Support Facility, West Jordan, Utah, May 7, 2020. The battalion, comprised of three companies of AH-64 Apache helicopters and more than 300 Soldiers, will provide combat air support to ground forces during the year-long deployment.

PHOTO BY Ileen Kennedy

Service Member and Family Assistance

The Military Community and Family Services office would like to announce changes to the Family Assistance and Family Readiness Teams. As of Jan. 1, 2020 the programs merged to form the **Service member and Family Assistance Team**. The SFA team is your point of contact for all things regarding Family Assistance and Family Readiness.

This change in programming means the Soldier and Family Readiness Group will be maintained by the commanders of each individual unit, company, team or battery. The SFA team provides training and record maintenance, as well as guidance to command teams.

FAMILY ASSISTANCE CENTERS

SERVICE MEMBER AND FAMILY ASSISTANCE

1. Blanding	435-678-2008
2. Bluffdale	801-878-5959
3. Bluffdale	801-878-5037
4. Cedar City	435-867-6513
5. Draper	801-432-4522
6. Draper	801-432-6513
7. Logan / Ogden	801-476-3811
8. Richfield/Cedar City	435-896-6442
9. SLC (Air Base)	801-245-2524
10. Spanish Fork	801-794-6011
11. St. George/Cedar City	435-986-6705
12. Vernal	435-789-3691

Veterans/Retirees	866-456-4507
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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!

Utah Family Assistance Centers 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.



You are Protected Either Way!!

Service members...when you are ordered to, or volunteer to perform military service that requires you to leave your civilian job for a period of time, your civilian job is protected by the Uniformed Services Employment and Reemployment Rights Act (USERRA). This protection applies to service in Title 10 and Title 32 status.

But, what happens to that employment protection when you're on orders for State Active Duty which has been happening right now in many states throughout the country? How does the governor activate his/her National Guard resources for a state emergency and protect their return to the civilian workforce? Here's the good news: You are protected either way!! It's safe to say that every state and territory has provision written like the USERRA protection into their state code to support SAD participation.

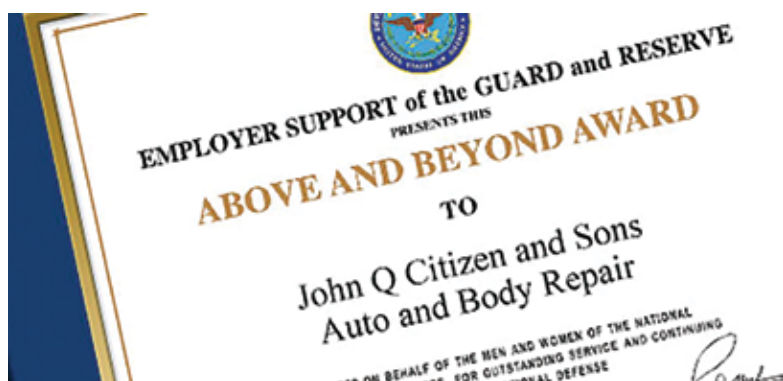
If you want effective employer support relations that goes above and beyond support from your employer, be a good employee. Give your employer enough advance notice to be able to fill the vacancy from your absence. Serve honorably and recognize your employer with the ESGR Patriot Award. <https://www.esgr.mil/Service-Members-Family/Nominate-your-Employer>.

For assistance with USERRA or more information about ESGR contact Mr. Kim Watts in the Draper ESGR Office located in the Family Programs Area.

Thank you for your service!! 🇺🇸

—Mr. Kim Watts

Volunteer Support Technician, Utah ESGR Committee
801-432-4492 / robert.k.watts.ctr@mail.mil



Utah National Guard Employment Support Program

The Joint National Guard Employment Support Program is vital in supporting our National Guard service members, veterans and military spouses in finding meaningful careers and job opportunities as they face the challenges of military life, whether mobilized or in a steady state posture, post military service or retirement and those family members who support them. Having this “joint” program in the Joint Force Headquarters-Utah underscores this as the adjutant general’s program, which is critical for success.

A strong Employment Support network has been organized with a program support specialist, and reinforced by partnerships with other government agencies, private partnerships and a synergistic relationship with National Committee for Employer Support of the Guard and Reserve. This Army and Air partnership and coordination ensures that all units and states can readily communicate with each other, and helps resolve issues with employers.

The program support specialists are the primary resource in providing employment support, opportunities and options to commanders, Soldiers, Airmen, and families. They serve as the adjutant general’s representative on employment outreach issues within the state. They identify, plan, and deliver briefings for mobilization and deployment, Yellow Ribbon and employer activities such as ESGR boss-lifts, employer appreciation luncheons and awards banquets.


In Utah, the Employment Support Program is co-located with the Military Community and Family Services Program in the Joint Forces Headquarters. This further promotes its

mission of building relationships of trust through ongoing support, sharing of information, education, programs, and resources which ultimately improves readiness and quality of life for those who serve and their families. This program also provides employment services and resources to enhance employment facilitation with Resume and Interviewing Skills Workshops, LinkedIn Workshops and partnering with other state agencies to provide the Hiring Utah’s Heroes Career and Benefits Fairs.

The Utah Employment Support Program has partnered with the Utah Department of Veterans and Military Affairs, Utah Department of Workforce Services, Department of Labor Veterans Employment and Training Services and Employer Support of the Guard and Reserve to form the Utah Veterans and Military Employment Coalition. This combined focus assists service members, veterans and military spouses in all aspects of obtaining and keeping meaningful employment. This partnership further promotes the mission of the Employment Support Program which is to provide employment opportunities and options to develop career-ready service members, prepared and resilient family members, and successfully helping transitioned members integrate within their community.

For more information about the Utah National Guard Employment Support Program contact:

— Mr. Mark Harrison

(801) 432-4536 / email mark.b.harrison.ctr@mail.mil / Facebook at <https://www.facebook.com/National-Guard-Employment-Support-Program-Utah-144926519554736> 



Hiring Utah's Heroes Career and Benefits Fair October 2019 held at the Mountain America Exposition Center in Sandy, Utah.

There were 97 booths at the fair, with 88 employers and nine veterans benefits booths. The Benefits Fair was a great success with 265 service members and military spouse job seekers attending, looking for employment. Employers at the event made 65 job offers by the end of the event.

— PHOTO COURTESY OF Mark Harrison

Successful Workouts

— Outside the Gym



Are you involved in a daily routine of waking up hours before work to get to the gym or using your lunch break to enjoy your choice of exercise? Perhaps you leave work and drive straight to the gym? This represents a routine and creates balance in your life. What if that routine gets interrupted and you can't make it to the gym? What if you're wanting to start a workout program and you are nervous of going to the gym? Discomfort and discipline will help you start your program or continue your program.

Discomfort typically pushes people away from performing any task that is hard. If you haven't heard the saying "become comfortable with being uncomfortable," then you have just been introduced. What does this mean? It means stepping outside of your safety and comfort on a consistent basis, striving to push yourself to find your breaking point. The point where you tell yourself "okay this is enough." I understand we may not do that on a daily basis. Or can we? People often find that limit at the gym, mountain biking, running, playing a sport, or any other task that requires exertion. Progress, success, and the feeling of accomplishment come from the hard times, sweat, pain and being uncomfortable to complete a goal. This is what makes us feel good about completing a task: By placing ourselves in uncomfortable conditions by choice, we know who we are when we are forced into uncomfortable conditions.

Discipline keeps us on the path to be successful. Waking up early on cold winter mornings, leaving work for the gym or scheduling the gym as if it was a meeting or doctor appointment require discipline. When we are forced to workout at home there are many distractions. Children, phone, chores, television, food and the couch can all pull us away from our task. Maybe the lack of exercise equipment is a deterring factor to working out. Discipline will keep us focused on finishing our task at hand.

Now we have talked about discomfort and discipline, we can set ourselves up for success when we cannot make it to the gym. Here are a list of ideas we can implement while working out at home:

1. Make a schedule— It's too easy to get home and get sidetracked by other chores, the fridge, or T.V. Maybe the thought of staying in bed rather than working out. Remember we already talked about discipline. Stick to your schedule.

2. Follow a workout program — Have you ever walked into a gym without a plan and thought "What am I going to exercise today?" A program that is written out beforehand will keep you on track and avoid hitting the same muscles multiple times in a row. It will give you a clear and concise goal of what you are going to finish during your training time.

3. Organize your equipment — Measure 200 meter and 400 meter distances in your neighborhood. Build a heavy ball with an old basketball filled with sand and duct tape. Assault pack filled with gear. Dedicated space to workout.

4. Look at the positives — Working out at home may save a gym fee. You can choose your own music to listen to. Less travel time results in more workout time. There is no excuse not to go to the gym. You have the ability to get a quick workout in and wear whatever you want. Set a good example to your family and neighbors that service members are dedicated.

5. Organize your time — Remember you can get an effective workout in 20-30 minutes. There are 24 hours in a day—are you really saying you don't have 30 minutes to spare? Or that working out is that low on your list of priorities? In the time you spent driving to and from the gym you can be done.

We do not need to purchase an entire home gym to become successful. Body weight movements, backpacks, stairs in your home, odd objects and the ability to run are very effective ways to exercise. With some creativity we can design very effective workouts. I would recommend purchasing a jump rope and resistance bands. You can get them at reasonable prices and the benefits outweigh the cost.

Equipment can be a concern when working out from home. Your assault pack and ruck are very effective tools to use. Fill the assault pack with items to gain the prescribed weight for the workout. Back squats, pressing movements overhead, shorter run distances, bear hug the assault pack and complete a squat, power clean, Russian kettlebell swing, burpees over the assault pack.

There are many resources in the online world. Everyone has different fitness needs. I would encourage you to get out and find a program that is right for you. Stay the course and finish the program. Seek out ways to accomplish our mission to become harder to kill on the battlefield.

SAMPLE: HOME WORKOUT WITH MINIMAL EQUIPMENT

DAY 1 — Every minute do 10 burpees as fast as you can. 10 minutes. Immediately into every minute max push-ups. 5 minutes. Immediately into plank 30 seconds on, 30 seconds off. 5 minutes. Total time 20 minutes.

DAY 2 — Run for 30 minutes. You can go at a moderate pace or see how much distance you can cover in the time.

DAY 3 — Part 1: 5x12 Overhead press, superset with 5x12 pull ups or rows (barbell, kettlebell, dumbbell or bands can work for both these movements) Perform the presses on the odd minute and pulls on the even minute. Total time 10 minutes. Part 2: 20 odd object squats (use the DB or KB or a sandbag or your rucksack), and 20 jumping lunges. 5 rounds. Rest 1 minute between rounds. Time should be between 10-15 minutes. Total time 25 minutes.

DAY 4 — Ruck March- Throw on your rucksack or backpack and go for 30 minutes to 1 hour based on how much time you have. Weight and speed can be determined by your fitness level and motivation. Total time 30-60 minutes.

DAY 5 — Perform as many rounds as possible (AMRAP) of the following in 25 minutes: 25 air squats, 20 hand release push-ups, 15 leg tucks (or substitute V-ups), 20 box jumps, 25 Kettlebell (or dumbbell) swings. Total time 25 minutes.

DAY 6 — Hill Sprints. Sprint up (10-15 second sprint) walk back down. X10 Make sure you spend 5-10 minutes for a good warm up before sprinting. Total time 15-25 minutes. 🚩
—Staff Sgt. Lucas Call

U.S. Marines with I Marine Expeditionary Force Information Group, lift dumbbells, perform a push-up and pull a resistance band adapting physical training to maintain standards while respecting current health protection conditions at Marine Corps Base Camp Pendleton, California, April 13, 2020.

(U.S. Marine Corps photos by Cpl. Dalton S. Swanbeck and Cpl. Jason Monty)



Kettlebells
(U.S. Air National Guard photo by Master Sgt. Leisa Grant)



State Active Duty

Every member of the National Guard knows that we have a dual purpose and can be called to action for state needs as well as federal. Most of us also understand that our pay and benefits can change based on what status we're in: drill, annual training, temporary duty for school, etc. Recently, we have had Utah Guard members supporting community needs in response to COVID-19, but not all of them are familiar with the pay and benefits involved with being in a State Active Duty status.

Utah currently has many Guard members helping the COVID-19 response effort. We have had Utah Guard members helping translate COVID-19 information into multiple languages, participating on the governor's COVID-19 Task Force, and helping with COVID-19 mapping to contact civilians who have tested positive for the virus. As we continue to assist the governor in this time of uncertainty, many other Guard members may be placed on SAD orders to continue supporting our communities. The attached tables may help those Soldiers/Airmen or their families understand some of the details involved with that status. One table shows a comparison between SAD orders and Title 32 Active Duty (Active Duty Operational Support; Active Duty Special Work), the other table compares SAD orders to our dual-status Federal Technicians (GS/WG

levels). These tables give a broad overview, but if you have any specific questions please make sure to address them to your unit chain of command.

State Active Duty is full-time active duty under orders of the governor of the state. Title 39 of the Utah Code holds all the information related to Utah's National Guard, including information about pay and care of Soldiers and Airmen while in SAD status. There are many similarities to the full-time active duty status already recognized by many Guard members, but SAD is separate and distinct from full-time under either Title 10 (mobilization or federal ADOS/ADSW) or Title 32 (AGR or federally funded state ADOS/ADSW) of federal orders. When activated under SAD, service members receive pay and benefits according to state employment laws, policies, and programs. For instance, if a service member is injured while on SAD orders then it would be filed under Workmen's Compensation, not as a Line of Duty incident. While on SAD orders the state is committed to paying Soldiers and Airmen the same pay and allowances (Basic Allowance for Housing, Basic Allowance for Subsistence) as a federally activated service member, but time spent under SAD orders does not accrue retirement points under the federal active-duty program.

General Comparison of Title 32, National Guard Pay and Allowances vs State Active Duty (Utah)				
	Title 32 NGPA	State Active Duty (SAD)	Reference	Comments
Pay and Allowances:				
Pay	Rank and time of svc + special pay. Taxed.	Equal to federal pay including special pay. Taxed.	Utah Code 39-1-51	State pays everything a Soldier/Airman is entitled to on federal active duty.
Allowances (BAS,BAH)	Based on rank, location, marital status, etc. Not taxed.	Equal to federal, not taxed.	Utah Code 39-1-51	https://le.utah.gov/xcode/Title39/Chapter1/39-1-551.html?v=C39-1-551_1800010118000101
Retirement Points	Yes	No		
Benefits				
Health Insurance M-day	By choice.	Keep their civilian insurance or same as state full time, benefitted employees.	Utah Code 39-1-51	It may be most beneficial for Soldiers and Airmen to keep their civilian insurance, taking leave as necessary to retain eligibility.
Dental Insurance M-day	By choice.	Same as above.	Utah Code 39-1-51	Same as above.
ADOS Health Insurance - applies if ADOS duty ends and Soldiers are ordered to SAD.	TRICARE.	TRICARE Reserve Select, personal policy, or same as state full time, benefitted employees.	Utah Code 39-1-51	When Soldiers/Airmen lose TRICARE eligibility, TRICARE Reserve Select may be the best option. Soldiers/Airmen will have to decide about the premium and coverage differences, deductables, health care system differences, eligible providers, etc.
Disability Benefits	Military LOD.	WCF + SAD = AD.	Utah Code 39-1-65	https://le.utah.gov/xcode/Title39/Chapter1/39-1-565.html?v=C39-1-565_2019051420190514
Death Benefits	\$100,000	\$100,000 within 72 hours	Utah Code 39-1-59	https://le.utah.gov/xcode/Title39/Chapter1/39-1-559.html?v=C39-1-559_2016051020160510
Survivor Benefits	Based on duty.	None.		
Liability				
TORT immunity	Yes.	No.		SAD - Personal liability is represented by State Division of Risk Management.
USERRA	Yes.	State Version very similar.	Utah Code 39-1-36	https://le.utah.gov/xcode/Title39/Chapter1/39-1-336.html?v=C39-1-336_1800010118000101
Servicemembers Civil Relief Act (SCRA)	NA	State Version very similar.	Utah Code 39-7-101-119	https://le.utah.gov/xcode/Title39/Chapter7/39-7.html?v=C39-7_1800010118000101

Effective 1 Jul 2019

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The most important thing to remember is that whether you are in a normal drilling status or activated under federal or state orders, you represent the Utah National Guard.

In his recent letter to the force in response to COVID-19, our state's Adjutant General, Brig. Gen. Michael Turley, said, "Ultimately, our purpose is to support our government and fill the gaps that require our skill and expertise."

But it's not what we do that has impressed our adjutant general so much as how we do it.

"We fight with a happy heart, focusing on our inner strength to comfort those affected and to combat the effects of this pandemic."

We hope that you can use the information on this page in your financial planning if you need to so that you can embody Turley's final words in his letter: Be safe, be healthy, and continue to be ready. 🇺🇸

—Sgt. 1st Class Nicole Bonham

General Comparison of Title 32, Federal Technician and Allowances vs State Active Duty (Utah)				
	Federal Technician	State Active Duty (SAD)	Reference	Comments
Pay and Allowances:				
Pay	Based on GS/WG of technician position, step, location.	Equal to federal military pay, including special pay. Taxed	Utah Code 39-1-51	State pays everything a Soldier/Airman is entitled to on federal active duty.
Allowances (BAS,BAH)	None.	Based on rank, location, marital status, etc. Not taxed	Utah Code 39-1-51	https://le.utah.gov/xcode/Title39/Chapter1/39-1-551.html?v=C39-1-551_1800010118000101
Retirement Points	No, retirement credit.	No		
Benefits				
Health Insurance Tech	By choice of employee.	Keep their civilian insurance or same as state full time, benefitted employees.	Utah Code 39-1-51	It may be most beneficial for Soldiers and Airmen to keep their civilian insurance, taking leave as necessary to retain eligibility.
Dental Insurance Tech	Employee choice.	Same as above.		
Disability Benefits	Worker's Comp.	WCF + UTNG = AD	Utah Code 39-1-65	https://le.utah.gov/xcode/Title39/Chapter1/39-1-565.html?v=C39-1-565_2019051420190514
Death Benefits	50% of final salary may be payable (also applies if they were in other status).	\$100,000 within 72 hours.	Utah Code 39-1-59	https://le.utah.gov/xcode/Title39/Chapter1/39-1-559.html?v=C39-1-559_2016051020160510
Survivor Benefits	Monthly survivor annuity may apply (also applies if they were in other status).	None.		
Liability				
TORT immunity	Yes.	No.		SAD - Personal liability is represented by State Division of Risk Management.
USERRA	No.	State Version very similar.	Utah Code 39-1-36	https://le.utah.gov/xcode/Title39/Chapter1/39-1-536.html?v=C39-1-536_1800010118000101
Servicemember's Civil Relief Act (SCRA)	No.	State Version very similar.	Utah Code 39-7-101-119	https://le.utah.gov/xcode/Title39/Chapter7/39-7.html?v=C39-7_1800010118000101

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Injury while on Duty Comparison			
		Federal Active Duty	State Active Duty
Situation	Need	"Line of Duty"	Workers Compensation
Soldier is injured and needs emergency care	Emergency Room/Instacare	Soldier is treated at no cost to Soldier	Treated as workplace injury. Usually no cost to service member.
Soldier requires short term care	Short term care	Soldier remains on active duty orders during treatment and care is provided at no cost to the Soldier if the LOD determination is approved.	"LOD determination". Svc member receives WCF benefit, UTNG makes up any difference with SAD. Treatment under WCF.
Soldier requires long term care	Long term care	Soldier remains on active duty orders during treatment and care is provided at no cost to the Soldier if the LOD determination is approved.	Same as above.
Soldier is permanently disabled	Disability	Determination is made based on percentage of disability and medical retirement from military is paid based on that amount. Soldier receives Tri-care for life.	Pensions like AD. No Tri-care for life. Medical benefits are determined by WCF.

Effective 1 Jul 2019

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U.S. AIR FORCE

1ST AIR FORCE



Moon Over Utah - A KC-135R assigned to the Utah Air National Guard's 151st Air Refueling Wing, sits idle on the flight light while a full moon sets over Roland R. Wright Air National Guard Base, Salt Lake City, Utah on February 9, 2020. The UTANG's primary mission is to provide in-flight refueling to all U.S. Armed Forces and allied nations' aircraft.

UTAH AIR NATIONAL GUARD PHOTO BY Tech. Sgt. John Winn







PHOTOS FROM THE FIELD

Soldiers from 1st Attack Reconnaissance Battalion, 211th Aviation Regiment fly over the Wasatch Front mountains Feb. 27, 2020, during a training exercise prior to the units deployment in May.

PHOTO BY Skip Robinson
VIEW MORE AT UT.NG.MIL

Parachute Riggers Make Face Masks to Protect the Utah National Guard

To slow the spread of COVID-19 among Soldiers and Airmen in the Utah National Guard, parachute riggers with 19th Special Forces Group (Airborne), at Camp Williams, convert their rigging skills to make approximately 2,000 face masks.

“In an effort to meet Department of Defense guidance, the Utah National Guard will be sewing a limited number of face masks for our service members,” said Command Sgt. Maj. Eric Anderson, the state senior enlisted leader. “The Utah National Guard continues to implement force protective measures to lessen the spread of COVID-19 to our service members, their families, and the citizens of Utah.”

An official DoD memo issued on April 5, 2020, states in part: “Effective immediately, to the extent practical, all individuals on DoD property, installations, and facilities will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers.”

Parachute riggers from the 19th Special Forces Group create fabric masks to protect Utah National Guard Soldiers during the Covid-19 Pandemic April 15, 2020 on Camp Williams. Masks are based on instructions from University of Florida Health, two layers of tightly woven cotton fabric.

Photo bottom right: Sgt. Joseph Haywood, a member of the 19th Special Forces Group uses his parachute rigger skills to create folds in fabric masks to protect Utah National Guard Soldiers during the Covid-19 Pandemic.



Spc. Justin Farrer, a parachute rigger from the 19th Special Forces Group cuts fabric masks to protect Utah National Guard Soldiers during the COVID-19 Pandemic April 15, 2020 on Camp Williams.



“We are going to take every measure to protect our troops,” said Defense Secretary Mark Esper, in an interview with ABC’s This Week, ahead of the official release of the memo. “Our priority is making sure we can conduct our national security missions, and to do that we can’t always keep six-foot distance.”

While the Utah National Guard has limited capabilities when it comes to sewing face masks, leaders have taken the necessary steps to ensure those resources are being used for the safety and readiness of service members. A vacant building at Camp Williams, Utah, was converted into a mask-making assembly line, and materials for the face masks were purchased in an expedited manner.

“We’ve been tasked to make masks for the Utah National Guard because we are parachute riggers,” said Chief Warrant Officer 2 Jeff Holt, senior airdrop warrant officer for 19th Special Forces Group (Airborne), who runs the parachute rigging facility at Camp Williams. “We have the sewing machines as equipment to repair parachutes, and we have the knowledge because we’ve been doing this for all of our career.”

The parachute riggers are planning to make 2,000 face masks, using a pattern provided by University of Florida Health, which they have modified with adjustable 550 paracord straps. From cutting to finished production, a single mask takes an average of 10 minutes to make.

“We’re using bed sheet material, double sided,” said Sgt. Joseph Haywood, a parachute rigger assigned to 1st Battalion, 19th Special Forces Group. “It’s great that we can use [sewing machines] not just for repairing parachutes, but also to be able to help in this pandemic, to utilize all of our efforts to ‘flatten the curve’ and help bring safety to the force.”

The 2,000 face masks are being distributed to essential Utah National Guard Soldiers and Airmen. 🇺🇸

— ARTICLE BY Sgt. Nathaniel Free
PHOTO BY Sgt. Ariel Solomon



Spc. Kalani Bedell, a parachute rigger from the 19th Special Forces Group sews together two layers of fabric in this stage of mask production to protect Utah National Guard Soldiers April 15, 2020 on Camp Williams.



Earthquakes, Pandemics, Toilet Paper...Oh My!

It seems like EVERYONE is talking about the “new normal.” “OK, KAREN.” What if I don’t want a “new normal?” What if I want the world before COVID-19? What if I don’t want a pre-COVID-19 world? But seriously, can we all give an “amen” to no more earthquakes, ever?!?!?!?

I am not able to foresee the future, but I am going to guess that the world will never be the same. Not being able to predict the future or even having history as a guide is scary. Being scared of things that are uncontrollable creates an anxiety which ultimately can lead to mental and physical health issues. Here are a few pieces of wisdom to help you or someone you know deal with what was, anticipating what will be, and accepting all of it. Yes. All. Of. It.

1. Acceptance. Accepting what is. Accepting reality. Remember, acceptance does not mean that you approve of what is or has happened. It just means that you are living in the reality of the situation so that you can make better choices.

Example: Online School: “I can’t learn online. My teacher is stupid.”

Both may be true. Reality is that learning online is the only option and you can’t fix “stupid.” So acceptance without having to approve sounds like, “This is so dumb and I’m going to do my work, ask for help, and stop being mad because this is the current reality.”

Now you try. What is the reality that needs accepting in these scenarios, even if you don’t approve? My school was canceled and now I can’t be promoted. I was laid off. I’m working from home and parenting 24/7. I cannot see my elderly parents or help them. I only have cheap toilet paper. People are irresponsible and selfish. I have no control.

Acceptance does not mean that you approve of what is or has happened. It just means that you are living in the reality of the situation so that you can make better choices.

2. What does the future look like? We have learned many life lessons over the past few months like being prepared for an earthquake or a pandemic isn’t crazy after all. We have also learned that the only thing we can control is ourselves; our values, thoughts, emotions, and actions. As we navigate these muddy waters keeping your values as a top priority will steady the uncertainty that many of us feel. One way to make sure you are living your values instead of others is to identify your guiding principles, ie: family, friends, health, and yes, good toilet paper. And secondly to ask yourself, “what is my goal and does my behavior support that goal?”

3. And finally. The concept we discussed last issue. “Decatlect” as defined by Webster, “is to withdraw one’s feelings of attachment from a person, idea, or object.” How does that apply to earthquakes and pandemics? Well, our sense of security has literally and figuratively been shaken to its foundation. This means that many of us may long for the days of old. Those days, just like this very day, is gone. If we get stuck

being angry, frustrated, or sad with what was, or what could have been, we will never be able to move forward to experience the fullness of the days, weeks, months, and years ahead. Remember, you own the energy invested in life. So “go” recapture that energy that you invested in things of the past so you can have the strength to move into the future.

In summary, accept what is, hold on to your values, and recapture the energy you poured into the past so you have the gusto to conquer whatever the future holds. In the meantime, check in on each other and be easy on yourself. This is Life Encouraged. 📧

—Andrea Phillips, LCSW Program Manager

Utah Military Family Life Consultants provides no-cost counseling services to Utah National Guard service members and their families. Contact a MFLC for more information:

Andrea Phillips, Program Manager: 801-432-4622 Draper
Bruce Jenkins: 801-878-5480 Camp Williams

Jake Vickrey: 801-716-9228 Draper and Camp Williams
CJ Gibbs: 435-867-6518 Cedar City and St. George

Utah National Guard's COVID-19 Response Timeline

Utah National Guard leadership began assessing the spread of COVID-19 and the impact it could have on the Guard the first week of March 2020. In order to keep Soldiers, Airmen and their families as safe as possible, each job was reviewed and determined the best way forward to implement working from home. On March 26, 2020, Gov. Gary R. Herbert issued a “Stay Safe, Stay Home” directive to all Utahns. It fell under the Urgent Phase laid out in the Utah Leads Together plan for what individuals and businesses should do to slow the spread of COVID-19 in the state and communities.

“I’m tremendously grateful to all Utahns who are already taking steps to stay at home whenever possible,” the governor said. “While we are seeing positive indications that this is slowing the spread of coronavirus in our communities, we need to do more. The clear directives issued today will help Utahns understand what activities are safe — and if we unite behind these instructions as if our lives depended upon them, we will, in fact, save many lives.”

The governor’s office put a plan in place so that the information they were releasing about COVID-19 could be accessible to all Utah communities to include the diverse languages Utahns speak. So as Utah confronted the COVID-19 pandemic amid a succession of earthquakes, linguists in the Utah National Guard began to translate that message so it could be clearly communicated to everyone affected, in as many as nine different languages.

“The 300th Military Intelligence Brigade has one of the largest concentrations of proficient linguists in the world,” said Maj. Aaron Sutliff, director of Excellence in Language Training Center, Command Language Program manager, 300th Military Intelligence Brigade. “Our Soldiers join the military because they want to serve. They are committed to fighting the global pandemic by applying our language translation skills to help the non-English speaking communities.”

Utah’s diverse culture includes many communities with high concentrations of non-English speakers. These communities can pose communication challenges for government agencies trying to dispel false rumors and spread important health information.

“It is important for us to assist partner government agencies to increase information awareness across communities with high concentrations of non-English speakers,” said Kelsey Price,

Director of Communications and Marketing, Department of Veterans and Military Affairs. “Local health departments and health care providers requested assistance to reach these smaller communities.”

The Utah Public Health Department requested 17 separate documents to be translated into nine different languages, to include Spanish, Arabic, Russian, French, Mandarin Chinese, Vietnamese, Portuguese, Persian Farsi, and Korean. Kinyarwanda, Somali, and Swahili were the only languages not supported by Utah National Guard linguist teams at this time.

“It has been really helpful to have the support of the Guardsmen working on this project,” said Price. “It’s been instrumental in supporting the state’s efforts to spread awareness in underrepresented communities about steps people can take to prevent the spread of coronavirus.”



Spc. Logan Jensen, a Spanish and Chinese linguist with the 142nd Military Intelligence Battalion, 300th MI Brigade, collaborates over video teleconference with 2nd Lt. Joseph Kline, a Spanish linguist with the 141st Military Intelligence Battalion, to translate emergency preparedness information from English into Spanish during a state-wide self-quarantine, near Salt Lake City, Utah, March 26, 2020.

— ARTICLE BY Ileen Kennedy
PHOTO COURTESY OF Spc. Logan Jensen

Initially, the Division of Emergency Management provided five documents, consisting of more than 4,100 words to be translated into Spanish in a short time frame.

Spc. Logan Jensen, a Spanish and Chinese linguist with the 142nd Military Intelligence Battalion and 2nd Lt. Joseph Kline, a Spanish linguist with the 141st Military Intelligence Battalion, worked for 18-hours straight while in self-quarantine. From their respective homes, they divided up the documents and then performed a supervisory review of each other's work for accuracy.

"Part of the reason I joined the National Guard was being able to serve close to home," Jensen said. "This opportunity to combine my language ability and technological competency in order to clearly communicate critical information to Utah's non-English speaking population in times of crisis is one of the most meaningful aspects of serving as a linguist in the Utah Army National Guard."

They were able to finish the urgent translation in under 24 hours.

"The ability to contribute to our great state of Utah at a moment's notice by employing the language abilities the Guard cultivates in me is exactly why I joined the Utah National Guard" Kline said. "I'm proud to be a part of this great organization."

Soldiers in the 300th MI are proficient in more than 50 foreign languages, serving as interpreters, translators and intelligence professionals in a dozen countries around the world each year.

Following Gov. Herbert's release of the Utah Economic Response Task Force Plan, "Utah Leads Together," the Task Force announced the formation of a cross-disciplinary team of data analytics and subject-matter experts, which included two members of the Utah National Guard, to advise decision-makers in achieving the plan's goals.

Two members of the Utah National Guard were Lt. Col. Rob Dent, medical officer for the 85th Weapons of Mass Destruction-Civil Support Team, and Lt. Col. Jared Gailey, science officer for the 85th WMD-CST.

The Utah Leads Together plan detailed a three-phase response to COVID-19, reflecting the governor's objective of dealing with the pandemic as a threat to both the physical health of Utahns and their economic welfare. To address both, it is critical that a smart and systematic approach be adopted to trace the infected population so that mitigation efforts are not spoiled by more community spread.

"This team is using the best data, science and advice from public health professionals to navigate the Phase One Urgent Stage," the governor said in releasing the report. "Health is paramount, and we are equally concerned about the economic welfare of our individuals and families, and this team of cross-disciplinary experts will allow us to focus effectively on both objectives."

The assembled team is broad-based with expertise drawn from statistical modeling, epidemiology, healthcare, and the public and private sector. Their main goal is to contain the spread of COVID-19 by reducing the R0 (pronounced R naught) to less than 1 in 8 weeks. This R naught value represents the rate of spread and determines the increase in cases and therefore healthcare breaking point. If R naught stays above one our health care facilities will experience strain.

According to Derek Miller, chairman of the Utah Economic Response Task Force, "The data analytics team will provide decision



Lt. Col. Jared Gailey, science officer for the Utah National Guard's 85th Weapons of Mass Destruction—Civil Support Team, is on the phone teleworking as a member of Gov. Herbert's "Utah Leads Together," Economic Response Task Force. The Task Force announced the formation of a cross-disciplinary team of data analytics and subject-matter experts, which included two members of the Utah National Guard, to advise decision-makers in achieving the Plan's goals. The second team member, medical officer Lt. Col. Rob Dent is also with the 85th CST.

— ARTICLE BY Sgt. Nathaniel Free
PHOTO COURTESY OF Lt. Col. Jared Gailey

support for the Governor's Office of Management and Budget under the direction of the governor to implement the Utah Leads Together plan including decisions on possible methods for using data to focus the state's testing, tracing, and isolation/quarantine efforts."

The team will meet daily to review an operational dashboard and discuss adjustments to help support decisions—particularly the testing strategy.

As many Utahns and members of the Utah National Guard began to work from home it presented challenges that needed to be addressed and solved. One such challenge was how will Guard members complete their weekend drill training.

Service members assigned to the 204th Maneuver Enhancement Brigade, Utah Army National Guard, were among the first in the nation to conduct a teleworking drill

April 18-19, 2020, during the COVID-19 pandemic.

“This is a unique opportunity for our Soldiers to be with their families and still conduct vital military training,” said Lt. Col. Woodrow Miner, commander, 204th MEB. “In many cases, kids and spouses get to see our Soldiers while they conduct training from home.”

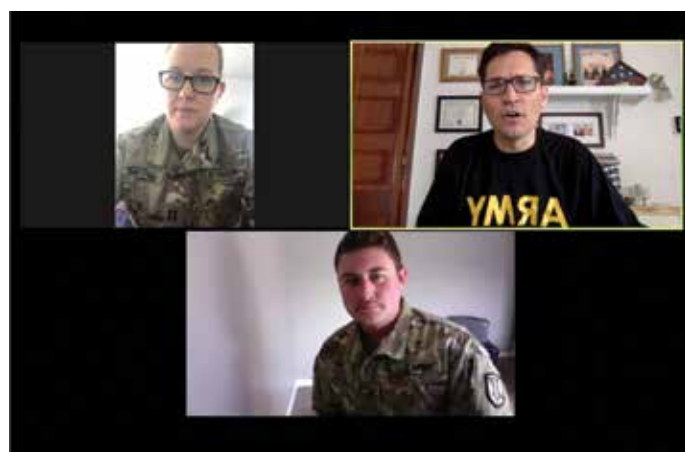
According to leaders of the Utah National Guard, the safety of service members and their families are a top priority.

“We are certainly mindful of the COVID-19 crisis here in Utah,” said Col. Steven Fairbourn, G3 Director of Operations, Utah National Guard. “However, as proud members of our national defense enterprise, we must continue to maintain our readiness for whatever circumstances lie ahead.”

In preparation of an upcoming warfighter exercise, the 204th MEB quickly shifted from in-person weekend training to virtual inactive duty training or “teledrill,” which allowed its staff to continue to plan for the large exercise. Teledrill also gives every Soldier the opportunity to maintain individual readiness while at home.

“A lot of the required individual training we need to do during a weekend drill is online anyway,” Miner said. “We can get a lot accomplished remotely, so when we get back to normal, we can jump right into our larger element operations without missing a beat.”

A typical weekend drill in the Utah Army National Guard varies from unit to unit, but it generally consists of a morning accountability formation, followed by physical fitness training, then preventive maintenance checks and service on essential vehicles and equipment. Each Soldier must also train in his field of expertise, to stay proficient in a military occupational specialty.



Service members assigned to the 204th Maneuver Enhancement Brigade, Utah Army National Guard, conduct a meeting via video teleconference April 19, 2020, during the COVID-19 pandemic. The 204th MEB is among the first National Guard units in the nation to conduct a teleworking drill or “teledrill.”

— ARTICLE AND PHOTO BY Sgt. Nathaniel Free

“My working group has been using conference calls, group texts, emails and sharepoints to collaborate in preparation for warfighter,” said Maj. Robin Cox, 204th MEB intelligence officer and the warfighter project officer. “The work feels very academic but the output is entirely mission-oriented.”

Cox is a member of the primary staff, working to address the commander’s line of efforts with the warfighter exercise while teleworking from home.

“We’re in a unique situation, where milestones in our glidepath have changed drastically,” Cox said. “The plan that you have is not always what happens, but I’m confident that our staff can handle this, even though we’ve had to change how we handle it.”

She explained that two other major exercises have already been canceled due to the COVID-19 crisis, but as of the April teledrill, nothing had changed with the 204th MEB’s scheduled warfighter exercise.

“Working while collocated can facilitate the creative process,” Cox said. “But teleworking creates more of a real-world scenario. You have to be able to communicate effectively across the battlefield even when you’re not present with your audience.”

While collective training events may not be tenable during the COVID-19 crisis, there is plenty of training that can be conducted from the comfort of home.

“Our focus with virtual training is to continue to advance the readiness of our members while both preserving the force and combating the spread of COVID-19,” said Fairbourn.

The Department of Defense continued to amplified President Donald Trump’s message of social distancing and wearing face coverings. To slow the spread of COVID-19 among



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— ARTICLE BY Sgt. Nathaniel Free / PHOTO BY Sgt. Ariel Solomon

Soldiers and Airmen in the Utah National Guard, parachute riggers with 19th Special Forces Group (Airborne), at Camp Williams, use their skills to make approximately 2,000 face masks.

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"It's great that we can use [sewing machines] not just for repairing parachutes, but also to be able to help in this pandemic, to utilize all of our efforts to 'flatten the curve' and help bring safety to the force," said Sgt. Joseph Haywood, a parachute rigger assigned to 1st Battalion, 19th Special Forces Group.

The 2,000 face masks are being distributed to essential Utah National Guard Soldiers and Airmen.

With face coverings issued to Guardsmen, it allowed for small groups to come together for work. There was a concern that recruiting efforts would be unable to go on with social distancing in place. But Utahns continue to volunteer for military service despite increased restrictions on recruiting and in-processing during the COVID-19 pandemic, according to recruiting officials in the Utah National Guard, April 29, 2020.

"In the early stages of the COVID-19 pandemic, as we learned about how rapidly it spread and it's devastating effects, we in recruiting had to quickly adjust to the new environment," said Lt. Col. Michael Kjar, commander of Recruiting and Retention Battalion, Utah National Guard. "It has been inspiring to see our recruiters and support staff quickly adapt to health and safety guidelines in order to help Utah's finest citizens answer the call to serve their nation and community by enlisting in the Utah National Guard."

And with each enlistment, there's a message of hope for the rest of Utah.

"The military has always been a thought in the back of my mind," said Pvt. 1st Class Hope Torok, from St. George.

On April 16, 2020, Torok took the final step to join the Utah National Guard, during one of the worst weeks of COVID-19-related deaths in the U.S.

"I've worked in retail pretty much all of my working years," Torok explained. "During COVID-19 in March, I was furloughed from my work since it is considered a non-essential job."

As a furloughed, non-essential worker, Torok said she had more time to think about what she wanted in life. She decided to sit down with a recruiter.

"I was surprised to see things get as serious as they did, and as a worker in retail, I felt pretty useless," she said. "It's given me a different perspective on my life and meaning to my work. It was definitely the initial push to looking at the military as a new career change."

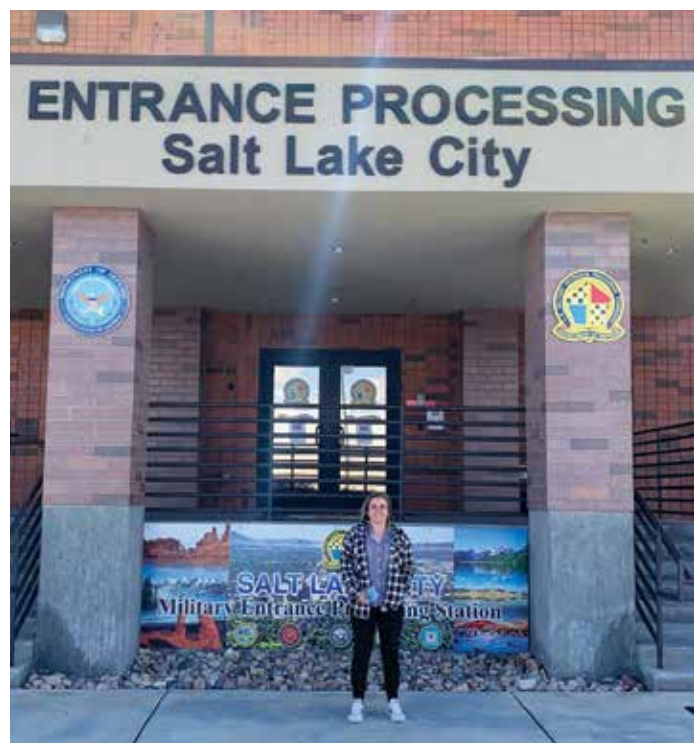
Torok enlisted with the military occupational specialty of combat medic, assigned to 2nd Battalion, 222nd Field Artillery, 65th Field Artillery Brigade, Utah National Guard.

"I ended up enlisting because the Army National Guard gives me a sense of purpose in my life," Torok said. "Becoming a Soldier makes me feel extremely proud and happy to be able to serve and protect my country."

"We have taken great care in ensuring the health and safety of our recruiters, the support staff, and our new Soldiers," Kjar said. "It amazes me how we've been able to sustain our recruiting efforts in these trying times."

As new recruits continue to come in, Soldiers also continue to deploy. Even In this time of crisis amid the COVID-19 pandemic, approximately 300 Utah National Guard Soldiers of the 1st Attack/Reconnaissance Battalion, 211th Aviation Regiment, Utah Army National Guard departed the Army Aviation Support Facility May 7, 2020, as they deployed to U.S. Central Command in support of Operation Freedom Sentinel.

The 1-211th ARB started planning and training for this deployment two years ago, according to Command Sgt. Maj. Shawn Earl, 1-211th ARB senior enlisted leader. The target



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— ARTICLE BY Spc. Felicia Olmos and Sgt. Nathaniel Free

date of the departure had been scheduled months before the COVID-19 pandemic struck.

“COVID-19 effected this deployment by basically giving us more time to react,” said Staff Sgt. Austin Morse, an electronic warfare sergeant for the 1-211th ARB. “It’s kind of a blessing in disguise. of course, we would have been prepared to go on time, but it gave us a lot more time with our families and a lot more time to prepare.”

Once Gov. Gary Herbert announced the Stay Home Stay Safe Directive, leadership with the Utah National Guard and 1-211th ARB put safeguards in place for the unit to continue to train and prepare. Nationally, deployments were put on hold while areas around the world began to combat the virus.

“The command team has taken this [pandemic] very seriously, all practical measures that can be done have been, we all have masks,” said Taylorsville resident Chief Warrant Officer 2 Preston Coons, Apache helicopter pilot with Alpha Company, 1-211th ARB and aviation lifesaving equipment officer. “In terms of the deployment itself, it has added a lot of uncertainty because we don’t know how it is affecting other parts. It has certainly delayed the units we are replacing, which then delays us. So, I think it adds a lot of uncertainty, which adds a lot of stress on the family.”

Due to COVID-19 and social distancing guidelines, the departure was sequenced in smaller groups with varying time slots for each assigned group to arrive at the Army Aviation



Support Facility. Soldiers departed either by flying the Apache helicopters to Fort Hood, Texas or by bus to Roland Wright Air Base to board a chartered flight to Texas.

Approximately 300 Utah National Guard Soldiers of the 1st Attack/Reconnaissance Battalion, 211th Aviation Regiment, Utah Army National Guard departed the Army Aviation Support Facility May 7, 2020, as they deployed to U.S. Central Command in support of Operation Freedom Sentinel. The 1-211th ARB started planning and training for this deployment two years ago, according to Command Sgt. Maj. Shawn Earl, 1-211th ARB senior enlisted leader. The target date of the departure had been scheduled months before the COVID-19 pandemic struck.

— ARTICLE AND PHOTO BY Ileen Kennedy

“This is my first deployment,” said Coons. “There are a lot of emotions that goes along with that. No matter when a deployment comes it’s going to be interrupting something.”

The battalion, comprised of three companies of AH-64 Apache helicopters, will augment 4th Infantry Division’s Combat Aviation Brigade as part of Task Force Ivy Eagle. The battalion is tasked to provide combat-air support to ground forces.

The 1-211th ARB is a mixture of seasoned Soldiers that have been on multiple deployments with a number of Soldiers that will be deploying for the first time. In either case, it doesn’t make parting any easier, especially in the middle of a worldwide pandemic.

“We have lots of family around, lots of really good neighbors and friends that are making sure we are taken care of and that I have people to call on,” said Mande Coons, Preston Coon’s wife. “I’m very proud of Preston and his choices, it speaks a lot of his character. I’m really grateful for this country and for people that are willing to defend it. I chose Preston, and this is what came along with it, and so I’ll happily accept it.”





Utah National Guard Soldiers and Airmen participate in medical training as a response force to COVID-19 in Sandy, Utah, May 12, 2020. Soldiers and Airmen with Utah National Guard will be assisting medical professionals in mobile coronavirus test sites around the state as a service to Utah Residents. — ARTICLE BY Sgt. Nathaniel Free / PHOTO BY Spc. Jacob Jespersen

Beginning on May 1, 2020 at 12:01 a.m., Gov. Herbert issued another Executive Order that formally placed the state of Utah under “moderate risk” protocols for COVID-19.

“We aren’t returning to business as usual yet,” said Gov. Herbert. “In fact, we will not return to ‘normal’ for a significant period of time. But Utahns’ diligence over the past month has given us time to build our healthcare capacity and PPE [personal protective equipment] stores. We can now cautiously relax some requirements, and allow businesses that were closed to operate with safety measures in place. If Utahns continue to exercise caution, we can continue flattening the curve and stay below our hospital capacity, while resuming some normalcy in our business and social interactions.”

With this announcement and change to moderate risk, the Utah National Guard sent more than 100 Soldiers and Airmen to the Mountain America Expo Center in Sandy, Utah, May 13, 2020, to receive training on three separate missions that they would be supporting across the state of Utah: COVID-19 testing, voluntary COVID-19 mapping and Utah Health Emergency Response Team training.

The Utah National Guard was mobilized on state active duty orders to support Utah’s enhanced COVID-19 response, according to Lt. Col. Tammy Manwaring, the Utah National Guard’s task force commander.

“Today, they’ll be receiving training on actual COVID-19 testing,” Manwaring said. “They’ll be receiving training on PPE, donning and doffing, and they’ll also be receiving training on facilities assessment, which is an education piece for those care facilities and shelters out in our communities.”

With this specialized training, members of the Utah

National Guard were able to fill gaps at mobile testing centers and assisted living facilities across the state, Manwaring explained.

“It’s a great privilege to support their community and their state,” she said.

The Utah Department of Health was able to provide the specialized training necessary for Soldiers and Airmen to assist where needed.

“I think the most important thing to remember is that people who are helping and in uniform are our Utah residents,” said Brett Cross, Utah Department of Health, Medical Surge Branch director.

“These are people that live local, that live next door to you any other day of the week, and happen to have a specific job with the military. Regardless of what uniform they’re wearing or what they look like, they’re still part of that team.”

Not only does the Utah National Guard support the state’s response to COVID-19 by enhancing the Utah Department of Health’s capabilities as needed, but members of the Guard are also helping with document translation and the governor’s PPE Push Pack initiative, ensuring local businesses have proper personal protective equipment to reopen the economy.

After finishing their training, one group of Utah National Guard Soldiers and Airmen arrived at a warehouse-sized dock at the back of the Salt Palace Convention Center in Salt Lake City, to drive forklifts, stack cardboard boxes full of face masks, and siphon hand sanitizer out of 55-gallon steel drums into shampoo bottles. In just a few weeks, the Salt Palace transformed from a convention center into a buzzing hub for receiving, staging and shipping personal protective equipment for hospitals and small businesses across the state of Utah. As of May 14, 2020,



the Utah National Guard packaged 487,419 items of PPE, and delivered 45,066 packages to 3,601 businesses across Utah.

“We’re working together to protect the people of Utah,” said Russ Pierson, Utah Department of Health’s Strategic National Stockpile Coordinator.

As the acting manager of receiving, staging and shipping, it’s Pierson’s job to make sure PPE keeps moving out the door, with the help of the Guard, he explained.

“The Guard has been a huge asset to us,” Pierson said. “I mean, we couldn’t ask for anyone better. They have the experience, discipline and manpower to do what we need to do.”

According to Pierson, Utah was supposed to receive personal protective equipment from the Strategic National Stockpile, but because of the H1N1 Flu outbreak in 2009, the stockpile had already been significantly depleted.

“We brought in about 10 or 15 loads from the stockpile, and that was it,” Pierson said. “So the rest of it was donated or purchased by the state of Utah.”

The donated and purchased PPE started to arrive at the Salt Palace Convention Center in Salt Lake City by truckloads. On May 5, 2020, Gov. Gary R. Herbert announced the launch of the “PPE Push Pack” program to support small businesses in the transition to “moderate risk” COVID-19 protocols. According to the official press release, the program provided a free, one-week supply of personal protective equipment (PPE) to sole proprietors and businesses with less than 50 employees across the state. By May 6, 2020, boxes were starting to pile up at the Salt Palace.

Members of the Utah National Guard were activated to assist with the PPE Push Pack initiative.

“I was called on Wednesday,” said Capt. Jessica Delph, RSS Warehouse Mission officer in charge. “They asked, ‘can you be here tomorrow?’ Because they had thousands of boxes of PPE on backorder.”

Delph currently oversees more than 30 Soldiers and Airmen from the Utah National Guard who have been working on a rotational basis to provide the manpower necessary to keep PPE products flowing in and out of the Salt Palace warehouse.

“What’s great about this mission is not only are we helping to facilitate health standards for local businesses, but we’re also helping to reopen the economy,” Delph said.

Like many of the Soldiers and Airmen working the RSS Warehouse Mission, Delph also has a civilian job waiting to reopen.

“This is why I joined the Guard; to help my community,” she said. “I know a lot of my Soldiers feel the same way. They come here every day and work hard because they believe in what we’re doing, helping to protect health workers, essential employees, and local businesses on the front lines.”

The Utah National Guard will continue to support the state of Utah and the governors directives in as many ways as possible as they serve the citizens of Utah and bring relief to individuals and business during this COVID-19 pandemic. 🇺🇸

— BY Ileen Kennedy and Sgt. Nathaniel Free



As of May 14, 2020, the Utah National Guard has packaged 487,419 items of PPE, and delivered 45,066 packages to 3,601 businesses across Utah, from an improvised warehouse at the Salt Palace in Salt Lake City, Utah. The Utah National Guard will continue to receive, stage and ship items of PPE to businesses across the state.

— ARTICLE BY Sgt. Nathaniel Free / PHOTO BY Spc. Jacob Jespersen

Utah National Guard Medical and Science Officers Join the Utah Economic Response Task Force as Data Analytics and Decision Support Advisory Team



DRAPER, UTAH— Two members of the Utah National Guard, Lt. Col. Rob Dent, medical officer for the 85th Weapons of Mass Destruction-Civil Support Team, and Lt. Col. Jared Gailey, science officer for the 85th WMD-CST, are appointed by Gov. Gary Herbert to assist as part of the Utah Economic Response Task Force Plan, “Utah Leads Together.” The Task Force is the formation of a cross-disciplinary team using the best data, science and advice from public health professionals to navigate the phase one urgent stage. The assembled team is broad-based with expertise drawn from statistical modeling, epidemiology, healthcare, and the public and private sector. Their main goal is to contain the spread of COVID-19. 📧

— ARTICLE BY Sgt. Nathaniel Free / PHOTO COURTESY OF Lt. Col. Jared Gailey

Parachute Riggers Make Face Masks to Protect the Utah National Guard



CAMP WILLIAMS, UTAH — Parachute riggers from the 19th Special Forces Group create fabric masks to protect Utah National Guard Soldiers during the COVID-19 Pandemic April 15, 2020 on Camp Williams. Masks are based on instructions from University of Florida Health, two layers of tightly woven cotton fabric.

While the Utah National Guard has limited capabilities when it comes to sewing face masks, leaders have taken the necessary steps to ensure those resources are being used for the safety and readiness of service members. A vacant building at Camp Williams, Utah, was converted into a mask-making assembly line, and materials for the face masks were purchased in an expedited manner. 📧

— ARTICLE BY Sgt. Nathaniel Free / PHOTO BY Sgt. Ariel Solomon

A Message of Hope: Utahns Volunteer for Military Service During Pandemic



SALT LAKE CITY, UTAH — Lt. Col. Cody Workman from Richfield, Utah, issues the Oath of Enlistment to his son, Derek Workman who enlisted with the military occupational specialty of cannon crew member, assigned to 2nd Battalion, 222nd Field Artillery, April 21, 2020. Utahns continue to volunteer for military service despite increased restrictions on recruiting and in-processing during the COVID-19 pandemic, according to recruiting officials in the Utah National Guard.

Utahns continue to volunteer for military service despite increased restrictions on recruiting and in-processing during the COVID-19 pandemic, according to recruiting officials in the Utah National Guard, April 29, 2020 📧

— ARTICLE BY Spc. Felicia Olmos and Sgt. Nathaniel Free

Utah Guard Linguists Overcome Language Barriers During COVID-19 Pandemic



DRAPER, UTAH — Spc. Logan Jensen, a Spanish and Chinese linguist with the 142nd Military Intelligence Battalion, 300th MI Brigade, collaborates over video teleconference with 2nd Lt. Joseph Kline, a Spanish linguist with the 141st Military Intelligence Battalion, to translate emergency preparedness information from English into Spanish during a state-wide self-quarantine, near Salt Lake City, Utah, March 26, 2020. The pair worked from their respective homes for 18-hours straight while self-quarantined, dividing up the documents and reviewing of each other's work for accuracy. 🇺🇸

— ARTICLE BY Ileen Kennedy PHOTO COURTESY Of Utah National Guard

How “Teledrill” Keeps Utah Service Members Safe and Ready



CAMP WILLIAMS, UTAH— Service members assigned to the 204th Maneuver Enhancement Brigade, Utah Army National Guard, conduct a meeting via video teleconference April 19, 2020, during the COVID-19 pandemic. The 204th MEB is among the first National Guard units in the nation to conduct a teleworking drill or “teledrill.”

In preparation of an upcoming warfighter exercise, the 204th MEB quickly shifted from in-person weekend training to virtual inactive duty training or “teledrill,” which allowed their staff to continue to plan for the large exercise. Teledrill also gives every Soldier the opportunity to maintain individual readiness while at home. 🇺🇸

— ARTICLE AND PHOTOS BY Sgt. Nathaniel Free

Utah Aviation Battalion Deploys During Pandemic



WEST JORDAN, UTAH— In this time of crisis amid the coronavirus pandemic, approximately 300 Utah National Guard Soldiers of the 1st Attack/Reconnaissance Battalion, 211th Aviation Regiment, Utah Army National Guard departed the Army Aviation Support Facility May 7, 2020, as they deployed to U.S. Central Command in support of Operation Freedom Sentinel. The 1-211th ARB started planning and training for this deployment two years ago, according to Command Sgt. Maj. Shawn Earl, 1-211th ARB senior enlisted leader. The target date of the departure had been scheduled months before the COVID-19 pandemic struck. 🇺🇸

— ARTICLE AND PHOTO BY Ileen Kennedy

Utah Air National Guard Assists Humanitarian Aid to Ecuador



SALT LAKE CITY, UTAH — Members of the Utah Air National Guard’s 151st Air Refueling Wing, assisted Charity Anywhere, a Utah based non-profit organization, with loading of humanitarian aid onto an Ecuadorian Air Force C-130 cargo aircraft April 10, 2020 at Roland R. Wright Air National Guard Base. Within a matter of hours, nine pallets of goods along with two Ecuadorian citizens had been loaded onto the aircraft and sent it on its way to Quito, Ecuador. 🇺🇸

— ARTICLE AND PHOTO BY Tech. Sgt. John Winn

—VIEW ADDITIONAL PHOTOS ON FLICKR @UTAH NATIONAL GUARD—

Utah Guard's Aviation Douses Water on the Saddle Fire



MIDWAY, UTAH — Utah National Guard Black Hawk helicopters with 2nd General Aviation Support Battalion, 211th Aviation Regiment were called in to help battle the Saddle Fire, Wednesday, May 14, 2020. Two aircraft had blades spinning in Midway by 9:00 a.m. and flew dropping 15 bucket loads of water before having to refuel in Heber, Utah around 11:00 a.m. The four aircrew flying two Black Hawks were able to drop between 85 to 90 buckets of water, with a little more than 13 hours of flying. 📷



— ARTICLE BY Ileen Kennedy / PHOTOS COURTESY OF 2-211th Aviation Regiment

Civil Support Team Responds in Times of Need



SALT LAKE CITY, UTAH — On March 18, members of the Utah National Guard's 85th Weapons of Mass Destruction-Civil Support Team, were called to an industrial facility near Magna, Utah, the epicenter of a 5.7m earthquake that took place earlier that morning, to assist with a chemical spill.

The CST deployed a survey team in personal protective equipment, along with equipment that detects hydrochloric acid. Once the operators were able to get a visual of how extensive the spill was, they tested the area and determined there was no immediate threat to public safety. 📷

— ARTICLE BY Tech. Sgt. John Winn / PHOTO BY Ileen Kennedy

The Utah National Guard Helps Reopen Local Economy



SALT LAKE CITY, UTAH — As of May 14, 2020, the Utah National Guard has packaged 487,419 items of PPE, and delivered 45,066 packages to 3,601 businesses across Utah, from an improvised warehouse at the Salt Palace in Salt Lake City, Utah. The Utah National Guard will continue to receive, stage and ship items of PPE to businesses across the state. 📷

— ARTICLE BY Sgt. Nathaniel Free / Photo by Spc. Jacob Jespersen

Utah National Guard Supports Utah Department of Health with COVID-19 Response



SALT LAKE CITY, UTAH — Utah National Guard Soldiers and Airmen, participate in medical training as a response force to COVID-19 in Sandy, Utah, May 12, 2020. Soldiers and Airmen will be assisting medical professionals in mobile Corona Virus test sites around the state as a service to Utah Residents. More than 100 Soldiers and Airmen arrived at the Mountain America Expo Center in Sandy to receive training on three separate missions that they will be supporting across the state of Utah: COVID-19 testing, voluntary COVID-19 mapping and Utah Health Emergency Response Team training. 📷

— ARTICLE BY Sgt. Nathaniel Free / Photo by Spc. Jacob Jespersen

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SENIOR MASTER SERGEANT

Hansen, Jared C
McLennan, Jennifer K
Perretta, Andrea

MASTER SERGEANT

Doll, Kelly J
Laird, Christopher Lee
Orozco, Nicolas G
Price, Sean Gifford
Walje, Austin L

TECHNICAL SERGEANT

Arnell, Matthew J
Bennefeld, Ashley Elaine
Bright, William Andrew
Burke, Stanley W
Commerford, Wesley Scott

Foreman, Bobby E II
Gibson, James William Jr
Malone, Winston Blake
Morillo, Anfred J
Winget, Christian W

STAFF SERGEANT

Baird, Adam P
Bullard, Timothy S
Cayias, Samuel P
Clay, Kaden G
Deleon, Michael R
Goff, Randall A
Hess, Ted S

Kemple, Kraymer J
Merritt, Natalie J
Parker, Brook K
Stephens, David Marshall
Tegart, Rachael L
Tingey, Zachary F

SENIOR AIRMAN

Baranowski, Angela T
Barnhart, Carson D
Brown, Colby J
Cutner, Cole C
Hymas, Taylor P
Miller, Shane W

Quinlan, Matthew R
Reyes, Andrea J
Scoresby, Dante M
Stapley, Bradley D
Weston, Joshua M

AIRMAN 1st CLASS

Bennion, Michael B
Coates, Crystal J
Coleman, Tracy L
Meads, Connor E
Reynolds, Spencer A
Tang, Lennard Diego P

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Wachlin William August

SECOND LIUTENANT

Beaman Deborah Dee
Jensen Cabe Arvie
Ocana Joe Xavier

CHIEF WARRANT 2

Flanary Ryan Howard

CHIEF WARRANT 1

Crofts Christopher Kelly
Durfee Hyrum Cy
Lambert Jeffrey Michael
Lemke Andrew Scott
McDonald Chase John
Miranda Rodrigo Edgardo
Nelson Sid Albert Jr
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SERGEANT MAJOR

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McWain Derek Warren
Mellor Guy Melvin
Robison Shawn Keith
Wilcox Benjamin J

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Chatterley Devon Dee
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Knuckles Vernon Edward
Larsen Kip Henrie
Ramirez Annie Marie
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Carter Cree Kiowa

Conger Braxton Jay
Dansie James Allen
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Herrera Christopher Antonio
Johnson Garth Larry
Law Jared Fred
Loosle Kohnor Randy
Miller Jordan Beau
Neil Anthony Scott
Romney Daniel Aaron
Summers James Allen
Teets Dustin Aubrey
Thurman Jordan Colt
Tyler Erik Hunter
Velasquez Nicolas Ray
White Caleb James
White Natasia Sue

SERGEANT

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Conger Bryson Kerry
Eastman Cooper Mack
Galetka Tyler Wayne
Garrick Chandler David
Hall Justin Rodney
Harris Landin Jd
Hernandez Harvene Joy
Hess Morgan David
Jessop Jordan Taylor
Larson Anders Scott
McKinlay Bo D
Robinson Christopher J
Sewell Anna Malialuna
Shelton Jason Blake
Strebel Gabrielle Derica
Wellman Zachary Sox
Woolsey Nathan Lee
Young Benjamin Tyson

SPECIALIST

Andersen Brett James
Anderson James Tucker
Aston Joseph Edward
Barlow Westin James

Bawden Lexie Nicole
Blanchard Aaron Michael
Borders Braxton Keith
Brandley Matthew Ryan
Brunson Travis C
Buhler Jordan Carl
Cebrowski Benjamin B
Christensen Kristopher Eric
Clark Justin John
Curtis Benjamin Clark
Davidson Jaden Joseph
Dees Richard Wade
Desandre Zachary Moser
Fraser Aidan D
Fugal Bridger Jack
Georgianna Jared Wesley
Gonzalez Claudia Adelita
Gunnerson Kacey W
Harris Austin Matthew
Huhtala Alexander E
Jensen Logan Lambert
Johnson Jace Parker
Johnson Jacob Daniel
Johnstun Brandon Scott
Judd Michael Jesse

Keeran-Edwards Kristopher T

Lalik Jay Michael Jr
Lara Carlos Eduardo
Long Christian Michael
Lund Karen Ashleigh
Maughan Thomas Floyd
Nordgren Caden Jacob
Pemberton Elijah Gil
Peterson Jenifer Lynn
Pitcher John Paul
Pledger Mark Daniel
Powell Henry Ellis
Powell Jordan Mackenzie

Quist Ian Andrew

Quist Ian Andrew
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Roberts Callianne Elise
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Santos Moises Jr
Schimbeck Joshua James
Schipper Nathan Allen
Schultz Adam Lynn
Sencionruelas Carmen Elena
Slivers Isaac Nakai
Stephenson Daniel Bruce
Stephenson Jack William
Thamert Bryce Christien
Tinnes Ian Michael
Vorwaller Christopher Paul
Walker Ethan Jacob
Walker Kyle Dean

PRIVATE (PV2)

Acord Cayden Dustin
Broadhead David Harker
Cox Shae Lea
Flores Vasquez Daniel Isidr
Graham Abraham Chase
Green Garrison William
Hardan Duane Michael
Harris Joseph Oliver
Kane Madilyn Noelle
Magallanes Alex Adrian
Merchant James Carsyn
Miner Joseph Leesalazar
Mitchell Chance Jerry
Nixon Malia Nicole
Perez Caden Lee
Porter Dallas Michael
Riggs Cyndy Christene
Smit Zachary Craig
Wagstaff Blaine Michael
Waldron Aaron Michael
Workman Derek Paul
Wright Spencer Christian

PRIVATE

Agla Brayden Timothy
Andersen Garrett Willis
Baker Raiden Dicaro
Barton Caleb Jay Richard
Belnap Talon Joseph
Berk Samuel Joseph

Blackburn Jaden Eugene
Breyer Ethan Robert
Carter Brody Brant
Checketts Payden Wayne
Darden Caitlyn Anne
Drollinger Justin Layne
Erickson Zackory Allan
Gottlieb Noah Carter
Hall Skyler Wilson
Hambleton Noah Matthew
Hardy Dale Vernon
Hickenlooper Dirk Jay Jr
Jeide Shawn Michael
Johnson Joshua Isaac
Kitchen Owen Tanner
Kurban Elizabeth Ann
Mauchley Jared Gregory
McArthur Kolby Daniel
McDonald Micheal Thomas
Olds Jaden Travis
Olsen Kaydon Chris
Oyer Manuel Eduardo Jr
Pena Jessica Rose
Pickering Ashlynn Nicole
Ramsay Dylan Michael
Randall Cooper Scott
Rettie Samuel Atticus
Roth Porter Travis
Russo Ethan Ryley
Salomone Daniel Julian
Savage Connor Nathan
Schardine Carter John
Schick Mason
Shields Logan Cal
Smith Brady Andrew
Sorensen Benjamin Howard
Stennet Perales Joe Ignacio
Syme Sean Franklin
Thompson Anthony Josiah
Tsai Alexander Jacinto
Weidmer Sean Archer
Williams Reed Christian
Wirthlin Quin E
Woodard Brendon Guy
Wozab Chandler Damien

Utah National Guard
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FLASHBACK PHOTO



1918 Troop Formation During Spanish Flu Outbreak

Utah Governor Simon Bamberger, officers, and other officials review the Utah State Agricultural College (now Utah State University) Student Army Training Corps (SATC) at graduation, Dec. 2, 1918, Logan, Utah. Note the surgical

