

UTAH

MINUTEMAN

2023 Volume 2



First Female Artillery Commander

Nature and Mental Health

No Wrong Door Policy



Maj. Gen. Michael J. Turley, the adjutant general and commander of the Utah National Guard, signs the guest book during the opening of a memorial exhibit recognizing the 80th anniversary of Operation Torch at the National Library in Rabat, Morocco, on Nov. 14, 2022, commemorating the allied landing of more than 30,000 U.S. troops in Morocco in 1942 beginning a solid defense of Africa against Nazi expansion.

U.S. ARMY NATIONAL GUARD PHOTO BY Maj. Christopher Kroeber



Major General
Michael J. Turley

The Adjutant General

This year, the Utah National Guard is celebrating its 20th anniversary of state partnership with the Kingdom of Morocco. This partnership has been both a training and operational opportunity as well as a huge strategic benefit to the United States of America. As the Kingdom has welcomed us, we have tried to do as well and our friendships have grown throughout this time.

Training with the Moroccans has taken time to develop but our use of common terms and language has certainly grown over the past 20 years. In addition, our use of common equipment and doctrine has increased. African Lion continues to be the premier training exercise on the continent of Africa and incorporates airborne operations, artillery, armor, infantry, as well as tactical and refueling operations. It encompasses forces from Utah, Morocco, U.S. Africa Command, other African nations and other NATO allies. It has grown from a bilateral exercise to a joint, combined, multi-component, multi-national exercise. Maroc Mantlet continues to be a premier disaster response exercise that now includes multiple nations and venues across the Kingdom and is of enormous value for UTNG members as well as the Royal Armed Forces and civil response teams in Morocco. Because of the success of Maroc Mantlet, we have been able to work with the Kingdom to respond to disasters across Africa as well as in the Mediterranean and European areas.

Operationally, the Kingdom continues to be a strong U.S. partner

for military equipment and training. From tanks to helicopters and artillery to F-16s, the Kingdom has been stalwart in the use of our equipment and by providing a steady partner in a volatile region. The Kingdom's support for counter-terrorist activities throughout the Maghreb and Sahel regions of Africa has been paramount in our ability to suppress violence throughout Africa.

Strategic alignment between the state of Utah and the Kingdom of Morocco continues to grow as we plan for state government and Moroccan interaction on matters outside of military and national security realms. The mutual benefits of a strong economic and civil government cooperative relationship can only add to a better understanding as well as a re-buff to Chinese and Russian influence campaigns across Northern Africa. Further, the use of Moroccan-trained Imams through the Sahel region develops a legacy of tolerance and stability for future generations. A strong Morocco aligns with U.S. values in the region and prevents a strategic loss of a geographically and religiously influential partner.

Throughout these past 20 years, we have found a partner that is more aligned with Utah values than we could have expected. Our friends in Morocco continue to impress us with their abilities and we hope to provide value in training and operational techniques to them. As the adjutant general for Utah, I am very proud of the efforts of the Utah National Guard as we support this important and strategic partnership. I look forward to another 20 years, and beyond, of friendship and service to Morocco! 🇲🇴



Command Sergeant Major
Spencer D. Nielsen
Senior Enlisted Leader

Greetings to the most incredible team ever assembled - the fantastic Airmen, Soldiers, civilian employees, supportive families and support networks, remarkable employers, and other partners of the Utah National Guard. I am ever so proud of the great things each of you are doing and am humbled every single day by the opportunity to serve as your Command Senior Enlisted Leader. Except for my role as a spouse and father to my wonderful wife and boys, it truly is the honor

of my lifetime to serve on this team. Each of you have my sincere and enduring thanks and admiration for everything you do.

To augment Major General Turley's comments, I want to spend a little time this quarter highlighting the significance of our 20-year state partnership anniversary with the Kingdom of Morocco. For anyone who has had the opportunity to engage in a training event or exchange with our Moroccan brothers and sisters, I know you agree that our partnership is mutually beneficial. After every engagement, I leave feeling that I have gained and learned more than I have given. It is truly a partnership based on mutual respect and esteem, and I am always so impressed by their competencies

continued on page 4

and professionalism. We have several events planned in the coming months and many of you will join us in celebrating this important milestone. Make the most of it, and enjoy every moment. They are incredible people with whom we share so much in common. Take the opportunity to know them, learn from them, understand their culture, and continue our treasured relationship with them.

If you don't know, each of you is a member of something rare, unique, and great. We stand on the shoulders of giants; leaders and mentors who have left us something special. What we have inherited from them is a legacy of excellence, and each has left our organization better than they found it. It is imperative that every one of us continue that tradition. Like those who have come

before us, we need every one of you to continue to fill the space of your duty position and completely own it. You are entrusted, you are empowered, I believe in you, and you are amazing. Engaged, caring, and competent leaders at every level are the solution to every challenge we face, and I'm standing shoulder to shoulder with each of you. There is nothing that we can't do or face together. I love each of you for who you are and what you represent. Continue to fill the space of your duty position...every inch of it. I am your advocate, supporter, and Command Senior Enlisted Leader. Let me know what I can do to enable your success, and thanks again for everything you do. You are all remarkable. 🇺🇸

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FEATURE

18 Do What You Love, Love What You Do

2nd Battalion, 222nd Field Artillery appoints first female battery commander

Even though U.S. Army Captain Danae Wade is in an Army career field that is usually occupied by mostly males, she enjoys what she does and even thrives in it. Overcoming the odds, Wade has become the first female officer to take command of any artillery unit in Utah.

COVER PHOTO

An Honor Guard from the Utah Air National Guard posts colors at the UTANG Airmen of the Year banquet honoring outstanding nominees at the Utah Cultural Celebration Center on Jan. 7, 2023. The Airmen of the Year award program is designed to recognize Airmen who display superior leadership, job performance and personal achievement.

— PHOTO BY UTAH AIR NATIONAL GUARD
Tech. Sgt. Danny Whitlock

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Coverage: For significant statewide events contact: Maj. Christopher Kroeber (801) 432-4407 or Ileen Kennedy (801) 432-4229 or email: ng.ut.utarng.list.pao@army.mil

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UTNG to Implement “No Wrong Door” Policy

ARTICLE BY UTAH ARMY NATIONAL GUARD Staff Sgt. Ashley Ellison

Thanks to a brand-new directive being implemented this year, there is no such thing as a wrong door for Soldiers and Airmen when seeking assistance and support regarding sexual assault and harassment prevention.

The National Guard Bureau established a new Directive-Type Memorandum titled “No Wrong Door,” DTM 1300.03, which was created after an Independent Review Commission at Fort Hood, Texas, reviewed sexual assault cases and incidents within the U.S. military. The purpose of the policy is to ensure that sexual assault and sexual harassment survivors feel empowered to reach out for support and receive superior services with minimal delay.

Agencies and professionals involved in the No Wrong Door’s collaborative efforts include sexual assault prevention and response certified personnel, chaplains, special victims’ counsel, mental healthcare professionals, equal opportunity, Family and Soldier Readiness Programs, and other civilian and community resources.

The No Wrong Door Policy also ensures that no one seeking SAPR-related services is turned away. All persons wanting support and assistance will be given an initial acknowledgment, and with the victim’s permission, have arrangements made for the appropriate providers to take over once a warm hand-off occurs.

The warm hand-off is a concept many Guard members are familiar with and should be implemented everywhere within the Utah National Guard. The No Wrong Door Policy

and the UTNG SAPR Program want to ensure all survivors receive the compassionate care and services they need to support them in their recovery.

“It is not easy to confide in others when a sexual assault has happened,” said Andrew Kalinen, UTNG State Sexual Assault Prevention and Response Officer. “Most importantly, our job is to listen and believe. Please understand you are not alone. We hear you are hurting. We are sorry this happened to you. Thank you for sharing; may I help you connect to resources that can help you?”

Kalinen said the newly implemented No Wrong Door Policy would significantly improve communication and service between the various agencies for Soldiers, Airmen and their families. Communication breakdown can result in errors and break trust. The SAPR Program, combined with the No Wrong Door Policy, aims to stop those barriers and give free and total control back to the survivor.

The UTNG is now implementing the No Wrong Door Policy and has strong support from Utah’s leadership, Soldier and Family Readiness Program directors and employees.

“We want everyone within our formations and their family members to know we are here for them; we support them,” said Kalinen. “We want to be sure no one falls through the cracks or feels forgotten. Our doors are always open.” ■



“End Sexual Assault” is written on the sidewalk outside of U.S. Army Medical Logistics Command headquarters at Fort Detrick, Maryland. The words are from AMLC’s “Chalk the Walk” event, held during the 2021 observance of Sexual Assault Awareness and Prevention Month.

— PHOTO BY U.S. ARMY
NATIONAL GUARD
C.J. Lovelace

The gift of being nurtured. Paraphrasing the Oxford Dictionary, to be cared for and our healthy development encouraged. Being nurtured benefits the human heart, mind, and soul. How wonderful it is that a proven source of quality nurturing can be available to all of us. The natural environment, nature itself, has been scientifically proven to produce [or nurture] benefits including improved cognitive functioning, physical health, and emotional and spiritual well-being.

The healing and restorative power of the natural environment is something many of us have experienced, regardless of whether we connected Mother Earth to our improved mood or health or not. A warm day. Sitting on a large rock next to a gurgling stream flowing over rocks and branches as it tumbles its way down the mountain. Trees full of green with a slight breeze rustling the foliage. Birds happily chirping to each other. Lifting your face to the sun (after



A stream along Toms Trail Creek, North Carolina, Feb. 2022.

— PHOTO BY UTAH ARMY NATIONAL GUARD Caroline Searcy

applying ample sunscreen and shutting your eyes of course). Do you have a slight smile on your face right now? Maybe feel a bit better than you did a second ago? Just reading about and picturing yourself in a natural environment can be calming. For those not yet completely convinced to get up off the couch and go outside, keep reading.

A 2016 Nielsen total audience report revealed that most Americans spend more than 10 hours per day staring at a screen. If in the pre-COVID-19 world we were spending more than 10 hours of our day on our phones, computers, or watching television, what would you expect the statistics to be now? I am guessing screen time has escalated due to online school days and teleworking. Feel cognitively or emotionally fatigued from this work-school-home life grind?

In 2019, researchers from the University of Chicago completed an extensive review of research studies focusing on the impact being in natural environments has on our minds.

They found that spending time in natural environments is a “balm for busy brains”, promoting both cognitive growth and restoration. More specifically, children living in areas with more green space demonstrated better cognitive development and more self-control behaviors than those living in completely urban environments. In longitudinal data collected for 900,000 children living in Denmark, researchers found that children living in more green environments had a reduced risk of psychiatric disorders later in life [Current Direction in Psychological Science, Vol.28, No.5, 2019].

For adults, spending time in nature was found to improve concentration, cognitive flexibility, and working memory. Remember that tired brain of yours? Your mental alertness can be improved after only a few minutes in nature [Journal of Environmental Psychology, Vol.42, No.1, 2015]. In fact, while most studies have focused on the benefits of the visual experience of natural environments, listening to the sounds of nature has also proven to be recuperative. In one study, adults were given challenging cognitive tests to complete. During a break, some of the adults were given urban sounds to listen to while the others listened to the sounds of nature. Those who listened to nature sounds demonstrated significant improvement in their performance.

Good news is: the benefits of short-term exposure to nature are comparable to longer exposure. In June 2019, the European Center for Environment & Human Health at the University of Exeter completed a study involving 20,000 people and found that spending two hours per week in natural environments [parks, green

spaces] produced substantial improvements in physical health and psychological well-being. In support of this finding, a review of research literature conducted at the University of Washington in 2019, found that longer exposure to nature produced increased happiness, subjective well-being, positive affect, positive social interactions, and a sense of meaning and purpose in life. And if green spaces are not as enticing to you as “blue,” not to worry. Coastal locations have been proven to have the same benefit as “green spaces.” Any area with a significant mix of flora and fauna is restorative.

Exposure to sunlight on its own has been proven to improve health. Exposure to sunlight during the day has been proven to improve sleep, reduce depression symptoms, and increase an internal sense of well-being.

There are multiple theories attempting to explain why nature is so restorative to humans. The Evolution Hypothesis suggests that since our ancestors evolved in natural environments, and their survival depended on their connection to that environment, we became hardwired to seek and respond positively to that connection. The Stress

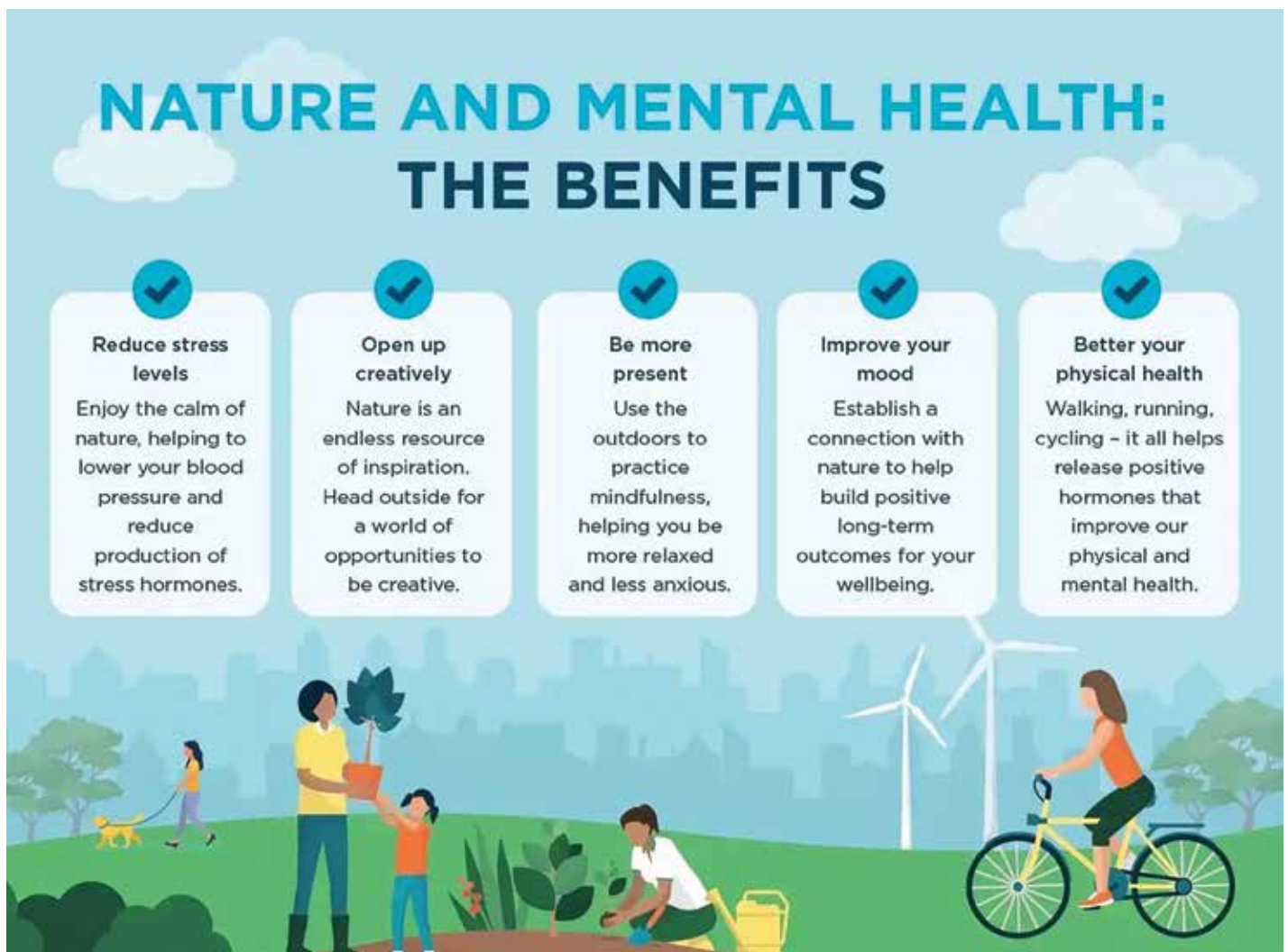
Reduction Hypothesis posits that natural environments trigger physiological stress reduction, which then improves our overall health and well-being. The Attention Restoration Theory states it is the replenishment of our cognitive resources that occurs with exposure to nature that improves all other aspects of our physical and mental health. Regardless of which causation theory you prefer, the results of spending time in nature are clear. A connection with nature produces benefits to physical, mental, spiritual, and social health.

So, get up and get out there. Whether you just sit on the grass or go on a hike-in camping adventure, spend five minutes or five days. Go outside. Engage your senses in appreciating the diversity of the natural environments around you. Lift your face to the sun and feel the warmth. Smile a little. I wish for you all the health and happiness held within the potential of this Spring season. 🌸

ARTICLE BY UTAH ARMY NATIONAL GUARD

Caroline Searcy, LCSW, CPM®

Psychological Health Program, G1 Medical



RESPONDING TO OUR COUNTRY'S CALL: HONORING VIETNAM VETERANS

ARTICLE BY UTAH ARMY NATIONAL GUARD Joel Bragg

The war in Vietnam has been characterized as one of the most unpopular and contentious wars in U.S. history. The war, claimed by many as a mistake and an unnecessary fight, ultimately brought civil unrest during an already challenging and turbulent period in American History.

Vietnam Veterans have suffered greatly from the war's unpopularity. There are currently more than six million Vietnam Veterans living today around the world. These veterans were subjected to the harsh realities of war,

unfamiliar terrain, lack of wartime and home support, the draft, and an often-unwelcome return to their own country. These veterans did not make the decisions that brought the U.S. to war, but they answered their nation's call. They fought with valor and should be commemorated for their bravery, service and sacrifice to our nation. As such, on March 29, 2012, marking the 50th anniversary of the American troops leaving Vietnam, President Obama signed a proclamation declaring March 29 as National Vietnam War Veterans Day.



Above: From a mountain top, the crew of the 81mm mortar section, 2nd Battalion, 327th Infantry, 101st Airborne Brigade fired mortar rounds at Viet Cong targets. The mortar crew provided fire support for other 327th infantry units conducting search and destroy missions, participating in Operation "Wheeler" in areas around Tam Ky, Republic of Vietnam, September 15, 1967.

Page to the right: Members of Co. D, 2nd Battalion, 35th Infantry, 3rd Brigade, 4th Infantry Division, who came in on the first wave of helicopters secure the landing zone for the remainder of company during a helicopter combat assault and a one-day search and destroy mission in the Quang Nagi Province, 8km west of Duc Pho, October 26, 1967.





Operation Rang Dong. Members of Co. C, 3rd Battalion, 7th Infantry, 199th Light Infantry Brigade, move in a skirmish line through rice paddies en route to their first objective, a Viet Cong controlled village. Nov. 21, 1967.

The 50-year commemoration will last for 13 years, ending on Veterans Day 2025.

Many viewed the events leading up to the war through the clouded lens of the Cold War, and the mainly political and economic struggle between the world's foremost superpowers. It is important to understand the opinions, thoughts, emotions and rational of the time in order to put the war into greater context.

Vietnam is a small nation in southeast Asia, bordering the Indochinese peninsula. Following World War II, it was divided into two separate states, eventually known as North and South Vietnam. The North was controlled by Ho Chi Minh utilizing Hanoi as its capital. North Vietnam followed Chinese and Soviet influences and became a communist state. The South, seeking close ties to the west, remained under French influence with Saigon as its capital city.

Both sides sought a unified Vietnam, and armed conflict soon followed. After fierce fighting in 1954, a treaty was signed, officially splitting Vietnam down the 17th parallel. The treaty paved the way for the end of French

colonial rule and brought about the departure of Emperor Bao, opening the door for Ngo Dinh Diem to become president of the Republic of Vietnam formally known as South Vietnam, while Ho Chi Minh remained in control of North Vietnam.

As the Cold War intensified, the U.S. declared its support of South Vietnam to try and stem the spread of communism. In South Vietnam, a group known as the Viet Cong emerged and began attempts to overthrow the South Vietnamese government. Seen as a communist group, the U.S. began sending military and economic aid to quell the threat. The fear, known as the "Domino Effect," was that if one country in Southeast Asia fell to communism more would follow. The assassination of Diem in 1963, continued regional instability, and attacks on U.S. forces in the area ultimately resulted in the U.S. entering the Vietnam War.

The Vietnam War was vastly different than previous wars. Aside from the moral ambiguity, the enemy was difficult to distinguish, and civilian involvement was high. Military objectives were often unclear, as were target limitations and a quantifiable exit strategy. Soldiers would slog through a harsh jungle environment, fighting inhospitable vegetation, insects, torrential rain, disease, untested weapons, and enemy laid traps just as much or more than fighting the enemy. Battles such as Tet Offensive, Battle of Khe Sanh, Operation Rolling Thunder, Operation Linebacker and the Fall of Saigon were broadcast into American homes nightly. The public saw U.S. Soldiers fighting in a foreign landscape, and riding in helicopters as they traveled to and from bloody conflicts. They also saw the true horror of war in its raw form, fueling the anti-war sentiment gripping the nation.

The Vietnam War was the longest war in U.S. history until the war in Afghanistan. Throughout the course of the war, more than 58,000 service members would perish and more than 1,500 remain missing in action. The names of each of these Soldiers, Sailors, Airmen and Marines are printed on the black granite wall of the Vietnam Veteran's Memorial signifying their service and sacrifice.

President Biden remarked, "Every service member of the Vietnam generation should know that their sacrifices mattered and that their service made a difference. I call upon



Soldiers carry a wounded comrade through a swampy area in 1969.

all Americans to seek out and extend the nation’s profound gratitude to each of our Vietnam veterans and their families.”

Though no Utah Army National Guard units were activated during the war, many Guard members, alongside thousands of Utahns, volunteered for active duty. The Utah Air National Guard’s 151st Military Airlift Group did see service, flying 96 missions and delivering more than 1,300 tons of cargo in support of Vietnam operations. A 1970 census indicated that more than 27,000 young men from Utah served in Vietnam during the war. To honor the Utah Vietnam veterans, former Utah Governor Gary Herbert signed legislation to show gratitude for those who served. Interstate 84 was designated as “Vietnam Veterans Memorial Highway” and a new Veteran’s Court was created to give Vietnam veterans the considerations they earned during legal hearings.

Herbert remarked, “we proudly honor and recognize all those who have worn the uniform. Today and every day we salute and thank veterans in Utah for their sacrifice. Thank you for inspiring us to rise and meet



the challenges of our time and for paving the way for our children and our grandchildren to be able to meet theirs.”

Herbert’s comment is indicative of the 21st century support the United States gives to the veterans that returned decades ago to a country steeped in the turbulence that marked the 1970’s. 🇺🇸

Healthy Lifestyle and Cooking with Sgt. Perez

ARTICLE BY UTAH AIR NATIONAL GUARD
Tech. Sgt. Nicholas Perez

Health and fitness are essential for maintaining a healthy lifestyle. Good nutrition is vital to good health, so pay attention to what you eat and ensure that your diet contains all the necessary nutrients. Eating a balanced diet can help you maintain a healthy weight, reduce your risk of chronic diseases, and provide energy throughout the day.

Eating a balanced diet is an essential part of staying healthy. It means choosing foods from different groups to get all the vitamins, minerals, carbohydrates, proteins, and fats your body needs daily. A well-balanced plate should contain at least half fruits and vegetables with some whole grain carbohydrates like brown rice, quinoa, or oats along with lean protein sources like chicken, fish, tofu, etc., plus you can add some healthy fats like avocado, nuts or olive oil for flavor.

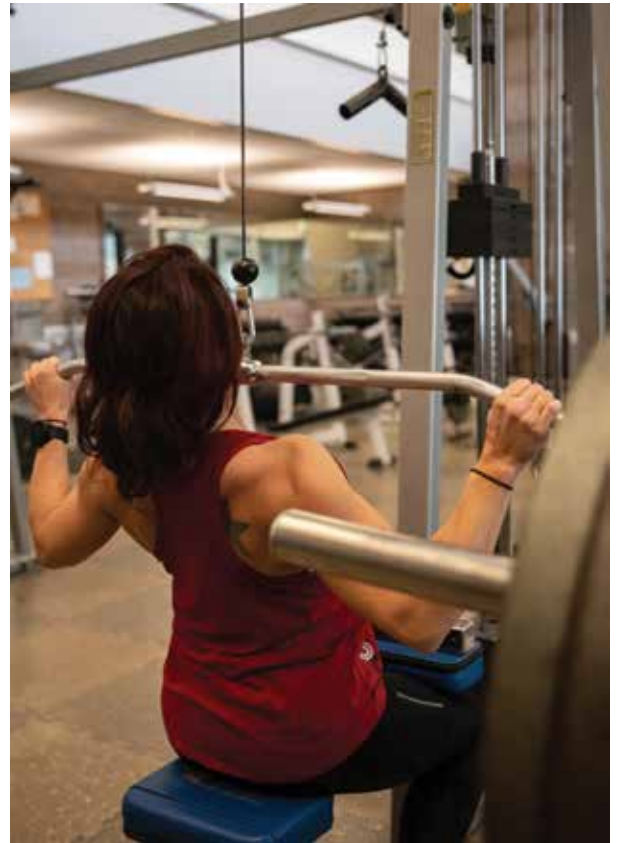
Along with eating healthy, fitness is essential for leading a happy and fulfilling life. The benefits of exercise are well-documented. Regular physical activity can help lower the risk of heart disease, stroke, and diabetes. It can also improve bone density, increase muscle strength and endurance, and boost cardiovascular health. Exercise can also positively impact mental health, helping reduce symptoms of depression and anxiety.

Regarding health and fitness, finding a routine that works for you is essential. Some people prefer to join a gym and work out with a personal trainer, while others prefer to exercise at home or outdoors. It's crucial to find an activity you enjoy, whether running, cycling, swimming, or yoga.

Setting goals is one of the best ways to start a healthy fitness journey. Start with small, realistic goals, such as going for a walk every day or cutting out sugary drinks. As you achieve these goals, you can gradually increase the intensity and duration of your workouts.

Another easy way to start your health journey is to incorporate healthier options into meals through simple swaps—swapping out unhealthy ingredients in recipes with more nutritious alternatives while still keeping flavors intact! For example, using cauliflower instead of potatoes in mashed potatoes or adding Greek yogurt instead of sour cream on tacos; you can even replace ground beef with lentils in chili and make smoothies out of frozen fruit rather than ice cream. One of my favorite swaps is topping salads off with grilled chicken instead of bacon bits and baking muffins using applesauce instead of butter. As long as you are mindful of ingredient substitutions, creativity can go a long way toward creating delicious yet nutritious meals!

To demonstrate how this could work, I've included my own version.



U.S. Air Force Tech. Sgt. Kelley Sessions begins her post workday fitness routine at the gym at Roland R. Wright Air Base, Utah.

PHOTOS BY UTAH AIR NATIONAL GUARD
Tech. Sgt. Nicholas Perez



Sweet Potato Quinoa Bowl

Takes less than 40 minutes start-to-finish:

Ingredients:

- 1 cup cooked quinoa
- 2 large sweet potatoes - cubed
- 1/2 diced onion
- 2 cloves garlic minced
- 1 cup kidney beans
- 1 tablespoon olive oil (or other cooking oil)
- 1 teaspoon paprika powder
- 2 pinches of parsley and/or cilantro
- Salt + pepper (to taste)

Directions:

1. Preheat the oven to 375 degrees F (190 C).
2. Place cubed sweet potato onto a baking sheet lined with parchment paper spread out evenly.
3. Season generously salt, pepper, paprika, mix together using hands until completely coated.
4. Bake 25 minutes flipping halfway through, once done, remove set aside.
5. In a separate pan heat up olive oil, add diced onions and cook stirring frequently until lightly golden approx. 5 minutes.
6. Add minced garlic, stir and cook for an additional minute then pour mixture over baked sweet potatoes.
7. Mix together and transfer everything back onto the baking sheet and spread it evenly.
8. Bake for an additional 10 minutes.
9. Let cool a few minutes before serving.
10. To serve, place cooked quinoa at the bottom of a bowl, spoon potato mix on top.
11. For a little kick of color and flavor sprinkle extra paprika and enjoy! 🍴

Service Member and Family Assistance

The Service Member and Family Assistance Team formed Jan. 1, 2020, is your point of contact for all things regarding family assistance and family readiness.

The Soldier and Family Readiness Group is 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 | 801-878-5037 |
| 3. Cedar City | 435-867-6513 |
| 4. Draper | 801-432-4522 |
| 5. Draper | 801-432-6513 |
| 6. Logan / Ogden | 801-476-3811 |
| 7. Richfield/Cedar City | 435-896-6442 |
| 8. SLC (Air Base) | 801-245-2524 |
| 9. Spanish Fork | 801-794-6011 |
| 10. St. George/Cedar City | 435-986-6705 |
| 11. Vernal | 435-789-3691 |
| 12. Veterans and Retirees | 866-456-4507 |

SERVICES INCLUDE:

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- 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.





Utah National Guard UH-60 Black Hawk helicopters perform Airborne Operation
U.S. Army Jumpmaster Qualified Paratroopers assigned to the 19th Special Forces Group (Airborne), pull in the static lines in a 2nd General Support Aviation Battalion, 211th Aviation Regiment, UH-60 Black Hawk Helicopter after a successful exit of six paratroopers on Jan. 21, 2023, near Camp Williams, Utah. Jumpmasters are expert paratroopers who train, teach and ensure airborne operations are conducted in a safe manner.

— UTAH ARMY NATIONAL GUARD PHOTO BY Spc. Mackenzie Willden

UTAH AIR NATIONAL GUARD FINI-FLIGHT

U.S. Air Force Chief Master Sgt. Daniel B. Williams and Master Sgt. Kurt Armstrong take their Fini-flight at Roland Wright Air Base, Salt Lake City, Utah on Nov. 17, 2022. Williams had 5,900+ hours in the sky and Armstrong had more than 3,700 hours in the sky.

— UTAH AIR NATIONAL GUARD PHOTO BY Tech. Sgt. Nicholas Perez





Do What You Love, Love What You Do



U.S. Army Cpt. Danae Wade receives the guidon for Charlie Battery, 2nd Battalion, 222nd Field Artillery as she assumes command of the unit. During the ceremony, the guidon is passed from 1st Sgt. Jorgensen, to Cpt. Morris, to Lt. Col. Azouz, and finally to the incoming commander Cpt. Wade, Nov. 2022, at the Beaver Armory in Beaver, Utah.

— ALL PHOTOS COURTESY UTAH ARMY NATIONAL GUARD Cpt. Danae Wade

ARTICLE BY UTAH ARMY NATIONAL GUARD
Staff Sgt. Cambrin Bassett

Do what you love, love what you do, has been a popular mantra for several years and people strive to follow it to find that sought-after balance in life where work becomes something more than a job. It stems from the old saying, “Do what you love, and you’ll never work a day in your life.” It evokes within the individual a sense of finding the positive in life and pursuing careers that fulfill not just financial goals but provide for personal well-being. There have been books written and seminars conducted that deliberate on how this saying can change

our lives. Tony Robbins and others have given numerous lectures and presentations on just how powerful a simple perspective change can be to the rest of our lives.

We have all talked to those people who “love” their jobs. They light up whenever they talk about it. Conversely, we’ve heard conversations from those who loathe their current employment.

No doubt serving in the military can be demanding and often breaks that mantra. But there are those individuals who serve in various fields within the

military, with a sense that they do indeed love their jobs. The difference in attitude and perspective with these individuals can often be felt in routine conversation. When we talk to these people, we can become uplifted and maybe even be inspired. Often, we seek after these people when we need a perspective change or advice ourselves. Sometimes these individuals are trendsetters—maybe even forerunners in their chosen fields.

U.S. Army Captain Danae Wade is one of these individuals. She stands out in her chosen career path. In an Army career field that is usually occupied by mostly males, she enjoys what she does and even thrives in it. Wade has become the first female Field Artillery officer in Utah to command a cannon battery as she took command of Charlie Battery, 2nd Battalion, 222nd Field Artillery. What makes the battalion unique is that most of the Soldiers serving in the 2-222nd FA grow up in Southern Utah and they continue to live in the surrounding communities raising their families. There are several cases where families have served for multiple generations in the unit. The 2-222nd FA is quintessentially a “family” unit and is very tight-knit.

It has been a mere eight years since the ban on women in combat was lifted back in 2015, and females have begun integrating into previously closed combat arms

billets since January 2016. The percentage of women in the military overall has been rising slowly in recent years, and female service members have slowly, but steadily, integrated into combat arms jobs. Women have been serving as leaders of Marine Corps platoons, combat vessels, howitzer sections, Air Force wing and squadrons, and numerous Army units.

Wade is a part of this important history. She acknowledges this historic precedent, but doesn’t let that slow her down one bit!

“It’s so much fun, partly because I really like it,” Wade said about being a field artillery officer. “The math that goes behind it, you’re calculating, finding solutions. And then you must make decisions about safety and other things.”

Wade enjoys both the complexity of problem-solving and the simplicity of how straightforward her overall job is. She must consider things like safety, ammo counts, and time restraints in determining mission variables. It’s a lot to juggle. She must calculate and manage these variables for her unit to complete its task successfully.

“It’s satisfying,” she remarks about her job in Charlie Battery. “It’s like a puzzle that you can figure out a lot of the time.”



U.S. Army Cpt. Danae Wade with her brother, Senior Chief Petty Officer Jason Upshaw (Coast Guard), at her commissioning ceremony, April 2017, Southern Utah University, Cedar City, Utah.



U.S. Army Cpt. Danae Wade with husband Nathaniel Wade at Field Artillery Basic Officers Leaders Course graduation at Fort Sill, Oklahoma, January 2018.



U.S. Army Cpt. Danae Wade with her dad, Ron Upshaw, at her promotion ceremony to captain, September 2021, Cedar City Armory, Utah.

The percentage of women in the Army has grown to 19 percent of officers in 2018 from 17.7 percent in 2013; 9.6 percent of warrant officers in 2018 from 9.5 percent in 2013; and 14.4 percent of enlisted ranks in 2018 from 13 percent in 2013. The number of women expressing interest in combat fields continues to surprise leaders, though they remain a significant minority in combat arms military occupational specialties. In July 2019, women were 17.5 percent of the Army National Guard and 368 women had been assigned to operational units.

The 19 Army jobs previously closed to women were opened in 2015, including infantry, armor, cavalry, fire support, and special forces. The first gender-integrated infantry basic training cycle occurred in 2017.

What makes her job different? How does it compare to other specialties in the Army? Can combat arms even be an enjoyable career?

“Our jobs are more fun, I think,” Wade says as she thinks about her career field, specifically field artillery. “I see so many happier faces here. I know that that’s not usually the picture that people get.”

She talked about the comradery she experiences as she goes through her usual National Guard drill weekends and how that compares. The togetherness, the unity of the tasks and duties. These bind Soldiers together. And she’s worked to get to that point and make it a great experience.

“I love being part of a team,” she says. “That gives me direction and purpose.”

Wade touched on two very important parts that have led to her success and fulfilling the before-mentioned mantra. Her desire to know and learn more along with surrounding herself with knowledgeable professionals. She directed her path to be in the right place, to be with the right mentors.

“The best advice I ever got was to keep



Top: U.S. Army Cpt. Danae Wade with 1st Platoon FDC, B Battery, 2nd Battalion, 222nd Field Artillery at Dugway Proving Ground, during annual training in 2018. Middle: Wade conducts a convoy brief during annual training in 2018. Bottom: Wade prepares a Firing Chart at Dugway Proving Ground in 2018.

doing this until it's not fun anymore," she recalls as she reflects on one mentor who helped change her perspective. "And it's helpful for me because I'm a stay-at-home mom, and that's also my career."

Putting too much time and attention into one aspect of our lives can create a sense of imbalance. In a survey titled "Let's Get Social", conducted by Joint Base San Antonio Military & Family Readiness Centers in 2021, work-life balance was recognized as the primary area of concern amongst the approximately 275 military-related members that contributed to the survey. It is a worry throughout all military installations and in all branches. Wade discusses how she found her balance in life and how her National Guard career has allowed her the freedom to serve and raise a family at home.

"I get to be home with my two-year-old twins," she says. "It has always been helpful in that it wasn't an all-or-nothing type of thing. I'm not worried about getting 'this' promotion. I can go with the flow."

That freedom—that perspective has enabled her to be there for her young children, her husband, and her extended family. According to Criselda Guerrero-Smith, Personal/Work-Life Program Lead at the JBSA-Fort Sam Houston M&FRC, the key to finding the right work-life balance centers on endeavoring for excellence. Wade's desire to learn and better herself professionally has allowed her to progress in her military field and help find that balance.

"I don't want to say it's a hobby because I take it very seriously, and work very hard at it," she says about her National Guard duties and career. "I think that the best way to experience life is through learning."

Wade has made it a point of not just learning from the best but also implementing what she's learned and furthering a cycle of growth and development. As a result, she can enjoy her work, and even love it.

"I've worked so hard to gain my tactical and technical knowledge, and being able to implement it is easier for me to enjoy it," she said. "It's because the people that I work around, and work with, are experts in their field, the non-commissioned officers. I've been so blessed to work with so many knowledgeable people."

Many professionals would agree that the secret key to truly finding a great work-life balance is not focusing on perfection, but rather on acknowledging that failures and mistakes are an essential part of life and helping people love what they do. Work-life balance begins with taking control of your choices. One must actually pause and look at each situation.

"It's important to not take yourself too seriously," Wade said as she shares personal advice with other Soldiers. "You're going to make mistakes and you're going to fall sometimes. But keep training and be involved."

Wade has found that balance for herself. She's a battery commander and a full-time mother with two-year-old twins at home. Can it be that easy? How does she change that path now?



U.S. Army Cpt. Danae Wade with B Battery, 2nd Battalion, 222nd Field Artillery, on the Direct Fire Range in 2018 during annual training at Dugway Proving Ground, Utah.



U.S. Army Cpt. Danae Wade with husband Nathaniel at her change of command ceremony, Nov. 2022, Beaver Armory, Beaver, Utah.

“Try to find joy in where you are and start reaching for knowledge,” she said.

She teaches other Soldiers that once they change their perspective, they’ll start to enjoy their jobs and even have future opportunities manifest themselves. Instead of thinking “what’s wrong with the situation I am in”, they should think “what can I learn from this or how can I improve my situation.” Attitude and perspective play a powerful role in shaping our day-to-day lives and even our careers.

“As long as you are treating people fairly, listening, observing, and participating...” she said. “Those opportunities are going to come, and they’ll be the right opportunities. They’ll be the ones that are going to fit you the best.”

When it comes to work-life balance, it is up to individuals to find the best ways to balance their time between work and family and/or home life. Knowing their limits when doing an activity, knowing how much

is too much when participating in an activity and knowing when to ask for help, especially from family, friends or military family and life counselors and consultants is essential. Life is met with problems and serious events along the way. No one is immune.

“My mom passed away three years ago,” Wade shares. “And that was a huge hurdle, understandably. I don’t love to think about it. I learned a ton about the Military OneSource and what resources they have for Soldiers



U.S. Army Cpt. Danae Wade, with son Ryland (left) and daughter Keladee (below) in Cedar City, Utah, Nov. 2021.



U.S. Army Cpt. Danae Wade, left, with her husband Nathaniel and their twin children in Cedar City, Utah, Nov. 2021.

because I used those resources personally and I was able to understand those who experienced the same loss and were grieving.”

The passing of a loved one or a family member is a lot to process. Some people can be left with anger or bitterness. The experience has helped shape her. She has grown because of it. She can relate to her Soldiers and can better support them.

“Now I can come from a place of sympathy and understanding, which I wasn’t able to do before,” she said. “It’s an awful, awful lesson to have to learn. But that challenge has made me a better person and a more resilient person.”

Her family has supported her and has helped her find comfort. Relying on her family has helped her maintain an important work-life balance. Being home and with family, Wade can recharge her batteries in a sense. Being home also enables her to experience those small, yet impactful moments with her children. Those types of moments can’t be duplicated or recreated. Those moments help her recharge.

“I love being a stay-at-home mom. It’s funny because if you would have known me in high school that’s not what you would have ever thought that I would say and

that it even fell into my lap,” she said. “But because of that, I have been able to experience so many more things, small moments with my kids by myself. The moments in between are just this really magical chaos that is super fun.”

What can be seen from Wade’s situation is a great example of work-life balance, how attitude affects your work, and how a desire to learn and better ourselves can put us right where we want to be in life no matter the obstacles. Being a part of history in her new role as a battery commander is a side note, but only adds to the amazing character that is Capt. Danae Wade. Her duties as a National Guard officer are demanding and so is her responsibility at home, but she continues to strive to better herself professionally and make sure her family gets the time and attention they need. Doing what she loves helps alleviate some of the “grind” that people often find themselves in when they are in their chosen profession. Her attitude has helped her set realistic expectations and drives her love of learning. It’s not perfection. If we anticipate mistakes and failures as a part of life, a part of learning, our jobs aren’t as arduous or hard anymore. We end up doing what we love. 🇺🇸



U.S. Army Cpt. Danae Wade, center, with her extended family members.

Benefits of Serving in the Utah Army National Guard

ARTICLE BY UTAH ARMY NATIONAL GUARD
Staff Sgt. James Dansie

Many Americans feel the call to serve, but choosing the right branch of service to join can be daunting. Each branch has a unique way in which they support the national priority of safety and security for all.

In a recent national defense strategy meeting, Gen. Daniel R. Hokanson, chief of the National Guard Bureau, stated, “The National Guard is 20 percent of the Joint Force and are the nexus of our nation’s defense strategy.”


Army National Guard units are unique because they support both federal deployments and state emergencies. This dual mission was never more prominent than during the COVID-19 pandemic, when the National Guard was called upon to play a key role in supporting local communities in a way the Army or Army Reserves never could. Because the Army National Guard supports both missions, Soldiers receive many more benefits and opportunities than their active duty or reserve counterparts.

Some of these benefits include access to both state and federal college tuition assistance, as well as the state tuition waiver.

Since each governor is the commander-in-chief of each state’s National Guard, when they face emergencies such as fires, floods, windstorms, hurricanes, or other natural disasters, help is readily available by calling on locally ready and trained National Guard troops.

Utah Army National Guard Soldiers have supported Utah many times in the past few years by filling sandbags during heavy rain and flood seasons, flying helicopters or cutting fire breaks to fight wildfires, rescuing stranded hikers. Historically, Utah has supported other states such as Louisiana and Texas during Hurricanes Katrina and Harvey, and more recently, Washington D.C. during times of civil unrest.

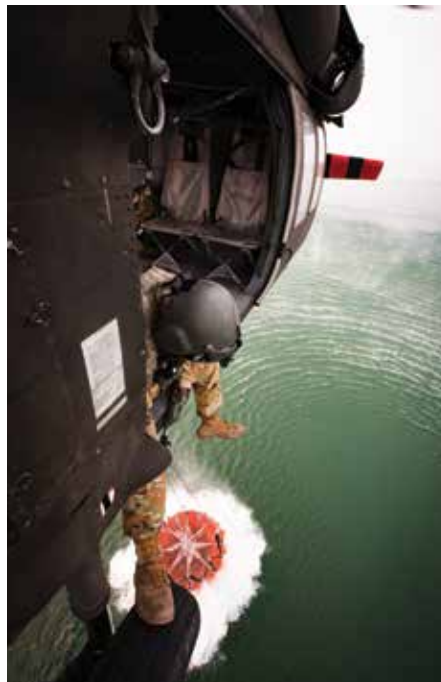
Active-duty Soldiers and Marines can take advantage of special inter-service transfer programs and receive bonuses to continue serving in the Army National Guard once their initial active-duty military service time is up. Once these service members enter the end of their active service window (six months out from their end date), they can talk to counselors to help them transfer to the Guard. Active-duty Soldiers can utilize a Reserve Component Career Counselor, and Marines can use the Marine to Guard Program.

If you’re currently serving the Utah Army National Guard, find ways to take on Hokanson’s recent challenge of telling your story. By sharing your experiences, you will have a greater positive impact on the recruiting mission than you may realize. 



Utah National Guard's 116th Engineer Company support clean-up efforts after damage from a severe windstorm, Sept. 16, 2020.

UTAH ARMY NATIONAL GUARD PHOTO BY
Sgt. 1st Class Stacey Olson



A Utah National Guard UH-60 Black Hawk crew conducts training flights with a 600-gallon bucket, preparing to fight wildfires in California, Sept. 14, 2020.

UTAH ARMY NATIONAL GUARD PHOTO BY
Spc. Jacob Jespersen



Staff Sgt. Brian Conger, 85th Weapons of Mass Destruction–Civil Support Team, recovers a medical dummy from a slot canyon in Leeds, Utah, Nov. 17, 2021.

UTAH ARMY NATIONAL GUARD PHOTO BY
Sgt. James Bunn

Thankful for the Utah Air National Guard

ARTICLE BY UTAH AIR NATIONAL GUARD
Tech. Sgt. Tyler Stanley

After graduating from high school, I was able to immediately find a decent job in the oil fields in the Uintah Basin working 16-hour days, for \$16 an hour. After a summer, I realized that wasn't what I wanted to do for long, let alone the rest of my life. I had a family member that was in the Utah Air National Guard and had been mentioning to me the idea of joining for several years. Finally, after a few conversations with him, I decided to give it a try to see if joining the Air National Guard was even possible. I took the Armed Services Vocational Aptitude Battery test, completed the physical, and was cleared to enlist. I didn't fully understand the impact that decision would have on me. I chose fire protection as my career because I felt that was a job I could pursue after military training. I ended up working as a full-time civilian firefighter, and as a traditional Guardsman for more than 10 years.

The Utah Air National Guard offered a lot more than I thought possible. Having access to education benefits, I can attend school while getting paid, have access to affordable medical insurance for myself and my family, (that was cheaper than what my full-time employer was able to offer,) and having life insurance, (that I hopefully never have to benefit from,) has given me a piece of mind I didn't know I needed.

The military also helped me learn self-discipline, which made several goals attainable and changed my perspective of what I can and will achieve in life. It also allowed me to work with other professionals toward common goals and build a network of friends that helped me professionally and personally throughout the different stages of life. Most importantly, I was able to provide a better lifestyle for myself and my family a lot earlier than I ever thought possible.

Eventually, after four deployments and working 48-hour shifts for over a decade, I decided to try something new. Personally, I loved my time as a fireman. It was rewarding to meet people on potentially one of their worst days and help that day get just a little better. But now, as a recruiter, I meet people in a calmer environment and still get to help them make their lives better. And I get to spend more time at home with my growing family, and hope to miss less holidays and life events.

The most rewarding aspect of my job over the last five years, has been impacting our local citizens' lives. I've seen our members obtain full-time employment allowing them to provide for themselves and their families, witnessed countless



Tech. Sgt. Tyler Stanley stands on the flight line in front of a Utah Air National Guard KC-135, Aug., 2022.

UTAH AIR NATIONAL GUARD PHOTO BY Sgt. Nicholas Perez

individuals become key members of the Air National Guard, impact their local communities for the better, support our state and nation in times of need, and change the trajectory of their lives for the better.

The Utah Air National Guard prides itself on helping its members achieve their long-term and short-term goals faster and more efficiently. It is a challenge to identify all the ways the Air National Guard has changed and impacted the way I view the world and the people in it. But, like any job, it's not always easy. I never knew how rewarding a career in the military could be, especially in the Utah Air National Guard. Since the beginning I've always felt like more than a number. I've felt that what I brought to the table was valued, and that I am truly making a difference in the grand scheme of things.

If you have never considered joining the military, you absolutely should. At least investigate it and see if your life and goals could be positively impacted and improved by serving. Also, if you have served in another branch or component and for one reason or another determined you are going to separate or have separated, look into the Utah Air National Guard and "test the waters." See if this is something that would continue to benefit you. 🇺🇸



MCP-OD leaves on a year-long deployment

SALT LAKE CITY, Utah — Maj. Gen. Michael Turley, adjutant general; Command Sgt. Maj. Spencer Nielsen, senior enlisted leader; Brig. Gen. Charlene Dalto, land component commander; and other senior leaders with the Utah National Guard visit with Soldiers from the 4th Infantry Division Main Command Post-Operational Detachment before their departure for a year-long deployment at Roland R. Wright Air Base, Utah, Jan. 9, 2023. The 4th ID MCP-OD mission is to integrate with Active Component Division Headquarters and augment staff personnel to increase the capability of simultaneous mission execution, extended operations, and/or support the forward deployment of the Division Headquarters. 🇺🇸

— ARTICLE AND PHOTO BY UTAH NATIONAL GUARD
Ileen Kennedy



Utah National Guard Maj. Gen. Michael Turley attends State of the Union as Romney's Guest

WASHINGTON, D.C. — Senator Mitt Romney invited Maj. Gen. Michael Turley, adjutant general of the Utah National Guard, to attend the State of the Union as his honored guest.

"The Utah National Guard embodies our state's core values of patriotism and dedication to service," said Senator Romney. "Under the leadership of Maj. Gen. Turley, our outstanding Airmen and Soldiers have answered the call of duty to protect Utahns and Americans in times of emergency. I'm honored to have him as my guest for tonight's State of the Union address." 🇺🇸

— ARTICLE AND PHOTO COURTESY PHOTO BY
Senator Mitt Romney's Office



Camp Williams hosts local mayors

CAMP WILLIAMS, Utah — Garrison Commander, Col. Shane Day, Camp Williams, along with Brig. Gen. Joseph Green, assistant adjutant general, Utah Army National Guard, accompany local mayors invited on a UH-60 Black Hawk flight to view Camp Williams boundaries and training areas. The Utah National Guard hosted the event for local city mayors where they discussed the Army Compatible Use Buffer program. The program establishes buffer areas around Army installations that limit the effects of encroachment and maximizes land inside the installation that can be used to support the installation's mission.

Left to right: Col. Shane Day, Mayor Lorin Palmer, Herriman; Mayor Natalie Hall, Bluffdale; Mayor Jim Miller, Saratoga Springs; Brig. Gen. Joseph Green, and Mayor Mark Johnson, Lehi. 🇺🇸

— ARTICLE AND PHOTO BY UTAH ARMY NATIONAL GUARD
Staff Sgt. Cambrin Bassett



Preliminary FARE kit test on KC-135

ROLAND R. WRIGHT AIR BASE, Utah — The Air National Guard and Air Force Reserve Test Center (AATC) - KC-135 Test Detachment, working with the 151st Air Refueling Wing, Salt Lake City, Utah, continues its transformation and modernization efforts on the KC-135R Stratotanker by testing the MICRO Forward Area Refueling Equipment (FARE) Kit on the 65-year-old aircraft, ensuring it has the best warfighting capabilities.

The MICRO FARE kit is designed to refuel aircraft or ground vehicles at forward operating locations where typical refueling capabilities do not exist. This is the first time it will be tested for certification and use for the KC-135R. 📸

— ARTICLE AND PHOTO BY UTAH AIR NATIONAL GUARD
Tech. Sgt. Nicholas Perez



Vietnam veteran recognized during University of Utah football game

SALT LAKE CITY, Utah — Cpl. Mike Johnson, a U.S. Marine veteran who lost both of his legs in Vietnam after being wounded during a search-and-destroy operation, waits on the sideline with his son and Col. Erick Wiedmeier, commander of 97th Troop Command, Utah National Guard, during a University of Utah football game in Salt Lake City, Utah, Nov. 12, 2022. The University of Utah recognized Johnson on the field during a halftime Veterans Day observation. They also invited the Utah National Guard's 23rd Army Band to perform as part of the program. 📸

— ARTICLE AND PHOTO BY UTAH ARMY NATIONAL GUARD
Staff Sgt. Jordan Hack

Utah Air National Guard loses a valued member

SALT LAKE CITY, Utah — On Nov. 29, 2022, the Utah Air National Guard lost a valued member of its Guard family, Tech. Sgt. Burton Patrick Juengel passed away due to medical complications while deployed to Guam. On Friday, Nov. 25, Juengel had an unanticipated medical emergency. He was taken to the Guam Regional Medical Center's emergency room, where medical professionals worked to identify and treat his condition. Juengel's condition deteriorated during treatment, and despite the hospital staff's valiant efforts, he passed away on Nov. 29 after struggling with this problem for several days. Juengel played a critical role within the 151st Maintenance Group. His personality and drive brought strength and confidence to those around him. 📸

— ARTICLE BY UTAH AIR NATIONAL GUARD
Tech. Sgt. Nicholas Perez



Utah Air National Guard honors the Airmen of the Year 2022

ROLAND R. WRIGHT AIR BASE, Utah — Utah Gov. Spencer J. Cox congratulates Airman 1st Class KC Buckner for winning Airmen of the Year during the Utah Air National Guard's 2022 Airmen of the Year Banquet, Jan. 7, 2023, at the Utah Cultural Celebration Center in West Valley City, Utah. The Airmen of the Year award program is designed to recognize Airmen who display superior leadership, job performance and personal achievement. 🇺🇸

— ARTICLE AND PHOTO BY UTAH AIR NATIONAL GUARD
Tech. Sgt. Danny Whitlock



Funeral Honors of U.S. Army Air Forces Cpl. Merle L. Pickup

PROVO, Utah — The Utah National Guard Honor Guard provides Funeral Honors at the Provo City Cemetery in Provo, Utah, Dec. 17, 2022, for U.S. Army Air Forces Cpl. Merle L. Pickup, a Soldier who died in India, 78 years ago, following a plane crash during World War II. Reported MIA in 1944, Pickup's remains were recently identified and now repatriated to his home in Utah nearly 80 years later. Family coming from several states, even as far as Europe, gathered to render respect during the ceremony. 🇺🇸

— ARTICLE AND PHOTO BY UTAH ARMY NATIONAL GUARD
Staff Sgt. Jordan Hack



Honorable Carry of U.S. Army Air Forces Cpl. Merle L. Pickup

SALT LAKE CITY, Utah — The Utah National Guard Honor Guard conducts an Honorable Carry on Dec. 15, 2022, for the surviving family of U.S. Army Air Forces Cpl. Merle L. Pickup, a Soldier who died in India, 78 years ago, following a plane crash during World War II. Reported MIA in 1944, Pickup's remains were recently identified and now repatriated to his home in Utah nearly 80 years later. Family coming from several states, even as far as Europe, gathered to render respect during the carry at Salt Lake City International Airport. 🇺🇸

— ARTICLE AND PHOTO BY UTAH ARMY NATIONAL GUARD
Staff Sgt. Jordan Hack



Utah National Guard participates in the 80th anniversary of Operation Torch

RABAT, Morocco — Maj. Gen. Michael J. Turley, the adjutant general of the Utah National Guard, speaks to dignitaries about the value of partnerships, Nov. 14, 2022, during the inauguration ceremony for the 80th Anniversary of Operation Torch. A memorial exhibition was opened at the National Library in Rabat, Morocco, Nov. 14, commemorating the allied landing of more than 30,000 U.S. troops in Morocco in 1942, beginning a solid defense of Africa against Nazi expansion. 🇺🇸

— ARTICLE AND PHOTO BY UTAH ARMY NATIONAL GUARD
Maj. Christopher Kroeber



Change of Responsibility Ceremony for Utah Guard Command Chief Warrant Officer

DRAPER, Utah — Command Chief Warrant Officers 5 William Erickson (left) and Brian Searcy (right) are honored and recognized with Maj. Gen. Michael Turley (center), the adjutant general. The Utah Army National Guard welcomes its new command chief warrant officer during a change-of-responsibility ceremony, Dec. 5, 2022, in the Draper headquarters' auditorium. During the ceremony, Command Chief Warrant Officer 5 Brian Searcy relinquishes the role of command chief of the Utah Army National Guard to Command Chief Warrant Officer 5 William Erickson. 🇺🇸

— ARTICLE AND PHOTO BY UTAH ARMY NATIONAL GUARD
Staff Sgt. Cambrin Bassett



UTNG State Partnership Program with Morocco Facilitates Civilian Training Cross-Exchange

OREM, Utah — A delegation from the Kingdom of Morocco toured Orem City Fire Department, Station 33, and Mountainstar Healthcare's Timpanogos Regional Hospital in Orem, Utah, Nov. 30, 2022. Firefighters and hospital staff demonstrated the full emergency response process from when a person is first extracted from a vehicle to when the person is triaged and treated at the hospital. The Utah National Guard's State Partnership Program with Morocco allows for cross-exchange training and collaboration between military personnel and civilian agencies. 🇺🇸

— ARTICLE AND PHOTO BY UTAH ARMY NATIONAL GUARD
Staff Sgt. Jordan Hack

AIR PROMOTIONS

COLONEL

Carroll, Dustin Craig
Lewis, Bruce James

LIEUTENANT COLONEL

Burdett, Graham Hoopes
Christiansen, Justin Allen
Johnson, Travis Robert
Wiley, Matthew Troy

CAPTAIN

Adamson, Curtis Michael
Christensen, Lydia Valley
Cragun, Nathaniel Paul
Daulton, Jake Thomas
Hollingsworth, Luke John
Rich, Jarod Thomas

SECOND LIEUTENANT

Diamond, Michael Cornell
Gibson, David Aaron

CHIEF MASTER SERGEANT

Buell, Michael John
Castleton, Jon Claude
Hood, Guy Lee

Hudson, Charles David Jr
McDonald, Andrew Michael
Ranger, Marc Alan

SENIOR MASTER SERGEANT

Avila, Santiago Alfonso
Ballif, John Paul II
Dandurand, Julia Ann
Faddis, Melanie Faye
Harward, Quinton Kade
Mayfield, Tyson Lyn
Owens, Travis William
Taylor, Bradley Nelson
Taylor, Gregory Ross
Tittarelli, Rachael

MASTER SERGEANT

Benson, Christopher Bryce
Carlson, Daniel Harold
Escalante, Wesley Richard
Glodowski, Daniel Richard
Hammond, Katherine Lee
Hansen, Kyle Alan
Henderson, Daniel Joe
Hymer, Floyd Vernon
Ingledew, Matthew Cecil

Lister, Randall Cole
McClanahan, Bradin Scott
Mellott, Sheldon Edward
Molder, Brandon Matthew
Parr, Daniel Lester
Robles, Eduardo
Simpkins, Lacey Rae
Webb, Brooklyn Donna

TECHNICAL SERGEANT

Adams, Christopher Todd
Cazimero, Adam Mikaele
Cole, Jacob Nicholas
Conger, Brian Nathan
Hamer, Cameron Tieg
Idle, Kevin Russell
Jorgensen, Isaac Brent
Jorgensen, Noah Lawrence
Larsen, Cody Keith
Love, Christian Corey
Mravetz, Matthew Joseph
Shirk, Sarah Dorothy
Snyder, Elizabeth Susanna
Sparks, Phillip Glenn

STAFF SERGEANT

Arnold, Daxton David

Bailey, Tyson L
Christensen, Conor Brad
Cordova, Monique Aundrea
Cutler, Charles Preston
Davidson, Ian Wade
Hansen, Alex Nicole
Henderson, Drew Franklin
Kelly, Makea Lei
Martinez, Jensen Craig
Maughan, Trevor J
Meads, Connor Edward
Mills, Kiera Leigh
Nielsen, Martin Andrew
Osborn, Charles Kendrick
Parke, Tyler Dean
Prescott, Andrew Shane
Sanchez, Nathan Allen
Tangog, Lennard Diego
Pagtakha
Warren, Trevor Mark

SENIOR AIRMAN

Bertelli, Daniel
Buckner, Kevin Chris
Dugan, Ivan William Jr
Holeman, Benjamin Joseph
Kankamp, Brandon Mark

Lobaudo, Lorenzo Antonio
Pehrson, Oliver Mark
Peterson, Abram Logrande
Pineda, Kimberly Deon
Reiss, Eric Shawn
Rigby, Richard Porter
Rue, Chase Alexander
Waters, Tyler Alan

AIRMAN 1ST CLASS

Amussen, Lindsy Rae
Briggs, Maricris Joyce
Brock, Jace Michael
Buck, Abigail Lynn
Callister, Logan J
Christensen, Kelsi Marie
Dandurand, Kenley Dakota
Hall, Drake Iakopa
Plott, Sidney Riann
Quigley, Tavish Thomas
Quinn, Carson Leigh
Twietmeyer, Jered Robert

AIRMAN

Richters, Michael John

ARMY PROMOTIONS

LIEUTENANT COLONEL

Bowen Matthew Courtney
Clayson Timothy Clark
Goodrich Mark A

MAJOR

Burns Michael Sean
Doucette Rebecca Louise
Grimshaw William R
Henderson Scott Dewey
Macgregor Laureen
Mele Rory Jacob
Moore Michael James

CAPTAIN

Best Arick Wayne
Caceres Cesar Andres
Freebairn Conayn Emrys
Greene Jackson David
Lewis Kevin Leon
McCarthy Rory Joseph
Nelson Casey Joe
Oviedo Stewart Shauna Le
Price Erik Andreas
Scherf Alexander
Thompson Stuart Alexander

FIRST LIEUTENANT

Godwin Cassandra C

SECOND LIEUTENANT

Ben Zack
Deneen Peter J
Peterson Brett Leon
Stotts Jonathon Raymond
Tall Jordan William
Westberg Jr Darrin T

CHIEF WARRANT 4

Garrand Matthew Leonard

CHIEF WARRANT 3

Creamer Nicholas Lamar
Doll Brook James
Marler David Jay
Varner Richard Andrew

CHIEF WARRANT 2

Walker Zackary Earl

WARRANT OFFICER 1

Malone Aaron Scott
Toyn Jordan Kent

SERGEANT MAJOR

Harris Daniel James
Rentschler Jr Norman Pepper

MASTER SERGEANT

Bolds Mollie Ryan
Bowman William Robert
Christensen Cole R
Day Justin W
Fonua Sunia Max
Jojic Jesenko
Lawrence Shannon Patrick
Nasfell Derek Allen
Peiffer Kenneth Raymond
Sehy Christopher Corey
Walton Zachary Durham
Whittaker Daniel Robert

FIRST SERGEANT

Baker Michael Emmett
Caldwell Christopher
Daniel
Fleischman Ryan Lee
Gardner Brent Lee
Jackson Allen Eugene
Maltsbarger Luke Allistair
Merrell Jason Lorin

SERGEANT FIRST CLASS

Amidan R Daven
Anderson Tyler Daniel
Beery Timothy Lowell
Brush Baylee Diane
Cox Jeffrey Thomas
Decker Alexander Jonathan
Esplin Steven Cassidydale
Evans Nathan Michael
Fawcett Joshua Michael
Garaycochea Damien Reace
Gonzales Victor Ray
Gregory Paul Michael
Heise Julio Estuardo
Henrie Patrick Smith
Homer Charles Scott
Ingram Jeb Earl
Johnson David Ryan
Jolley Samuel Christian
Luther Justin Anthony
Martini Brian Edward
Mazyck Mario Martinez
McLeish Jacob William
Sams Travis Jay
Schear Cory G
Shepherd Andrew James

Shepherd Jessica Lynnlovato
Shumway Curtis Eugene
Silva Reginaldo Jr
Smith Frank Worthington
Stephens Dustin Winn
Valentine Aaron Gregory
White Tyler John
Wilcox Brady Layne

STAFF SERGEANT

Allen Brock Hayden
Bricker Nicholas Lee
Carr David Michol
Cooper Tayler
Daniels Thomas Anthony
Eastman Cooper Mack
Gleason Collin Anthony
Hicken Quinn Alan
Hunsaker Jordan Alan
Hunsaker Timothy Deem
McKinlay Bracken Del
Nope Charles Christopher
Oliva Tyler Wayne
Opdahl Jerod Jerome
Orr Brandon Michael
Poindexter William Aaron

Reeder John Scott
Rich Laramie Cole
Rotering Christopher Joseph
Smith Zachery John
Stewart James Devan
Strader Aaron Christov
Wolf Brandon Ray
Woolston Shane Trent

SERGEANT

Adams David Benjamin
Anderson Shannon Marie
Ashworth Landon Dean
Bass Andrew David
Baumgartner Emerson Tarris
Biggs Austin David
Booth Hayden Douglas
Bowen Joseph Paul
Brizuela Jonathan Hosea
Burgoyne Dacoda Christian
Clayson Tyler Timothy
Cluff Kyle Junior
Copeland Preston Scott
Crosby Chad Brian
Ellsworth Angelo Christian
Fangue Phillip Adam
Faoasau Tamati J
Filoso Ian Patrick
Floresvasquez Daniel Isidro
Hall Skyler Wilson
Harris Austin Matthew
Hartig William Thomas
Hodson Jacob Richard
Jackson Matthew Daniel
Jensen Rebecca Ann
Judkins Ethan Lucas
Julian Taylor Creed
Latham Jonathan Richard
Maae Miracle JI
Mafoa Filivalea
Mattes Samuel Scott
McCord Alexander Ivins
Meyer Stockton David
Myers Spencer Wain
Owen Martin Nathaniel
Pai Mailelailii Kanehe
Phillips Nicholas Michael
Pullan Daniel Derek
Pulli Alexandria Claire
Robertson Sonny Earl
Sandoval Alberto Javier
Shepherd Jacob Ray
Smith Trevor C
Torok Victoria Ashley
Verhoef Ryan Eric
Walker Skyler Dan
Zimmerman Katie Heather

SPECIALIST

Acero Ivan Felipe
Adams Gabriel Hugh

Allen Zachary Taylor
Apgar Madison Rachel
Arguello Katie Ashley
Arroyo Sinjin Sergio
Arteaga Levi Sebastian
Baker Brian David
Barney Saria May
Bond Logan Michael
Bowman Jacob Morgan
Castanedajimenez Donovan M
Chavez Mario Manuel
Cloninger Austin Dennison
Colunga Valerie
Crouch Zachary Gilbert
Dalley Nicholas Samuel
English Michael Anthony
Fullerton Shaiden Russell
Gajda Krzysztof Jacek
Goldtooth Ruben Garrett
Gonzalezjimenez Francisco
Hales Kobe Thomas
Hanshaw Hunter Colby
Hatch Harrison Aaron
Hillin Riley James
Hoferitza Megan Alice
Hutchinson Karianne Koski
Hyndman Sean Chester
Jacobsen Sean Glen
Johnson Salome Cedillo
Judd Kohl Thomas
Kerns Jaiden J
Koeneman Lucas Adam Edgar
Le Brian Nguyen
Le Darren H
Lewis Chance Robert
Lindsay Tyler Lane
Low Gregory Richard
Lundberg Russell Jacob
Mangum Dawson Brett
Manzour Gabriela Belen
Martinezarcadio Julia
Mathews Samuel Benjamin
McKean Stewart Daniel
Mele Aaron Keith
Meyer Isaac Steven
Miller Hayden Michael
Miller Kail Thomas
Munford Migueal Joseph
Murdock Nathan Thomas
Nazimi Hameed
Nino Adame Joshua
Nohr Rand Sebastian
Ogden Racyn Jason
Oleson Campbell Scott
Oreilly Justin Curtis
Ostermiller Caden Dennis
Owen Jazmin Francis
Paul Scott Jacob
Popa II Michael Christopher
Pritchard Wade Dalton
Randall Cooper Scott

Rasmussen Gabriel D
Rettie Samuel Atticus
Roberts Brooke Noel
Roberts Ryan Steven
Sandness Crystal Ruby
Schulz IV Charles Ralph
Sellers Evan Blake
Sharp Shaun Alexander
Shoun Matthew Steven
Sleight Devin Matthew
Smith Tyler Bryant
Sorensen Jonah Pacu
Stapley Trenton Judd
Stewart Zarnab
Strickland James Steven
Terranova Keynon J
Thurman Caleb Andrew
Walker Jason Scott
Weeks Kayden Dean

CORPORAL

Berk Samuel Joseph
Blanchard Aaron Michael
Butts Isaac Aaron
Carroll Michael Alan
Christensen Joseph Henry
Englis Joshua Ryan
Glach Andrew Luke
Goodman Amanda Page
Hansen Otto Travis
Higdon Ryan Christopher
Johnson Elizabeth Erin
Krashowetz Michael Kailen
Laird Devin Jay
Mickelsen Kyle Clifford
Perry James Michael
Pettit Kimberly
Putnam Tanner Lynn
Rice Britton Lenox
Richman Dawson Bart
Schultz Noah Brett
Stewart Julia O
Stewart Natasha Grace
Valdiviezobalderrama Jesus

PRIVATE FIRST CLASS

Abel Austin Luke
Abplanalp Tawson Stout
Ames Carl James
Anderson Holden Vance
Barney Joshua Jay
Bean Christopher William
Betts Collin Rae
Blair Keaton Joshua
Brady Genesis Eve
Burnthorn Jacob Alan
Carlson Kaylee Ann
Carrico Samuel Dean
Chin Donovan Henry
Clements Esther Elizabeth
Connolly Thomas Quentin

Crossley Austin Jacob
Despain Melissa Jean
Dos Santos Jonas Azer Lott
Dunn Sophie Mae
Evans John Omar
Fetzer Henry Kimball
Fidler Jason Richard
Fonville Braxton Chris
Foutz Benjamin Eric
Gardner Chase Matthew
Gonzalezaguire Edwin E
Gortat Kael Martin
Hanks Andrew Knowlton
Haskan Ednarose Carrasco
Hodges Blake James
Hogan Nathan David
Holt Levi William
Howser Shakespeare A
Hughes Jr Jimmie David
Hull Logan Page
Hyland Eric Lee
Hymas Felicity Jackie
Johnson Zackary Douglas
Judd Austin Walker
Kevern Gunnar Dane
Lavender Anthony Michael
Linton Tanner Ross
Maddox Sammi
McGuire Samuel John
Meer Anna Soren
Miyasaki Zachery Thomas Mateo
Mock Kasey Cade
Moreno Catano Anderson
Mott Andrew Royal
Musey Nicholas Paul
Olson Mitchell William
Otake Mauoni Braxton Riley
Parkinson Kyle Aaron
Peterson Kooper James
Pickering Brendan William
Pitkin Brianna
Reed Taitlee Sacorrias
Ringwood Shawn Robert
Rudd Duncan Jay
Scott Rebekah Ann
Seguine Courtney Ann
Serrata Yleana Maria
Shields Robert James
Shimanovich Daniel Zhan
Shunway Colton Lee
Smith Jimmy Bradley
Spackman Benjamin Call
Steiner Waylon Jason
Stephens Kade Samuel
Torres Rylie Isaiah
Udall Chesley Rhett
Yazzie Nikolas Tony

PRIVATE (PV2)

Baird Tyler Dean
Beckstrand Jared Devin

Bedoya Cristian Jose
Canto Absidee Diane
Clements Nicole
Coombs Clint Thomas
Cotro Manes Alexander Nicholas
Everniel Gerek William
Filoso Brayden Andrew
Gil Alexandro
Hagenlocher Alexis Leigh
Hanson Justin Daniel
Htoo Eh Lweh
Johnson Adam Wesley
Krug Jayden Christopher
Modugno Shaun Joseph
Peck Thatcher Christian
Perez Maritza Solorio
Peterson Logan Hyde
Rasmussen Andrianna V
Scott Bryan Allen
Silva Gavin Joe
Soto Jacob Isaiah
Stam Apolonio Christian
Volcy Jimmy Hattlazarre
Winn Joshua Nicholas

PRIVATE (PV1)

Adams Hunter Michael
Anderson Alisha
Begay Kyle
Bluemel Nolyn Boyd
Brinkerhoff Tyson Cloyd
Childs Brennen Theron
Fry Ryan James
Garcibravo Chris Anthony
Hansen Deegan Jay
Houghton Maxwell Roger
Jackson Alex Randall
Jorgensen Lucy Mack
Knight Caleb Paul
Leonard Caden Terrydurand
Lopezgonzalez Orlando
Madsen Eric Richard
Miller Jarom Ellsworth
Nola Ryelee Vincent
Perschon Jaxson Ryan
Putnam Tyger Elliot
Quevedo Ariana
Radu Alexander John
Ransom Michael Timothy
Sadler Jack Benjamin
Sargent Samuel Wade
Schultz Jakob Dean
Webster Felipe Ignacio
Williams Jordan Robert
Willis Tj Taylor

FLASHBACK PHOTO



Growing Up Fort Douglas Project

The Museum collects stories of children who grew up at the Fort, during wartime or otherwise. It is enjoyable to have visitors stop in and say, “I grew up here. I lived over there. I remember where ...” We gather notes, contact information and take an updated photograph on the porch of each visitors’ previous residence. Where often, little has changed over time. Each visit is unique and diverse.

Memories can flow from World War II “with lazy days at the pool,” the 1950s “of fabulous Halloween parties,” and spending “days with dad” during the Vietnam era. And when one generation shares thoughts of another generation ... it’s priceless. One guest, whose mother grew up during WWI, shared a photograph of her mother and neighbor girls with pet gophers. Amid laughter, were questions about whether pesky gophers out back of the Museum might be descendants of an escaped pet from all those years ago.

April is designated as the Month of the Military Child. Let us remember the bravery and service of our military family members — especially children.

— PHOTO COURTESY OF FORT DOUGLAS MILITARY MUSEUM COLLECTION

Fort Douglas Military Museum | 32 Potter Street, SLC, UT 84113 |
| 801-581-1251 | 12 to 5 pm, Tues.-Sat.



Fort Douglas Pet Gophers
Neighbor girls