



**UTAH MINUTEMAN** 2021 Volume 4

**75th Anniversary UTANG**

**Utah's SPP with Morocco**

**20 Years Since 9/11**



## STATE PARTNERSHIP PROGRAM

U.S. Army Col. Scott Blum, a dentist with the 108th Medical Group, prepares to extract a tooth at the Military Medical Surgical Field Hospital in Tafraoute, Morocco on June 11, 2021, during African Lion 21. African Lion 21 is U.S. Africa Command's largest, premier, joint, annual exercise hosted by Morocco, Tunisia, and Senegal, June 7-18. More than 7,000 participants from nine nations and NATO train together with a focus on enhancing readiness for us and partner nation forces. AL21 is multi-domain, null-component, and multinational exercise, which employs a full array of mission capabilities with the goal to strengthen interoperability among participants.

— PHOTO BY U.S. Air National Guard Tech. Sgt. Annie Edwards

## Major General Michael J. Turley The Adjutant General



**F**ellow Soldiers and Airmen, in my last article I spoke about how we were showing signs of the end of the pandemic. I spoke too soon. We are seeing resurging numbers of cases as the DELTA and GAMMA variants begin to express themselves. This has put pressure on our hospitals and primarily the cases are in our youth

versus what we saw last year. To use a football metaphor; while I still believe we are winning, we are in overtime. While winning by six points, our opponent has the ball and the initiative. They are deep in their territory but can score, and therefore win. We must stiffen our defenses and not make mental errors until “the whistle blows” at the end of the game. I am confident that by the time you read this, we should be heading to the end of the “game” as victors!

Our COVID response is a shaping operation. It allows us to prepare the force and the environment through “Readiness” for our main effort—Global Power Competition (GPC). We are in a time of more direct

competition, and therefore more dangerous interaction with our pacing threat China. Readiness is the key to deterrence with China and deterrence is the key to safe global “commons” where diplomacy and trade can occur.

To reach this goal we need to shift our thinking from counterinsurgency towards Large-Scale Combat Operations (LSCO). We should have a healthy respect for our competitors as they are large AND modern. A very potent combination. In addition, we should realize that we have not focused on LSCO in more than 20 years. This means that our doctrine, as well as our training needs updating. Training for LSCO and GPC should be our focus over the next year and into the foreseeable future. This will require fully trained individuals “cross-walked” to collective events to be successful.

Again, I am hopeful that the COVID game will be substantively over by the time you read this. I am also excited to see our training turn the corner towards LSCO and GPC. Collective training will be our end state and main effort over the next year. To get to collective competence, we need individual training expertise. Because we have the best NCOs in the world, I am confident!

Thank you! Thank you for all that you have done, and all that you will do. Thank you to your families! They are and will always be, the backbone of our readiness of our Guard! It’s an honor to be your Adjutant General! 🇺🇸

## Command Sergeant Major Spencer Nielsen Senior Enlisted Leader



**G**reetings Utah National Guard Team and Family. One of the great things about my position is that I get the opportunity to address the force in this publication every quarter and thank you all for the great work you’re doing. I am constantly impressed by the professionalism, competence and dedication

of our extraordinary organization. I often speak of the legacy of excellence each of us has been entrusted to uphold, and you deliver on that responsibility each and every day. By the time this article publishes, we will have observed the 20-year

anniversary of Sept. 11, 2001. As we reach this milestone in our nation’s history, I feel compelled to reflect on the past 20 years, our contribution to the Global War on Terror, and the organizational changes that have occurred since that fateful day.

I well remember working in my office at the Spanish Fork Armory the morning of 9/11 when a coworker informed us of the first plane crashing into the first tower. For the next several hours, we all watched, riveted, as the events of the day developed. It was well understood that we were witnessing a transition unfold and that the world would never be the same. Included in my vivid memories of that day was the response of our unit personnel. As ambassadors of generations of Minutemen, one-by-one, unit members started to come into the armory, or called to check in, ready to do whatever was required to defend our nation and to respond to the attacks.

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None of us knew what that response would entail, but everyone was ready to be a part of it.

While it would take a little bit of time for the nation to respond, the Utah National Guard certainly has done some heavy lifting over the past 20 years in support of that national response. We have deployed thousands of Soldiers and Airmen in support of hundreds of missions. In every instance, we have supported the demands of our nation with honor and distinction. We are also a more lethal and ready force than the one that existed on Sept. 10, 2001. Although our ranks were good and I am proud of the force we had, we are significantly better equipped, better trained, more joint, flexible, adaptive, competent and professional than those that previously existed in our units. Our current formations are truly world class and represent the best of our nation's Armed Forces. That said, a lesson to be drawn from that time is that our contemporary capabilities are seldom well suited

for our future requirements, so we must always be looking to innovate and evolve.

As we look to the future, I am confident that our organization is ready to respond to impending challenges, but we must continue to work together and focus on our shared goals and objectives. Another memory I have of the 9/11 attacks is the national unity that existed on and after Sept. 12, 2001. Although it should not require a national tragedy for us to come together, the weeks and months that followed revealed that we are capable of it. The national pride, unity of effort, and patriotism that existed after the attacks demonstrated the resolve the American public is capable of when we are united in purpose. Let's continue to unite in purpose, commit to our shared values and missions, and while we pause to commemorate the past 20 years, always set our sights to the future, and prepare to meet its challenges. 🇺🇸

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## FEATURE

### 18 UTANG 75th Anniversary

#### Celebrating past milestones with an eye to the future

With the Utah Air National Guard laying its foundation a year before the establishment of the U.S. Air Force, the Utah Air Guard has grown and evolved throughout the past 75 years to meet our nation's needs.

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#### COVER PHOTO

An A-10 Thunderbolt II, from the 124th Fighter Wing, Idaho Air National Guard, prepares to receive fuel from a KC-135R Stratotanker, from the 151st Air Fueling Wing, Utah Air National Guard on July 28, 2021. The Air National Guard provides almost half of the Air Force's tactical-airlift support, combat-communications functions, aero-medical evacuations and aerial refueling.

— PHOTO BY Tech. Sgt. Colton Elliott, Utah Air National Guard

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**Coverage:** For significant statewide events contact: Lt. Col. Jaime Thomas (801) 432-4407 or Ileen Kennedy (801) 432-4229 or email: [ng.ut.utarnng.list.pao@mail.mil](mailto:ng.ut.utarnng.list.pao@mail.mil)

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# Are You A Self-Fulfilling Prophet?

**N**egative self-talk can really drag us down and positive thinking can boost us up. Our thoughts and beliefs are so powerful that sometimes what we believe and think comes true. Is this because you have psychic powers or a crystal ball?

Nope, it's simply a psychological happening called a self-fulfilling prophecy. We recognize its power in other people all the time. It sounds like this:

"Well, if you think you are going to fail then you will."

"If you believe that everyone is out to get you, then everyone will be out to get you."

"If you believe that I do not love you, then you will never accept that my actions toward you are loving."

What is a self-fulfilling prophecy?

1. Having a belief (positive or negative) about ourselves and others, and
2. We take actions based on that belief which ultimately
3. Reinforces the original belief.

## Example of negative beliefs about others:

Belief: People are inherently dishonest and take without asking.

Action: Leaving a bowl of snickers on your desk during drill weekend.

Reinforcement: All the snickers are gone by Saturday morning.

Belief: I believe that my boss is out to get me.

Action: Nervously avoid interactions with my boss.

Reinforcement: My boss counseled me on my lack of participation in planning meetings.

Belief: Drill sucks.

Action: Show up to drill annoyed with everyone and everything.

Reinforcement: First sergeant orders you to stay after final formation for remedial training.

## Example of negative beliefs about self:

Belief: I am a total mess at work.

Action: Fail to meet deadlines.

Reinforcement: Counseling statement from my boss for failing to meet deadlines.

Belief: I am unlovable.

Action: Do not return texts or phone calls from your friends.

Reinforcement: Friends stop trying to contact you.

Belief: My family disrespects me.

Action: Talk down to my family in a disrespectful way.

Reinforcement: Family disregards your demands.

What we are really doing is waiting for the world to react to us in a certain way that reinforces what we already believe so we can say "AH HA, I WAS RIGHT!!"

Solution: Challenge your beliefs. Are all people dishonest? Are you truly an unlovable dictator whose kids steal cookies? The answer is NO! Try this formula.

## Positive beliefs about self:

Belief: I am worthy of good things.

Action: Ask for a schedule that works best for your family and organization.

Reinforcement: Your boss allows you to work a more flexible schedule.

Belief: I can do hard things.

Action: I signed up for a marathon.

Reinforcement: I trained for and completed the marathon.

Belief: I am lovable.

Action: Breaking up with a partner who is not kind to you.

Reinforcement: Available to find a partner who is kind and healthy.

When you can break the cycle of negative thinking and replace

it with positive thinking and actions life will feel a little less burdensome. You will see that not all people and not all things suck. By doing so you will improve the relationship you have with yourself and with others. Because at the end of the day the relationships we have with ourselves and with others is all that matters. Remember, we cannot control others we can only control how we think, act, and react to life's adventures. Now, go do some positive self-fulfilling prophesizing! Get that job, boat, partner, organized closet, or ripped body!

This is Life Encouraged. 📖

— Andrea Phillips, LCSW Program Manager

**Our thoughts  
and beliefs are  
so powerful that  
sometimes what  
we believe and  
think comes true.**

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

# State Partnership Program with Morocco

The Utah/Morocco partnership was established in 2003 and has blossomed into a mature strategic partnership. The overarching goal is to support U.S. government objectives in Morocco and within the region through a variety of military-to-military engagements. The partnership also works to expand towards military-civilian and civilian-civilian interactions that will support the whole-of-government, as well as whole-of-society approach to U.S. security cooperation. Focus areas that support geographic combatant commander's lines of efforts and National Guard's objectives are: combined-arms capabilities including Moroccan Special Operations Forces, Apache AH-64 capability development, artillery and F16 modernization and interoperability; humanitarian demining (humanitarian mine action/explosive ordnance disposal); emergency medicine; humanitarian assistance disaster relief; and noncommissioned officer development. Additionally, the partnership features an annual youth exchange. Children of UTNG service members host children of Moroccan Royal Armed Forces service members in their homes for two weeks during the summer. The following summer, those UTNG children are hosted in their

Moroccan counterparts' homes for two weeks in Morocco.

The Moroccan Chief of Defense, General Abdelfatah Louarak acknowledged the significance of the Youth Exchange in saying, "We cannot overstate the increasing importance of our partnership and the youth exchange demonstrates the high level of trust and mutual respect in the partnership."

The COVID-19 pandemic has continued to limit partnership activities in 2021, however, there were several successful SPP engagements that were key to the future success of both the Utah-Morocco SPP, and U.S.-Morocco relations, in general. In January 2021, the adjutant general accompanied the undersecretary of defense for policy and other high-ranking U.S. officials to the Defense Consultative Committee hosted by the Moroccan Royal Armed Forces in Rabat, Morocco. During the course of that meeting, the delegation cemented the U.S.-Morocco bilateral security cooperation strategic outlook by signing the Bilateral Country Action Plan. The BCAP designates the UTNG as a key participant in realizing the mutually agreed upon security cooperation objectives of the strategic plan. In the months following the DCC, the 1457th Engineers of the UTNG



Moroccan Gen. Belkhir El Farouk, the Royal Moroccan Armed Forces Southern Zone Commander, U.S. Army Maj. Gen. Michael Turley, adjutant general Utah National Guard, learn more about the humanitarian civil assistance during a key leader engagement as part of African Lion 2021, June 16, 2021, at the Military Medical-Surgical Field Hospital in Tafraoute, Morocco.

— PHOTO BY Tech. Sgt. Colton Elliott, Utah Air National Guard



Two Royal Moroccan Armed Forces delegates receive a Black Hawk orientation flight by members of 2nd Battalion, 211th Aviation Regiment, Utah National Guard in support of the State Partnership Program from July 19, 2021. Five senior leaders of the Royal Moroccan Armed Forces view the inside of an aircraft outside the 19th Special Forces (Airborne) facility during their tour of Camp William, Utah, July 20, 2021.  
 — PHOTOS BY Sgt. 1st Class Stacey A. Olson, Utah Army National Guard

continued its ongoing Humanitarian Mine Action program that is set to validate Moroccan explosive ordnance disposal technician instructors in a joint, train-the-trainer program with Marine Forces Africa. The 151st Air Refueling Wing's Medical Group is culminating its Disaster Response Casualty Care program this year. This program will have trained and validated 600 Moroccan military and civilian medical professionals as instructors in this curriculum that trains emergency medical first responders in vital disaster response skills and techniques. The 1st Battalion, 211th Aviation Regiment continued their support of the Moroccan Royal Air Force in the development of their AH-64 Apache helicopter battalion and the 19th Special Forces Group maintained their commitment to the development of the Moroccan Special Operations Force greatly contributing to the Royal Armed Forces modernization effort. In July 2021, the UTNG hosted a delegation of five Moroccan officers in Utah for a senior leader visit that focused on familiarization of the UTNG artillery, cyber and NCO development capabilities.

Maj. Gen. Michael Turley highlighted the importance of the visit saying, "This visit is a unique opportunity for the Utah National Guard and Moroccan Royal Armed Forces to enhance our partnership by exploring opportunities to increase our interoperability in military capabilities, but more importantly it gives us a chance to highlight our cultural similarities and strengthen the relationship on a personal level."

The Moroccan delegation was hosted by the Days of '47 for a barbecue and rodeo in celebration of Utah's Pioneer Day.

A hallmark event for the UTNG in its partnership with the Moroccan Royal Armed Forces is its contribution to exercise African Lion hosted each year in Morocco. This is the largest joint exercise program event in all of the U.S. Africa Command area of responsibility. Various UTNG units participate in the exercise each year and the humanitarian civic assistance medical clinic has proven to be vital to the overall success in recent years.

— ARTICLE BY Maj. William Biesinger



Members of the Utah National Guard along with five senior leaders of the Royal Moroccan Armed Forces stand in front of a Utah National Guard Paladin at Camp Williams, Utah during the Moroccan's week-long visit to Utah, July 18-24, 2021. Command Sgt. Maj. Scott Evans, Regimental command sergeant major, conducts a noncommissioned officer development familiarization and discussion with five senior leaders of the Royal Moroccan Armed Forces and members of the 640th Regional Training Institute at Camp Williams, Utah, July 21, 2021.  
 — PHOTO BY Ileen Kennedy, Utah National Guard

The Utah National Guard played a key role in the overall success of African Lion despite the challenges presented by COVID-19 restrictions. At the exercise's conclusion the UTNG was recognized by both the AFRICOM Commander, General Stephen Townsend, and Chief of the National Guard Bureau, Gen. Daniel Hokanson for Utah's contributions, deeming Utah's participation critical to the success of the exercise, and in greatly strengthening the United States' relationship with Morocco.

The UTNG deployed more than 250 Soldiers and Airmen to Morocco, including transporting via sealift numerous military vehicles, cargo, and medical supplies. For three weeks in June, the UTNG integrated eight of its units throughout the country and the exercise. The Adjutant General, Maj. Gen. Michael Turley of the UTNG and his command team conducted battlefield circulation visits during the exercise.

"Multinational exercises like African Lion allows the Utah National Guard's State Partnership Program to continue to build and enhance professional relationships while supporting the interoperability of forces," said Turley. "It also allows both parties to further develop tactics, techniques and medical procedures together, and continues to advance the capabilities of all participants."

Of the eight units that deployed, five were in Agadir at the Moroccan Military Southern Zone headquarters. The 128th

Mobile Public Affairs Detachment provided critical media coverage, pushing out personnel across the country to cover key events. The 300th Military Intelligence Brigade contributed French-speaking linguists who were essential in conducting fluid communications with our Moroccan counterparts. The 151st Intelligence Support Squadron brought IT specialists, providing crucial network infrastructure support and security to the U.S. Army Southern European Task Force -Africa (SETAF-AF) Headquarter's digital domain. The UTNG Joint Force Headquarters deployed personnel for logistics support and exercise wargaming roles in the SETAF-AF Joint Exercise Control Group. The Homeland Response Force provided chemical, biological, radiological, nuclear, and explosive (CBRNE) experts to assist in training and evaluating their Moroccan counterparts in a simulated CBRNE emergency.

Located in Tafraoute, nearly five hours into the interior of Morocco, the 151st Medical Detachment conducted a Humanitarian Civic Assistance mission providing vital surgical and medical treatment to thousands of Moroccan citizens in critical need who have no access to modern medical facilities.

"Our ability to work with our Moroccan partners to provide humanitarian assistance is one of the most rewarding parts of African Lion and the relationship with the Kingdom of Morocco," said Command Sgt. Maj. Spencer Nielsen, senior

U.S. Army Paratroopers assigned to the Utah National Guard prepare for a joint jump with the UTNG's 19th Special Forces Group (Airborne) and Royal Moroccan Army Paratroopers at Ben Guerir Air Base, Tifnit, Morocco, June 10, 2021.

— PHOTO BY Spc. Rhianna Ballenger, U.S. Army







U.S. Army Spc. Spencer Fayles, 144th Area Support Medical Company treats a fellow Soldier, June 8, 2021, at Cap Draa Maneuver Area, Morocco. Fayles uses his medical expertise to assist patients at the Role II medical treatment facility during exercise African Lion 21. A Moroccan doctor conducts an exam on a patient at the Military Medical-Surgical Field Hospital in Tafraoute, Morocco on June 11, 2021, during African Lion 21.

— PHOTOS BY Sgt. Nathan Baker, Utah Army National Guard and Tech. Sgt. Colton Elliott, Utah Air National Guard

enlisted advisor, UTNG. “Seeing Moroccan and U.S. forces together, particularly Utah National Guard, makes us very proud, and it is humbling to see that we can have that much effect on the local populace.”

Located in Tifnit, an hour east of Agadir, the 19th Special Forces Group (Airborne) deployed a Combined Joint Special Operations Task Force (CJSOF) from 1st Battalion, and two Special Forces Operational Detachment Alphas (SFOD-As) to work with and train the Moroccan Special Forces. The partnership culminated in an intense joint U.S./Moroccan/160th SOAR demonstration of a helicopter-borne, fast-rope assault on two compounds. Turley observed that it was difficult to identify which of the operational teams were U.S. and which were Moroccan.

“That’s a great indicator of the success of our partnership and of the effective capability that the Royal Armed Forces have

established,” said Turley.

Lastly, located six hours to the south of Agadir in Tantan, the 144th Area Support Medical Company established a Role II medical facility in an austere, dry, desert environment, amid extreme temperatures. They endured the conditions to ensure real-world medical support and trauma care was provided for Soldiers participating in intense, live-fire events throughout the duration of the exercise.

In closing, the UTNG’s participation was prolific and significant throughout the exercise and Morocco. They built and enhanced relationships with the Moroccan military, NATO, and other U.S. units. Turley and UTNG Land Component Commander, Brig. Gen. Charlene Dalto, both expressed gratitude for their Soldiers’ and Airmen’s hard work and contributions toward making African Lion ‘21 a resounding success.

— ARTICLE BY Capt. Michael Mulé, Utah Air National Guard



Left to right: Moroccan surgeons perform cataract surgery on a Moroccan patient's eye at the Military Medical-Surgical Field Hospital in Tafraoute, Morocco, during the African Lion 21 Exercise on June 7, 2021. U.S. Air Force Lt. Col. Nicole Christiano, a physician with the 146th Airlift Wing, examines a pediatric patient at the Military Medical Surgical Field Hospital in Tafraoute, Morocco on June 13, 2021, during African Lion 21.

— PHOTOS BY Tech. Sgt. Colton Elliott and Tech. Sgt. Annie Edwards, Utah Air National Guard

## African Lion 21 provides crucial medical care for Moroccan citizens

TAFRAOUTE, Morocco—More than 90 members of the National Guard, Air Force Reserve, Active Duty Air Force, as well as specialists from the U.S. Embassy in Rabat worked side-by-side with an equal number of members of the Moroccan Armed Forces to provide humanitarian service in a rural area as part of exercise African Lion 21, June 7-17.

The Airmen and Soldiers were able to conduct more than 23,000 individual medical evaluations in the vicinity of Tafraoute, Morocco. The clinics that were open to the Moroccan people included: surgery, dentistry, optometry, dermatology, OB-GYN, radiology, pharmacy, internal medicine, and general medicine. Utilizing these clinics, the group was able to provide everything from basic medical and dental care to minor medical procedures, while also referring patients with greater needs to other medical facilities in Morocco.

“Participating in this year’s African Lion Humanitarian Mission provided our team with a valuable opportunity to train, collaborate, and build relationships with our medical counterparts in the FAR,” said Col. Carissa Christensen, commander 151st Medical Group, Utah National Guard. “Our providers see medical conditions first-hand that they have not

encountered before and are able to learn from their Moroccan colleagues about treatment options, as well as share best practices from their own training.”

Utah’s 151st Medical Group made up most of the medical team, while more than 17 providers from other National Guard units volunteer to join the Utah team, in addition to the volunteers from Active Duty and the Reserves.

“It was very exciting to see this group of military members from all over the world come together, support each other, and deliver the best possible medical care to more than 8,000 local citizens in Morocco,” said Christensen.

(Editor’s note: African Lion is led by U.S. Army Southern European Task Force, Africa as a joint, all-domain, multi-national exercise in Morocco, Tunisia, Senegal, and Ghana linked to U.S. European Command’s DEFENDER series exercise to counter malign activity in North Africa and Southern Europe and increase interoperability between U.S., African, and international partners to defend the theater from adversary military aggression.)

— ARTICLE BY Capt. Dan Eicher, Utah Air National Guard



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# 20-Year Anniversary Since 9/11

We arrived at the bomb dump around 6:45 am on a Tuesday morning. The week prior, we were conducting a “Phase One Operational Readiness Exercise”, which tested our unit’s ability to prepare to wage war. This involved things like preparing cargo for shipment, building and loading simulated weapons onto aircraft, launching jets and more. It’s the Air Force’s standard for measuring deployment capabilities.

The exercise required long hours and involved loading simulated munitions on aircraft. After an intense week, we were a bit tired, but from what I can recall we were in good spirits. I don’t remember the reason why, but we left anything that wasn’t live munitions on the aircraft through the weekend, with the intent to download it the following week. I walked through the gate shack, showing my credentials to the gate guard on duty that day and headed to the Line Delivery shop.

When we got to the office, it was like any other day. We checked in with our supervisor, grabbed a clipboard with inventory sheets on it, and walked across the street to where we kept all our munitions delivery trailers and conducted our inventories. Inventories of our equipment and munitions that were loaded on them were conducted between each shift, three times a day. This ensured we had accurate accountability of all our assets.

Once we were done, we walked the inventory over to our munitions controllers located in the building adjacent to ours and headed to the smoking area behind our building. It was a relatively slow day, since we had just had the exercise, we were waiting on other maintenance on the flightline before we would head out to pick up all the practice munitions that were used during the prior week’s training.

I got Shaw Air Force Base in central South Carolina in October 2000. Fresh out of my initial skills training in Texas, I was about as green as they come. The job I enlisted to do was munitions systems. This covered things like building, inspecting, and storing bombs, missiles, and aircraft countermeasures like chaff and flare, accountability and controlling all munitions movements. The job was very broad, and my first assignment was as a line delivery driver. Operations would determine the type of mission they wanted to fly, would contact our munitions controller, who would then dispatch one of us to take the requested munitions to the flightline for that day’s missions. On any given day, we would conduct anywhere from four to 12 deliveries each to the flightline, with items ranging from countermeasures, BDU-33 practice bombs, AIM-9 and AIM-120 missiles, and more.

Our office had one of those old tube TVs that sat on the floor in our break area. The office was small, maybe 15x30, with a small backroom



Airman Basic John Winn poses with his parents, Tom and Rosa Winn, at Lackland Air Force Base, Texas on Aug. 28, 2000. Now a Master Sgt. assigned to the 151st Air Refueling Wing, Winn recalls his training and upbringing prior to the events of Sept. 11, 2001.

for our lockers, and a small dispatch area in the next room. It was roughly the size of a single-wide trailer. You could comfortably fit five to six people in the main break room. We always kept the TV on until lunch, usually just playing morning shows, and eventually watching *The Price is Right* by lunchtime.

At about 8:50 a.m., just as we walked in, someone said, “a plane just hit the World Trade Center!”

I didn’t even know what the World Trade Center was at the time. I had joined the Air Force a little over a year prior at the age of 17. Not realizing quite yet what had just happened, we went about getting ready for the day. I went into the locker area to put my BDU blouse in my locker, and just as I was coming out, I saw the second plane hit the South Tower.

We were speechless.

We couldn’t look away from the TV. Some of the older guys that had served in the Gulf War and even been in the Khobar Towers in Saudi Arabia when they were bombed were already talking about all-out war. The news reports just kept showing the towers being struck over and over. There was so much panic and confusion. That’s when the third plane struck the pentagon around 9:30 a.m.



Airman John Winn, left, attends the Munitions Systems Craftsman course at Sheppard Air Force Base, Texas, Sept. 13, 2000. In 2000, Winn, poses on a MHU-141 munitions trailer with an AIM-9 Sidewinder training missile at Osan Air base, Republic of Korea. Currently a Master Sgt. assigned to the 151st Air Refueling Wing, Winn recalls what the events of Sept. 11, 2001 mean to him.

We assumed more attacks would come. My friend Josh ran outside to the smoke pit and was trying to call someone. I went out to check on him and he told me his mom was scheduled to fly from Boston to New York that morning. He was trying to call her, but all of the phone lines were tied up. I could see the panic on his face, knowing what had just happened and not being able to get ahold of his mother.

That's when someone yelled out to us to get back in the office. "We're getting missiles," said one of the noncommissioned officers.

There was a building that we didn't go to very often because it contained our live missiles, which we rarely loaded on aircraft. During times of peace, we typically flew with training munitions on our jets. This was no training mission.

We jumped into our bobtail trucks, 3/4-ton trucks with the bed removed and the wheelbase shortened, making them capable of towing trailers loaded with munitions weighing more than 30,000 lbs. We drove down the road to a warehouse building. There, we found the building was already open and a few NCOs from the Precision Guided Munitions shop were opening missile containers which were being placed on the ground by crews on forklifts. Each container looked like a long, thin aluminum coffin containing four AIM-9 sidewinder missiles.

We pulled our trailers up to the side of the warehouse, jumped out of our trucks, and went inside to help the PGM crews load the missiles onto the trailer.

This is when the realization hit me. This was my first time handling live ordinance aside for some training munitions. This was real, very real.

Once the missiles were loaded on the trailer, I called over the radio for instruction on where to go.

"Just get to the flightline, an expediter will tell you where to go. Head to Viper," said the munitions controller over the radio.

That was the longest three-mile drive of my life. Leaving the gate to the munition's storage area, driving alone in my bobtail, I turned onto Perimeter Road and headed to the flightline with two missiles trailers in tow.

Viper was the 78th Fighter Squadron. One of four F-16 C/D fighter squadrons assigned to the 20th Fighter Wing at Shaw Air Force Base, South Carolina in 2001. Along with the 78th were the 77th (Gamblers), 79th (Tiger) and 55th (Shooter) fighter squadrons. Ninety-six F-16s made up the 20th Fighter Wing at Shaw, whose primary mission was SEAD, or Suppression of Enemy Air Defenses. Additionally, these F-16s also handled traditional air-to-air and air-to-ground missions.

Prior to 9/11, the wing regularly rotated aircraft and personnel to Turkey and Saudi Arabia to participate in Operations Northern Watch and Southern Watch, both of which prevented Iraqi aggression against its own population and its neighbors by enforcing no-fly and no-drive zones. The 20th Fighter Wing was, and still is, the U.S. Air Force's largest combat F-16 wing.

When I got to the flightline, it was chaos. I had never seen so many people on the line. What was usually an orderly line of aircraft and equipment was anything but that. There were people everywhere, and when I pulled up to the aircraft parking ramp, I saw weapons loaders taking inert training missiles off the jets and carefully setting them on the ground.

Because of the nature of the way in which we load munitions, we typically took empty trailers out to the flightline, downloaded munitions, returned them to the munition's storage area, and then returned with fresh munitions. Setting even practice munitions on the ground was not protocol. As I began to pull up, an expediter directed me to park about 20 feet behind and perpendicular to one of the F-16s. I hadn't even put my truck in park before load crews were already unstrapping the missiles from my trailer and already had one off. I ran back to



A Four-Ship formation of F-16 Fighting Falcons fly over Shaw Air Force Base, S.C., July 21, 2017, as part of a commemoration of the hundredth anniversary of the 55th Fighter Squadrons activation. The formation consisted of the wing flagship aircraft from the 55th, 77th, and 79th fighter squadrons all stationed at Shaw AFB.

— PHOTO BY Tech. Sgt. Gregory Brook, U.S. Air Force

chalk my trailers but by the time I got to the back of my truck, they had already taken two missiles and I was being directed to the next aircraft down the line.

If my memory serves me right, I was towing tandem trailers totaling 12 AIM-9 Sidewinders. That was enough for six aircraft (two each). Once they got the last missile, I drove my empty trailers back to the bomb dump for a resupply. I cannot recall how many missiles we loaded, or how many aircraft we generated, but once they were airborne, it was like a waiting game. We did our part to ensure we had combat ready jets in the air. Afterwards, it was like cleaning up after a long dinner party. With equipment scattered about, and training munitions on the flightline, it made for a long evening cleaning up.

Eventually, we headed back to the flightline to pick up all the training munitions that were left out there. We couldn't do it right away, because our leaders didn't know if we would need the trailer space for more live missiles. Once the initial rush was over, I felt a sense of unease, knowing that we did what we could, but wanting to do more to help.

On that day, the wing would begin conducting combat-air patrol missions along the east coast, to include the nation's capital of Washington, D.C. This would be the beginning of a long-term alert commitment at Shaw AFB, a mission that would eventually be taken over by the Vermont Air National Guard's 158th Fighter Wing Alert Detachment.

Immediately following the attacks, our base went into what was then called THREATCON (Threat Condition, later changed to, Force Protection Condition) Delta, the highest level of security and denotes that an attack has taken place. We remained in Delta for a couple of days with the base going on full lockdown. We broke into two shifts, a night shift and a day shift as to maintain 24-hour operations as our fighters patrolled the skies in the days after the attacks.

As the days went by, we quickly learned of the Al Qaeda plot and the Taliban government's involvement in Afghanistan where the hijackers trained in terror-training camps and for years orchestrated attacks on western targets. We expected to be involved in the initial attack on the Taliban regime, but were passed over for bomber units, which could deliver a much larger blow. We, as a unit, were ready to respond. We packed our bags and began getting ready for what we knew would be a large-scale assault on Afghanistan. While my number wasn't called in the days to come, others were.

Looking back on the events that transpired 20-years ago, I can't help but think that it was the most involved I'd ever felt in my service to my country. I've had the privilege of serving overseas for more than five years of my 20+ year career thus far, I've been to dozens of countries, worked for several units, in a myriad of positions, but that day still feels like the most impactful to my career. That one day sparked 20-plus years of involvement in conflicts around the world, and not a day goes by that I don't think back to 9/11 and how it changed the landscape of the U.S. military. In my 20-plus year career, we have been in perpetual war. I never would have imagined when I raised my right hand on June 14, 2000, that my entire military career would revolve around this conflict.

To this day, I still find it hard to relive those moments that I witnessed on live TV, knowing how devastating the attacks were to so many people. Images captured that day will live forever in my mind. From the footage of those heroes who ran into the towers to rescue those stranded, to the "falling man," who had no other choice than to jump from the tower. I will carry these heartbreaking images with me for life. My only solace is knowing I had a very small part in responding to answer our nations call to defend her when she was attacked. 🇺🇸

— ARTICLE BY AND PHOTOS COURTESY OF Master Sgt. John Winn, Utah Air National Guard



## Utah National Guard participates in African Lion 21, Morocco

U.S. Army Staff Sgt. Ethan Pratt assigned to the 2nd Security Force Assistance Brigade fires alongside the Senegalese Armed Forces during Exercise African Lion 21 at the Tan Tan Training Area, Morocco, June 11, 2021. African Lion 21 is U.S. Africa Command's largest, premier, joint, annual exercise hosted by Morocco, Tunisia, and Senegal, from June 7-18. More than 7,000 participants from nine nations and NATO train together with a focus on enhancing readiness for U.S. and partner nation forces. AL21 is multi-domain, multi-component, and multinational exercise, which employs a full array of mission capabilities with the goal to strengthen interoperability among participants.

PHOTO BY U.S. ARMY Spc. Nathan Smith



## U.S. Airmen begin African Lion 21 humanitarian efforts

TAFRAOUTE, Morocco - Approximately 80 U.S. Air National Guard and active-duty Airmen joined more than 100 members of the Moroccan military to provide medical care to 461 patients on June 7, at a surgical field hospital set up for humanitarian civic assistance during African Lion 21.

UTAH AIR NATIONAL GUARD PHOTO BY Tech. Sgt. Colton Elliott







# UTANG 75th Anniversary: Celebrating Past Milestones with an Eye to the Future



A view in the 1940s of the Utah Air National Guard flight line located at the Salt Lake Municipal Airport. The Utah Air National Guard was federally recognized on Nov. 18, 1946.

On Aug. 7, 2021, members of the Utah Air National Guard, along with family and friends, celebrated its 75th anniversary as part of their Wingman Day celebration at Roland R. Wright Air National Guard Base in Salt Lake City, Utah.

With the Utah Air National Guard laying its foundation a year before the establishment of the U.S. Air Force, the Utah Air National Guard has grown and evolved throughout the past 75 years to meet our nation's needs.

## 1940s

Following the end of World War II, a small plot of land and an old Army Air Corps hangar at the Salt Lake Municipal Airport was designated as the home of the newly created Utah Air National Guard. On Nov. 18, 1946, 20 officers and 36 enlisted men became the first members of the federally recognized Utah Air National Guard. It would be nearly a full year before the United States Air Force would formally be created in September 1947.

Salt Lake City leased a new area to the Air Guard, located on the north end of the airport. Soon thereafter, 30 buildings, including a large hangar, aircraft and automotive maintenance buildings, air operations buildings, an administrative facility, five supply warehouses and a medical center were built.

Between 1947 and 1948, all pre-existing buildings had been turned over to Salt Lake City by the War Assets

Administration for the use of the Utah Air National Guard and were leased from Salt Lake City for a fee of just one dollar a year. It didn't take long for the Utah Air



Air National Guard mechanics in the 1940s working on a P-51 Mustang (later redesignated the F-51). Names listed without rank of Wally Anderson, top; Danny Penalute, right; UNK.



The Utah Air National Guard was initially organized as the 191st Fighter Squadron as indicated on the hangar with the aircraft parked on the tarmac. The F-86 Sabre became the main aircraft of the Utah National Guard in 1954 as the Utah Air Guard became a Fighter Interceptor Squadron.

National Guard to receive its first aircraft. With a surplus of aircraft being distributed around the nation, the Utah Air National Guard received 26 P-51 Mustangs.

From 1948 to 1950, construction projects at the airport added a large parking apron so that the military aircraft could be parked away from the commercial traffic. Extensive painting, remodeling, and repairing of buildings and roads was also done at this time. All these improvements helped support the Utah Air National Guard's five primary assigned aircraft. The combat proven P-51 Mustang (later redesignated the F-51), the B-26 Marauder, two C-47 SkyTrain transport aircraft, and the L-5 Sentinel. Additionally, the Guardsmen flew the venerable AT-6 Texan Training Aircraft. A new era had begun.

### 1950s

As the Utah Air National Guard entered the 1950s, a new conflict loomed on the horizon, the Korean War. In 1951, the Utah Air National Guard saw the activation of several units, the 130th Air Control and Warning Flight; 210th Tow Target Flight; Detachment C, 244th Air Service Group; 191st Weather Station; and 191st Fighter Squadron.

While many of these units remained stateside to assist in training Americans for war, the 191st Fighter Squadron's pilots were split-up and divided among several active-duty squadrons of both F-51D Mustangs and F-86 Sabre jets. One Utah pilot, Capt. Clifford Jolley, became

Utah's first jet ace, ending the war with seven MiG kills to his name. Sadly, Utah mourned the loss of two Utah pilots, 1st Lt. Grant Harkness and 1st Lt. Grant Madsen, who were killed in action. With the end of the Korean War, Utah provided more National Guard troops than any other state.

In 1953, the headquarters was moved from Fort Douglas to the Salt Lake Municipal Airport. The base received its first jet aircraft, a T-33 Trainer (Shooting Star) and just three months later, the F-51 Mustang was replaced with the F-86 Sabre. This change increased the amount of funds allocated to the Guard and facilitated the replacement of the old 5,500-foot runway with a new 10,000-foot runway.



Air National Guard mechanics work on a F-51 Mustang in the 1950s.

In August of 1957, the 191st Fighter-Interceptor Squadron was incorporated into the newly established 151st Fighter Group. Along with its F-86 Sabres, the group now flew three T-33 trainers, two T-6-G aircraft, a C-45, and a VC-47A. That same year, the 130th Air Control and Warning Flight received the 24-hour, air-alert mission. The unit consisted of radar operators, aircraft weapons controllers, and electronic maintenance personnel. This alert mission brought with it the capability to run mock intercepts and “scramble” the fighters of the 151st several times a day.

The Utah Air National Guard saw one more major change before the end of the decade with the introduction of the F-86L Sabre in 1958. With larger base facilities and a much larger workforce, the stage was set for the Utah Air National Guard’s mission to extend worldwide.

### 1960s

The 1960s brought a new mission for the Utah Air National Guard. On April 1, 1960, the 151st Fighter Group transitioned to transport aircraft. This new assignment brought with it eight C-97 Stratofreighter transports, which broadened Utah’s mission from the Western United States to the entire globe.

In December 1965, the Utah Air National Guard saw its first support of Southwest Asia and Vietnam as part of Operation Christmas Star, bringing cards, books, and other gifts to deployed service members. From that point on, every Friday during the Vietnam War, a crew from Utah flew that week’s cargo or military members to war.

In 1968, the Utah Air National Guard’s planes grew as the C-97 was mothballed and sent to Monthan Air Base, Arizona, and the C-124 moved in to replace it. Nicknamed “Old Shakey,” the C-124’s could hold an impressive 70,000 pounds compared to the 35,000 pounds the C-97 could hold. The plane was one of the largest of its time and could transport tanks and bulldozers fully assembled. That same year, the 130th Air Control and Warning Squadron was redesignated as the 130th Ground Electronics Engineering Installation Agency.

The 1960s saw the Utah Air National Guard enter the global stage and its work ethic and performance did not go unnoticed. As the decade ended, its participation around the world was on the eve of increasing even further.

### 1970s

On March 23, 1970, the first “around-the-world” C-124 flight, flown by an all-Air National Guard crew, took off from Salt Lake City. The flight took 18 days to complete and involved 11 crew members.

June of 1972 saw the announcement of another mission change. The Utah Air National Guard was to transition from cargo to fuel, as they traded their C-124s for KC-97L Air Refueling aircraft. Although the C-97 was



An officer with the Utah Air National Guard conducts a flight schedule briefing in the 1970s.

a somewhat familiar for the Utah Air National Guard, in order for it to keep up with jet fighters, two additional jet engines were added under each wing.

In 1978, the Utah Air National Guard returned to the jet age with the transition to KC-135A Stratotanker. With this change came more speed, range, and fuel capacity. This opened new job opportunities, as maintenance had to fill their ranks with jet mechanics and more advanced avionics technicians.

As the 1970s ended, new opportunities and conflicts loomed on the horizon and the Utah Air National Guard was never better equipped to handle them.

### 1980s

The 1980s opened with the dedication of building 40, the new operations building that continues to serve today! That same year, the 151st participated in Operation Red Flag where 55 sorties were flown between five aircraft and earning the nickname “The Royal Mormon Air Force.”

While the KC-135A was still a fresh and beloved addition to the Utah Air National Guard, it still had performance limitations that were amplified by the elevation and temperatures of Salt Lake City. Former Utah Air National Guardsman and at the time, a sitting U.S. Senator, Jake Garn, fought long and hard to have Air Guard aircraft updated with new engines. In July of 1982, the first KC-135E, with updated JT-3D engines, was received.

In 1982, Brig. Gen. John Matthews accepted the position as the adjutant general of the Utah National Guard, commanding both the Army and Air National Guards of Utah. A former pilot in the 191st, Matthews was promoted to major general, and became the first Utah TAG to come from the Air Guard.

In 1986, the 169th Electronic Security Squadron was created by recruiting linguists and training them for airborne operations and survival training. Where numerous units failed, the 169th succeeded and became the first active-flying intelligence unit in the Air National Guard.

The latter part of the 1980s was a busy time for the 109th Tactical Control Flight, as they participated in the counter-drug mission. For their efforts, they were recognized as the best in the Air National Guard, being awarded the Mission Support Trophy in September 1988. The following month, as the unit grew in size, the 109th was re-designated from a flight to a squadron.

The 191st Air Refueling Squadron took to the skies over Osan Air Base, South Korea in June of 1988 to refuel F-4s and F-16s. They refueled more than 20 aircraft and



Utah Gov. Norman Bangerter and Maj. Gen. John Mathews are driven down the line of Airmen and Soldiers for the pass and review during the annual Governor's Day event in the 1980s.



During the 1980s, Airmen from the Utah Air National Guard conduct survival training in winter conditions. Left to right: Gen Hafen, sitting; Master Sgt. William Parker Back row: UNK, Kay Curtis, UNK, UNK, Master Sgt. Robert Hamilton.

offloaded 29,000 pounds of fuel during their time there. The mission sent a single KC-135 to within 100 miles of the Demilitarized Zone that separates North and South Korea.

With the end of the 1980s, the crisis in the Middle East was soon to emerge, and the Utah Air National Guard was once again poised and ready to make their mark on history.

### 1990s

In the early 1990s, the Utah Air National Guard found themselves in Saudi Arabia for Operation Desert Shield to support the buildup of forces in the region, as well as the defense of Saudi Arabia. The 151st Consolidated Maintenance Squadron supported KC-135 operations in both JEH-DUH, Saudi Arabia, as well as Moron Air Base in Spain.

While the Utah Air National Guard supported KC-135 operations, they also supported intelligence, surveillance, and reconnaissance operations through the 169th Electronic Security Squadron. Members of the unit were deployed to support the operation augmenting an active-duty EC-130 unit.

After the Gulf War, many Utah units found themselves assisting counter-drug operations both within the U.S. and around the world. The 106th and 109th Air Control Squadrons set up radar and minimalistic living facilities in the Andes Mountains regions in South America. Meanwhile, linguists and members of the 169th Intelligence Squadron, in conjunction with the Army Guard, found themselves assisting on the home front.

Throughout the 1990s, members from around the base found opportunities to deploy and assist the active Air Force around the world. In 1998, with the outbreak of the Kosovo War, small groups of Utahns were deployed to assist NATO efforts in the Balkans by operating KC-135s out of the Mediterranean Sea. Around that same time, in 1999, 29 members of the 151st Security Forces Squadron were sent to support Operation Northern Watch at Incirlik Air Base in Turkey, and 27 members of the 109th Air Control Squadron deployed to Kuwait to support Operation Southern Watch.

The 1990s thrust the Utah Air National Guard into the modern day and tested its capabilities in global reach. The next decade, however, would test that ability even further.

### 2000s

On Sept. 11, 2001, the world fell silent at the news of the terror attack in America. Nineteen hijackers crashed four commercial airliners into the World Trade Center, the Pentagon, and into a field outside of Pittsburgh, Pennsylvania. Nearly 3,000 lives were lost that day, and tens of thousands more were injured.

The KC-135s that were scheduled to perform training missions that day were quickly re-tasked and launched to support air support for fighters patrolling the skies for any future attacks and continued to do so for months after.

Utah Governor Michael Leavitt activated members of the 151st Security Forces Squadron to serve as additional security at the Salt Lake International Airport. The 109th Air Control Squadron was activated to support Operation Noble Eagle, supporting the Combat Air Patrol missions being performed over the United States. The 169th Intelligence Squadron also answered the call for Operation Noble Eagle and additionally performed two years supporting Operation Enduring Freedom in Afghanistan soon after, as did the 130th Electronics Installation Squadron.

While the United States and the Air Guard began participating in a new conflict, they also had the opportunity to participate in peaceful and memorable events such as the 2002 Salt Lake Winter Olympics. The 191st flew alert missions supporting Combat Air Patrol over the Olympic events. Additionally, the wing participated in “Team Welcome” ceremonies and partook in Olympic medals presentation ceremonies at the Olympic Medals Plaza and Salt Lake Ice Center. The 169th Intelligence Squadron members also provided language services for the various venues.

With the invasion of Iraq in 2003 and additional troops being sent to Afghanistan, the Air Guard was further put to the test. The 191st deployed numerous times to Guam, Al Udeid Air Base in Doha, Qatar, and other locations over the next several years in support of Operation Enduring Freedom, Operation Iraqi Freedom, and more.

The 2000s tested the Utah Air National Guard with constant demands of deployments for combat operations, relief efforts, and community service. It also changed how the National Guard would operate, moving from a strategic reserve force to an operational force with continual deployments and taskings.

## 2010s

During the 2010s, the work pace and global cooperation of the Utah Air National Guard increased dramatically. The 130th Engineering Installation Squadron would deploy several times to Afghanistan and Iraq, many of its members receiving commendations including Bronze Stars. The 191st Air Refueling Squadron



Members from the 151st Air Refueling Wing take a group photograph during Wingman Day Aug. 4, 2013. Airmen gathered on the Utah Air National Guard Base to learn about suicide prevention and listen to helpful guidance about controlling their finances. — PHOTO BY Tech. Sgt. Jeremy Giacoletto-Stegall, Utah Air National Guard

saw deployments to locations such as Manus, Kyrgyzstan and Al Udeid, Qatar, flying missions directly over Iraq and Afghanistan in the support of coalition forces.

In November of 2014, the Utah Air National Guard base was formally renamed “Roland R. Wright Air National Guard Base” in honor of Brig. Gen. Wright, who was one of the first to enlist when the Utah Air National Guard was established and was one of its first commanders.

August of 2016 marked a major milestone for Utah’s Air Guard, when Col. Christine Burckle was promoted to brigadier general, becoming the first woman to serve as commander of the Utah Air National Guard.

The 169th Intelligence Squadron, known for its constant high performance around the world, expanded to become the 151st Intelligence Surveillance and



A KC-135R from the 151st Operations Support Squadron in the Utah Air National Guard refuels a B2-Spirit over Colorado during the Global Thunder exercise, Nov. 3, 2013.

— PHOTO BY Tech. Sgt. Kelly Collett, Utah Air National Guard



Retired Air Force Brig. Gen. Roland R. Wright addresses a group of community and military guests at a ceremony to rename the Utah Air National Guard Base in his honor held in Salt Lake City, Utah on Nov. 18, 2014. Wright, a combat pilot with a distinguished military career spanning more than three decades served as Utah's first chief of staff for Air.

— PHOTO BY Staff Sgt. Annie Edwards, Utah Air National Guard

Reconnaissance Group on Feb. 17, 2017. This new group included two squadrons: the original 169th Intelligence Squadron and the newly created 151st Intelligence Support Squadron.

In December 2020, the National Guard Bureau named the Utah Air National Guard as the interim KC-135 Test Detachment for Air National Guard Air Force Reserve Test Center. The partnership with the Utah National Guard has led to training opportunities designed to revolutionize the KC-135's warfighting role. In July 2020, the Utah Air National Guard's 151st Air Refueling Wing upgraded the first KC-135 in the Air Force inventory with NATO-Standard Link 16 communication capabilities as part of its real-time information in the cockpit system (RTIC), bringing the aircraft into the 21st century and revolutionizing the tanker's role in combat.

Over the years, the Utah Air National Guard has shown its dedication around the world by continually deploying to meet global and domestic needs. In a moment's notice, the Utah Air National Guard puts their state and country first and will most assuredly do so again in the future as the need arises. 🇺🇸

— ARTICLE BY 1st Lt. Nate Cragun and Master Sgt. John Winn  
PHOTOS COURTESY OF Fort Douglas Military Museum Collection and the Utah Air National Guard



Command Chief Master Sgt. Brian Garrett speaks to members of the Utah Air National Guard, along with family and friends, as well as Gov. Spencer Cox and First Lady Abby, as they celebrate UTANG's 75th anniversary at their annual Wingman Day at Roland R. Wright Air National Guard Base in Salt Lake City, Utah on Aug. 7, 2021. — PHOTO BY Master Sgt. John Winn, Utah Air National Guard



## Resilience, Mindfulness & Wellness

In a 2011 report on psychological resilience in the military, The Rand Institute defined resilience as “...the capacity to adapt successfully in the presence of risk and adversity.” It is the ability to adjust, cope, or otherwise successfully manage despite the challenges. It is the strength to withstand a storm with the flexibility of a reed. A valuable ability? MOST CERTAINLY!

The good news, for those not born with a particularly resilient nature or for those whose life experiences have worn their resilience down—**Resilience Can Be Learned and Strengthened.** One promising method for building resilience is Mindfulness. Research conducted in 2016 by Badri Bajaj and Neerja Pande confirmed that mindful people have higher levels of psychological resilience. Their research concluded that resiliency is best cultivated from within by how we perceive and then react to challenges and stress. They reported, “mindful people...can better cope with difficult thoughts and emotions without becoming overwhelmed or shutting down (emotionally).” They posited that being mindful empowers individuals to move forward, rather than be stuck dwelling on their challenges, problems, or setbacks.

Mindful people actively practice bringing their awareness to what they are experiencing in the present, without any negative judgment. They spend time noticing what they are internally and externally experiencing. Most formal mindfulness practices involve the curious exploration of body sensations, thoughts, feelings, and urges, with gentle attitudes such as compassion, trust, and patience. Through these practices, we learn to turn toward difficulty with openness and kindness. Mindfulness practices promote the growth of resilience by helping us learn to recognize unhelpful central nervous system activity and dampen it so that higher reasoning is available for better decision making. Mindfulness can help us acknowledge, hold, and process dark, difficult emotions, as well as intentionally cultivate positive emotions, such as kindness, gratitude, generosity, delight and awe.

**Here are some mindfulness practices to get you started:**

**Practice: Attending.** This practice can deepen your capacity to become consciously aware of your immediate experience, without needing to leave or push it away to maintain your emotional equilibrium.



“Emotional discomfort, when accepted, rises, crests and falls in a series of waves. Each wave washes a part of us away and deposits treasures we never imagined. Out goes naiveté, in comes wisdom; out goes anger, in comes discernment; out goes despair, in comes kindness. No one would call it easy, but the rhythm of emotional pain that we learn to tolerate is natural, constructive and expansive.”

– Martha Beck

Find a place where you can sit comfortably, and you won't be interrupted for at least five minutes. Focus all your senses and awareness of this very moment, knowing you are here, in your body, in your mind, **in the present**, in this place. Whatever thought that arises, body sensation or feeling that comes up, simply notice it. Validate the experience in your thoughts. It is there, has shown up on your radar, and is allowed to be there. Accept that it is there. Do not try to analyze the experience, ruminate on it, or try to figure it out. Just notice that it is there. Register the experience in your awareness, then refocus your attention back on the quiet, spacious awareness of all you are experiencing in the moment.

**Practice: Attuning.** While attending can be characterized as focusing on the quantity of all you are experiencing, Attuning is a practice focusing on the quality, the specifics, of your experiences. This is a more focused practice of discerning the particular aspects of an emotion or sensation. Continued practice will increase your ability to recognize differences in the nature and intensity of what you are experiencing. Your vocabulary to describe these minute differences in your experiences will also increase as you label complex, subtly nuanced emotions and experiences.

Find a place where you will not be interrupted. Notice all that you are experiencing [Attending]. Try to identify any specific feeling or sensation in your body. Begin to label it—fluttery, churning, sharp, shaky, tight, bubbling, expanding, contracting. Try not to create a story about it. Just feel it and name it. It can be hard sometimes to find a word to exactly match the “flavor” of the sensation. That is okay. Just try to find a good enough label for now: “This is irritation,” “This is acceptance,” or “This is despair.” Whatever feeling you are attuning to, and however you choose to label it, this feeling is what it is. Your job is to notice the specifics of the sensation. Where it lives in your body, what sensations it evokes, and label it in a way that is useful to you. You are learning to trust your ability to recognize that emotion or sensation and know you can label it, even if you change your mind later about what it is. Once you can name an emotion, you are on the way to making sense of it and taking wise action toward dealing with it.

**Practice: Taking in the Good.** —Adapted from Rick Hanson, “Hardwiring Happiness”.

Pause for a moment and notice any experience of kindness, gratitude, or awe that you have experienced today or that you vividly remember from the past. Maybe it was a kindness showed to you by an unexpected source, or validation and acceptance from someone important to you. Maybe it was seeing a spectacular sunset or hearing your favorite song on the radio. Attune to the felt sense of the goodness of that moment—a warmth in your body, a lightness in your heart, a positive welcome emotion, a recognition of “Wow, this feels amazing!” Focus your awareness on this felt sense of goodness for 10–30 seconds. Savor it slowly, allowing your brain the time it needs to really register the experience and store it in long-term memory. Examine as many details as possible of the positive experience you can. Can you visualize in your mind the picture of the sunset, or the kind words said to you? Where in your body do you feel the positive sensations? Does the feeling have any particular shape or texture? Is it bumpy, fuzzy, warm, or tingling? Dwell on it. Set the intention to evoke this positive memory five more times today. This repeats the neural firing in your brain, recording the memory so you can recollect it later, making it a resource to strengthen your inner secure base of resilience. As you experience and re-experience the positive moment, register that not only are you doing this, but you are also learning how to do this. You are creating new neural circuitry primed for positivity, primed for resilience.

For those who want to learn more about mindful practices to improve resiliency, here are some websites: (This list is by no means conclusive and does not indicate any endorsement by the author or the UTARNG)

<https://mindfulness-exercises.com/how-mindfulness-builds-resilience-what-science-says/>

<https://www.mindtools.com/pages/article/resilience.htm>

<https://www.apa.org/topics/resilience/>

<https://www.mindful.org/train-your-brain-to-build-resilience/>

— ARTICLE BY Caroline Searcy, LCSW, CPM®

# Holiday Help

**T**his year has been another roller-coaster! Some of you may find yourselves in a place to help those around you, while others may be in need of help. The good news is either circumstance or any between them, is perfect! The Military Community and Family Services (MCFS) office has a couple of suggestions for you regardless of your circumstance.



**OCTOBER** brings with it cooler air and Halloween. The Child and Youth Services Program at Camp Williams will be hosting a Trunk-or-Treat event on Oct. 23, 2021, from 3:00 p.m. to 6:00 p.m. in the parking lot of building 6150. If you are interested in sponsoring a trunk for this event, please contact Connie Packer at (801) 878-5331 or conniegene.packer.nfg@mail.mil. The Utah Air National Guard will also be hosting a Trunk-or-Treat event, and those details will be announced soon. Please contact Mr. Scott Jones at 801-245-2524 or scott.jones.32@us.af.mil, for further information.



**NOVEMBER** brings Veteran's Day, and the annual Veteran's Day Concert will be held Nov. 11, 2021 at 7:00 p.m., at a new location at Cottonwood High School auditorium located at 5715 S. 1300 E., Murray, Utah. Thanksgiving is an excellent opportunity to give thanks and provide service. If you are interested in providing Thanksgiving help to service members and their families, please contact Laci Warby at (801) 432-4522 or laci.jwarby.nfg@mail.mil.



**DECEMBER** is exciting and stressful. As all the preparations for Christmas appear across the valley, please tune in to your family. If you are able to help another family this year, consider becoming a donor for the Sub for Santa program. You can apply at [utahguard.org/Santa](http://utahguard.org/Santa). Registration for donors opens on October 2, 2021. If you find your family in need of assistance for Christmas, please register for assistance at [utahguard.org/Santa](http://utahguard.org/Santa). Registration for assistance opens on Oct. 2, 2021.

If at any time you find yourself in need of emergency assistance, please reach out to the MCFS Office at 1-866-456-4507 and we can assist you with those needs. 📧

— ARTICLE BY Laci Warby,  
Service Member and Family Assistance team lead, JFHQ - Draper

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### Utah National Guard COVID-19 Response Task Force demobilizes

SALT LAKE CITY, Utah — Col. Tammy Manwarring, commander, Utah National Guard’s COVID-19 Task Force, presents an award to a Soldier during a demobilization award ceremony at Camp Williams, Utah, June 16, 2021. After serving their state and communities for over a year, approximately 140 Airmen and Soldiers serving as part of the Utah National Guard COVID-19 Response Task Force demobilized June 15-16, 2021, at Roland R. Wright Air National Guard Base, as well as at the 640th Regiment, Regional Training Institute at Camp Williams, Utah. 🇺🇸

— ARTICLE BY Sgt. Jordan Hack, Utah Army National Guard  
PHOTO BY Sgt. 1st Class John Etheridge, Utah Army National Guard



### Humanitarian efforts strengthen Utah's partnership with Morocco

RAFFRAOUTE, Morocco — Maj. Gen. Michael Turley, adjutant general Utah National Guard, shakes hands with a Royal Moroccan Armed Forces member during a key leader engagement as part of African Lion 21 June 16, 2021, at the Military Medical Surgical Field Hospital in Tafraoute, Morocco. African Lion 21 is U.S. Africa Command’s largest, premier, joint, annual exercise hosted by Morocco, Tunisia, and Senegal, June 7-18. 🇺🇸

— ARTICLE AND PHOTO BY Tech. Sgt. Colton Elliott Utah Air National Guard



### Redlegs for a Day: 145th Field Artillery gives local journalists a taste of Army life

DUGWAY PROVING GROUND, Utah — Reporters from KUTV 2 news interview Staff Sgt. Michael Jordan, section chief, C Battery, 145th Field Artillery Battalion at Dugway Proving Ground, June 12, 2021. The battalion was demonstrating fires capabilities during annual training for the media to observe. 🇺🇸

— ARTICLE BY Maj. Tech. Sgt. Colton Elliott Utah National Guard  
PHOTO BY Capt. Jeffrey Dallin Belnap, Utah Army National Guard



### MXG removes tail from Utah Air Guard KC-135R

ROLAND R. WRIGHT AIR BASE, Utah — U.S. Airmen from the 151st Air Refueling Wing, Utah Air National Guard and 190th Air Refueling Wing, Kansas Air National Guard, remove the tail from a KC-135R at Roland R. Wright Air National Guard Base, June 2, 2021. The KC-135 Stratotanker provides the core aerial refueling capability for the United States Air Force and has excelled in this role for more than 60 years.

— ARTICLE BY Maj. Marie Denson, Utah Air National Guard  
PHOTO BY Tech. Sgt. Colton Elliott, Utah Air National Guard



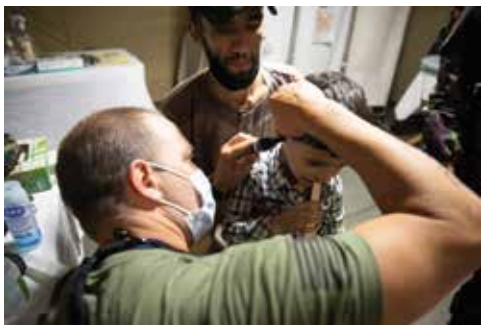
## 144th Area Support Medical Company treat Soldiers and forges strong camaraderie during African Lion 21

**CAP DRAA TRAINING AREA-Morocco** — A Soldier from the 2/121st Infantry Regiment, Georgia Army National Guard, is flown from Cap Draa for further treatment June 9, 2021 near Cap Draa, Morocco during African Lion 21. African Lion is U.S. Africa Command's largest, premier, joint, annual exercise hosted by Morocco, Tunisia, and Senegal. The Soldier was treated by the 144th Area Support Medical Company, Utah National Guard and flown to a nearby Moroccan hospital for further assessment and treatment. Approximately 40 Soldiers from the 144th ASMC, worked as a Role 2 medical treatment center during exercise African Lion 21 near Tantan, Morocco, June 7-18, 2021. 📷

— ARTICLE BY Sgt. Nathan Baker

PHOTO BY Sgt. 1st Class Cahugh Giles, Utah Army National Guard

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## U.S. Airmen bring medical care to Moroccan children

**ROLAND WRIGHT AIR NATIONAL GUARD BASE, Utah** — U.S. Air Force 1st Lt. Eric Cielinski, a physician assistant with the 151st Medical Det-1, provides medical care in the pediatric section of the Military Medical Surgical Field Hospital in Tafraoute, Morocco on June 12, 2021 during African Lion 21. U.S. Air National Guard medical providers brought pediatric care to local children at the Military Medical Surgical Field Hospital in Tafraoute, Morocco. 📷

— ARTICLE AND PHOTO BY Tech. Sgt. Annie Edwards, Utah Air National Guard

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## Utah National Guard participates in African Lion 21, Morocco

**TIFNIT, Morocco** — U.S. Soldiers attached to the 19th Special Forces Group train with Moroccan forces in fast-rope maneuvers in Tifnit, June 8, 2021. Approximately 260 Soldiers and Airmen from the Utah Army and Air National Guard arrived in Agadir, Morocco, June 4, 2021, to participate in Exercise African Lion 21, U.S. Africa Command's largest, premier, joint, annual exercise hosted by Morocco, Tunisia and Senegal, June 7-18. 📷

— ARTICLE BY Maj. William Mangum, Utah Army National Guard

PHOTO BY Spc. Rhianna Ballenger, U.S. Army

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## UTANG EOD responds to local threat

**SALT LAKE CITY, Utah** — On July 19, two members of the 151st Civil Engineer Squadron's Explosive Ordnance Disposal flight worked alongside the Unified Fire Authority Bomb Squad to remove a World War II Type 89 "knee mortar" from a home. On average, the 151st EOD flight are called out to dispose of unexploded ordnance within the state about six times a year. Photo: Staff Sgt. Michael DeLeon, an explosive ordnance disposal technician with the Utah Air National Guard's 151st EOD Flight, works on a simulated improvised explosive device during a training exercise at Camp Williams in Draper, Utah. 📷

— ARTICLE BY Maj. Marie Denson, 151st Air Refueling Wing

PHOTO BY Tech. Sgt. Annie Edwards Utah Air National Guard

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—FOR MORE IN-DEPTH STORIES, GO TO OUR WEBSITE AT: [UT.NG.MIL](http://UT.NG.MIL)—



### 19th Special Forces Group (Airborne) holds redeployment ceremony for Tactical Unmanned Aerial System Platoon

CAMP WILLIAMS, Utah — The Tactical Unmanned Aerial Vehicle Platoon, 19th Special Forces Group (Airborne), held a redeployment ceremony at the Aaron Butler Readiness Center, Camp Williams, Utah, June 23, 2021. The TUAS Platoon deployed from July 2020 to January 2021. This marks the third deployment for the 19th SFG(A)'s TUAS platoon since it was organized in 2010. The platoon started flying just two days after hitting the ground and flew a total of 249 combat sorties in support of Special Operations Joint Task Force – Operation Inherent Resolve. Soldiers received Army Achievement Medals for their service during the deployment. 🇺🇸

— ARTICLE AND PHOTO BY Maj. Brent Mangum, Utah Army National Guard

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### Two Utah Soldiers compete in National Best Warrior Contest, one wins title

CAMP NAVAJO MILITARY RESERVATION, Arizona — A staff sergeant (name withheld for security) from the 19th Special Forces Group (Airborne) navigates the obstacle course during the U.S. Army National Guard Best Warrior Competition at Camp Navajo Military Reservation, Arizona July 21, 2021. The staff sergeant won the competition and was crowned U.S. Army National Guard Noncommissioned Officer of the Year and will move on to the Department of the Army competition later this year at Fort Knox, Kentucky. 🇺🇸

— ARTICLE AND PHOTO BY Sgt. 1st Class John Etheridge, Utah Army National Guard

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### High-school seniors from across Utah gather to pass on torch of freedom

CAMP WILLIAMS, Utah — Freedom Academy delegates pose in front of the Utah State Capitol building Aug. 3, 2021 at the Utah State Capitol, Salt Lake City, Utah. The Utah National Guard and the Honorary Colonels Corps has sponsored Freedom Academy since 1961. It is designed to teach young leaders the importance of freedom, that it comes with a price, and that leadership is essential to its survival. Following a year-long break due to the COVID-19 pandemic, the Utah National Guard invited high school student leaders from around the state to take part in the 59th Annual Freedom Academy held Aug. 1-6, 2021, at Camp Williams, Utah. 🇺🇸

— ARTICLE AND PHOTO BY Sgt. Nathan Baker, Utah Army National Guard

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### Civilian employers spend a day in their Guardsmen's boots

DUGWAY PROVING GROUND, Utah — Employers attend a Boss Lift on June 18, 2021, on Dugway Proving Ground, Utah, sponsored by the Employer Support of the Guard and Reserve, to watch what their employees do during annual training for the National Guard. This group is visiting Soldiers with the 118th Transportation Company, 204th Maneuver Enhancement Brigade. 🇺🇸

— ARTICLE AND PHOTO BY Sgt. Sgt. Ariel Solomon Utah Army National Guard

## AIR PROMOTIONS

### LIEUTENANT COLONEL

Bradbury Adam E

### 1ST LIEUTENANT

Leeman Joseph James

### SENIOR MASTER SERGEANT

Stillman Denaloy

### MASTER SERGEANT

Andress Shaundra M

Bagley Rebecca A

Bingham Jon P

Clausen Jade L

Coffey Samuel C

Everett Zachary J

Morrow Matthew W

Nielsen Erin B

Palmer Jason L

Parke Brett K

Simmons Justin Lee

Steel Jason M

White Colby L

### TECHNICAL SERGEANT

Bugger Tanner G

Burgula Richard Francis

Butler Timothy J

Dorsey Peter M

Edson Alec Chase

King Kaden C

Miller Damian Christophe

Purziani Maria F

Sessions Kelley

Tingey Aaron C

### STAFF SERGEANT

Baranowski Angela T

Bello Raynard Austria

Carr Talin L

Cornia Daniel T

Daniels Justin C

Farillas Matthew E

Fisher Amanda Kay

Fontaine Garrett H

Goff Isaac B

Green Jason D

Grow Hans S

Lamphere Branon A

Mahoney Emily Ann

Manthei Mark F

Markin Joseph Lee

Muir Brooklyn L

Olphin Jessica Marie

Pilapil Rachelle J

Quarnberg Kyle J

Quinlan Matthew R

Ruizbiasi Flavia A

Rydman Jerral R

Schaper Austin W

Stevenson Daniel S

Stoker Colby M

Wells Trevor E

### SENIOR AIRMAN

Allen Sam S

Bailey Tyson L

Coates Crystal J

Coleman Tracy L

Cordova Monique A

Heuser Hunter R

Lloyd Dane M

Morgan Ashley M

Pectol Payton M

Thomas Preston M

Van Leeuwen Nicole M

Walker James R

Winfield Andrew S

### AIRMAN 1ST CLASS

Groom Kaylee E

Kankamp Brandon M

Lewis Ty C

Mackay Jackson I

Shupe Brevan D

### AIRMAN

Chapman Alexander F

Geerdes Skyler R

Peay Gabriel S

## ARMY PROMOTIONS

### COLONEL

Dygart Daniel Kay

Manwaring Shane

### LIEUTENANT COLONEL

Duncan Brent Leroy

Holland Eric William

### CAPTAIN

Carter Cimony Faith

Flick Jonathan Hales

Galland Corinne

Geary Timothy Paul

Heaps Eric Richard

Hudgins Cory Clark

Iorg Lane B

Janson Ethan James

Ledbetter Forrest Dean

Lock Evan Wayne

McKinney Karissa Gandolph

Moody Joshua David

Opdahl Breanna Jo

Stilson Chase Harkness

Young Chayden Powell

### SECOND LIEUTENANT

Wright Russell Steven

### CHIEF WARRANT 4

Alvarado Gabriel Saenz

Hansen John Lawrence

Hoepfner Elizabeth Anne

Wedekind Nikolai Heinz

### CHIEF WARRANT 3

Andrus Clinton Blaine

Barney Michael Joseph

Berry Jonathan Mark

Branin Cody William

Buck Tyler Thomas

Jacobson Joshua Don

Kennedy Michael Aaron

Loftus D Nathan

Ott Matilde Idania

### CHIEF WARRANT 1

Barlow Neal Patrick

Frohm Spencer Clinton

### SERGEANT MAJOR

Knight Samuel Roman

### MASTER SERGEANT

Broadhead Michael Levi

Call Kevin James

Cook Beau Thomas

Dolce Jason Andrew

Dressel Nathan William

Semanoff Tina Noell

Skarstedt Ethan Ernst

Trujillo Desiree Lee

### FIRST SERGEANT

Bush Thomas David

Hernandez Gabriel Jr

Oswald Erik Eugene

Robison Shawn Keith

### SERGEANT FIRST CLASS

Berrett Leaanda Elaine

Bertele Philip Michael

Daniels David Wade

Erickson Jonathan Odell

Lund Garrett Everitt

Moser Andrew Colin

Mulcahy Molly Christine

Neil Brandon James

Plant Suzanne Owen

Ramirez Juan Manuel

Sorensen Dale Ryan

Taylor Bryan Andrew

Teare Ian James

Thomas Craig Bernard

### STAFF SERGEANT

Adams Kyler John

Agalzoff Dalton Wayne

Averett Jason Wyatt

Barrera Taylor McKenzie

Betancourtperes Alicia G

Brown Timothy Jared

Bruse Joshua Daniel

Chatelain James Robert

Chica Andrea Carolina

Clarke Zachary Llewellyn

Davis Douglas Wade

Deubler Tracee Lee

Ensign Ryan Marc

Erdene Austen B

Fraser Scott William

Gines Nicholas Scott

Gonzalez Luis Brandon

Haag Robert Alexanderfranci

Hack Jordan Victor

Hardy Chanson Kenneth

Hendrickson Arthur Dylan

Holland Jerry Leon Jr

Hudson Elizabeth Joy

Hunter John Michael

Jensen Chance Nephi

Jensen Taylor Michael

Kent Michael Clyde

Larson Russell Hyrum

Linford Daniel Stephen

Lopez Gildardo Manuel Jr

Macdonald Nathan Michael

Mackelprang Devin Earl

McDowell Ranch Levi

Meacham Joshua Russell

Merryweather Taylor Smith

Obrien Whelen Bernard

Phalen Tyler Joseph

Rafael Lester John

Rasor Garrett Allan

Schafer Andrew Wilkinson

Sealey Mikel Shane

Sedgwick Joseph Craig

Smith Andrew S

Stephenson Michael Brett

Stewart Dylan Rex

Stocks Joshua Jack

Stout Brian Jamesparker

Taylor Nathan Jay

Turner Gregory Seth

Walker Jacob William

Williams Nikolaus Allen

Winward Robert Michael

### SERGEANT

Abdulateef Ihab

Anderson McClain Hunter

Barlow Adam Brent

Barrett Bradley Dennis

Barrett Daniel Edward

Brown David Johnlee

Brown Katherine Michelle

Carter Trevor Lynn

Corona Eunice

Deihl Michael David

Dewart Derek Korbin

Fowkes Preston Michael

Haley Tyler Lee

Hebdon Truman Rhett

Htoo Ser Ehdoh

Johnson Stephen Trevor

Lambson Jeremy Edward

Larsen Dallon Michael

Leon Jose Manuel

Long Christian Michael

Lopez John Eric

Mills Austin Troy

Nielson John Rollin

Nielson Kipp Leon

Owen Megan Kristine

Parry Hyrum Nathan

Ramirez Braxton Amilcar

Regalado Jacob Clem

Richards Kendra

Robinson Jerry Tyrel

Roper Joshua Joe

Sivongsa Sati

Smith Alexander Bruce

Smithchecketts Micheal W

Spencer Clayton Todd

Tisdale Dylan John

Tovmasyan Alexey

Waite Braydon Kelly

Walter Daniel Edwin

Warr Michael Dean

Youd Cameron Jerzy

Yu Fumin

### SPECIALIST

Alfaro Josue

Allred Skyler Stanley

Anderson Hyrum Riley

Arencibia Antonio Tesai

Baker Steven Terrance

Bangerter Austin Lee

Barahonacastro Julio Cesar

Baumgartner Zakary Taylor

Bentley Keaton Terry

Bidwell Nathaneal J

Black Talon Quinn

Bohm Tanner Lee

Braithwaite Kaleb Rhys

Brandt Marc Edward

Brice Ashton James

Buckingham David Ward

Butts Isaac Aaron

# Service Member and Family Assistance

The Service member and Family Assistance team is your point of contact for all things regarding Family Assistance and Family Readiness.

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

1. Blanding	801-678-2008
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 (Wright Air Base)	801-245-2524
10. Spanish Fork	801-794-6011
11. St. George/Cedar City	435-986-6705
12. Vernal	435-789-3691
<b>Veterans and Retirees</b>	<b>866-456-4507</b>

## 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.

Cannon Drew  
 Castleton Christopher Luke  
 Checketts Everton Allen  
 Dorris Charles Lee Jr  
 Ehlers Dallin Porter  
 Fielding Nathan Paul  
 Figueroaornelas Manuel L  
 Filoso Ian Patrick  
 Gayler Tucker Scott  
 Gibson Clint Darren  
 Griffin Aspen Rebecca  
 Groves Hunter Patrick  
 Hadden Frederic Canyon  
 Haes Sophia Michele  
 Haight Connor James  
 Hallam Wyatt Thomas  
 Hansen Richard Marius  
 Harris Teagon Jon  
 Harris Wyatt McGee  
 Herrera Dallas Eduardo  
 Hess Jaxson Ford  
 Horn Robert James  
 Hughes Hannah Suekathleen  
 Hunter Riley Kyle  
 Johnson Braden Paul  
 Johnson Derek Evan  
 King Jordan Richard  
 Kohlhase Sean Michael  
 Mayett Daniele  
 McDaniel Trevor Neal  
 McKenna Morgan David  
 Merck Ethan Conner  
 Montoyaruiz Francisco E  
 Moo Tawon Nay  
 Morales Omar Antony  
 Morley Tanner Koyle  
 Murray Austin Joseph  
 Neilson Jesse  
 Padillagonzalez Oscar J  
 Paluso Sean Teague  
 Petersen Ethan Eric

Pierce Hannah Jolynn  
 Poulsen Braden Lamont  
 Pugmire Marshall Jack  
 Putnam Tanner Lynn  
 Roseman Terence Benjamin  
 Roundy Darrin Paul  
 Sine Lark  
 Smith Spencer James  
 Southern Darius Rashaan  
 Sparacino David Andrew  
 Spier Cipriano Angel  
 Stafford Elijah  
 Stafford Radi  
 Staples Thomas Scott  
 Stimpson Brennen Lance  
 Thorpe Devyn Jay  
 Tracy Brayden James  
 Tsai Alexander Jacinto  
 Vasquez Zeandre Jesus  
 Walker Briston Gary  
 Weihing Jordan Charles  
 Wells Mitchell Eugene  
 Winn Austin Luke  
 Woolsey Max Douglas

### CORPORAL

Aalban Dane Richard  
 Chmielecki Tyler Joseph  
 Chwalek Taylor Patricia  
 Collier Quinton Bryce  
 Larsen Collin Archie  
 Moore Ryker Richard  
 Pitcher John Paul  
 Sipe Rebecca Marie  
 Starkey Kristopher Matthew  
 Stirland Staci Rae  
 Teti Joseph Scottgilman  
 Torrez Ramon Alexander III  
 Yardley Ty Trevor

### PRIVATE FIRST CLASS

Andersen Garrett Willis  
 Ashworth Carter Arron  
 Avila Bralyn Amia  
 Baumgartner Skyler James  
 Brewer Bonham Scott  
 Chatterley Treydon William  
 Clark Ashton Xavier  
 Cottam Jace Clayton  
 Fluckiger Jarom Jensen  
 Fort Darius Marcel  
 Garrison Rylee Kay  
 Hampton Austin Taylor  
 Hardy Jesse James  
 Harris Hunter Riley  
 Hernandez Nicacio David  
 Hicks Levi Mitchell  
 Jessop Brenton Seth  
 Johnson Ethan Dennis  
 Jones Kyle B  
 Jones Rachael  
 Jones Shelly Ancoon  
 Koeneman Lucas Adam Edgar  
 Kwallek Matthew Chase  
 Lefler McKinley  
 Lowry Landon Hazzard  
 Lyells Hunter Jared  
 McCuen Joseph Alan Jr  
 Minard Cole Riley  
 Neighbor Jason Michael  
 Perez Abel  
 Perezrul Diego Bryan  
 Perry Byron Paul  
 Peterson Matthew Riley  
 Ramsey Noah Michael  
 Ratliff Robert Jeffrey  
 Renda Nathanael McKkay  
 Reyquintero Andres Felipe  
 Roberts Christian David  
 Robison Samuel Jake  
 Smith Daniel Marvin

Stiehl Camden Ray  
 Thomas Travis Winston  
 Vargas Alexander Marcus  
 Wilcox Isaac Zonta  
 Wiseman Dylan Benjamin  
 Womack Analise Lynei  
 Zepeda Emily  
 Zuehls Tyler David

### PRIVATE (PV1)

Martinez Bryan Christian

### PRIVATE (PV2)

Acero Ivan Felipe  
 Anderson Michael Ryan  
 Arroyo Sinjin Sergio  
 Arteaga Levi Sebastian  
 Bastian Riley Jason  
 Birch Casey Drake  
 Blackard Alyssa Ann  
 Bond Logan Michael  
 Bowcutt Braxton Joseph  
 Brown Colton Matthew  
 Brown Conner Preston  
 Castanedajimenez Donovan M  
 Chlarson Jacqueline N  
 Christensen Maverick Malan  
 Cobbley Kanisha Kaylyn  
 Creswell Adam Grant  
 Dedios Brandon Jose  
 Delarosa Francisco  
 Downs Alivia  
 Dusa Eddy Lionel  
 Edwards Ricky Lane  
 Ferre Bridger Hawkins  
 Garcia Thomas Anthony III  
 Garr Gage Vann  
 Goncalves Greimar Jonata  
 Gonzalez Emmanuel Dalessand  
 Gonzalezescarcega Noel E  
 Greymountain Darrius C

Hillin Riley James  
 Jensen Jeffery Austin  
 Johnson Cameron Shayne  
 Jones David King  
 Kerns Jaiden J  
 Kesavadhana Akeaphop  
 Kim Young Gun  
 Kligmann Isaiah Daniel  
 Kuza Evelyn  
 Le Darren H  
 Lee Connor Kevin  
 Lemke Tyler Michael  
 Leonard Austin Timothy  
 Lott Samuel Vard  
 Lowe Creighton John  
 Marquez Joey Christopher  
 Martinez Cesar P  
 Mathews Samuel Benjamin  
 McNeill Ashton Dayne  
 Nino Adame Joshua  
 Ogden Racyn Jason  
 Osborne Ashton James  
 Ostermiller Caden Dennis  
 Owen Jazmin Francis  
 Paul Scott Jacob  
 Paulson Grant Andrew  
 Putnam Tyger Elliot  
 Rix Dillon Lee  
 Sanchezsalazar Leonardo R  
 Saner Carter Scott  
 Sharp Shaun Alexander  
 Smith Kyle Dale  
 Soholt Jordan Benjamin  
 Sorensen Jonah Pacu  
 Strickland James Steven  
 Terranova Keynon J  
 Wahmanespejo Mark Edward  
 Walker Jason Scott  
 Worthington Adam Dallas  
 Wyatt Travis Edward

Utah National Guard  
12953 S. Minuteman Drive  
Draper, Utah 84020

FLASHBACK PHOTO



**Flying Strong for 75 Years, the Utah Air National Guard!**

Aerial views of the Utah Air National Guard located in Salt Lake City, Utah. Top photo from 1960, bottom photo from 2021. The Utah Air National Guard was founded on Nov. 18, 1946. The base is located on more than 82 acres in the northeast corner of the Salt Lake International Airport. (Photos courtesy of Utah Air National Guard)

